

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
<b>Women 11-12 50 Free</b>						
1	29.28	L	F	Haley Pieterse	11	INFA NMA 30/01/2026 Infinity Gala 2026
2	30.29	L	F	Mia Kunzler	11	KLOO ETH 18/12/2025 KZN Premier Provincial Championship
3	30.40	L	F	Chloe Gerber	11	OHAN ILD 18/12/2025 KZN Premier Provincial Championship
4	31.07	L	F	Katja Kimani	11	CYBE CPT 09/04/2026 SA Level 3 Regional Age Group Chan
5	31.11	L	P	Accalia Maartens	11	BLOT MAN 26/03/2026 SA Level 3 Regional Age Group Chan
6	31.29	L	F	Anè Bezuidenhout	11	TUKS TSH 10/12/2025 NTS Championships 2025
7	31.35	L	F	Berre Sun	11	MDOL JHB 26/03/2026 SA Level 3 Regional Age Group Chan
8	31.44	L	F	Gabriella Rall	11	FAC EKU 26/03/2026 SA Level 3 Regional Age Group Chan
9	31.81	L	F	Elle-Anne Roper	11	WSS LLD 26/03/2026 SA Level 3 Regional Age Group Chan
10	31.90	L	P	Mieke Le Roux	11	SEAL UMD 18/12/2025 KZN Premier Provincial Championship
11	32.02	L	F	Addison Pitout	11	ASAC CPT 09/04/2026 SA Level 3 Regional Age Group Chan
12	32.04	L	F	Kasey De Bruyn	11	TUKS TSH 10/12/2025 NTS Championships 2025
13	32.16	L	F	Ashleigh Goosen	11	UNIU EZD 26/03/2026 SA Level 3 Regional Age Group Chan
14	32.28	L	F	Nieke Odendaal	11	BEARS TSH 03/10/2025 Swimpartners Gala (Blue vs White) Oc
15	32.38	L	F	Sophia Abrams	11	USC BUF 09/04/2026 SA Level 3 Regional Age Group Chan
16	32.39	L	P	Kailah Nel	11	BLSS MAN 26/03/2026 SA Level 3 Regional Age Group Chan
17*	32.52	L	P	Kgothatso Raphadu	11	TUKS TSH 26/03/2026 SA Level 3 Regional Age Group Chan
17*	32.52	L	P	Kens-Linn Oelofse	11	TNDER FDD 26/03/2026 SA Level 3 Regional Age Group Chan
19	32.56	L	F	Kensley Hall	11	ELEC TSH 29/03/2026 SA Level 2 Regional Age Group Cham
20	32.60	L	F	Amelie Piater	11	LSBOS WBD 31/01/2026 Limpopo School Champs & Limpopo A
21	32.61	L	F	Chrisna Swartz	11	TUKS TSH 26/03/2026 SA Level 3 Regional Age Group Chan
22	32.71	L	P	Noa-Grace Janse van Rensburg	11	TCA EKU 26/03/2026 SA Level 3 Regional Age Group Chan
23	32.72	L	F	Thendo Nemarkanga	11	AAS JHB 27/11/2025 CGA Championships 2025
24	32.84	L	P	Mackenzie Spencer	11	TRAZ TSH 26/03/2026 SA Level 3 Regional Age Group Chan
25	32.86	L	F	Kaylin Smith	11	PGAC EKU 29/03/2026 SA Level 2 Regional Age Group Cham
26	32.87	L	F	Mia Schellink	11	BEST NMA 30/01/2026 Infinity Gala 2026
27	32.88	L	F	Annabelle Van Onselen	11	TYGE CPT 09/04/2026 SA Level 3 Regional Age Group Chan
28	32.92	L	P	Sophia Clutties	11	GAU JHB 24/04/2026 SA Schools Swimming Championship
29	32.95	L	P	Devhyn Trollip	11	UNIU EZD 26/03/2026 SA Level 3 Regional Age Group Chan
30	33.05	L	F	Jemma Hodgkinson	11	MDOL JHB 29/03/2026 SA Level 2 Regional Age Group Cham
31	33.13	L	P	Sarah Mann	11	CA EKU 26/03/2026 SA Level 3 Regional Age Group Chan
32	33.21	L	F	Mia Thompson	11	BEST NMA 30/01/2026 Infinity Gala 2026
33	33.33	L	P	Sabrina Madondo	11	AAS JHB 26/03/2026 SA Level 3 Regional Age Group Chan
34	33.38	L	F	Emma Swanepoel	11	CLA WCD 13/02/2026 Winelands SL Fin - February 2026 - cc
35	33.44	L	P	Maya Schenck	11	TYGE CPT 09/04/2026 SA Level 3 Regional Age Group Chan
36	33.49	L S	P	Shaylee Scheffer	11	UWCA CPT 04/12/2025 Western Cape LC-A Championship 20
37	33.61	L	P	Phelan Labuscagne	11	CRSC JHB 26/03/2026 SA Level 3 Regional Age Group Chan
38*	33.67	L	F	Mika Ferreira	11	TUKS TSH 10/12/2025 NTS Championships 2025
38*	33.67	L	F	Morgan-Paige Kiewiets	11	PEAS NMA 06/03/2026 SA Level 2 Regional Age Group Cham
40	33.76	L	F	Khloe Weimers	11	SFSC CPT 06/03/2026 SA Level 2 Regional Age Group Cham
41	33.77	L	F	Arianne Bac	11	TUKS TSH 14/11/2025 NTS Level 3+ November Age Group G
42	33.81	L	F	Leah Marais	11	INFA NMA 06/03/2026 SA Level 2 Regional Age Group Cham
43	33.85	L	P	Elné Hoffmann	11	BS LLD 30/03/2026 SA Level 2 Regional Age Group Cham
44	33.86	L	F	Mikenzie Welgemoed	11	AAS JHB 29/03/2026 SA Level 2 Regional Age Group Cham
45*	33.87	L	P	Daniella Phillips	11	DORE JHB 26/03/2026 SA Level 3 Regional Age Group Chan
45*	33.87	L	F	Mia Oosthuizen	11	PAC TSH 10/12/2025 NTS Championships 2025
47*	33.88	L	P	Anja Swanepoel	11	CLA WCD 09/04/2026 SA Level 3 Regional Age Group Chan
47*	33.88	L	F	Annah Sterne	11	STAQ CED 06/03/2026 SA Level 2 Regional Age Group Cham
49	33.93	L	F	Courtney Killian	11	CPPS NMA 14/03/2026 Level 1 District Age Group Gala 2026
50	33.98	L	F	Chloe Charedzera	11	PEAS NMA 30/01/2026 Infinity Gala 2026
51	34.01	L	F	Mikayla De Melo	11	BLUO UGD 21/02/2026 KZN Schools Trials 2026
52	34.04	L	P	Emma Richards	11	SAAW CPT 09/04/2026 SA Level 3 Regional Age Group Chan
53*	34.18	L	F	Leah Schultz	11	ELRAS WBD 29/03/2026 SA Level 2 Regional Age Group Cham
53*	34.18	L	P	Bella Ayekun	11	PSCP UMD 18/12/2025 KZN Premier Provincial Championship
55	34.22	L	F	Grace Hoar	11	KLOO ETH 18/12/2025 KZN Premier Provincial Championship
56	34.23	L	F	Zayb Christians	11	HURAQ CPT 09/10/2025 44th Freda Barnard Invitational Gala
57	34.24	L	F	Amelie Theron	11	ESA CED 06/03/2026 SA Level 2 Regional Age Group Cham
58	34.25	L	F	Emma-lee Claassen	11	LSKP WBD 31/01/2026 Limpopo School Champs & Limpopo A

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	34.33	L	P	Mine' Kirstein	11	PAC FSH	26/03/2026 SA Level 3 Regional Age Group Cham
60	34.41	L	F	Namwezi Mulligan	11	INFA NMA	30/01/2026 Infinity Gala 2026
61	34.44	L	F	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
62	34.45	L	F	Lisa Kotzé	11	POTC KKD	06/12/2025 NWS Championships 2025
63	34.48	L	P	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Cham
64	34.50	L	F	Georgie Croxford	11	OHAN ILD	21/02/2026 KZN Schools Trials 2026
65	34.53	L	F	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
66	34.57	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
67	34.58	L	F	Mecah Whon	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
68	34.61	L	F	Grace Stols	11	WSTV ETH	21/02/2026 KZN Schools Trials 2026
69*	34.71	L	P	Paisley-Gray Fine	11	MDOL JHB	27/11/2025 CGA Championships 2025
69*	34.71	L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026 SA Level 3 Regional Age Group Cham
69*	34.71	L S	P	Mila Tredoux	11	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
72	34.79	L	P	Chrisela Sadi	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Cham
73	34.91	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Cham
74	34.93	L	F	Emma Van den Heever	11	LALE CED	06/02/2026 WCA-B Champs - 2026
75	34.94	L S	P	Melokuhle Mathibela	11	CA EKU	04/12/2025 EGA Summer Championships 2025
76	34.96	L	F	Anrike Bothma	11	AQUA UTD	31/03/2026 SA Level 2 Regional Age Group Cham
77	35.00	L	F	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
78	35.04	L	F	Olivia Gilbert	11	FRA KCD	31/03/2026 SA Level 2 Regional Age Group Cham
79	35.07	L	P	Danni Croft	11	KNYA EDD	09/04/2026 SA Level 3 Regional Age Group Cham
80	35.10	L	F	Z'Ney Piechaczek	11	BLOT MAN	03/12/2025 Free State Champs 2025
81	35.12	L	F	Anje Weldhagen	11	BLOT MAN	03/12/2025 Free State Champs 2025
82	35.20	L	F	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
83	35.22	L	P	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
84	35.23	L	P	Hannah Mahomed	11	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
85	35.24	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
86	35.25	L S	P	Nolitha Luhabe	11	CA EKU	04/12/2025 EGA Summer Championships 2025
87	35.26	L	F	Cassidy Christensen	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
88*	35.29	L	F	Khloe Els	11	ASA ILD	31/01/2026 uShaka Champs 2026
88*	35.29	L	F	Savannah Matthee	11	SUN NMA	14/03/2026 Level 1 District Age Group Gala 2026
90	35.34	L	P	Alana Viviers	11	LINR JHB	26/03/2026 SA Level 3 Regional Age Group Cham
91	35.35	L	F	Bailey Dekker	11	KLOO ETH	21/02/2026 KZN Schools Trials 2026
92*	35.39	L	F	Isabelle Oliphant	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
92*	35.39	L	P	Arabella Tschofen	11	AA JHB	26/03/2026 SA Level 3 Regional Age Group Cham
94	35.40	L	P	Niah De Lange	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
95	35.44	L	F	Holly Miles	11	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
96	35.48	L	P	Christine Kruger	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
97	35.51	L	F	Kelsey Markgraaff	11	TUKS FSH	10/12/2025 NTS Championships 2025
98	35.55	L	P	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025 CGA Championships 2025
99	35.61	L	F	Maddison Warby	11	TRAZ FSH	03/10/2025 NTS Level 1+2 October Age Group 20
100	35.69	L	P	Line Leonard	11	EXP FSH	29/03/2026 SA Level 2 Regional Age Group Cham
101	35.70	L	P	Kera Smith	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
102*	35.75	L	P	Kayline Cronje	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Cham
102*	35.75	L	P	Hannah Swanepoel	11	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
104	35.76	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026 uShaka Champs 2026
105*	35.80	L	P	Michelle Rudolph	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
105*	35.80	L	F	Alannah Whitehead	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
107*	35.82	L	P	Morgan Thyse	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
107*	35.82	L	F	Charlize Tröger	11	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
109	35.96	L	P	Avah Smit	11	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Cham
110	36.00	L	P	Christina Tomè	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
111	36.01	L	F	Jo Anne Schutte	11	KALA	14/02/2026 KALAHARI CLASSIC 2026
112	36.04	L	F	Hannah Aboullilah	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
113*	36.06	L	P	Adri Breedt	11	DORE JHB	27/11/2025 CGA Championships 2025
113*	36.06	L	F	Kudzai Chikwange	11	PEAS NMA	30/01/2026 Infinity Gala 2026
115	36.07	L	F	Leah Victor	11	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
116*	36.10	L	P	Rachael McMaster	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Cham
116*	36.10	L S	P	Paige Van Breda	11	TCA EKU	04/12/2025 EGA Summer Championships 2025

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Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	36.11	L	P	Alexus Erasmus	11	FSE KCD	26/03/2026 SA Level 3 Regional Age Group Cham
119	36.13	L	P	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
120*	36.15	L	F	Paige Davies	11	KLOO ETH	03/10/2025 Curro AquaElite Gala
120*	36.15	L	P	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
122	36.16	L	F	Isabella Gregory	11	HAAG UTD	31/01/2026 UThukela District Gala 4
123	36.21	L	P	Willow De Klerk	11	VINE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
124	36.33	L	P	Sophia Lloyd-Swanepoel	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
125	36.35	L S	P	Gabriella Freese	11	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
126	36.46	L	P	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
127	36.48	L	F	Maria Burger	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
128	36.52	L	P	Rorisang Lempe	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
129	36.56	L	F	Milan Sullivan	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
130	36.57	L	P	Amelia-Rose Geldart	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
131*	36.58	L	P	Lethabo Mofokeng	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
131*	36.58	L	F	Amy-Mae Victor	11	PEAS NMA	15/11/2025 5th A League Gala 2025
133	36.59	L	P	Siena Johnson	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
134	36.60	L	F	Peta De Souza	11	EXP TSH	23/01/2026 2026 NTS Sprint Gala
135	36.63	L	P	Elizabeth Hartman	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
136	36.64	L	P	Gemma Nicholson	11	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
137	36.65	L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Cham
138	36.72	L	F	Nelia Kleynhans	11	LSM EZD	13/02/2026 NW School Championships 2026
139	36.78	L	F	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
140	36.80	L	F	Christine Van Zyl	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
141	36.83	L	P	Lisa Myburgh	11	SFSA JHB	27/11/2025 CGA Championships 2025
142	36.85	L	F	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
143	36.86	L	F	Lila Raubenheimer	11	GILL NMA	14/03/2026 Level 1 District Age Group Gala 2026
144	36.95	L	P	Onkgopotse Kganakga	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
145	36.98	L	F	Theresa Bartmann	11	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
146	37.01	L	F	Charmé Van Niekerk	11	LSPN MPD	31/01/2026 Limpopo School Champs & Limpopo A
147	37.02	L	P	Amelie Roets	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
148*	37.04	L	F	Marguerite Burger	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
148*	37.04	L	P	Kaylin van Schalkwyk	11	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
150	37.05	L	P	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
151	37.07	L	P	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
152	37.13	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026 NW School Championships 2026
153	37.15	L	P	Ariella Da Silva	11	MDOL JHB	27/11/2025 CGA Championships 2025
154	37.20	L	P	Anna Dabrowski	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
155	37.25	L	F	Psalm Oswald	11	ESP EKU	11/10/2025 EGA Summer 2
156	37.28	L	F	Kuhlekonke Cebekhulu	11	SEAL UMD	15/11/2025 KZN Junior Championships 2025
157	37.30	L	P	Hluma Ndamse	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
158	37.32	L	P	Nikka Burger	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
159	37.35	L	P	Jana Hiestermann	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
160*	37.39	L	F	Anais Christine van Huyssteen	11	VRC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
160*	37.39	L	F	Emily Celliers	11	CSC TSH	23/01/2026 2026 NTS Sprint Gala
162	37.41	L	P	Annika Chivandire	11	WATR JHB	27/11/2025 CGA Championships 2025
163*	37.48	L	P	Annika Franken	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
163*	37.48	L	P	Mia Zietsman	11	CSA EZD	05/12/2025 Mpumalanga Championships 2025
165	37.50	L	F	Mienke Scheepers	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
166	37.52	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
167	37.53	L	P	Anke Van den Berg	11	CSC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
168	37.57	L	F	Anri Liebenberg	11	PELIC MAN	07/11/2025 Otters Prestige Gala 2025
169	37.58	L	F	Leah Bunge	11	BLUO UGD	21/02/2026 KZN Schools Trials 2026
170	37.60	L	F	Lara Coetzee	11	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
171	37.65	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
172	37.67	L	F	Amber Bergh	11	TUKS TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
173	37.68	L	F	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
174	37.70	L	P	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
175	37.73	L	P	Georgia Carls	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
176	37.77	L	F	Amantle Mazibuko	11	BLOT MAN	03/12/2025 Free State Champs 2025

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
177	37.83	L	F	Janina Badenhorst	11	HREF BP	06/12/2025 NWS Championships 2025
178	37.84	L	P	Kara Lotz	11	PAC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
179	37.85	L	F	Anni Jordaan	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
180	37.86	L	P	Sophia Lemmer	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
181*	37.87	L	P	Ayesha Fakier	11	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Cham
181*	37.87	L	F	Maddison Robert	11	OHAN ILD	15/11/2025 KZN Junior Championships 2025
181*	37.87	L	F	Kara Van Staden	11	CTO CPT	06/02/2026 WCA-B Champs - 2026
184*	37.89	L	P	Rone Kruger	11	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
184*	37.89	L	F	Jessica Barber	11	SSISA CPT	21/02/2026 Swartland Invitational Gala 2026
186	37.95	L	P	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
187	37.96	L S	P	Skylar Holmes	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
188	x37.96	L	F	Nina Groenewald	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
189	37.97	L	F	Zama Mkhize	11	USHPM UMD	30/03/2026 KZNA Level 1 Championships
190*	38.02	L	P	Atlegang Matlala	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
190*	38.02	L	P	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
192	38.03	L	F	Lienke Myburgh	11	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
193	38.09	L	F	Milan Genis	11	UNI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
194	38.10	L	P	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
195	38.12	L	F	Gabriella Loucao	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
196	38.18	L	F	Dia Hobbs	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
197	38.27	L	F	Isabella De Jager	11	BRAVE CED	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
198*	38.28	L	F	Bailey Keating	11	TRAZ FSH	05/12/2025 2025 The Tshwane Mayor's Gala
198*	38.28	L	P	Reabetswe Tau	11	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
200	38.35	L	F	Jana Malherbe	11	LSM EZD	13/02/2026 NW School Championships 2026
201	38.39	L	P	Harper Dewey	11	PER JHB	27/11/2025 CGA Championships 2025
202	38.41	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
203	38.42	L	F	Aaliya Chippendale	11	MARL CPT	28/06/2025 PEA Winter Gala 2025
204	38.45	L	P	Onthatile Motloung	11	FAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
205*	38.53	L	F	Anika Nel	11	EXP FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
205*	38.53	L	F	Robyn von Wildermann	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
207*	38.57	L	P	Zoey Zovitzkey	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
207*	38.57	L	F	Mawande Saule	11	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
209*	38.61	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
209*	38.61	L	F	Mienke Malherbe	11	LSER WBD	31/01/2026 Limpopo School Champs & Limpopo A
211*	38.62	L	P	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
211*	38.62	L	P	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
213	38.64	L	P	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
214	38.67	L	F	Amy Dick	11	HURAQ CPT	22/11/2025 Swartland Prestige Gala 2025
215*	38.70	L	P	Lize Steenkamp	11	RFA FSH	30/03/2026 SA Level 2 Regional Age Group Cham
215*	38.70	L	P	Isabel Snyman	11	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
217	38.73	L	F	Mieke Drenth	11	AWIN FSH	03/10/2025 NTS Level 1+2 October Age Group 20
218*	38.77	L S	F	Leah Liebenberg	11	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
218*	38.77	L	F	Kristi Marais	11	PELIC MAN	14/02/2026 MA LAST CHANCE GALA
220	38.87	L	F	Imogen Malan	11	MANT CPT	06/02/2026 WCA-B Champs - 2026
221	38.89	L	F	Holly Noble	11	ESP EKU	11/10/2025 EGA Summer 2
222	38.93	L	P	Meandri Vorster	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
223	39.00	L	P	Obafentje Seoke	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
224	39.01	L	F	Valentina Kukovec	11	COLJ NMA	14/03/2026 Level 1 District Age Group Gala 2026
225	39.05	L	F	Mieke de Bruyn	11	SOUL EKU	22/11/2025 EGA Summer 3 & 4
226	39.10	L	F	Emery Eloff	11	VALS FDD	24/10/2025 Neptunes Gala
227	39.14	L	F	Helena Lourens	11	FISH EDD	22/11/2025 Eden LC Champs 2025
228	39.17	L	F	Hannah Jenniker	11	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
229	39.21	L	F	Kaleigh Henning	11	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
230	39.22	L	F	Caitlin Lombard	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
231	39.28	L	F	Ava Van Den Heever	11	KTS	14/02/2026 KALAHARI CLASSIC 2026
232*	39.31	L	F	Leah Kriel	11	GREY CPT	28/06/2025 PEA Winter Gala 2025
232*	39.31	L	F	Lerika v Romburgh	11	LSM EZD	13/02/2026 NW School Championships 2026
234*	39.34	L	F	Rebecca Clouston	11	HAAG UTD	21/02/2026 Uthukela District Gala 5
234*	39.34	L	F	Kylie Lategan	11	HARL BUF	28/11/2025 BCA Long Course Championships 202

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
236*	39.35	L	F	Amore Caroto	11	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
236*	39.35	L	P	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
238	39.38	L	F	Erin Mofsowitz	CR	VASA EKU	11/10/2025 EGA Summer 2
239*	39.42	L	F	Zania Van Zyl	11	PEAS NMA	30/08/2025 Madibaz Swim Meet 2025
239*	39.42	L	F	Carli Van der Merwe	11	VASTR BPD	13/02/2026 NW School Championships 2026
241	39.46	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
242*	39.47	L	P	Jemma October	11	ALPHA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
242*	39.47	L	F	Magnolia Freeman	11	TUKS FSH	23/01/2026 2026 NTS Sprint Gala
244	39.49	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
245	39.53	L	F	Sienna Moller	11	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
246	39.67	L	F	Marli Nel	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
247	39.68	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
248	39.70	L	F	Liya Carstens	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
249	39.75	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	31/01/2026 uShaka Champs 2026
250	39.77	L	P	Annabel Swart	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
251	39.81	L	F	Madison Dingle	11	CA EKU	22/11/2025 EGA Summer 3 & 4
252	39.87	L	F	Anna Tarasova	11	PLAY CED	21/02/2026 Swartland Invitational Gala 2026
253	39.93	L	P	Kendall Thys	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
254	39.96	L	F	Peyton Strydom	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
255	39.97	L	P	Blake Van Der Heiden	11	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
256	40.01	L	F	Lienke Pienaar	11	BLS KK	13/02/2026 NW School Championships 2026
257	40.08	L	P	Mckayla Du Plessis	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
258	40.17	L	F	Clarabelle Van den Bergh	11	VASTR BPD	13/02/2026 NW School Championships 2026
259*	40.20	L	F	Carli Marais	11	KNYA EDD	14/02/2026 EDEN 5th A-League Gala 2026
259*	40.20	L	F	Jessica Treeby	11	AWIN FSH	05/12/2025 2025 The Tshwane Mayor's Gala
261	40.30	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
262	40.33	L	F	Hannah Argrou	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
263	40.36	L	F	Aninka Terblanche	11	ROA EDD	04/10/2025 EDEN 1st A-League Gala 2025
264	40.39	L	F	Layla Bourbon	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
265	40.46	L	F	Mila Lorenzen	11	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
266*	40.48	L	F	Yi-han Huang	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
266*	40.48	L	F	Mieke Robertson	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
268	40.49	L	F	Leandi Hattingh	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
269	40.50	L	P	Neene-Mari Carstens	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
270	40.57	L	F	Karlienke Ras	11	GHS BPD	13/02/2026 NW School Championships 2026
271	40.60	L	P	Amoré Terblanche	11	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
272*	40.69	L	F	Lune Hattingh	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
272*	40.69	L	F	Emma de Smidt	11	VRC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
274	40.70	L	P	Emma Rundle	11	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
275	40.81	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
276*	40.90	L	P	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
276*	40.90	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
278	40.92	L	F	Okuhlekonke Dladla	11	AQUA UTD	31/01/2026 uShaka Champs 2026
279	40.95	L	F	Jana Snyman	11	ROA EDD	22/11/2025 Eden LC Champs 2025
280	40.99	L	F	Hayley Marais	11	CA EKU	11/10/2025 EGA Summer 2
281	41.04	L	P	Oagile Maimane	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
282	41.13	L	F	Chloe Erasmus	11	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
283	41.15	L	F	Zoe Nhlapo	11	TUKS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
284	41.16	L	P	Erin Greyling	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
285	41.24	L	F	Zanokuhle Luthuli	11	USH KCD	31/01/2026 uShaka Champs 2026
286	41.25	L	F	McKenzie Petersen	11	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
287	41.34	L	F	Megan Kotras	11	HPS FSH	31/10/2025 NTS Level 1+2 November Age Group ;
288	41.38	L	P	Ivy Wilkins	11	HPS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
289	41.39	L	F	Zinnia De Lange	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
290	41.46	L	F	Meekah Sinfield	11	WAC EDD	25/10/2025 Zasu 1st League OYDC 2025-26
291	41.47	L	F	Haohan Zhang	11	ANAX CPT	22/11/2025 Swartland Prestige Gala 2025
292	41.50	L	F	Leamé Plath	11	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
293	41.58	L	F	Lara du Plessis	11	GILL NMA	14/03/2026 Level 1 District Age Group Gala 2026
294	41.71	L	F	Amelia Campbell	11	MGSC UGD	06/12/2025 Stingrays Champs 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
295	41.73	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
296	41.74	L	F	Zoë-eve Van Rooyen	11	RFA FSH	03/10/2025 NTS Level 1+2 October Age Group 20
297	41.77	L	F	Peyton Hessie	11	FISH EDD	08/11/2025 EDEN 3rd A-League Gala 2025
298*	41.82	L	P	Faith Groenewald	11	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
298*	41.82	L	F	Mieke Jv Vuuren	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
298*	41.82	L	F	Stefanie Fouche	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
301	41.86	L	F	Hannah Stewart	11	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
302	41.88	L	F	Juliet Mead	11	ASAC CPT	06/02/2026 WCA-B Champs - 2026
303	41.89	L	F	Janah Louw	11	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
304	41.95	L	F	Lungaka Ntshiqqa	11	SDSC OTD	28/11/2025 BCA Long Course Championships 202
305*	41.99	L	F	Sophia Millar	11	SFSC CPT	29/11/2025 CTA B CHAMPS 2025
305*	41.99	L	F	Annabel Snyders	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
307	42.01	L	F	Lesego Sebolai	11	PAC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
308	42.03	L	F	Katelynn van Rensburg	11	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
309	42.05	L	F	Athindothe Tshibubudze	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
310	42.13	L	F	Ayla Mahlangu	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
311	42.14	L	F	Olivia Wood	11	BARA EKU	31/01/2026 EGA Last Chance Gala 2026
312	42.24	L	F	Anna-Mart Erasmus	11	TUKS FSH	28/02/2026 AG Level 1 Regional Competition 2026
313	42.42	L	F	Lucy Van der Westhuizen	11	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
314	42.46	L	F	Dani Inglis	11	MANT CPT	29/11/2025 CTA B CHAMPS 2025
315	42.48	L	F	Lulu Mosima	11	BLOT MAN	10/10/2025 Super Seals Annual Gala
316	42.56	L	F	Alic Van Heerden	11	TYGE CPT	06/02/2026 WCA-B Champs - 2026
317	42.63	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
318	42.65	L	F	Mine Zietsman	11	BETH FDD	03/12/2025 Free State Champs 2025
319	42.73	L	F	Katrien Van Tonder	11	TASC MPD	31/01/2026 Limpopo School Champs & Limpopo A
320	42.74	L	F	Keira Robertson	11	HPS FSH	03/10/2025 NTS Level 1+2 October Age Group 20
321	42.75	L	F	Oritonda Muthathi	11	TUKS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
322	42.78	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 202
323	42.89	L	F	Ilse Hough	11	PSA ZLD	06/12/2025 Stingrays Champs 2025
324	43.04	L	F	Cathryn Davenport	11	PEAS NMA	30/08/2025 Madibaz Swim Meet 2025
325	43.20	L	F	Casey Cheesman	11	FSE KCD	30/03/2026 KZNA Level 1 Championships
326*	43.52	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
326*	43.52	L	F	Carmi Nothnagel	11	SS MPD	28/11/2025 Limpopo Champs 2025
328*	43.53	L	F	Aeltie Prinsloo	11	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
328*	43.53	L	F	Avery Jardim	11	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
330	43.54	L	P	Lukhanyo Dwane	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
331	43.55	L	F	Emily Byron	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
332	43.59	L	F	Emily Ohlson	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
333	43.66	L	F	Isla Pretorius	11	PWC BP	13/02/2026 NW School Championships 2026
334	43.68	L	F	Zeta Conybeare	11	DRGN EKU	28/02/2026 AG Level 1 Regional Competition 2026
335	43.71	L	F	Luhlelo Cebekhulu	11	VHD ZLD	06/12/2025 Stingrays Champs 2025
336	43.74	L	F	Oageng Mmalekutu	11	TLAC BPD	13/02/2026 NW School Championships 2026
337	43.82	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026 Limpopo School Champs & Limpopo A
338	43.85	L	F	Mia Badenhorst	11	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
339	43.88	L	F	Seline Van Nieuwenhuizen	11	DDA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
340	44.01	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
341	44.02	L	F	Dihane Liebenburg	11	KSSC FBD	21/02/2026 AGE GROUP 6 KBY 2026
342	44.25	L	F	Leonette Kruger	11	DSK BP	13/02/2026 NW School Championships 2026
343	44.33	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
344	44.35	L	F	Li-Mare Olivier	11	FAAC	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
345	44.36	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
346	44.42	L	F	Tara Diergaardt	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
347	44.51	L	P	Marné Van Eyssen	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
348	44.56	L	F	Alise Brynard	11	BS LLD	24/10/2025 Neptunes Gala
349	44.67	L	F	Akabonge Khumalo	11	AQUA UTD	21/02/2026 Uthukela District Gala 5
350	44.73	L	F	Julia Ruthenberg	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
351	44.87	L	F	Samantha Vincent	11	SWIMS EKU	28/02/2026 AG Level 1 Regional Competition 2026
352	45.27	L	F	Diana Rowsell	11	SUMW NMA	14/03/2026 Level 1 District Age Group Gala 2026
353	45.41	L	F	Karli Wilson	11	KALA	14/02/2026 KALAHARI CLASSIC 2026

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
354	45.43	L	F	Milanke Swanepoel	11	BETH FDD	03/12/2025 Free State Champs 2025
355	45.51	L	F	Mia Snyders	11	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
356	45.55	L	F	Kira Delport	11	GHS BPD	13/02/2026 NW School Championships 2026
357*	45.69	L	F	Katherine Schutlzler	11	USC BUF	30/01/2026 Infinity Gala 2026
357*	45.69	L	F	Peontle Motlhoki	11	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
359	45.79	L	F	Clarece Korkie	11	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
360*	45.86	L	F	Zanokuhle Phakathi	11	USH KCD	31/01/2026 uShaka Champs 2026
360*	45.86	L	F	Gemma Pieterse	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
362	45.98	L	F	Lize-Mari Loots	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
363	46.20	L	P	Ava Putter	11	NWUC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
364	46.40	L	F	Issabel Lindeboom	11	BLNE MAN	28/02/2026 FSA LEVEL 1 2026
365*	46.45	L	P	Abigail Vieira	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
365*	46.45	L	F	Klara Brink	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
367	46.52	L	F	Oratliwe Tsomele	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
368	46.59	L	F	Evelyn Lombard	11	TRAZ TSH	23/01/2026 2026 NTS Sprint Gala
369	46.66	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
370	46.72	L	F	Dane' Gerber	11	USH KCD	31/01/2026 uShaka Champs 2026
371	46.85	L	F	Mari Malherbe	11	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
372	46.91	L	F	Leilah Cadwell	11	JAQ EKU	11/10/2025 EGA Summer 2
373	47.06	L	F	Rone Burger	11	STGR XRD	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
374	47.08	L	F	Phindulo Matakanyi	11	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
375	47.19	L	F	Paige Hirst	11	MCSP BPD	13/02/2026 NW School Championships 2026
376	47.28	L	F	Ashery Grobler	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
377	47.50	L	F	Camryn Bolitho	11	SOUL EKU	11/10/2025 EGA Summer 2
378*	47.55	L	F	Bella De Villiers	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
378*	47.55	L S	P	Atlegang Kekana	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
380	47.68	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
381	47.80	L	F	Kiyara Dyers	11	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
382	48.00	L	F	Mananaka Myotcha	11	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
383	48.02	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026 BCA Feb Age Group Gala 2026
384	48.21	L	F	Katleho Ramokoena	11	HHPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
385	48.25	L	F	Resego Peter	11	POLSC CCD	27/09/2025 Limpopo Age Group 4 of 2025/26
386	49.37	L	F	Sarah Kotras	11	HPS TSH	31/10/2025 NTS Level 1+2 November Age Group :
387	49.59	L	F	Jazmine Jones	11	TPS BPD	30/01/2026 ORTA SCHOOL TRIALS 2026
388	49.88	L	F	Danell Van Heerden	11	BS LLD	03/12/2025 Free State Champs 2025
389	49.89	L	F	Asher Smith	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
390	50.17	L	F	Thalia Moodley	11	SWISA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
391	50.85	L	F	Eduane Du Plooy	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
392	51.01	L	F	Sonika Bekker	11	KTS	14/02/2026 KALAHARI CLASSIC 2026
393	51.21	L	F	Kuhlesbonge Mthembu	11	USH KCD	07/02/2026 KCDA Age Group 5 2026
394	51.71	L	F	Nika Konjar	11	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
395	51.99	L	F	Karmin Lubbe	11	GHWK	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
396	52.16	L	F	Candice Hunda	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
397	52.66	L	F	Bokang Dintthe	11	CKDP KK	13/02/2026 NW School Championships 2026
398	52.69	L	F	Ella Preston	11	BLUO UGD	30/03/2026 KZNA Level 1 Championships
399	53.34	L	F	Abigail Khakhane	11	GHSK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
400	53.42	L	F	Zariah Phillips	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
401	53.48	L	F	Ava Cheesian	11	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
402	53.78	L	F	Hanaa Lawrence	11	HURAO CPT	22/11/2025 Swartland Prestige Gala 2025
403	54.91	L	F	Grace Kitching	11	UPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
404	55.26	L	F	Asiphile Dlamini	11	CUR EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
405	56.07	L	F	Christibe De Witt	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
406	56.24	L	F	Qhawekazi Hlomuka	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships
407	58.53	L	F	Sophia Ross	11	WELA LLD	14/11/2025 Valsrivier Gala
408	59.58	L	F	Ashere Naku	11	SRAY BUF	28/11/2025 BCA Long Course Championships 202
409	1:02.77	L	F	Phindulo Mufamadi	11	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
410	1:05.41	L	F	Uminathi Mbhele	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships
411	1:06.46	L	F	Simone Du Plooy	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
412	1:06.75	L	F	Mariana Hanekom	11	KSSC FBD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
413	1:07.16	L	F	Roelene Cronje	11	VREDE TMD	11/10/2025 EGA Summer 2
414	1:08.49	L	F	Tumisho Mooketsi	11	PWC BP	13/02/2026 NW School Championships 2026
415	1:11.62	L	F	Tlhabo Moeti	11	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
416	1:17.83	L	F	Afrika Mapitsa	11	KVP BPD	13/02/2026 NW School Championships 2026
417	1:23.69	L	F	Omolemo Mosia	11	STA NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
418	1:29.42	L	F	Azania Moleki	11	STA NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
419	1:46.85	L	F	Bokamoso Tlholakae	11	KVP BPD	13/02/2026 NW School Championships 2026
420	2:18.20	L	F	Hlelolwenkosi Thabethe	11	STA NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
<b>Women 11-12 100 Free</b>							
1	1:05.70	L	F	Haley Pieterse	11	INFA NMA	12/12/2025 NMBA Championships 2025
2	1:06.50	L	F	Anè Bezuidenhout	11	TUKS TSH	10/12/2025 NTS Championships 2025
3	1:06.85	L	P	Kasey De Bruyn	11	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-
4	1:06.96	L	F	Chloe Gerber	11	GAU JHB	24/04/2026 SA Schools Swimming Championship
5	1:08.67	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
6	1:08.76	L	F	Mia Kunzler	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
7	1:09.31	L	F	Kailah Nel	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
8	1:09.62	L	F	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
9	1:10.36	L	F	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
10	1:10.74	L	F	Gabriella Rall	11	FAC ECU	26/03/2026 SA Level 3 Regional Age Group Chan
11	1:10.98	L	F	Amelie Piater	11	LSBOS WBD	31/01/2026 Limpopo School Champs & Limpopo A
12	1:11.01	L S	F	Sophia Clutties	11	ACES ETH	18/12/2025 KZN Premier Provincial Championship
13	1:11.05	L	F	Noa-Grace Janse van Rensburg	11	TCA ECU	26/03/2026 SA Level 3 Regional Age Group Chan
14	1:11.38	L	P	Elle-Anne Roper	11	WSS LLD	26/03/2026 SA Level 3 Regional Age Group Chan
15	1:11.54	L	F	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
16	1:11.82	L	F	Addison Pitout	11	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
17*	1:12.29	L	P	Lisa Kotzé	11	POTC KKD	26/03/2026 SA Level 3 Regional Age Group Chan
17*	1:12.29	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan
19	1:12.31	L	P	Ashleigh Goosen	11	MP EZD	24/04/2026 SA Schools Swimming Championship
20	1:12.38	L	F	Shaylee Scheffer	11	UWCA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
21	1:12.43	L	P	Kgothatso Raphadu	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
22	1:12.44	L	F	Annabelle Van Onselen	11	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
23	1:12.55	L	P	Chrisna Swartz	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
24	1:12.61	L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025 CGA Championships 2025
25	1:12.81	L	P	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
26	1:12.85	L	P	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
27	1:13.11	L	P	Sarah Mann	11	CA ECU	26/03/2026 SA Level 3 Regional Age Group Chan
28	1:13.12	L	F	Kensley Hall	11	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
29	1:13.16	L	P	Arianne Bac	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
30*	1:13.28	L	P	Accalia Maartens	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
30*	1:13.28	L	P	Thendo Nematikanga	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan
32	1:13.56	L	F	Zayb Christians	11	HURAC CPT	22/11/2025 Swartland Prestige Gala 2025
33	1:13.58	L	F	Morgan-Paige Kiewiets	11	NMBA NM	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
34	1:13.78	L	P	Emma Swanepoel	11	CLA WCD	09/04/2026 SA Level 3 Regional Age Group Chan
35	1:13.84	L	P	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
36	1:13.90	L	P	Anja Swanepoel	11	CLA WCD	09/04/2026 SA Level 3 Regional Age Group Chan
37*	1:14.03	L	F	Kaylin Smith	11	PGAC ECU	29/03/2026 SA Level 2 Regional Age Group Cham
37*	1:14.03	L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Chan
39	1:14.42	L	P	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
40	1:14.79	L	P	Mila Tredoux	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
41	1:14.84	L	P	Berre Sun	11	MDOL JHB	27/11/2025 CGA Championships 2025
42	1:14.89	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
43	1:15.07	L	F	Mikayla De Melo	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
44	1:15.34	L	P	Danni Croft	11	KNYA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
45	1:15.37	L	F	Courtney Killian	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
46	1:15.41	L	F	Mikenzie Welgemoed	11	AAS JHB	27/11/2025 CGA Championships 2025
47	1:15.43	L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
48	1:15.52	L S	F	Grace Hoar	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
49	1:15.53	L	P	Kayline Cronje	11	JAQ ECU	26/03/2026 SA Level 3 Regional Age Group Chan
50	1:15.59	L	P	Veronique Coetzee	11	JAQ ECU	26/03/2026 SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
51	1:15.69	L	P	Mika Ferreira	11	TUKS	FSH	26/03/2026 SA Level 3 Regional Age Group Cham
52	1:15.81	L	P	Dominique Du Plessis	11	TRAZ	FSH	26/03/2026 SA Level 3 Regional Age Group Cham
53	1:15.96	L	P	Caitlin Bruce	11	SOUL	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
54	1:16.00	L	T	Devhyn Trollip	11	UNIU	EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
55	1:16.30	L	F	Amelie Theron	11	ESA	GED	06/03/2026 SA Level 2 Regional Age Group Cham
56	1:16.56	L	F	Anrike Bothma	11	AQUA	UTD	31/03/2026 SA Level 2 Regional Age Group Cham
57	1:16.60	L	F	Bella-Rose Hutchinson	11	LEGC	ETH	15/11/2025 KZN Junior Championships 2025
58	1:16.91	L	F	Bailey Dekker	11	KLOO	ETH	21/02/2026 KZN Schools Trials 2026
59	1:17.02	L	F	Nieke Odendaal	11	BEARS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
60*	1:17.08	L	F	Mia Oosthuizen	11	PAC	FSH	28/06/2025 PEA Winter Gala 2025
60*	1:17.08	L	P	Christine Kruger	11	BLSS	MAN	26/03/2026 SA Level 3 Regional Age Group Cham
62	1:17.24	L	P	Kelsey Markgraaff	11	TUKS	FSH	26/03/2026 SA Level 3 Regional Age Group Cham
63	1:17.26	L	F	Z'Ney Piechaczek	11	BLOT	MAN	03/12/2025 Free State Champs 2025
64	1:17.33	L	P	Jessica Francis	11	SEAL	UMD	26/03/2026 SA Level 3 Regional Age Group Cham
65	1:17.37	L	P	Mine' Kirstein	11	PAC	FSH	26/03/2026 SA Level 3 Regional Age Group Cham
66	1:17.42	L	F	Charlize Tröger	11	SS	MPD	28/11/2025 Limpopo Champs 2025
67	1:17.45	L	F	Kera Smith	11	AA	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
68	1:17.57	L	P	Nolitha Luhabe	11	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Cham
69	1:17.61	L	P	Niah De Lange	11	CASC	CPT	09/04/2026 SA Level 3 Regional Age Group Cham
70	1:17.71	L	F	Georgie Croxford	11	OHAN	ILD	21/02/2026 KZN Schools Trials 2026
71	1:17.72	L	P	Adri Breedt	11	DORE	JHB	27/11/2025 CGA Championships 2025
72	1:17.82	L	F	Leah Kriel	11	GREY	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
73	1:17.93	L	P	Arabella Tschofen	11	AA	JHB	26/03/2026 SA Level 3 Regional Age Group Cham
74	1:17.96	L	F	Chloe Charedzera	11	PEAS	NMA	30/01/2026 Infinity Gala 2026
75	1:17.97	L	F	Khloe Els	11	ASA	ILD	31/01/2026 uShaka Champs 2026
76	1:18.08	L	P	Nina Groenewald	11	CASC	CPT	09/04/2026 SA Level 3 Regional Age Group Cham
77	1:18.11	L	F	Blake Cole	11	CTO	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
78	1:18.15	L	P	Mia Tonkinson	11	SOUL	EKU	26/03/2026 SA Level 3 Regional Age Group Cham
79	1:18.32	L	F	Lea De Jager	11	ROA	EDD	09/10/2025 44th Freda Barnard Invitational Gala
80	1:18.46	L	F	Kaylyn Blair	11	BLOT	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
81	1:18.59	L	F	Grace Stols	11	WSTV	ETH	21/02/2026 KZN Schools Trials 2026
82*	1:18.68	L	F	Emma Marx	11	CSA	EZD	31/03/2026 SA Level 2 Regional Age Group Cham
82*	1:18.68	L	P	Gemma Nicholson	11	SAAW	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
84	1:19.00	L	F	Zorka Mako-Hobar	11	KIS	GE	13/02/2026 Winelands SL Fin - February 2026 - cc
85	1:19.11	L	P	Logan Harvett	11	STAQ	GED	04/12/2025 Western Cape LC-A Championship 20
86	1:19.29	L	P	Melokuhle Mathibela	11	CA	EKU	04/12/2025 EGA Summer Championships 2025
87	1:19.33	L	F	Michelle Rudolph	11	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
88	1:19.36	L	F	Sophia Lloyd-Swanepoel	11	MAKO	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
89	1:19.38	L	F	Cassidy Christensen	11	SGUL	ETH	31/01/2026 uShaka Champs 2026
90	1:19.47	L	P	Chrisela Sadi	11	SAAW	CPT	09/04/2026 SA Level 3 Regional Age Group Cham
91	1:19.61	L	P	Morgan Thyssen	11	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Cham
92	1:19.65	L	F	Olivia Gilbert	11	FRA	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
93	1:19.72	L	F	Paige Davies	11	KLOO	ETH	15/11/2025 KZN Junior Championships 2025
94	1:19.87	L	F	Gabriella Freese	11	SAAW	CPT	22/11/2025 Swartland Prestige Gala 2025
95*	1:20.01	L	F	Daniella Phillips	11	DORE	JHB	28/02/2026 CGA Challenge
95*	1:20.01	L S	F	Bella Ayekun	11	PSCP	UMD	09/07/2025 TYR Prestige Tournament 2025
97	1:20.19	L	P	Khloe Weimers	11	SFSC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
98	1:20.22	L	F	Peta De Souza	11	EXP	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
99	1:20.23	L	F	Alexis Lockhart	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
100	1:20.50	L	P	Marguerite Burger	11	SWAR	WCD	26/03/2026 SA Level 3 Regional Age Group Cham
101	1:20.55	L	F	Anje Weldhagen	11	BLOT	MAN	03/12/2025 Free State Champs 2025
102	1:20.82	L	P	Amelia-Rose Geldart	11	ESP	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
103	1:20.84	L	P	Isabel Baronni Cilliers	11	MDOL	JHB	27/11/2025 CGA Championships 2025
104	1:20.90	L	P	Annika Franken	11	BARR	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
105*	1:20.96	L	P	Maddison Warby	11	TRAZ	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
105*	1:20.96	L	F	Theresa Bartmann	11	SWAR	WCD	06/03/2026 SA Level 2 Regional Age Group Cham
107	1:21.05	L	F	Namwezi Mulligan	11	INFA	NMA	12/12/2025 NMBA Championships 2025
108	1:21.10	L	P	Rachael McMaster	11	HARL	BUF	09/04/2026 SA Level 3 Regional Age Group Cham
109	1:21.15	L	F	Avah Smit	11	LSKP	WBD	31/01/2026 Limpopo School Champs & Limpopo A

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
110	1:21.16	L	P	Alana Viviers	11	LINR JHB	27/11/2025 CGA Championships 2025
111	1:21.23	L	F	Annah Sterne	11	STAQ CED	24/01/2026 Drakenstein Invitational - copied
112	1:21.27	L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Cham
113	1:21.58	L	F	Bailey Bowman	11	USC BUF	28/11/2025 BCA Long Course Championships 202
114*	1:21.75	L	P	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
114*	1:21.75	L	F	Alannah Whitehead	11	OHAN ILD	31/01/2026 uShaka Champs 2026
116	1:21.79	L	F	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
117	1:21.90	L	F	Milan Sullivan	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
118	1:21.92	L	F	Alexus Erasmus	11	FSE KCD	31/01/2026 uShaka Champs 2026
119	1:21.96	L	P	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
120	1:21.99	L	P	Amelie Roets	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
121	1:22.06	L	F	Hannah Abouillah	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
122*	1:22.08	L	F	Isabelle Oliphant	11	HARL BUF	28/02/2026 Eastern Cape School Provincial Trials
122*	1:22.08	L	F	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
124	1:22.11	L	F	Holly Miles	11	USC BUF	28/11/2025 BCA Long Course Championships 202
125	1:22.40	L	P	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
126	1:22.44	L	F	Lisa Myburgh	11	SFSA JHB	27/11/2025 CGA Championships 2025
127	1:22.58	L	F	Leah Schultz	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
128	1:22.59	L	P	Harper Dewey	11	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
129	1:22.60	L	F	Leah Victor	11	SS MPD	28/11/2025 Limpopo Champs 2025
130	1:22.62	L	P	Ariella Da Silva	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
131	1:22.72	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
132	1:22.82	L	P	Mecah Whon	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
133	1:22.95	L	P	Georgia Carls	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
134	1:22.98	L	F	Kudzai Chikwange	11	PEAS NMA	12/12/2025 NMBA Championships 2025
135	1:23.03	L	P	Rorisang Lempe	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
136	1:23.05	L	P	Siena Johnson	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
137	1:23.19	L	P	Paige Van Breda	11	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
138	1:23.25	L	F	Amy-Mae Victor	11	PEAS NMA	12/12/2025 NMBA Championships 2025
139	1:23.27	L	P	Lienke Myburgh	11	CSA EZD	26/03/2026 SA Level 3 Regional Age Group Chan
140	1:23.28	L	P	Isabella De Jager	11	BRAVE CED	09/04/2026 SA Level 3 Regional Age Group Chan
141	1:23.35	L S	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
142	1:23.43	L	P	Onkgopotse Kganakga	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
143	1:23.52	L	F	Lila Raubenheimer	11	GILL NMA	14/03/2026 Level 1 District Age Group Gala 2026
144	1:23.55	L	P	Leah Marais	11	INFA NMA	06/03/2026 SA Level 2 Regional Age Group Cham
145	1:23.57	L	P	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
146	1:23.66	L	P	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
147	1:23.73	L	F	Hannah Swanepoel	11	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
148	1:23.88	L	F	Willow De Klerk	11	VINE CPT	06/02/2026 WCA-B Champs - 2026
149	1:23.90	L	F	Jemma October	11	ALPHA CPT	14/02/2026 CTA Elite Gala (L3+)
150	1:23.94	L	F	Emma Van den Heever	11	LALE CED	06/02/2026 WCA-B Champs - 2026
151	1:23.98	L	P	Kaylin van Schalkwyk	11	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
152	1:24.01	L	P	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
153	1:24.06	L	P	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
154	1:24.10	L	P	Jana Hiestermann	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
155*	1:24.28	L	P	Nikka Burger	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
155*	1:24.28	L	F	Noluthando Zungu	11	HARL BUF	28/02/2026 Eastern Cape School Provincial Trials
157	1:24.36	L	F	Kara Van Staden	11	CTO CPT	06/02/2026 WCA-B Champs - 2026
158	1:24.45	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
159	1:24.53	L	F	Maria Burger	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
160	1:24.69	L	P	Jo Anne Schutte	11	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
161	1:24.77	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
162	1:24.78	L	P	Kara Lotz	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
163	1:24.89	L	F	Jessica Barber	11	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
164	1:24.95	L	F	Charmé Van Niekerk	11	LSPN MPD	31/01/2026 Limpopo School Champs & Limpopo A
165	1:25.02	L	P	Marli Nel	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
166	1:25.11	L	P	Ayesha Fakier	11	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Cham
167	1:25.12	L	F	Mia Schellink	11	BEST NMA	28/06/2025 PEA Winter Gala 2025
168	1:25.14	L	P	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
169	1:25.18	L	F	Robyn von Wildermann	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
170	1:25.38	L	F	Mia Zietsman	11	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
171	1:25.41	L	P	Elizabeth Hartman	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
172	1:25.46	L	P	Meandri Vorster	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
173	1:25.57	L	F	Mienke Scheepers	11	RFA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
174	1:25.75	L	F	Anais Christine van Huyssteen	11	VRC FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
175	1:25.81	L	P	Annika Chivandire	11	WATR JHB	27/11/2025 CGA Championships 2025
176	1:25.97	L	F	Holly Noble	11	ESP EKU	11/10/2025 EGA Summer 2
177	1:26.01	L	F	Maddison Robert	11	OHAN ILD	15/11/2025 KZN Junior Championships 2025
178	1:26.06	L	F	Milan Genis	11	UNI EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
179	1:26.10	L	P	Hluma Ndamse	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
180	1:26.14	L	P	Sophia Millar	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
181	1:26.38	L	P	Amber Bergh	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
182	1:26.39	L	P	Christina Tomè	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
183	1:26.41	L	P	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
184*	1:26.52	L	P	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
184*	1:26.52	L	F	Amantle Mazibuko	11	BLOT MAN	10/10/2025 Super Seals Annual Gala
186*	1:26.65	L	P	Anke Van den Berg	11	CSC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
186*	1:26.65	L	F	Mieke Drenth	11	AWIN FSH	05/12/2025 2025 The Tshwane Mayor's Gala
188	1:26.68	L	P	Ava Van Den Heever	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
189	1:26.78	L	F	Janina Badenhorst	11	HREF BP	06/12/2025 NWS Championships 2025
190	1:26.79	L	P	Skylar Holmes	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
191	1:26.90	L	P	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
192	1:26.91	L	F	Reabetswe Tau	11	PER JHB	27/11/2025 CGA Championships 2025
193	1:27.00	L	P	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
194	1:27.07	L	F	Imke Burger	11	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
195	1:27.17	L	F	Anna Dabrowski	11	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
196	1:27.19	L	P	Amoré Terblanche	11	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
197	1:27.26	L	F	Emily Celliers	11	CSC FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
198	1:27.36	L	F	Psalm Oswald	11	ESP EKU	20/09/2025 EGA Summer 1 2025
199	1:27.52	L	F	Aaliya Chippendale	11	MARL CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
200	1:27.67	L	P	Amelie Krige	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
201	1:27.68	L	P	Erin Mofsowitz	CR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
202	1:27.72	L	F	Rebecca Clouston	11	HAAG UTD	21/02/2026 Uthukela District Gala 5
203	1:27.82	L	F	Caitlin Lombard	11	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
204	1:27.84	L	F	Anika Nel	11	EXP FSH	05/12/2025 2025 The Tshwane Mayor's Gala
205	1:27.90	L	P	Obafentje Seoke	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
206	1:27.93	L	P	Lize Steenkamp	11	RFA FSH	30/03/2026 SA Level 2 Regional Age Group Cham
207	1:27.98	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
208	1:28.05	L	F	Leamé Plath	11	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
209	1:28.31	L	F	Jessica Treeby	11	AWIN FSH	05/12/2025 2025 The Tshwane Mayor's Gala
210	1:28.37	L	F	Hannah Mahomed	11	PSCP UMD	15/11/2025 KZN Junior Championships 2025
211	1:28.42	L	F	Kristi Marais	11	PELIC MAN	14/02/2026 MA LAST CHANCE GALA
212	1:28.44	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
213	1:28.47	L	F	Iané Briedenhann	11	BLNE MAN	03/12/2025 Free State Champs 2025
214	1:28.57	L	F	Yi-han Huang	11	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
215	1:28.66	L	F	Isabella Gregory	11	HAAG UTD	10/10/2025 Super Seals Annual Gala
216	1:28.74	L	P	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
217	1:28.77	L	P	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
218	1:28.82	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
219	1:28.94	L	F	Hannah Jenniker	11	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
220	1:29.00	L	F	Leandi Hattingh	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
221	1:29.04	L	F	Lesego Sebolai	11	PAC FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
222	1:29.05	L	P	Amy Dick	11	HURAQ CPT	06/03/2026 SA Level 2 Regional Age Group Cham
223	1:29.08	L	F	Nelia Kleynhans	11	LSM EZD	13/02/2026 NW School Championships 2026
224	1:29.44	L	F	Amélie Richard	11	BEARS FSH	31/10/2025 NTS Level 1+2 November Age Group :
225	1:29.56	L	F	Aninka Terblanche	11	ROA EDD	22/11/2025 Eden LC Champs 2025
226	1:29.58	L	F	Zoey Zovitzkey	11	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
227	1:29.59	L	F	Mila Lorenzen	11	BLMA CPT	22/11/2025 Swartland Prestige Gala 2025

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
228	1:29.67	L	F	Anri Liebenberg	11	PELIC MAN	10/10/2025 Super Seals Annual Gala
229	1:29.92	L	F	Zania Van Zyl	11	PEAS NMA	30/08/2025 Madibaz Swim Meet 2025
230	1:30.07	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
231	1:30.14	L	P	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
232	1:30.20	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
233	1:30.22	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
234	1:30.41	L	F	Liya Carstens	11	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 21
235	1:30.57	L	F	Zanokuhle Luthuli	11	USH KCD	31/01/2026 uShaka Champs 2026
236	1:30.61	L	F	Kendall Thys	11	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
237	1:30.68	L	F	Leah Liebenberg	11	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
238	1:30.76	L	F	Jane Opperman	11	AWIN FSH	28/02/2026 AG Level 1 Regional Competition 2026
239	1:30.85	L	F	Valentina Kukovec	11	COLJ NMA	14/03/2026 Level 1 District Age Group Gala 2026
240	1:30.87	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026 NW School Championships 2026
241	1:30.95	L	F	Lily Herrmann	11	SWIFT ECU	11/10/2025 EGA Summer 2
242	1:31.02	L	P	Amore Caroto	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
243	1:31.39	L	F	Mawande Saule	11	SOUL ECU	28/02/2026 AG Level 1 Regional Competition 2026
244	1:31.64	L	F	Emma Ballack	11	CHSA CPT	06/02/2026 WCA-B Champs - 2026
245	1:31.70	L	P	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
246	1:31.71	L	F	Lerika v Romburgh	11	LSM EZD	13/02/2026 NW School Championships 2026
247*	1:31.77	L	P	Gabriella Loucao	11	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
247*	1:31.77	L	P	Isabel Snyman	11	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
249	1:31.78	L	P	Mckayla Du Plessis	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
250*	1:31.92	L	F	Layla Bourbon	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
250*	1:31.92	L	F	Sophia Lemmer	11	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
252	1:31.97	L	F	Dani Inglis	11	MANT CPT	29/11/2025 CTA B CHAMPS 2025
253	1:32.00	L	F	Rone Kruger	11	BULS MAN	03/12/2025 Free State Champs 2025
254	1:32.05	L	P	Katelynn van Rensburg	11	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
255	1:32.19	L	F	Ivy Wilkins	11	HPS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
256	1:32.23	L	F	Jana Snyman	11	ROA EDD	22/11/2025 Eden LC Champs 2025
257	1:32.30	L	F	Olivia Bind	11	ASAC CPT	06/02/2026 WCA-B Champs - 2026
258	1:32.41	L	F	Mieke Robertson	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
259	1:32.50	L	F	Kuhlekonke Cebekhulu	11	SEAL UMD	15/11/2025 KZN Junior Championships 2025
260	1:32.54	L	P	Emma Rundle	11	CUHE QBD	06/03/2026 SA Level 2 Regional Age Group Cham
261	1:32.63	L	F	Peyton Hessie	11	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
262	1:32.66	L	F	Madison Dingle	11	CA ECU	11/10/2025 EGA Summer 2
263	1:32.99	L	F	Zama Mkhize	11	USHPM UMD	30/03/2026 KZNA Level 1 Championships
264	1:33.05	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
265*	1:33.15	L	P	Onthatile Motloung	11	FAC ECU	29/03/2026 SA Level 2 Regional Age Group Cham
265*	1:33.15	L	F	Karlienke Ras	11	HREF BP	06/12/2025 NWS Championships 2025
267	1:33.21	L	F	Zoe Nhlapo	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
268	1:33.26	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
269	1:33.30	L	P	Athindothe Tshibubudze	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
270	1:33.51	L	F	Sienna Moller	11	ESA CED	06/02/2026 WCA-B Champs - 2026
271	1:33.70	L	F	Dia Hobbs	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
272	1:33.88	L	F	Janah Louw	11	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
273	1:33.95	L	P	Atlegang Matlala	11	SWIFT ECU	29/03/2026 SA Level 2 Regional Age Group Cham
274	1:34.16	L	P	Blake Van Der Heiden	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
275	1:34.17	L	F	Stefanie Fouche	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
276	1:34.29	L	F	Megan Kotras	11	HPS FSH	31/10/2025 NTS Level 1+2 November Age Group :
277	1:34.36	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
278	1:34.38	L	F	Carli Marais	11	KNYA EDD	04/10/2025 EDEN 1st A-League Gala 2025
279	1:34.64	L	F	Anna-Mart Erasmus	11	TUKS FSH	28/02/2026 AG Level 1 Regional Competition 2026
280	1:34.70	L	F	Hannah Stewart	11	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
281*	1:34.87	L	P	Nina Heyns	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
281*	1:34.87	L	F	Hannah Argrou	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
283	1:34.98	L	F	Lilly Janse van Rensburg	11	XCEL CPT	20/09/2025 CTA INVITATIONAL LC MEET
284	1:35.01	L	F	Carli Van der Merwe	11	STAR BPD	06/12/2025 NWS Championships 2025
285	1:35.04	L	F	Cathryn Davenport	11	PEAS NMA	20/09/2025 3rd A League Gala 2025
286	1:35.08	L	P	Annabel Snyders	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
287	1:35.13	L	F	Hayley Marais	11	CA EKU	11/10/2025 EGA Summer 2
288	1:35.22	L	F	McKenzie Petersen	11	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
289	1:35.29	L	F	Dihane Liebenburg	11	KSSC FBD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
290	1:35.31	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
291	1:35.43	L	F	Oritonda Muthathi	11	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
292	1:35.56	L	F	Ayla Mahlangu	11	NSAD EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
293	1:35.57	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	31/01/2026 uShaka Champs 2026
294	1:35.84	L	F	Emily Byron	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
295	1:35.96	L	F	Haohan Zhang	11	ANAX CPT	22/11/2025 Swartland Prestige Gala 2025
296	1:36.11	L	F	Anna Tarasova	11	PLAY CED	21/02/2026 Swartland Invitational Gala 2026
297	1:36.19	L	P	Mieke de Bruyn	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
298	1:36.42	L	F	Ilse Hough	11	PSA ZLD	31/01/2026 uShaka Champs 2026
299	1:36.48	L	F	Imogen Malan	11	MANT CPT	06/02/2026 WCA-B Champs - 2026
300	1:36.68	L	F	Rumbidzai Amaris Chironga	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
301	1:37.13	L	F	Olivia Wood	11	BARA EKU	21/02/2026 EGA Lets Sprint Gala 2026
302	1:37.34	L	F	Keira Robertson	11	HPS TSH	31/10/2025 NTS Level 1+2 November Age Group :
303	1:37.40	L	F	Giselle Chasteau De Balyon	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
304	1:37.46	L	F	Helena Lourens	11	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
305	1:37.80	L	P	Manasvi Chourasia	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
306	1:37.82	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
307	1:37.85	L	F	Kaleigh Henning	11	SS MPD	28/11/2025 Limpopo Champs 2025
308	1:38.56	L	F	Emily Ohlson	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
309	1:38.60	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
310	1:38.80	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
311	1:38.81	L	F	Erin Greyling	11	UNIU EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
312	1:38.85	L	F	Neene-Mari Carstens	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
313	1:39.12	L	P	Seline Van Nieuwenhuizen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
314	1:39.15	L	F	Zoë-eve Van Rooyen	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
315	1:39.17	L	F	Zinnia De Lange	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
316	1:39.28	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026 Limpopo School Champs & Limpopo A
317	1:39.45	L	F	Katrien Van Tonder	11	TASC MPD	28/11/2025 Limpopo Champs 2025
318	1:39.67	L	F	Zoe Davis-Hannibal	11	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
319	1:39.73	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
320	1:40.02	L	P	Faith Groenewald	11	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
321	1:40.23	L	F	Lucy Van der Westhuizen	11	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
322	1:40.31	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 2026
323	1:40.32	L	F	Diana Rowsell	11	SUMW NMA	14/03/2026 Level 1 District Age Group Gala 2026
324	1:40.41	L	F	Dane' Gerber	11	USH KCD	31/01/2026 uShaka Champs 2026
325	1:41.01	L	F	Emery Eloff	11	VALS FDD	14/11/2025 Valsrivier Gala
326	1:41.06	L	F	Lara Coetzee	11	SS MPD	28/11/2025 Limpopo Champs 2025
327	1:41.37	L	F	Lungaka Ntshiqqa	11	SDSC OTD	24/01/2026 BCA January Age Group Gala 2026
328	1:41.41	L	F	Julia Ruthenberg	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
329	1:41.69	L	F	Li-Mare Olivier	11	FAAC	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
330	1:41.75	L	F	Amelia Campbell	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
331	1:42.10	L	F	Mine Zietsman	11	BETH FDD	03/12/2025 Free State Champs 2025
332	1:42.25	L	F	Emilie Calitz	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
333	1:42.56	L	F	Lulu Mosima	11	BLOT MAN	03/12/2025 Free State Champs 2025
334	1:42.68	L	F	Okuhlekonke Dladla	11	AQUA UTD	31/01/2026 uShaka Champs 2026
335	1:42.71	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
336	1:42.72	L	F	Peontle Motlhoki	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2I
337	1:42.94	L	F	Aeltie Prinsloo	11	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
338	1:42.95	L	F	Hailey Van Wyk	11	CASC CPT	29/11/2025 CTA B CHAMPS 2025
339	1:42.99	L	F	Lize-Mari Loots	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
340	1:43.02	L	F	Evelyn Lombard	11	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
341	1:43.06	L	F	Zoey Bodde	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
342	1:43.22	L	F	Zeta Conybeare	11	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
343	1:43.30	L	F	Klara Brink	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
344	1:43.67	L	F	Samantha Vincent	11	SWIMS EKU	31/01/2026 EGA Last Chance Gala 2026
345	1:44.41	L	F	Meekah Sinfield	11	WAC EDD	22/11/2025 Eden LC Champs 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
346	1:44.42	L	F	Mari Malherbe	11	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
347	1:44.52	L	F	Phindulo Matakanyi	11	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
348	1:44.75	L	F	Zanokuhle Phakathi	11	USH KCD	31/01/2026 uShaka Champs 2026
349	1:44.91	L	F	Casey Cheesman	11	FSE KCD	06/12/2025 Stingrays Champs 2025
350	1:45.33	L	F	Carmi Nothnagel	11	SS MPD	28/11/2025 Limpopo Champs 2025
351	1:45.69	L	F	Clarece Korkie	11	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
352	1:45.80	L	F	Katherine Schutzler	11	USC BUF	24/01/2026 BCA January Age Group Gala 2026
353	1:45.96	L	F	Akabonge Khumalo	11	AQUA UTD	31/01/2026 uShaka Champs 2026
354	1:46.46	L	F	Milanke Swanepoel	11	BETH FDD	03/12/2025 Free State Champs 2025
355	1:46.50	L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
356	1:46.52	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026 uShaka Champs 2026
357	1:47.33	L	F	Marné Van Eyssen	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
358	1:47.58	L	F	Sarah Kotras	11	HPS TSH	31/10/2025 NTS Level 1+2 November Age Group :
359	1:48.04	L	F	Twané Vd Heever	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
360	1:48.20	L	F	Karli Wilson	11	KALA	21/02/2026 AGE GROUP 6 KATHU 2026 - copied
361	1:48.71	L	F	Lukhanyo Dwane	11	UNIU EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
362	1:49.34	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
363	1:49.75	L	F	Nomcebo Kuboni	11	UMSH ETH	30/03/2026 KZNA Level 1 Championships
364	1:49.82	L	F	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
365	1:50.12	L	F	Ava Putter	11	NWUC KKD	06/12/2025 NWS Championships 2025
366	1:50.17	L	F	Mananaka Myotcha	11	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
367	1:50.68	L	F	Ashery Grobler	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
368	1:51.22	L	F	Bella De Villiers	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
369	1:51.31	L	F	Alise Brynard	11	BS LLD	03/12/2025 Free State Champs 2025
370	1:52.46	L	P	Atlegang Kekana	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
371	1:52.63	L	F	Camryn Bolitho	11	SOUL EKU	11/10/2025 EGA Summer 2
372	1:53.13	L	F	Oageng Mmalekutu	11	TLAC BPD	13/02/2026 NW School Championships 2026
373	1:53.60	L	F	Leilah Cadwell	11	JAQ EKU	11/10/2025 EGA Summer 2
374	1:54.19	L	F	Issabel Lindeboom	11	BLNE MAN	28/02/2026 FSA LEVEL 1 2026
375	1:54.42	L	F	Resego Peter	11	POLSC CCD	27/09/2025 Limpopo Age Group 4 of 2025/26
376	1:54.92	L	F	Kira Delpport	11	GHS BPD	13/02/2026 NW School Championships 2026
377	1:55.19	L	P	Abigail Vieira	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
378	1:55.44	L	F	Oratiwe Tsomele	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
379	1:56.43	L	F	Karmin Lubbe	11	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
380	1:58.41	L	F	Ella Preston	11	BLUO UGD	30/03/2026 KZNA Level 1 Championships
381	1:58.87	L	F	Danell Van Heerden	11	BS LLD	03/12/2025 Free State Champs 2025
382	1:59.93	L	F	Bokang Dintthe	11	MATL KKD	28/02/2026 NWS Last Chance 2026
383	1:59.94	L	F	Eduane Du Plooy	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
384	2:02.23	L	F	Thalia Moodley	11	SWISA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
385	2:04.93	L	F	Sonika Bekker	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
386	2:05.97	L	F	Asher Smith	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
387	2:07.28	L	F	Anele Gwadiso	11	TPS BPD	30/01/2026 ORTA SCHOOL TRIALS 2026
388	2:12.56	L	F	Candice Hunda	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
389	2:12.93	L	F	Kuhlesbonge Mthembu	11	USH KCD	07/02/2026 KCDA Age Group 5 2026
390	2:13.10	L	F	Zariah Phillips	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
391	2:13.82	L	F	Sophia Ross	11	WELA LLD	14/11/2025 Valsrivier Gala
392	2:16.73	L	F	Qhawekazi Hlomuka	11	SHARP UTD	21/02/2026 Uthukela District Gala 5
393	2:17.20	L	F	Hanaa Lawrence	11	HURAO CPT	22/11/2025 Swartland Prestige Gala 2025
394	2:19.24	L	F	Ava Cheesian	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
395	2:23.21	L	F	Isabella Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
396	2:30.30	L	F	Uminathi Mbhele	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships
397	2:31.29	L	F	Ashere Naku	11	SRAY BUF	24/01/2026 BCA January Age Group Gala 2026

### Women 11-12 200 Free

1	2:21.53	L	F	Kasey De Bruyn	11	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-2
2	2:22.19	L	F	Haley Pieterse	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-2
3	2:29.72	L	F	Chloe Gerber	11	OHAN HLD	21/02/2026 KZN Schools Trials 2026
4	2:30.47	L	F	Anè Bezuidenhout	11	TUKS TSH	10/12/2025 NTS Championships 2025
5	2:31.09	L	F	Kailah Nel	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
6	2:31.48	L	F	Sophia Clutties	11	ACES ETH	21/02/2026 KZN Schools Trials 2026

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	2:32.18	L	F	Mia Kunzler	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
8	2:32.79	L	P	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
9	2:34.35	L	P	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
10	2:34.88	L	F	Lisa Kotzé	11	POTC KKD	26/03/2026 SA Level 3 Regional Age Group Chan
11	2:35.09	L	F	Amelie Piater	11	ELRAS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
12	2:35.90	L	P	Shaylee Scheffer	11	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
13	2:36.16	L	P	Emma Swanepoel	11	CLA WCD	09/04/2026 SA Level 3 Regional Age Group Chan
14	2:38.59	L	F	Mia Oosthuizen	11	PAC TSH	10/12/2025 NTS Championships 2025
15	2:38.71	L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Chan
16	2:39.29	L	P	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
17	2:39.33	L	F	Katja Kimani	11	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
18	2:39.61	L	F	Ashleigh Goosen	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
19	2:40.49	L	P	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
20	2:40.90	L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025 CGA Championships 2025
21	2:40.93	L	F	Arianne Bac	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
22	2:41.39	L	P	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	2:41.81	L	P	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
24	2:42.45	L	P	Gabriella Rall	11	FAC EKU	26/03/2026 SA Level 3 Regional Age Group Chan
25	2:42.64	L	P	Berre Sun	11	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
26	2:42.84	L	F	Annabelle Van Onselen	11	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
27	2:42.87	L	P	Anja Swanepoel	11	CLA WCD	09/04/2026 SA Level 3 Regional Age Group Chan
28	2:43.33	L	P	Paige Davies	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
29	2:43.49	L	F	Noa-Grace Janse van Rensburg	11	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
30	2:43.82	L	F	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
31	2:43.97	L	P	Sarah Mann	11	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
32	2:44.02	L S	F	Sabrina Madondo	11	AAS JHB	09/04/2026 6th DMSS Gators Gala 2026
33	2:44.09	L	F	Mila Tredoux	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
34	2:44.33	L	P	Chrisna Swartz	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
35	2:44.46	L	F	Zayb Christians	11	HURAQ CPT	22/11/2025 Swartland Prestige Gala 2025
36	2:45.01	L	F	Anrike Bothma	11	AQUA UTD	31/03/2026 SA Level 2 Regional Age Group Cham
37	2:45.07	L	F	Mikayla De Melo	11	BLUO UGD	21/02/2026 KZN Schools Trials 2026
38	2:45.39	L	F	Kaylin Smith	11	PGAC EKU	31/01/2026 EGA Last Chance Gala 2026
39	2:45.80	L	P	Accalia Maartens	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
40	2:45.81	L	F	Grace Hoar	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
41	2:46.12	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025 KZN Junior Championships 2025
42	2:46.29	L	F	Kensey Hall	11	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
43	2:46.92	L	F	Z'Ney Piechaczek	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
44	2:47.94	L	P	Kayline Cronje	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Chan
45	2:48.17	L S	F	Nolitha Luhabe	11	CA EKU	04/12/2025 EGA Summer Championships 2025
46	2:48.64	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
47	2:48.73	L	P	Niah De Lange	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
48	2:48.93	L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
49	2:48.97	L	P	Addison Pitout	11	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
50	2:49.12	L	F	Georgie Croxford	11	OHAN ILD	31/01/2026 uShaka Champs 2026
51	2:49.13	L	F	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
52	2:49.27	L	P	Alana Viviers	11	LINR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
53	2:49.62	L	F	Zorka Mako-Hobar	11	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
54	2:49.66	L	F	Gemma Nicholson	11	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
55	2:49.67	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
56	2:50.02	L	P	Christine Kruger	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
57	2:50.16	L	P	Mika Ferreira	11	TUKS TSH	10/12/2025 NTS Championships 2025
58	2:50.21	L	F	Peta De Souza	11	EXP TSH	27/02/2026 NTS Level 3+ February Age Group Ga
59	2:50.26	L	P	Rachael McMaster	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
60	2:50.52	L	P	Kelsey Markgraaff	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
61	2:50.78	L	F	Kera Smith	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
62*	2:50.82	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026 uShaka Champs 2026
62*	2:50.82	L	P	Thendo Nematikanga	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan
64	2:50.94	L	F	Amelie Theron	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
65	2:51.56	L	F	Elle-Anne Roper	11	WSS LLD	03/12/2025 Free State Champs 2025

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
66*	2:52.18	L	F	Adri Breedt	11	DORE JHB	27/11/2025 CGA Championships 2025
66*	2:52.18	L	P	Devhyn Trollip	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Cham
68	2:52.49	L	F	Cassidy Christensen	11	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
69	2:52.56	L	P	Nina Groenewald	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
70	2:52.95	L	F	Morgan Thyssen	11	USC BUF	30/01/2026 Infinity Gala 2026
71	2:53.04	L	F	Chrisela Sadi	11	SAAW CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
72	2:53.85	L	P	Arabella Tschofen	11	AA JHB	26/03/2026 SA Level 3 Regional Age Group Cham
73	2:53.86	L	F	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
74	2:54.07	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Cham
75	2:54.24	L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026 SA Level 3 Regional Age Group Cham
76	2:54.70	L	F	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
77	2:54.90	L	F	Avah Smit	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
78	2:55.07	L	F	Logan Harvett	11	STAQ CED	22/11/2025 Swartland Prestige Gala 2025
79	2:55.26	L	F	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
80	2:55.33	L	F	Daniella Phillips	11	DORE JHB	14/02/2026 CGA Last Chance
81	2:55.37	L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Cham
82	2:55.40	L	F	Michelle Rudolph	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
83	2:55.90	L	P	Annika Franken	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
84	2:55.93	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
85	2:56.07	L	P	Bailey Dekker	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Cham
86	2:56.24	L S	F	Gabriella Freese	11	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
87	2:56.84	L	F	Amelie Roets	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
88	2:57.16	L	P	Jemma October	11	ALPHA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
89	2:57.26	L	F	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
90	2:57.45	L	P	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
91	2:57.61	L	F	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
92	2:57.66	L	F	Danni Croft	11	KNYA EDD	08/11/2025 EDEN 3rd A-League Gala 2025
93	2:58.07	L	F	Dominique Du Plessis	11	TRAZ TSH	27/02/2026 NTS Level 3+ February Age Group Ga
94	2:58.47	L	P	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
95	2:58.82	L	P	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
96	2:58.84	L	F	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
97	2:58.87	L	F	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
98	2:59.39	L	F	Mia Schellink	11	BEST NMA	30/01/2026 Infinity Gala 2026
99	2:59.68	L	P	Siena Johnson	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
100	2:59.77	L	F	Bella Ayekun	11	PSCP UMD	15/11/2025 KZN Junior Championships 2025
101	2:59.91	L	F	Holly Miles	11	USC BUF	28/11/2025 BCA Long Course Championships 202
102	3:00.19	L	F	Caitlin Lombard	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
103	3:00.34	L	F	Ayesha Fakier	11	CTO CPT	14/02/2026 CTA Elite Gala (L3+)
104	3:00.35	L	F	Nieke Odendaal	11	BEARS TSH	31/10/2025 NTS Level 1+2 November Age Group :
105	3:00.70	L	F	Amy-Mae Victor	11	PEAS NMA	12/12/2025 NMBA Championships 2025
106	3:00.89	L	F	Kara Lotz	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
107	3:01.03	L	F	Grace Stols	11	WSTV ETH	15/11/2025 KZN Junior Championships 2025
108	3:01.14	L S	P	Melokuhle Mathibela	11	CA EKU	04/12/2025 EGA Summer Championships 2025
109	3:01.18	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
110	3:01.21	L	F	Kaylin van Schalkwyk	11	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
111	3:01.33	L	F	Leah Schultz	11	ELRAS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
112	3:01.58	L	F	Mine Kirstein	11	PAC TSH	28/06/2025 PEA Winter Gala 2025
113	3:02.16	L	F	Marguerite Burger	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
114	3:02.23	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
115	3:02.28	L	F	Anje Weldhagen	11	BLOT MAN	03/12/2025 Free State Champs 2025
116	3:02.32	L	P	Mecah Whon	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
117	3:02.50	L	F	Alannah Whitehead	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
118	3:03.00	L	F	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
119	3:03.34	L	F	Paige Van Breda	11	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
120	3:03.54	L	P	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
121	3:03.66	L	F	Rorisang Lempe	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
122	3:03.68	L	F	Jessica Treeby	11	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
123	3:03.84	L	F	Chloe Charedzera	11	PEAS NMA	12/12/2025 NMBA Championships 2025
124	3:04.35	L	F	Milan Sullivan	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
125	3:04.45	L	F	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
126	3:04.46	L	P	Zuri Zwane	11	BDAC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
127	3:05.05	L	F	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025 CGA Championships 2025
128	3:05.17	L	F	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
129	3:05.62	L	F	Janina Badenhorst	11	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
130	3:05.76	L	F	Maddison Robert	11	OHAN ILD	15/11/2025 KZN Junior Championships 2025
131	3:05.81	L	F	Mieke Drenth	11	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
132	3:05.97	L	F	Hannah Jenniker	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
133	3:06.29	L	P	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
134	3:06.32	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
135	3:06.78	L	P	Annah Sterne	11	STAQ CED	06/03/2026 SA Level 2 Regional Age Group Cham
136	3:07.12	L	F	Jana Hiestermann	11	DDA TSH	31/10/2025 NTS Level 1+2 November Age Group :
137	3:07.41	L	F	Amantle Mazibuko	11	BLOT MAN	03/12/2025 Free State Champs 2025
138	3:07.50	L	F	Isabella De Jager	11	BRAVE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
139	3:07.74	L	F	Amelia-Rose Geldart	11	ESP EKU	22/11/2025 EGA Summer 3 & 4
140	3:07.81	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
141	3:07.84	L	F	Leah Kriel	11	GREY CPT	28/06/2025 PEA Winter Gala 2025
142	3:08.32	L	F	Milan Genis	11	UNI EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
143	3:08.34	L	P	Leah Marais	11	INFA NMA	06/03/2026 SA Level 2 Regional Age Group Cham
144	3:08.36	L	F	Anais Christine van Huyssteen	11	VRC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
145	3:08.49	L	P	Khloe Weimers	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
146	3:08.65	L	P	Georgia Carls	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
147	3:09.18	L	F	Mikenzie Welgemoed	11	AAS JHB	14/02/2026 CGA Last Chance
148	3:09.28	L	F	Charmé Van Niekerk	11	DOLFI MPD	29/03/2026 SA Level 2 Regional Age Group Cham
149	3:10.04	L	F	Anke Van den Berg	11	CSC TSH	31/10/2025 NTS Level 1+2 November Age Group :
150	3:10.20	L	F	Leandi Hattingh	11	QSSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
151	3:10.30	L	F	Hannah Mahomed	11	PSCP UMD	15/11/2025 KZN Junior Championships 2025
152	3:10.38	L	F	Amy Dick	11	HURAQ CPT	06/02/2026 WCA-B Champs - 2026
153	3:10.51	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
154	3:10.86	L	P	Elizabeth Hartman	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
155	3:10.93	L	F	Holly Noble	11	ESP EKU	22/11/2025 EGA Summer 3 & 4
156	3:11.14	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
157	3:11.34	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
158*	3:11.62	L	F	Meandri Vorster	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
158*	3:11.62	L	F	Alexus Erasmus	11	FSE KCD	07/02/2026 KCDA Age Group 5 2026
160	3:11.77	L	F	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
161	3:12.16	L	F	Lisa Myburgh	11	SFSA JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
162	3:12.26	L	P	Yi-han Huang	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
163	3:12.73	L	P	Sophia Millar	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
164	3:13.21	L	F	Mienke Scheepers	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
165	3:13.46	L	F	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
166	3:13.62	L	F	Marli Nel	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
167	3:13.91	L	P	Lize Steenkamp	11	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
168	3:13.94	L	F	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
169	3:13.95	L	F	Rogan Jones	11	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
170*	3:14.08	L	F	Annika Chivandire	11	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
170*	3:14.08	L	F	Noluthando Zungu	11	HPPS BUF	14/02/2026 BCSA School Trials 2026
172	3:14.23	L	F	Reabetswe Tau	11	PER JHB	14/02/2026 CGA Last Chance
173	3:14.43	L	P	Anna Dabrowski	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
174	3:14.45	L	P	Hluma Ndamse	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
175	3:14.89	L	F	Psalm Oswald	11	ESP EKU	22/11/2025 EGA Summer 3 & 4
176	3:14.95	L	P	Jo Anne Schutte	11	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
177	3:15.00	L	F	Anika Nel	11	EXP TSH	31/10/2025 NTS Level 1+2 November Age Group :
178	3:16.03	L	F	Ariella Da Silva	11	MDOL JHB	27/11/2025 CGA Championships 2025
179	3:16.10	L	P	Aaliya Chippendale	11	MARL CPT	06/03/2026 SA Level 2 Regional Age Group Cham
180	3:16.47	L	F	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
181	3:17.24	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
182	3:17.26	L	F	Olivia Gilbert	11	FRA KCD	22/11/2025 KCDA Age Group 3 2025
183	3:17.86	L	F	Khayone Sigaba	11	MGSC UGD	06/12/2025 Stingrays Champs 2025

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
184	3:17.90	L	F	Harper Dewey	11	PER JHB	27/11/2025 CGA Championships 2025
185	3:18.71	L	F	Amoré Terblanche	11	STSC KCD	31/01/2026 uShaka Champs 2026
186	3:18.82	L	F	Lienke Myburgh	11	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
187*	3:18.89	L	F	Anni Jordaan	11	BRAVE CED	24/01/2026 Drakenstein Invitational - copied
187*	3:18.89	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
189	3:19.10	L	F	Anri Liebenberg	11	PELIC MAN	10/10/2025 Super Seals Annual Gala
190	3:19.31	L	F	Leamé Plath	11	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
191	3:19.67	L	F	Ava Van Den Heever	11	KTS	07/02/2026 NC SPRINTS 2026
192	3:20.11	L	P	Kendall Thys	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
193	3:20.17	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
194	3:20.19	L	P	Amelie Krige	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
195	3:20.24	L	F	Mia Zietsman	11	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
196	3:20.94	L	F	Zoey Zovitzkey	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
197	3:21.09	L	F	Isabella Gregory	11	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
198	3:21.33	L	F	Mieke Jv Vuuren	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
199	3:21.43	L	F	Onthatile Motloung	11	FAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
200	3:21.49	L	F	Madison Dingle	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
201	3:21.95	L	F	Haohan Zhang	11	ANAX CPT	22/11/2025 Swartland Prestige Gala 2025
202	3:22.26	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
203	3:22.85	L	F	Kudzai Chikwange	11	PEAS NMA	28/06/2025 PEA Winter Gala 2025
204	3:23.05	L	F	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
205	3:23.06	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
206	3:23.18	L	F	Maria Burger	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
207	3:23.23	L	F	Layla Bourbon	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
208	3:23.90	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
209	3:24.01	L	F	Sophia Lemmer	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
210	3:24.25	L	P	Peyton Hessie	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
211	3:24.42	L	F	Skylar Holmes	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
212	3:25.08	L	F	Christine Van Zyl	11	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
213	3:25.89	L	F	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
214	3:26.49	L	F	Ivy Wilkins	11	HPS FSH	31/10/2025 NTS Level 1+2 November Age Group :
215	3:26.79	L	F	Jana Snyman	11	ROA EDD	24/01/2026 EDEN 4th A-League Gala 2026
216	3:26.97	L	P	Rone Kruger	11	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
217	3:26.99	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
218	3:28.22	L	F	Atlegang Matlala	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
219	3:28.29	L	F	Carli Marais	11	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
220	3:28.39	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
221	3:28.51	L	F	Zanokuhle Luthuli	11	USH KCD	22/11/2025 KCDA Age Group 3 2025
222	3:29.01	L	F	Karlienke Ras	11	GHS BPD	13/02/2026 NW School Championships 2026
223	3:30.16	L	F	Blake Van Der Heiden	11	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
224	3:30.29	L	F	Peyton Strydom	11	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
225	3:30.36	L	F	Erin Mofsowitz	CR	VASA EKU	22/11/2025 EGA Summer 3 & 4
226	3:30.72	L	F	Obafentje Seoke	11	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
227	3:30.89	L	F	Janah Louw	11	KALA	07/02/2026 NC SPRINTS 2026
228	3:30.94	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
229	3:31.04	L	F	Dani Inglis	11	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
230	3:31.31	L	F	Gabriella Loucao	11	SS MPD	28/11/2025 Limpopo Champs 2025
231	3:32.20	L	F	Emma Rundle	11	CUHE OBD	06/02/2026 WCA-B Champs - 2026
232	3:32.35	L	F	Isabel Snyman	11	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
233	3:32.47	L	F	Manasvi Chourasia	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
234	3:33.27	L	F	Ilse Hough	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
235	3:33.35	L	F	Mishanie van Jaarsveld	11	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
236	3:34.99	L	P	Liane Ackermann	11	STAR BPD	06/12/2025 NWS Championships 2025
237	3:35.60	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
238	3:36.92	L	F	Hayley Marais	11	CA EKU	31/01/2026 EGA Last Chance Gala 2026
239	3:37.30	L	F	Mine Zietsman	11	BETH FDD	03/12/2025 Free State Champs 2025
240	3:37.35	L	F	Ayla Mahlangu	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
241	3:37.66	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
242	3:39.01	L	F	Zoë-eve Van Rooyen	11	RFA FSH	31/10/2025 NTS Level 1+2 November Age Group :

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
243	3:39.92	L	F	McKenzie Petersen	11	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
244	3:39.94	L	F	Lulu Mosima	11	BLOT MAN	03/12/2025 Free State Champs 2025
245	3:41.78	L	F	Peontle Motlhoki	11	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
246	3:41.85	L	F	Neene-Mari Carstens	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
247	3:42.17	L	F	Clara Botha	11	FRA KCD	07/02/2026 KCDA Age Group 5 2026
248	3:42.97	L	F	Olivia Wood	11	BARA EKU	28/02/2026 AG Level 1 Regional Competition 2026
249	3:43.14	L	P	Julia Ruthenberg	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
250	3:44.14	L	F	Erin Greyling	11	UNIU EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
251	3:44.35	L	F	Katelynn van Rensburg	11	PER JHB	14/02/2026 CGA Last Chance
252	3:44.89	L	P	Carli Van der Merwe	11	STAR BPD	06/12/2025 NWS Championships 2025
253	3:46.47	L	F	Anna Tarasova	11	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
254	3:48.57	L	F	Lukhanyo Dwane	11	UNIU EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
255	3:48.78	L	F	Zoey Bodde	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
256	3:49.24	L	F	Katherine Schutzler	11	USC BUF	28/11/2025 BCA Long Course Championships 202
257	3:50.26	L	F	Emilie Calitz	11	SFSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
258	3:51.04	L	F	Marné Van Eyssen	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
259	3:53.73	L	F	Phindulo Matakanyi	11	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
260	3:55.14	L	F	Karli Wilson	11	KALA	21/02/2026 AGE GROUP 6 KATHU 2026 - copied
261	3:55.50	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	22/11/2025 KCDA Age Group 3 2025
262	3:57.06	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
263	3:58.11	L	F	Karmin Lubbe	11	GHWK	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
264	3:59.35	L	F	Li-Mare Olivier	11	FAAC	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
265	3:59.47	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
266	3:59.87	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026 uShaka Champs 2026
267	4:01.39	L	F	Abigail Vieira	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
268	4:02.16	L	F	Imogen Malan	11	MANT CPT	28/06/2025 SEA Winter Gala 2025
269	4:03.46	L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
270	4:08.33	L	F	Ashery Grobler	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
271	4:12.95	L S	P	Samantha Vincent	11	SWIMS EKU	04/12/2025 EGA Summer Championships 2025
272	4:29.86	L	F	Asher Smith	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
273	4:39.34	L	F	Zariah Phillips	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
274	4:52.26	L	P	Isabella Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
275	5:10.91	L	F	Uminathi Mbhele	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships
<b>Women 11-12 400 Free</b>							
1	4:51.85	L	F	Kasey De Bruyn	11	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
2	4:58.40	L	F	Haley Pieterse	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
3	5:14.33	L	F	Sophia Clutties	11	ACES ETH	21/02/2026 KZN Schools Trials 2026
4	5:22.24	L	F	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
5	5:22.60	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
6	5:22.83	L	F	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
7	5:24.03	L	F	Kailah Nel	11	BLSM MAN	26/03/2026 SA Level 3 Regional Age Group Chan
8	5:28.02	L	F	Mia Kunzler	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
9	5:29.13	L	F	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
10	5:31.12	L	F	Shaylee Scheffer	11	UWCA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
11	5:34.73	L	F	Chloe Gerber	11	OHAN ILD	18/12/2025 KZN Premier Provincial Championship
12	5:37.24	L	F	Mia Oosthuizen	11	PAC TSH	10/12/2025 NTS Championships 2025
13	5:37.61	L	F	Gabriella Rall	11	FAC EKU	26/03/2026 SA Level 3 Regional Age Group Chan
14	5:37.96	L	F	Paige Davies	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
15	5:39.56	L	F	Kgothatso Raphadu	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
16	5:40.35	L	F	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
17	5:40.86	L	F	Emma Swanepoel	11	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
18	5:42.72	L	F	Kayline Cronje	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Chan
19	5:44.67	L	F	Grace Hoar	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
20	5:45.90	L	F	Addison Pitout	11	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
21	5:47.06	L	F	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
22	5:47.19	L	F	Danni Croft	11	KNYA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
23	5:47.29	L	F	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
24	5:47.59	L	F	Niah De Lange	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
25	5:48.85	L	F	Annabelle Van Onselen	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
26	5:50.83	L	F	Alana Viviers	11	LINR	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
27	5:51.61	L	F	Sabrina Madondo	11	AAS	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
28	5:52.09	L	F	Anja Swanepoel	11	CLA	WCD	09/04/2026 SA Level 3 Regional Age Group Chan
29	5:54.93	L	F	Christine Kruger	11	BLSS	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
30	5:55.38	L	F	Morgan Thyssen	11	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Chan
31	5:56.05	L	F	Viktoria Keresztes	11	KIS	CE	13/02/2026 Winelands SL Fin - February 2026 - cc
32	5:56.90	L	F	Zayb Christians	11	HURAQ	CPT	09/10/2025 44th Freda Barnard Invitational Gala
33	5:58.18	L	F	Kelsey Markgraaff	11	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
34	5:58.36	L	F	Nolitha Luhabe	11	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
35	5:59.00	L	F	Elné Hoffmann	11	BS	LLD	10/10/2025 Super Seals Annual Gala
36	5:59.60	L	F	Kaylin Smith	11	PGAC	EKU	21/02/2026 EGA Lets Sprint Gala 2026
37	5:59.65	L	F	Mine Kirstein	11	PAC	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
38	5:59.67	L	F	Chrisna Swartz	11	TUKS	FSH	10/12/2025 NTS Championships 2025
39	6:00.56	L	F	Dominique Du Plessis	11	TRAZ	FSH	10/12/2025 NTS Championships 2025
40	6:06.20	L S	F	Jemma October	11	ALPHA	CPT	01/11/2025 CTA District A CHAMPS 2025
41	6:11.16	L	F	Bailey Bowman	11	USC	BUF	28/11/2025 BCA Long Course Championships 202
42	6:12.05	L	F	Marguerite Burger	11	SWAR	WCD	26/03/2026 SA Level 3 Regional Age Group Chan
43	6:13.55	L	F	Mika Ferreira	11	TUKS	FSH	14/11/2025 NTS Level 3+ November Age Group G
44	6:15.00	L	F	Peta De Souza	11	EXP	FSH	17/10/2025 NTS Level 3+ October Age Group Gal
45	6:17.22	L	F	Rorisang Rakotsoana	11	CA	EKU	22/11/2025 EGA Summer 3 & 4
46	6:20.25	L	F	Logan Harvett	11	STAQ	CED	13/02/2026 Winelands SL Fin - February 2026 - cc
47	6:21.26	L	F	Gabriella Freese	11	SAAW	CPT	22/11/2025 Swartland Prestige Gala 2025
48	6:23.15	L	F	Gemma Nicholson	11	SAAW	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
49	6:24.11	L	F	Arabella Tschofen	11	AA	JHB	22/11/2025 EGA Summer 3 & 4
50	6:24.60	L	F	Mia Tonkinson	11	SOUL	EKU	22/11/2025 EGA Summer 3 & 4
51	6:25.20	L	F	Nina Groenewald	11	KTS		05/12/2025 NCASA CHAMPS 2025 - copied - copi
52	6:26.25	L	F	Jessica Treeby	11	AWIN	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
53	6:30.82	L	F	Olivia Plowman	11	SGUL	ETH	06/10/2025 Seagulls Winter Championships 2025
54	6:32.94	L	F	Chrisela Sadi	11	SAAW	CPT	22/11/2025 Swartland Prestige Gala 2025
55	6:36.05	L	F	Veronique Coetzee	11	JAQ	EKU	22/11/2025 EGA Summer 3 & 4
56	6:40.10	L	F	Amy-Mae Victor	11	PEAS	NMA	18/10/2025 4th A League Gala 2025
57	6:40.21	L	F	Charmé Van Niekerk	11	LSPN	MPD	31/01/2026 Limpopo School Champs & Limpopo A
58	6:42.68	L	F	Imogen Shepherd	11	SFSC	CPT	06/02/2026 WCA-B Champs - 2026
59	6:43.99	L	F	Noluthando Zungu	11	HPPS	BUF	14/02/2026 BCSEA School Trials 2026
60	6:44.52	L	F	Georgia Carls	11	KTS		05/12/2025 NCASA CHAMPS 2025 - copied - copi
61	6:44.53	L	F	Holly Noble	11	ESP	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
62	6:46.61	L	F	Amelia-Rose Geldart	11	ESP	EKU	22/11/2025 EGA Summer 3 & 4
63	6:47.56	L	F	Hannah Jenniker	11	BLMA	CPT	06/02/2026 WCA-B Champs - 2026
64	6:47.90	L	F	Psalm Oswald	11	ESP	EKU	22/11/2025 EGA Summer 3 & 4
65	6:48.67	L	F	Jana Hiestermann	11	DDA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
66	6:48.70	L	F	Devhyn Trollip	11	UNIU	EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
67	6:49.15	L	F	Lienke Myburgh	11	CSA	EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
68	6:50.11	L	F	Karin Gericke	11	BARR	CPT	22/11/2025 Swartland Prestige Gala 2025
69	6:52.69	L	F	Chloe Charedzera	11	PEAS	NMA	18/10/2025 4th A League Gala 2025
70	6:56.73	L	F	Isabella Gregory	11	HAAG	UTD	08/11/2025 UThukela Age Group Gala 2
71	6:57.77	L	F	Jessica Francis	11	SEAL	UMD	06/10/2025 Seagulls Winter Championships 2025
72	x6:57.88	L	F	Ava Van Den Heever	11	KTS		14/02/2026 KALAHARI CLASSIC 2026
73	6:57.96	L	F	Janina Badenhorst	11	HREF	BP	06/12/2025 NWS Championships 2025
74	6:58.23	L	F	Melokuhle Mathibela	11	CA	EKU	31/01/2026 EGA Last Chance Gala 2026
75	6:58.75	L	F	Reabetswe Tau	11	PER	JHB	14/02/2026 CGA Last Chance
76	7:06.29	L	F	Jo Anne Schutte	11	KALA		05/12/2025 NCASA CHAMPS 2025 - copied - copi
77	7:06.40	L	F	Skylar Holmes	11	ESP	EKU	31/01/2026 EGA Last Chance Gala 2026
78	7:06.90	L	F	Alexus Erasmus	11	FSE	KCD	22/11/2025 KCDA Age Group 3 2025
79	7:12.78	L	F	Peyton Hessie	11	FISH	EDD	14/02/2026 EDEN 5th A-League Gala 2026
80	7:25.50	L	F	Obafentje Seoke	11	TUKS	FSH	31/10/2025 NTS Level 1+2 November Age Group :
81	7:25.70	L	F	Amy Dick	11	HURAQ	CPT	22/11/2025 Swartland Prestige Gala 2025
82	7:38.95	L	F	Jana Snyman	11	ROA	EDD	25/10/2025 Zasu 1st League OYDC 2025-26
83	7:43.04	L	F	Gabriella Loucao	11	LSTZN	CCD	31/01/2026 Limpopo School Champs & Limpopo A
84	7:43.27	L	F	Emma Rundle	11	CUHE	QBD	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
85	7:49.16 L	F	Mishanie van Jaarsveld	11	UPSK ZMD	21/11/2025	AGE GROUP 2 & 3 UPT
86	7:58.22 L	F	Onthatile Motloung	11	FAC EKU	22/11/2025	EGA Summer 3 & 4
87	8:09.34 L	F	Janah Louw	11	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
88	9:15.92 L	F	Akabonge Khumalo	11	AQUA BUF	10/10/2025	Super Seals Annual Gala
89	9:34.87 L	F	Okuhlekonke Dladla	11	AQUA BUF	10/10/2025	Super Seals Annual Gala
<b>Women 11-12 800 Free</b>							
1	10:22.27 L	F	Kasey De Bruyn	11	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
2	11:47.51 L	F	Mia Thompson	11	BEST NMA	09/10/2025	44th Freda Barnard Invitational Gala
3	11:58.14 L	F	Kens-Linn Oelofse	11	TNDER FDD	11/10/2025	EGA Summer 2
4	11:59.92 L	F	Chloe Gerber	11	OHAN ILD	31/01/2026	uShaka Champs 2026
5	12:25.59 L	F	Sophia Abrams	11	USC BUF	28/11/2025	BCA Long Course Championships 202
6	12:26.07 L	F	Morgan Thyse	11	USC BUF	28/11/2025	BCA Long Course Championships 202
7	12:43.49 L	F	Sabrina Madondo	11	AAS JHB	09/04/2026	6th DMSS Gators Gala 2026
8	12:47.96 L	F	Danni Croft	11	KNYA EDD	22/11/2025	Eden LC Champs 2025
9	13:53.58 L	F	Olivia Plowman	11	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
<b>Women 11-12 1000 Free</b>							
1	17:17.00 L	F	Mia Kunzler	11	KLOO ETH	23/11/2025	Capital K Open Water Swim Meet 202
2	17:29.00 L	F	Paige Davies	11	KLOO ETH	23/11/2025	Capital K Open Water Swim Meet 202
3	18:04.00 L	F	Grace Hoar	11	KLOO ETH	23/11/2025	Capital K Open Water Swim Meet 202
4	20:32.00 L	F	Bella Ayekun	11	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
5	20:39.00 L	F	Isabella Gregory	11	HAAG UTD	23/11/2025	Capital K Open Water Swim Meet 202
6	21:16.00 L	F	Grace Stols	11	WSTV ETH	23/11/2025	Capital K Open Water Swim Meet 202
7	22:33.00 L	F	Hannah Mahomed	11	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
8	28:10.00 L	F	Alyssa Ramnivaj	11	ACSA ETH	23/11/2025	Capital K Open Water Swim Meet 202
9	28:19.00 L	F	Nicole Anthony	11	SEAL UMD	23/11/2025	Capital K Open Water Swim Meet 202
10	30:37.00 L	F	Thuvana Moodley	11	BEAV ETH	23/11/2025	Capital K Open Water Swim Meet 202
11	33:30.00 L	F	Amoré Terblanche	11	STSC KCD	23/11/2025	Capital K Open Water Swim Meet 202
12	36:09.00 L	F	Akabonge Khumalo	11	AQUA UTD	23/11/2025	Capital K Open Water Swim Meet 202
13	43:42.00 L	F	Okuhlekonke Dladla	11	AQUA UTD	23/11/2025	Capital K Open Water Swim Meet 202
<b>Women 11-12 1500 Free</b>							
1	20:43.40 L	O	Jemma October	11	ALPHA CPT	16/11/2025	CTA OWS - Series 2
2	21:37.37 L	O	Blake Cole	11	CTO CPT	16/11/2025	CTA OWS - Series 2
3	23:07.28 L	F	Mia Thompson	11	BEST NMA	18/10/2025	Fish Eagles Short Course Gala 2025
4	23:28.78 L	O	Addison Pitout	11	ASAC CPT	16/11/2025	CTA OWS - Series 2
5	23:37.00 L	O	Emma Richards	11	SAAW CPT	10/01/2026	WCA Open Water Champions
6	24:09.36 L	O	Alic Van Heerden	11	TYGE CPT	16/11/2025	CTA OWS - Series 2
7	24:35.07 L	F	Sabrina Madondo	11	AAS JHB	09/04/2026	6th DMSS Gators Gala 2026
8	25:45.00 L	O	Maggie Van Rooyen	11	PEAS NMA	18/01/2026	NMBA OWS Championships 2026
9	26:11.70 L	O	Hannah Jenniker	11	BLMA CPT	16/11/2025	CTA OWS - Series 2
10	27:30.00 L	O	Ashleigh Goosen	11	UNIU EZD	09/11/2025	MPUMALANGA OPEN WATER 9 NOV
11	28:06.00 L	O	Kera Smith	11	AA JHB	12/10/2025	Manyaka OW Sprint 2025
12	29:39.00 L	O	Thendo Nematikanga	11	AAS JHB	12/10/2025	Manyaka OW Sprint 2025
13	47:45.17 L	O	Stefanie Fouche	11	AASC EZD	12/10/2025	MPUMALANGA OPEN WATER 12 OC
<b>Women 11-12 3000 Free</b>							
1	59:00.00 L	O	Sarah Mann	11	CA EKU	12/10/2025	Manyaka OW Sprint 2025
2	59:43.54 L	O	Shaylee Scheffer	11	UWCA CPT	16/11/2025	CTA OWS - Series 2
3	1:03:36.79 L	O	Addison Pitout	11	ASAC CPT	30/11/2025	CTA OWS - Series 3
<b>Women 11-12 7500 Free</b>							
1	1:25:44.00 L	F	Hannah Aboulilah	11	MGSC UGD	10/01/2026	Baynesfield 2026
<b>Women 11-12 50 Back</b>							
1	34.96 L	F	Mia Kunzler	11	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
2	35.03 L	P	Kasey De Bruyn	11	TUKS FSH	21/03/2026	Sa National JNR Age Group Champs-;
3	35.67 L	F	Chloe Gerber	11	OHAN ILD	18/12/2025	KZN Premier Provincial Championship
4	36.44 L	F	Anè Bezuidenhout	11	TUKS FSH	10/12/2025	NTS Championships 2025
5	36.49 L	F	Chrisna Swartz	11	TUKS FSH	26/03/2026	SA Level 3 Regional Age Group Chan
6	36.53 L	F	Berre Sun	11	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
7	36.73 L	F	Paige Davies	11	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
8	37.01	L	P	Noa-Grace Janse van Rensburg	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
9	37.26	L	F	Thendo Nemakanga	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan
10	37.37	L	F	Arianne Bac	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
11	37.47	L	F	Emma-lee Claassen	11	TKS WBD	28/11/2025 Limpopo Champs 2025
12	37.51	L	F	Katja Kimani	11	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
13	37.55	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
14	37.56	L	F	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
15	37.64	L	F	Sarah Mann	11	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
16	37.86	L	P	Ashleigh Goosen	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
17	37.91	L	F	Mikenzie Welgemoed	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
18	38.03	L	F	Annabelle Van Onselen	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
19	38.22	L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Chan
20	38.33	L	P	Shaylee Scheffer	11	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
21	38.45	L	F	Nieke Odendaal	11	BEARS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
22*	38.81	L	F	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
22*	38.81	L	F	Amelie Piater	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
24	38.90	L	P	Lisa Kotzé	11	NC FBD	24/04/2026 SA Schools Swimming Championship
25	38.96	L	F	Mika Ferreira	11	TUKS TSH	10/12/2025 NTS Championships 2025
26	39.14	L	F	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
27	39.23	L	P	Elle-Anne Roper	11	WSS LLD	26/03/2026 SA Level 3 Regional Age Group Chan
28	39.38	L	F	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
29	39.41	L	F	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
30*	39.45	L	F	Christine Van Zyl	11	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
30*	39.45	L	F	Namwezi Mulligan	11	INFA NMA	30/01/2026 Infinity Gala 2026
32	39.49	L	F	Caitlin Bruce	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
33	39.50	L	P	Gabriella Rall	11	FAC EKU	26/03/2026 SA Level 3 Regional Age Group Chan
34	39.52	L	F	Chloe Swanepoel	11	ACSA ETH	21/02/2026 KZN Schools Trials 2026
35	39.84	L	F	Hannah Mahomed	11	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
36	39.90	L	P	Kensley Hall	11	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
37*	39.92	L	P	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
37*	39.92	L	F	Avah Smit	11	TKS WBD	28/11/2025 Limpopo Champs 2025
39	39.98	L	F	Khloe Weimers	11	SFSC CPT	04/12/2025 Western Cape LC-A Championship 20
40	39.99	L	F	Kailah Nel	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
41	40.12	L	P	Daniella Phillips	11	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
42	40.21	L	F	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
43	40.28	L	P	Kgothatso Raphadu	11	GAU JHB	24/04/2026 SA Schools Swimming Championship
44*	40.34	L	F	Kelsey Markgraaff	11	TUKS TSH	10/12/2025 NTS Championships 2025
44*	40.34	L	F	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
46	40.36	L	P	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
47	40.42	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
48	40.45	L	F	Leah Kriel	11	GREY CPT	06/03/2026 SA Level 2 Regional Age Group Cham
49	40.52	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026 NW School Championships 2026
50	40.53	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Chan
51	40.68	L	F	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
52	40.82	L	F	Kaylin Smith	11	PGAC EKU	04/12/2025 EGA Summer Championships 2025
53	40.83	L	F	Maddison Warby	11	TRAZ TSH	29/03/2026 SA Level 2 Regional Age Group Cham
54	40.86	L	P	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Chan
55	40.89	L S	F	Addison Pitout	11	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
56*	40.91	L	F	Amelia-Rose Geldart	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
56*	40.91	L	F	Sabrina Madondo	11	AAS JHB	27/11/2025 CGA Championships 2025
58	40.93	L	F	Christine Kruger	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
59	41.02	L	F	Sophia Lloyd-Swanepoel	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
60	41.16	L	F	Zayb Christians	11	HURAQ CPT	22/11/2025 Swartland Prestige Gala 2025
61	41.21	L	F	Anja Swanepoel	11	CLA WCD	21/02/2026 Swartland Invitational Gala 2026
62	41.22	L	P	Amy-Mae Victor	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
63	41.26	L	F	Holly Miles	11	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
64	41.28	L	F	Adri Breedt	11	DORE JHB	27/11/2025 CGA Championships 2025
65	41.46	L	F	Arabella Tschofen	11	AA JHB	22/11/2025 EGA Summer 3 & 4
66	41.55	L	F	Mia Schellink	11	BEST NMA	30/01/2026 Infinity Gala 2026

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
67	41.69	L	F	Bailey Dekker	11	KLOO	ETH 21/02/2026 KZN Schools Trials 2026
68	41.73	L	F	Annah Sterne	11	STAQ	GED 09/10/2025 44th Freda Barnard Invitational Gala
69	41.81	L	P	Peta De Souza	11	EXP	TSH 26/03/2026 SA Level 3 Regional Age Group Cham
70	41.93	L	P	Devhyn Trollip	11	UNIU	EZD 26/03/2026 SA Level 3 Regional Age Group Cham
71	41.99	L	F	Charlize Tröger	11	SS	MPD 28/11/2025 Limpopo Champs 2025
72	42.05	L	P	Niah De Lange	11	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
73	42.12	L	P	Chrisela Sadi	11	SAAW	CPT 04/12/2025 Western Cape LC-A Championship 20
74	42.25	L	F	Cassidy Christensen	11	SGUL	ETH 31/01/2026 uShaka Champs 2026
75	42.29	L	F	Charmé Van Niekerk	11	DOLFI	MPD 29/03/2026 SA Level 2 Regional Age Group Cham
76	42.32	L	F	Morgan Thyssse	11	USC	BUF 30/01/2026 Infinity Gala 2026
77	42.38	L	P	Millay de Kock	11	POTC	KKD 30/03/2026 SA Level 2 Regional Age Group Cham
78	42.39	L	F	Grace Stols	11	WSTV	ETH 21/02/2026 KZN Schools Trials 2026
79	42.44	L	P	Danni Croft	11	KNYA	EDD 09/04/2026 SA Level 3 Regional Age Group Cham
80	42.52	L	P	Elizabeth Hartman	11	EGA	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
81	42.54	L	F	Mikayla De Melo	11	BLUO	UGD 21/02/2026 KZN Schools Trials 2026
82*	42.55	L	F	Georgie Croxford	11	OHAN	ILD 31/01/2026 uShaka Champs 2026
82*	42.55	L	F	Alexus Erasmus	11	FSE	KCD 31/01/2026 uShaka Champs 2026
84	42.56	L	F	Emily Celliers	11	CSC	TSH 23/01/2026 2026 NTS Sprint Gala
85	42.64	L	P	Ziva Reddy	11	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
86	42.65	L	P	Annika Chivandire	11	WATR	JHB 27/11/2025 CGA Championships 2025
87	42.67	L	F	Abigail Kemp	11	RBOT	BPD 30/03/2026 SA Level 2 Regional Age Group Cham
88	42.68	L	P	Mieke Le Roux	11	SEAL	UMD 26/03/2026 SA Level 3 Regional Age Group Cham
89	42.69	L	F	Grace Hoar	11	KLOO	ETH 31/01/2026 uShaka Champs 2026
90	42.74	L	P	Phelan Labuscagne	11	CRSC	JHB 27/11/2025 CGA Championships 2025
91*	42.76	L	P	Z'Ney Piechaczek	11	BLOT	MAN 26/03/2026 SA Level 3 Regional Age Group Cham
91*	42.76	L	P	Emma Swanepoel	11	CLA	WCD 04/12/2025 Western Cape LC-A Championship 20
93	42.77	L	F	Holly Noble	11	ESP	EKU 22/11/2025 EGA Summer 3 & 4
94	42.79	L	P	Bella Ayekun	11	PSCP	UMD 18/12/2025 KZN Premier Provincial Championship
95*	42.92	L	P	Lisa Myburgh	11	SFSA	JHB 27/11/2025 CGA Championships 2025
95*	42.92	L	P	Meandri Vorster	11	TUKS	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
97	42.94	L	F	Gemma Nicholson	11	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
98	42.98	L	P	Christina Tomè	11	TYGE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
99	42.99	L	F	Lienke Myburgh	11	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
100	43.04	L	P	Kayline Cronje	11	JAQ	EKU 04/12/2025 EGA Summer Championships 2025
101	43.21	L	P	Gabriella Loucao	11	SS	MPD 29/03/2026 SA Level 2 Regional Age Group Cham
102	43.24	L	F	Linay Twigge	11	EGA	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
103	43.26	L	F	Michelle Rudolph	11	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
104	43.28	L	F	Psalm Oswald	11	ESP	EKU 22/11/2025 EGA Summer 3 & 4
105	43.30	L	F	Ivy Wilkins	11	HPS	TSH 23/01/2026 2026 NTS Sprint Gala
106	43.31	L	F	Accalia Maartens	11	BLOT	MAN 03/12/2025 Free State Champs 2025
107	43.32	L	P	Isabel Baronni Cilliers	11	MDOL	JHB 27/11/2025 CGA Championships 2025
108	43.35	L	F	Mia Zietsman	11	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
109	43.39	L	P	Paige Van Breda	11	TCA	EKU 04/12/2025 EGA Summer Championships 2025
110*	43.42	L	F	Cathryn Davenport	11	PEAS	NMA 20/09/2025 3rd A League Gala 2025
110*	43.42	L	P	Skylar Holmes	11	ESP	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
112*	43.43	L	F	Peyton Strydom	11	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
112*	43.43	L	F	Leah Victor	11	SS	MPD 25/10/2025 Limpopo Age Group 5 of 2025/26
114	43.45	L	F	Anri Liebenberg	11	PELIC	MAN 07/11/2025 Otters Prestige Gala 2025
115	43.46	L	F	Mine' Kirstein	11	PAC	TSH 28/06/2025 PEA Winter Gala 2025
116	43.54	L	F	Anika Nel	11	EXP	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
117	43.59	L	F	Robyn von Wildermann	11	CPPS	NMA 14/03/2026 Level 1 District Age Group Gala 2026
118	43.62	L	P	Ava Van Den Heever	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
119	43.67	L	F	Amy Dick	11	CTA	CPT 10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
120	43.80	L	P	Mecah Whon	11	CLA	WCD 06/03/2026 SA Level 2 Regional Age Group Cham
121	43.83	L	F	Annika Franken	11	BARR	CPT 09/10/2025 44th Freda Barnard Invitational Gala
122*	43.84	L	P	Isabelle Oliphant	11	HARL	BUF 09/04/2026 SA Level 3 Regional Age Group Cham
122*	43.84	L	F	Mieke Drenth	11	AWIN	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
124	43.86	L	F	Aaliya Chippendale	11	MARL	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
125	43.90	L	F	Lethabo Mofokeng	11	MDOL	JHB 06/02/2026 Crusaders & CGA Night Gala

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
126	43.96	L	P	Siena Johnson	11	BLUO	UGD	31/03/2026 SA Level 2 Regional Age Group Cham
127	44.01	L	P	Reabetswe Tau	11	PER	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
128*	44.06	L	F	Blake Van Der Heiden	11	UNIU	EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J
128*	44.06	L S	F	Leah Liebenberg	11	TYGE	CPT	01/11/2025 CTA District A CHAMPS 2025
130	44.07	L	F	Nina Groenewald	11	KTS		18/10/2025 AGE GROUP 1 KATHU 2025
131	44.10	L	P	Marli Nel	11	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
132*	44.21	L	F	Ariella Da Silva	11	MDOL	JHB	22/11/2025 EGA Summer 3 & 4
132*	44.21	L	F	Isabella Gregory	11	HAAG	UTD	08/11/2025 UThukela Age Group Gala 2
134	44.28	L	P	Jana Hiestermann	11	DDA	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
135	44.36	L	P	Leah Marais	11	INFA	NMA	06/03/2026 SA Level 2 Regional Age Group Cham
136	44.41	L	F	Anais Christine van Huyssteen	11	VRC	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
137	44.53	L	F	Leandi Hattingh	11	QSSC	CPT	29/11/2025 CTA B CHAMPS 2025
138	44.56	L	F	Alannah Whitehead	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
139*	44.58	L	F	Anje Weldhagen	11	BLOT	MAN	03/12/2025 Free State Champs 2025
139*	44.58	L	F	Magnolia Freeman	11	TUKS	FSH	23/01/2026 2026 NTS Sprint Gala
141	44.59	L	P	Vicky Rademeyer	11	SEAL	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
142	44.66	L	F	Melokuhle Mathibela	11	CA	EKU	22/11/2025 EGA Summer 3 & 4
143	44.70	L	F	Samara Myers	11	MANT	CPT	06/02/2026 WCA-B Champs - 2026
144	44.71	L	F	Kera Smith	11	AA	JHB	28/02/2026 CGA Challenge
145	44.72	L	F	Rachael McMaster	11	HARL	BUF	28/11/2025 BCA Long Course Championships 202
146	44.78	L	P	Zuri Zwane	11	BDAC	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
147	44.79	L	F	Mia Oosthuizen	11	PAC	FSH	28/06/2025 PEA Winter Gala 2025
148	44.88	L	F	Amelie Krige	11	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
149	44.89	L	F	Milan Genis	11	UNI	EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
150	44.90	L	P	Rorisang Lempe	11	MAKO	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
151	44.97	L	P	Leah Schultz	11	ELRAS	WBD	29/03/2026 SA Level 2 Regional Age Group Cham
152	45.09	L	F	Courtney Killian	11	CPPS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
153	45.19	L	F	Janina Badenhorst	11	HREF	BP	06/12/2025 NWS Championships 2025
154	45.20	L	F	Lara Coetzee	11	SS	MPD	31/01/2026 Limpopo School Champs & Limpopo A
155	45.24	L	F	Mawande Saule	11	SOUL	EKU	28/02/2026 AG Level 1 Regional Competition 2026
156	45.27	L	F	Amore Caroto	11	AAS	JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
157	45.34	L	F	Amelie Roets	11	PAC	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
158	45.39	L	F	Savannah Matthee	11	CHSA	CPT	28/02/2026 Eastern Cape School Provincial Trials
159	45.42	L	F	Caitlin Lombard	11	HARL	BUF	28/11/2025 BCA Long Course Championships 202
160	45.47	L	P	Mieke Jansen	11	SEAL	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
161	45.65	L	F	Amelie Theron	11	ESA	CED	06/02/2026 WCA-B Champs - 2026
162	45.70	L	F	Anni Jordaan	11	BRAVE	CED	06/02/2026 WCA-B Champs - 2026
163	45.71	L	P	Emiley Biggins	11	ESTR	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
164	45.80	L	F	Aninka Terblanche	11	EDEN	ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
165	45.83	L	P	Isabella De Jager	11	BRAVE	CED	04/12/2025 Western Cape LC-A Championship 20
166*	45.87	L	P	Tabo Mwenechanya	11	AAS	JHB	27/11/2025 CGA Championships 2025
166*	45.87	L	F	Milan Sullivan	11	PAC	FSH	31/10/2025 NTS Level 1+2 November Age Group :
168	45.91	L	P	Harper Dewey	11	PER	JHB	27/11/2025 CGA Championships 2025
169	46.04	L	P	Anke Van den Berg	11	CSC	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
170	46.08	L	F	Olivia Bind	11	ASAC	CPT	06/02/2026 WCA-B Champs - 2026
171	46.09	L	F	Nelia Kleynhans	11	LSM	EZD	13/02/2026 NW School Championships 2026
172	46.13	L	F	Layla Bourbon	11	TUKS	FSH	23/01/2026 2026 NTS Sprint Gala
173	46.14	L	F	Olivia Plowman	11	SGUL	ETH	09/07/2025 TYR Prestige Tournament 2025
174	46.19	L	F	Anna-Mart Erasmus	11	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 21
175	46.20	L	F	Alexis Lockhart	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
176	46.24	L	F	Lily Herrmann	11	SWIFT	EKU	31/01/2026 EGA Last Chance Gala 2026
177	46.31	L	P	Imogen Shepherd	11	SFSC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
178	46.33	L	F	Jane Opperman	11	AWIN	FSH	28/02/2026 AG Level 1 Regional Competition 2026
179	46.34	L	F	Zara Ferrao	11	SSISA	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
180	46.36	L	P	Line Leonard	11	EXP	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
181	46.37	L	F	Lerika v Romburgh	11	LSM	EZD	13/02/2026 NW School Championships 2026
182	46.39	L	P	Jo Anne Schutte	11	KALA		30/03/2026 SA Level 2 Regional Age Group Cham
183	46.42	L	P	Anna Dabrowski	11	BLMA	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
184	46.43	L	P	Mishanie van Jaarsveld	11	UPSK	ZMD	30/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
185	46.52	L	F	Amélie Richard	11	BEARS	TSH	31/10/2025	NTS Level 1+2 November Age Group :
186	46.53	L	P	Rorisang Rakotsoana	11	CA	EKU	04/12/2025	EGA Summer Championships 2025
187	46.56	L	F	Kaleigh Henning	11	SS	MPD	28/11/2025	Limpopo Champs 2025
188	46.59	L	P	Annabel Swart	11	ESA	CED	06/03/2026	SA Level 2 Regional Age Group Cham
189	46.69	L	F	Jessica Meyer	11	CRSC	JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
190*	46.72	L	P	Nikka Burger	11	AA	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
190*	46.72	L	P	Emma Rundle	11	CUHE	QBD	06/03/2026	SA Level 2 Regional Age Group Cham
192	46.76	L	P	Obafentje Seoke	11	TUKS	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
193*	46.79	L	F	Anna Tarasova	11	PLAY	CED	22/11/2025	Swartland Prestige Gala 2025
193*	46.79	L	F	Jana Snyman	11	ROA	EDD	15/11/2025	5th A League Gala 2025
195	46.82	L	F	Neene-Mari Carstens	11	SWAR	WCD	22/11/2025	Swartland Prestige Gala 2025
196	46.84	L	P	Janica Brits	11	BARR	CPT	06/03/2026	SA Level 2 Regional Age Group Cham
197	46.89	L	P	Hluma Ndamse	11	HARL	BUF	06/03/2026	SA Level 2 Regional Age Group Cham
198	46.94	L	P	Sophia Lemmer	11	HARL	BUF	06/03/2026	SA Level 2 Regional Age Group Cham
199*	47.03	L	F	Leamé Plath	11	CSA	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
199*	47.03	L	P	Leah Bunge	11	BLUO	UGD	31/03/2026	SA Level 2 Regional Age Group Cham
201	47.06	L	F	Jorja Tozer	11	SASE	JHB	14/02/2026	CGA Last Chance
202	47.11	L	F	Emma de Smidt	11	VRC	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
203*	47.16	L	F	Kara Van Staden	11	CTO	CPT	06/02/2026	WCA-B Champs - 2026
203*	47.16	L	F	Luhlelo Cebekhulu	11	VHD	ZLD	31/01/2026	uShaka Champs 2026
205	47.18	L	F	Marguerite Burger	11	SWAR	WCD	22/11/2025	Swartland Prestige Gala 2025
206	47.24	L	F	Yi-han Huang	11	BLMA	CPT	06/02/2026	WCA-B Champs - 2026
207	47.27	L	F	Zoë-eve Van Rooyen	11	RFA	TSH	31/10/2025	NTS Level 1+2 November Age Group :
208	47.34	L	P	Lize Steenkamp	11	RFA	TSH	30/03/2026	SA Level 2 Regional Age Group Cham
209	47.36	L	P	Amber Bergh	11	TUKS	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
210	47.38	L	F	Liya Carstens	11	TUKS	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
211	47.39	L	F	Erin Mofsowitz	CR	VASA	EKU	22/11/2025	EGA Summer 3 & 4
212	47.46	L	F	Meekah Sinfield	11	WAC	EDD	22/11/2025	Eden LC Champs 2025
213*	47.48	L	F	Lucy Van der Westhuizen	11	UNIU	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
213*	47.48	L	F	Lana Moore	11	LORR	NMA	14/03/2026	Level 1 District Age Group Gala 2026
215	47.51	L	F	Faith Groenewald	11	ANAX	CPT	22/11/2025	Swartland Prestige Gala 2025
216	47.67	L	F	Zoey Zovitzkey	11	TUKS	TSH	31/10/2025	NTS Level 1+2 November Age Group :
217	47.68	L	P	Kara Lotz	11	PAC	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
218	47.69	L	P	Karin Gericke	11	BARR	CPT	06/03/2026	SA Level 2 Regional Age Group Cham
219	47.77	L	F	Rumbidzai Amaris Chironga	11	QSSC	CPT	22/11/2025	Swartland Prestige Gala 2025
220	47.79	L	F	Onkgopotse Kganakga	11	TUKS	TSH	13/02/2026	NTS Level 1+2 February Age Group 21
221	47.81	L	F	Lienke Pienaar	11	BLS	KK	13/02/2026	NW School Championships 2026
222	47.84	L	F	Emily Byron	11	CPPS	NMA	14/03/2026	Level 1 District Age Group Gala 2026
223	47.86	L	P	Nicole Anthony	11	SEAL	UMD	31/03/2026	SA Level 2 Regional Age Group Cham
224	47.89	L	F	Theresa Bartmann	11	SWAR	WCD	06/02/2026	WCA-B Champs - 2026
225	47.94	L	F	Emery Eloff	11	VALS	FDD	24/10/2025	Neptunes Gala
226	47.98	L	P	Rone Kruger	11	BULS	MAN	30/03/2026	SA Level 2 Regional Age Group Cham
227	48.06	L	F	Lune Hattingh	11	ESA	CED	24/01/2026	Drakenstein Invitational - copied
228	48.12	L	P	Iané Briedenhann	11	BLNE	MAN	30/03/2026	SA Level 2 Regional Age Group Cham
229*	48.14	L	F	Oritonda Muthathi	11	TUKS	TSH	28/02/2026	AG Level 1 Regional Competition 2026
229*	48.14	L	P	Mirelle Rademeyer	11	PELIC	MAN	30/03/2026	SA Level 2 Regional Age Group Cham
231	48.19	L	P	Kaylin van Schalkwyk	11	TCA	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
232	48.25	L	F	Hannah Argyrou	11	TUKS	TSH	13/02/2026	NTS Level 1+2 February Age Group 21
233	48.39	L	F	Stefanie Fouche	11	AASC	EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
234	48.40	L	F	Alic Van Heerden	11	TYGE	CPT	06/02/2026	WCA-B Champs - 2026
235	48.43	L	F	Chloe Charedzera	11	PEAS	NMA	12/12/2025	NMBA Championships 2025
236	48.45	L	F	Carli Van der Merwe	11	VASTR	BPD	13/02/2026	NW School Championships 2026
237	48.49	L	F	Amantle Mazibuko	11	BLOT	MAN	10/10/2025	Super Seals Annual Gala
238	48.63	L	F	Georgia Carls	11	KTS		05/12/2025	NCASA CHAMPS 2025 - copied - copi
239*	48.65	L	F	Zania Van Zyl	11	PEAS	NMA	30/08/2025	Madibaz Swim Meet 2025
239*	48.65	L	P	Jemma October	11	ALPHA	CPT	09/04/2026	SA Level 3 Regional Age Group Cham
241	48.72	L	F	Janah Louw	11	KALA		17/01/2026	AGE GROUP 5 KATHU 2026
242*	48.75	L	P	Sarah Davies	11	CA	EKU	04/12/2025	EGA Summer Championships 2025
242*	48.75	L	P	Alyssa Ramnivaj	11	ACSA	ETH	31/03/2026	SA Level 2 Regional Age Group Cham

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
244	48.84 L	F Lila Raubenheimer	11 GILL NMA 14/03/2026 Level 1 District Age Group Gala 2026
245	48.85 L	F Madison Dingle	11 CA EKU 22/11/2025 EGA Summer 3 & 4
246	48.91 L	P Oagile Maimane	11 RBOT BPD 30/03/2026 SA Level 2 Regional Age Group Cham
247	48.94 L	F Hannah Jenniker	11 BLMA CPT 06/02/2026 WCA-B Champs - 2026
248	48.96 L	F Mieke Jv Vuuren	11 TKS WBD 28/11/2025 Limpopo Champs 2025
249	49.05 L	F Akabonge Khumalo	11 AQUA UTD 31/01/2026 uShaka Champs 2026
250	49.06 L	F Olivia Gilbert	11 FRA KCD 07/02/2026 KCDA Age Group 5 2026
251	49.10 L	F Zama Mkhize	11 USHPM UMD 31/01/2026 uShaka Champs 2026
252	49.12 L	F Hayley Marais	11 CA EKU 22/11/2025 EGA Summer 3 & 4
253	49.15 L	F Mila Lorenzen	11 BLMA CPT 22/11/2025 Swartland Prestige Gala 2025
254	49.18 L	P Atlegang Matlala	11 SWIFT EKU 29/03/2026 SA Level 2 Regional Age Group Cham
255	49.19 L	F Dia Hobbs	11 WRP EZD 28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
256	49.28 L	F Lesego Sebolai	11 PAC TSH 13/02/2026 NTS Level 1+2 February Age Group 21
257*	49.30 L	P Mckayla Du Plessis	11 CLA WCD 06/03/2026 SA Level 2 Regional Age Group Cham
257*	49.30 L	F Mienke Scheepers	11 RFA TSH 17/10/2025 NTS Level 3+ October Age Group Gal
259	49.38 L	F Kudzai Chikwange	11 PEAS NMA 28/06/2025 PEA Winter Gala 2025
260	49.46 L	F Mieke Robertson	11 WRP EZD 28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
261	49.48 L	F Zoe Nhlapo	11 TUKS TSH 13/02/2026 NTS Level 1+2 February Age Group 21
262	49.50 L	P Annabel Snyders	11 SWAR WCD 06/03/2026 SA Level 2 Regional Age Group Cham
263	49.58 L	F Dani Inglis	11 MANT CPT 29/11/2025 CTA B CHAMPS 2025
264	49.61 L	F Sophia Millar	11 SFSC CPT 29/11/2025 CTA B CHAMPS 2025
265	49.62 L	F Keira Robertson	11 HPS TSH 13/02/2026 NTS Level 1+2 February Age Group 21
266*	49.78 L	F Kuhlekonke Cebekhulu	11 SEALE ETH 06/10/2025 Seagulls Winter Championships 2025
266*	49.78 L	F McKenzie Petersen	11 PER JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
268	49.89 L	F Haohan Zhang	11 ANAX CPT 29/11/2025 CTA B CHAMPS 2025
269	49.91 L	F Zoe Davis-Hannibal	11 TYGE CPT 29/11/2025 CTA B CHAMPS 2025
270	50.01 L	F Olivia Wood	11 BARA EKU 22/11/2025 EGA Summer 3 & 4
271	50.12 L	F Athindothe Tshibubudze	11 TUKS TSH 05/12/2025 2025 The Tshwane Mayor's Gala
272	50.18 L	F Evelyn Lombard	11 TRAZ TSH 05/12/2025 2025 The Tshwane Mayor's Gala
273	50.23 L	F Erin Greyling	11 UNIU EZD 10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
274	50.39 L	F Mari Malherbe	11 BRAVE CED 06/02/2026 WCA-B Champs - 2026
275	50.48 L	F Lexi Labuscagne	11 AAS JHB 14/02/2026 CGA Last Chance
276	50.66 L	F Carli Marais	11 KNYA EDD 24/01/2026 EDEN 4th A-League Gala 2026
277	50.70 L	P Atlegang Kekana	11 SOUL EKU 04/12/2025 EGA Summer Championships 2025
278	50.72 L	P Kiyara Dyers	11 UWCA CPT 06/03/2026 SA Level 2 Regional Age Group Cham
279	50.95 L	P Onthatile Motloung	11 FAC EKU 29/03/2026 SA Level 2 Regional Age Group Cham
280	51.02 L	F Zanakuhle Luthuli	11 USH KCD 31/01/2026 uShaka Champs 2026
281	51.08 L	F Hannah Stewart	11 UNIC CCD 31/01/2026 Limpopo School Champs & Limpopo A
282	51.34 L	F Mieke de Bruyn	11 SOUL EKU 22/11/2025 EGA Summer 3 & 4
283	51.47 L	F Zaina Hammouche	11 LINR JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
284	51.52 L	P Antoinette Van Schalkwyk	11 PELIC MAN 30/03/2026 SA Level 2 Regional Age Group Cham
285	51.53 L	P Marné Van Eyssen	11 BARR CPT 06/03/2026 SA Level 2 Regional Age Group Cham
286	51.58 L	F Sione Fouche	11 JAQ EKU 28/02/2026 AG Level 1 Regional Competition 2026
287	51.66 L	F Diana Rowsell	11 SUMW NMA 14/03/2026 Level 1 District Age Group Gala 2026
288	51.73 L	F Peontle Motlhoki	11 TUKS TSH 05/12/2025 2025 The Tshwane Mayor's Gala
289	51.88 L	F Clarabelle Van den Bergh	11 VASTR BPD 13/02/2026 NW School Championships 2026
290	51.92 L	F Lungaka Ntshiqqa	11 SDSC OTD 07/02/2026 BCA Feb Age Group Gala 2026
291	51.98 L	F Emilie Calitz	11 SFSC CPT 06/02/2026 WCA-B Champs - 2026
292*	52.07 L	F Gemma Pieterse	11 RETR CPT 29/11/2025 CTA B CHAMPS 2025
292*	52.07 L	F Mia Snyders	11 UWCA CPT 29/11/2025 CTA B CHAMPS 2025
294	52.09 L	F Manasvi Chourasia	11 SFSC CPT 21/02/2026 Swartland Invitational Gala 2026
295	52.10 L	F Lize-Mari Loots	11 PSA ZLD 31/01/2026 uShaka Champs 2026
296	52.11 L	F Dihane Liebenburg	11 KSSC FBD 29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
297	52.28 L	F Clarece Korkie	11 FAAC 21/02/2026 AGE GROUP 6 KBY 2026
298	52.37 L	F Zinnia De Lange	11 TASC MPD 28/11/2025 Limpopo Champs 2025
299	52.40 L	F Carmi Nothnagel	11 SS MPD 28/11/2025 Limpopo Champs 2025
300	52.47 L	F Klara Brink	11 AASC EZD 13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
301	52.48 L	F Elianah Chinnu	11 AADUB ETH 06/10/2025 Seagulls Winter Championships 2025
302	52.52 L	F Kristi Marais	11 PELIC MAN 31/10/2025 Mangaung Gala

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
303	52.84	L	F	Li-Mare Olivier	11	FAAC	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
304	52.88	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 202
305	53.05	L	F	Mienke Malherbe	11	LSEB WBD	31/01/2026 Limpopo School Champs & Limpopo A
306	53.24	L	F	Lulu Mosima	11	BLOT MAN	31/10/2025 Mangaung Gala
307	53.28	L	F	Roelene Cronje	11	VREDE TMD	24/10/2025 Neptunes Gala
308	53.29	L	F	Abbie Mboweni	11	DOLFI MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
309	53.42	L	F	Seline Van Nieuwenhuizen	11	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
310	53.58	L	F	Katrien Van Tonder	11	TASC MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
311	53.64	L	F	Ayla Mahlangu	11	NSAD EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
312	53.84	L	P	Jessica Treeby	11	AWIN TSH	29/03/2026 SA Level 2 Regional Age Group Cham
313*	54.19	L	F	Aeltie Prinsloo	11	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
313*	54.19	L	F	Ashery Grobler	11	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
315	54.28	L	F	Casey Cheesman	11	FSE KCD	30/03/2026 KZNA Level 1 Championships
316	54.34	L	F	Katherine Schutzler	11	USC BUF	30/01/2026 Infinity Gala 2026
317	54.75	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
318*	54.98	L	F	Okuhlekonke Dladla	11	AQUA UTD	31/01/2026 uShaka Champs 2026
318*	54.98	L	F	Alise Brynard	11	BS LLD	28/02/2026 FSA LEVEL 1 2026
320	55.09	L	F	Emily Ohlson	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
321	55.12	L	F	Zeta Conybeare	11	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
322	55.24	L	F	Milanke Swanepoel	11	BETH FDD	07/11/2025 Otters Prestige Gala 2025
323	55.47	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
324	55.52	L	F	Karlienke Ras	11	GHS BPD	13/02/2026 NW School Championships 2026
325	55.56	L	F	Tori Meyer	11	HPS TSH	31/10/2025 NTS Level 1+2 November Age Group ;
326	55.83	L	F	Phindulo Matakanyi	11	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
327	55.88	L	F	Oratilwe Tsomele	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
328	55.95	L	F	Avery Jardim	11	SS MPD	28/11/2025 Limpopo Champs 2025
329	56.06	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
330	56.16	L	F	Ilse Hough	11	PSA ZLD	31/01/2026 uShaka Champs 2026
331	56.85	L	F	Imogen Malan	11	MANT CPT	28/06/2025 PEA Winter Gala 2025
332	56.97	L	F	Amoré Terblanche	11	STSC KCD	04/10/2025 KCDA Age Group Gala 1 2025
333	57.15	L	F	Mine Zietsman	11	BETH FDD	03/12/2025 Free State Champs 2025
334	57.26	L	F	Kira Delpoort	11	GHS BPD	13/02/2026 NW School Championships 2026
335	57.29	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026 Limpopo School Champs & Limpopo A
336	57.41	L	F	Bella De Villiers	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
337	57.76	L	F	Danell Van Heerden	11	BS LLD	24/10/2025 Neptunes Gala
338	58.00	L	F	Katrien van Dyk	11	VREDE TMD	14/11/2025 Valsrivier Gala
339	58.04	L	F	Isabel Snyman	11	FAAC	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
340	58.15	L	F	Karmin Lubbe	11	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
341	58.65	L	F	Issabel Lindeboom	11	BLNE MAN	28/02/2026 FSA LEVEL 1 2026
342	59.02	L	F	Oageng Mmalekutu	11	TLAC BPD	13/02/2026 NW School Championships 2026
343	59.05	L	P	Lukhanyo Dwane	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
344	59.58	L	F	Giselle Chasteau De Balyon	11	GREY CPT	22/11/2025 Swartland Prestige Gala 2025
345	59.65	L	F	Leonette Kruger	11	DSK BP	13/02/2026 NW School Championships 2026
346	59.87	L	F	Dane' Gerber	11	USH KCD	06/12/2025 Stingrays Champs 2025
347	1:00.15	L	F	Abigail Khakhane	11	GHSK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
348	1:00.35	L	F	Bokang Dintthe	11	CKDP KK	13/02/2026 NW School Championships 2026
349	1:00.64	L	F	Zariah Phillips	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
350	1:01.27	L	F	Zanokuhle Phakathi	11	USH KCD	31/01/2026 uShaka Champs 2026
351	1:01.35	L	F	Grace Kitching	11	UPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
352	1:01.63	L	P	Isabella Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
353	1:01.73	L	F	Eduane Du Plooy	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
354	1:01.97	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026 uShaka Champs 2026
355*	1:02.15	L	F	Karli Wilson	11	KALA	07/02/2026 NC SPRINTS 2026
355*	1:02.15	L	F	Sonika Bekker	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
357	1:02.73	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026 BCA Feb Age Group Gala 2026
358	1:02.81	L	F	Helelolenkosi Nxumalo	11	FSE KCD	06/12/2025 Stingrays Champs 2025
359	1:03.13	L	F	Tara Diergaardt	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
360	1:03.82	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
361	1:05.31	L	P	Ava Putter	11	NWUC KKD	06/12/2025 NWS Championships 2025

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
362	1:05.83	L	F	Candice Hunda	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
363	1:07.75	L	F	Phindulo Mufamadi	11	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
364	1:08.92	L	F	Ella Preston	11	BLUO UGD	30/03/2026 KZNA Level 1 Championships
365	1:09.79	L	F	Asiphile Dlamini	11	CUR EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2026
366	1:11.98	L	F	Simone Du Plooy	11	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - copy
367	1:12.28	L	F	Uminathi Mbhele	11	SHARP UTD	31/01/2026 UThukela District Gala 4
368	1:13.91	L	F	Thalia Moodley	11	SWISA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
369	1:14.98	L	F	Ashere Naku	11	SRAY BUF	24/01/2026 BCA January Age Group Gala 2026
370	1:16.23	L	F	Ava Cheesian	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copy
371	1:16.69	L	F	Asher Smith	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
372	1:23.54	L	F	Qhawekazi Hlomuka	11	SHARP UTD	08/11/2025 UThukela Age Group Gala 2
373	1:27.41	L	F	Hanaa Lawrence	11	HURAQ CPT	22/11/2025 Swartland Prestige Gala 2025
374	1:29.16	L	F	Tumisho Mooketsi	11	PWC BP	13/02/2026 NW School Championships 2026

#### Women 11-12 100 Back

1	1:12.87	L	F	Kasey De Bruyn	11	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-2026
2	1:17.36	L	F	Mia Kunzler	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Championship
3	1:17.43	L	F	Chloe Gerber	11	OHAN ILD	18/12/2025 KZN Premier Provincial Championship
4	1:19.13	L	P	Paige Davies	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Championship
5	1:19.75	L	F	Berre Sun	11	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Championship
6	1:19.77	L	P	Shaylee Scheffer	11	UWCA CPT	09/04/2026 SA Level 3 Regional Age Group Championship
7	1:20.29	L	F	Chrisna Swartz	11	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Championship
8	1:20.72	L	F	Emma-lee Claassen	11	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Championship
9	1:20.97	L	F	Anè Bezuidenhout	11	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Gala
10	1:21.86	L	F	Sarah Mann	11	CA ECU	26/03/2026 SA Level 3 Regional Age Group Championship
11	1:22.47	L	F	Annabelle Van Onselen	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Championship
12	1:22.90	L	P	Noa-Grace Janse van Rensburg	11	TCA ECU	26/03/2026 SA Level 3 Regional Age Group Championship
13	1:23.41	L	P	Mackenzie Spencer	11	TRAZ FSH	26/03/2026 SA Level 3 Regional Age Group Championship
14	1:23.45	L	F	Arienne Bac	11	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Gala
15	1:23.47	L	F	Amelie Piater	11	LSBOS WBD	31/01/2026 Limpopo School Champs & Limpopo A
16	1:23.77	L	F	Lisa Kotzé	11	LSM EZD	13/02/2026 NW School Championships 2026
17	1:23.91	L	F	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Championship
18	1:24.06	L	F	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Championship
19	1:24.15	L	F	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Championship
20	1:24.20	L	F	Haley Pieterse	11	INFA NMA	20/09/2025 3rd A League Gala 2025
21	1:24.55	L	P	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Championship
22	1:24.66	L	P	Daniella Phillips	11	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Championship
23	1:24.76	L	P	Ashleigh Goosen	11	MP EZD	24/04/2026 SA Schools Swimming Championship
24	1:25.01	L	F	Morgan-Paige Kiewiets	11	NMBA NM	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
25	1:25.10	L	F	Mika Ferreira	11	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Championship
26	1:25.20	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
27	1:25.34	L	F	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Championship
28	1:25.45	L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Championship
29	1:25.72	L	F	Kailah Nel	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Championship
30	1:25.89	L	P	Amy-Mae Victor	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Championship
31	1:25.97	L	P	Avah Smit	11	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Championship
32	1:26.36	L	P	Mikenzie Welgemoed	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Championship
33	1:26.39	L	F	Kelsey Markgraaff	11	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Gala
34	1:26.43	L	P	Danni Croft	11	KNYA EDD	09/04/2026 SA Level 3 Regional Age Group Championship
35	1:26.44	L	F	Veronique Coetzee	11	JAQ ECU	31/01/2026 EGA Last Chance Gala 2026
36	1:26.54	L	P	Thendo Nematikanga	11	GAU JHB	24/04/2026 SA Schools Swimming Championship
37	1:27.34	L	F	Sophia Abrams	11	USC BUF	12/12/2025 NMBA Championships 2025
38	1:27.38	L	P	Mieke Le Roux	11	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
39	1:27.51	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Championship
40	1:27.59	L	F	Hannah Mahomed	11	PSCP UMD	21/02/2026 KZN Schools Trials 2026
41	1:27.83	L	P	Kgothatso Raphadu	11	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Championship
42	1:27.85	L	F	Bailey Dekker	11	KLOO ETH	21/02/2026 KZN Schools Trials 2026
43	1:27.87	L	P	Dominique Du Plessis	11	TRAZ FSH	26/03/2026 SA Level 3 Regional Age Group Championship
44	1:28.10	L	F	Willow De Klerk	11	VINE CPT	06/03/2026 SA Level 2 Regional Age Group Championship
45	1:28.16	L	P	Nieke Odendaal	11	BEARS FSH	26/03/2026 SA Level 3 Regional Age Group Championship

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
46	1:28.21	L	F	Namwezi Mulligan	11	INFA NMA	30/01/2026	Infinity Gala 2026
47	1:28.44	L	F	Amelia-Rose Geldart	11	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
48	1:28.53	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026	SA Level 3 Regional Age Group Cham
49	1:28.67	L	F	Leah Kriel	11	GREY CPT	06/03/2026	SA Level 2 Regional Age Group Cham
50	1:28.70	L	P	Elle-Anne Roper	11	WSS LLD	26/03/2026	SA Level 3 Regional Age Group Cham
51	1:29.04	L	P	Klara Holtzhausen	11	DDA TSH	29/03/2026	SA Level 2 Regional Age Group Cham
52	1:29.40	L	F	Adri Breedt	11	DORE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
53	1:29.41	L	F	Mikayla De Melo	11	BLUO UGD	21/02/2026	KZN Schools Trials 2026
54	1:29.66	L	P	Jessica Francis	11	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Cham
55	1:29.79	L	P	Anja Swanepoel	11	CLA WCD	09/04/2026	SA Level 3 Regional Age Group Cham
56	1:29.86	L	F	Kaylin Smith	11	PGAC EKU	29/03/2026	SA Level 2 Regional Age Group Cham
57	1:29.87	L	F	Niah De Lange	11	CASC CPT	14/02/2026	CTA Elite Gala (L3+)
58	1:29.94	L	P	Holly Noble	11	ESP EKU	26/03/2026	SA Level 3 Regional Age Group Cham
59	1:30.11	L	F	Khloe Weimers	11	SFSC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
60	1:30.28	L	P	Jana Hiestermann	11	DDA TSH	29/03/2026	SA Level 2 Regional Age Group Cham
61	1:30.55	L S	F	Katja Kimani	11	CYBE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
62	1:30.70	L	P	Logan Harvett	11	STAQ CED	04/12/2025	Western Cape LC-A Championship 20
63	1:30.72	L	P	Alana Viviers	11	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Cham
64	1:30.73	L	F	Millay de Kock	11	POTC KKD	30/03/2026	SA Level 2 Regional Age Group Cham
65	1:30.75	L	F	Holly Miles	11	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
66	1:30.77	L	P	Christine Kruger	11	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Cham
67	1:30.81	L	F	Nina Groenewald	11	CASC CPT	14/02/2026	CTA Elite Gala (L3+)
68	1:30.89	L	F	Christine Van Zyl	11	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
69	1:31.03	L	F	Charlize Tröger	11	LSPHA MP	31/01/2026	Limpopo School Champs & Limpopo A
70	1:31.13	L	F	Michelle Rudolph	11	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
71	1:31.30	L	P	Arabella Tschofen	11	AA JHB	26/03/2026	SA Level 3 Regional Age Group Cham
72	1:31.31	L	F	Grace Hoar	11	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
73	1:31.34	L	F	Lea De Jager	11	ROA EDD	09/10/2025	44th Freda Barnard Invitational Gala
74	1:31.39	L	F	Peta De Souza	11	EXP TSH	27/02/2026	NTS Level 3+ February Age Group Ga
75	1:31.49	L	F	Annah Sterne	11	STAQ CED	09/10/2025	44th Freda Barnard Invitational Gala
76	1:31.58	L	P	Chrisela Sadi	11	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Cham
77	1:31.78	L	P	Ariella Da Silva	11	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
78	1:31.82	L	P	Mine' Kirstein	11	PAC TSH	10/12/2025	NTS Championships 2025
79	1:32.00	L	F	Emma Swanepoel	11	CLA WCD	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
80	1:32.30	L	F	Phelan Labuscagne	11	CRSC JHB	06/02/2026	Crusaders & CGA Night Gala
81	1:32.49	L	F	Morgan Thyse	11	USC BUF	30/01/2026	Infinity Gala 2026
82	1:32.64	L	F	Annika Franken	11	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
83	1:32.70	L	F	Siena Johnson	11	BLUO UGD	21/02/2026	KZN Schools Trials 2026
84	1:32.71	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025	KZN Junior Championships 2025
85	1:32.81	L	F	Caitlin Bruce	11	SOUL EKU	29/03/2026	SA Level 2 Regional Age Group Cham
86	1:32.90	L	F	Z'Ney Piechaczek	11	BLOT MAN	07/11/2025	Otters Prestige Gala 2025
87	1:32.91	L	F	Paige Van Breda	11	TCA EKU	20/09/2025	EGA Summer 1 2025
88	1:33.08	L	P	Meandri Vorster	11	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
89	1:33.15	L	P	Rachael McMaster	11	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Cham
90	1:33.19	L S	P	Kayline Cronje	11	JAQ EKU	04/12/2025	EGA Summer Championships 2025
91	1:33.24	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026	NW School Championships 2026
92	1:33.32	L	F	Charmé Van Niekerk	11	DOLFI MPD	29/03/2026	SA Level 2 Regional Age Group Cham
93	1:33.35	L	F	Linay Twigge	11	EGA MAN	30/03/2026	SA Level 2 Regional Age Group Cham
94	1:33.39	L	F	Mieke Drenth	11	AWIN TSH	05/12/2025	2025 The Tshwane Mayor's Gala
95	1:33.41	L	P	Lethabo Mofokeng	11	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
96	1:33.79	L	P	Amelie Krige	11	TYGE CPT	06/03/2026	SA Level 2 Regional Age Group Cham
97	1:33.80	L	F	Gabriella Freese	11	SAAW CPT	01/11/2025	CTA District A CHAMPS 2025
98	1:33.82	L	P	Accalia Maartens	11	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Cham
99	1:33.92	L	F	Ivy Wilkins	11	HPS TSH	13/02/2026	NTS Level 1+2 February Age Group 2t
100	1:34.58	L	P	Anika Nel	11	EXP TSH	29/03/2026	SA Level 2 Regional Age Group Cham
101	1:34.74	L	F	Psalm Oswald	11	ESP EKU	20/09/2025	EGA Summer 1 2025
102	1:34.93	L	F	Ava Van Den Heever	11	KTS	14/02/2026	KALAHARI CLASSIC 2026
103	1:35.13	L	F	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025	CGA Championships 2025
104	1:35.34	L	P	Amy Dick	11	HURAQ CPT	06/03/2026	SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
105	1:35.38	L	P	Isabella De Jager	11	BRAVE	CED	09/04/2026 SA Level 3 Regional Age Group Cham
106	1:35.42	L	F	Georgie Croxford	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
107	1:35.51	L	P	Christina Tomè	11	TYGE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
108	1:35.74	L	F	Abigail Kemp	11	RBOT	BPD	30/03/2026 SA Level 2 Regional Age Group Cham
109	1:35.81	L	P	Lily Herrmann	11	SWIFT	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
110	1:35.89	L	P	Marli Nel	11	TUKS	TSH	29/03/2026 SA Level 2 Regional Age Group Cham
111	1:36.09	L	F	Gemma Nicholson	11	SAAW	CPT	21/02/2026 Swartland Invitational Gala 2026
112	1:36.21	L S	P	Gabriella Rall	11	FAC	EKU	04/12/2025 EGA Summer Championships 2025
113	1:36.25	L	F	Elizabeth Hartman	11	EGA	MAN	23/01/2026 Mangaung Gala
114	1:36.30	L	P	Emiley Biggins	11	ESTR	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
115	1:36.34	L	F	Peyton Strydom	11	TUKS	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
116*	1:36.60	L	F	Rorisang Rakotsoana	11	CA	EKU	22/11/2025 EGA Summer 3 & 4
116*	1:36.60	L	F	Robyn von Wildermann	11	CPPS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
118*	1:36.81	L	F	Emma Marx	11	CSA	EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
118*	1:36.81	L	F	Devhyn Trollip	11	UNIU	EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
120	1:37.34	L	F	Caitlin Lombard	11	HARL	BUF	30/01/2026 Infinity Gala 2026
121	1:37.49	L	F	Leah Liebenberg	11	TYGE	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
122	1:37.59	L	F	Reabetswe Tau	11	PER	JHB	27/11/2025 CGA Championships 2025
123	1:37.60	L	F	Imogen Shepherd	11	SFSC	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
124	1:37.67	L	P	Aaliya Chippendale	11	MARL	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
125	1:37.69	L	P	Annika Chivandire	11	WATR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
126	1:37.89	L	F	Kera Smith	11	AA	JHB	27/11/2025 CGA Championships 2025
127*	1:37.98	L	F	Leandi Hattingh	11	QSSC	CPT	29/11/2025 CTA B CHAMPS 2025
127*	1:37.98	L	F	Amelie Roets	11	PAC	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
129	1:37.99	L	F	Anri Liebenberg	11	PELIC	MAN	24/10/2025 Neptunes Gala
130	1:38.06	L	F	Nikka Burger	11	AA	JHB	27/11/2025 CGA Championships 2025
131*	1:38.12	L	F	Lienke Lieburgh	11	CSA	EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
131*	1:38.12	L	P	Rorisang Lempe	11	MAKO	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
133	1:38.27	L	P	Mia Zietsman	11	CSA	EZD	05/12/2025 Mpumalanga Championships 2025
134	1:38.29	L	P	Ayesha Fakier	11	CTO	CPT	04/12/2025 Western Cape LC-A Championship 20
135	1:38.32	L S	P	Sophia Lloyd-Swanepoel	11	MAKO	EKU	04/12/2025 EGA Summer Championships 2025
136	1:38.35	L	F	Bella Ayekun	11	PSCP	UMD	15/11/2025 KZN Junior Championships 2025
137	1:38.72	L	F	Milan Genis	11	UNI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
138	1:38.92	L	P	Mecah Whon	11	CLA	WCD	06/03/2026 SA Level 2 Regional Age Group Cham
139	1:38.93	L	P	Mieke Jansen	11	SEAL	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
140	1:39.11	L	P	Amber Bergh	11	TUKS	TSH	29/03/2026 SA Level 2 Regional Age Group Cham
141	1:39.27	L	F	Nelia Kleynhans	11	POTC	KKD	06/12/2025 NWS Championships 2025
142	1:39.35	L	F	Alexis Lockhart	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
143	1:39.41	L	P	Janina Badenhorst	11	HREF	BP	30/03/2026 SA Level 2 Regional Age Group Cham
144	1:39.51	L	F	Emma Van den Heever	11	LALE	CED	06/02/2026 WCA-B Champs - 2026
145	1:39.57	L	P	Skylar Holmes	11	ESP	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
146	1:39.68	L	P	Hannah Combrinck	11	TYGE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
147	1:39.74	L	P	Amore Caroto	11	AAS	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
148	1:39.76	L S	P	Melokuhle Mathibela	11	CA	EKU	04/12/2025 EGA Summer Championships 2025
149*	1:39.85	L	P	Amelie Theron	11	ESA	CED	06/03/2026 SA Level 2 Regional Age Group Cham
149*	1:39.85	L	F	Leah Schultz	11	ELRAS	WBD	28/11/2025 Limpopo Champs 2025
151	1:40.14	L	F	Leah Victor	11	SS	MPD	28/11/2025 Limpopo Champs 2025
152	1:40.17	L	F	Anna Dabrowski	11	BLMA	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
153	1:40.18	L	F	Bailey Keating	11	TRAZ	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
154	1:40.30	L	F	Alexus Erasmus	11	FSE	KCD	01/11/2025 KCDA Age Group Gala 2 2025
155	1:40.31	L	F	Isabella Gregory	11	HAAG	UTD	10/10/2025 Super Seals Annual Gala
156	1:40.33	L	F	Zoe Nhlapo	11	TUKS	TSH	13/02/2026 NTS Level 1+2 February Age Group 2/
157	1:40.35	L	F	Mia Oosthuizen	11	PAC	TSH	17/10/2025 NTS Level 3+ October Age Group Gal
158	1:40.40	L	P	Vicky Rademeyer	11	SEAL	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
159	1:40.42	L	F	Emily Celliers	11	CSC	TSH	13/02/2026 NTS Level 1+2 February Age Group 2/
160	1:40.53	L	P	Emma Rundle	11	CUHE	QBD	06/03/2026 SA Level 2 Regional Age Group Cham
161	1:40.70	L	P	Ziva Reddy	11	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
162	1:40.73	L	F	Amantle Mazibuko	11	BLOT	MAN	24/10/2025 Neptunes Gala
163	1:40.74	L	F	Milan Sullivan	11	PAC	TSH	05/12/2025 2025 The Tshwane Mayor's Gala

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
164	1:40.81	L	F	Cathryn Davenport	11	PEAS NMA	30/01/2026 Infinity Gala 2026
165	1:40.90	L	F	Alannah Whitehead	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
166	1:41.25	L	P	Obafentje Seoke	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
167	1:41.26	L	P	Anke Van den Berg	11	CSC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
168	1:41.47	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
169	1:41.63	L	F	Lisa Myburgh	11	SFSA JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
170	1:41.74	L	F	Emily Byron	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
171	1:41.77	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
172	1:42.04	L	F	Mienke Scheepers	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
173	1:42.13	L	F	Jo Anne Schutte	11	KALA	07/02/2026 NC SPRINTS 2026
174	1:42.34	L	P	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
175	1:42.55	L	P	Kara Lotz	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
176	1:42.64	L	F	Anna-Mart Erasmus	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
177	1:42.72	L	F	Karin Gericke	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
178	1:42.86	L	F	Sophia Lemmer	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
179	1:43.18	L	F	Leamé Plath	11	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
180	1:43.24	L	P	Yi-han Huang	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
181	1:43.27	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
182	1:43.28	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
183	1:43.49	L	F	Nolitha Luhabe	11	CA EKU	20/09/2025 EGA Summer 1 2025
184*	1:43.96	L	P	Hluma Ndamse	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
184*	1:43.96	L	F	Samara Myers	11	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
186	1:44.06	L	P	Lize Steenkamp	11	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
187	1:44.08	L	F	Mawande Saule	11	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
188	1:44.12	L	F	Dani Inglis	11	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
189	1:44.18	L	F	Oritonda Muthathi	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
190	1:44.21	L	F	Madison Dingle	11	CA EKU	22/11/2025 EGA Summer 3 & 4
191	1:44.23	L	P	Neene-Mari Carstens	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
192	1:44.30	L	F	Kaleigh Henning	11	SS MPD	28/11/2025 Limpopo Champs 2025
193	1:44.40	L	F	Kara Van Staden	11	CTO CPT	06/02/2026 WCA-B Champs - 2026
194	1:44.44	L	F	Jessica Meyer	11	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
195	1:44.75	L	P	Layla Bourbon	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
196	1:44.96	L	F	Mila Lorenzen	11	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
197	1:44.98	L	F	Lerika v Romburgh	11	LSM EZD	13/02/2026 NW School Championships 2026
198	1:45.07	L	F	Atlegang Matlala	11	SWIFT EKU	31/01/2026 EGA Last Chance Gala 2026
199	1:45.18	L	P	Marguerite Burger	11	SWAR WCD	04/12/2025 Western Cape LC-A Championship 20
200	1:45.37	L	F	Theresa Bartmann	11	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
201	1:45.49	L	P	Onkgopotse Kganakga	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
202	1:45.65	L	F	Carli Marais	11	KNYA EDD	14/02/2026 EDEN 5th A-League Gala 2026
203	1:46.18	L S	F	Zara Ferrao	11	SSISA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
204	1:46.24	L	P	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
205	1:46.34	L	P	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
206	1:46.41	L	F	Faith Groenewald	11	ANAX CPT	22/11/2025 Swartland Prestige Gala 2025
207	1:46.49	L	F	Erin Mofsowitz	CR	VASA EKU	22/11/2025 EGA Summer 3 & 4
208	1:46.65	L	F	Georgia Carls	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
209	1:46.75	L	P	Rogan Jones	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
210	1:46.82	L	P	Blake Van Der Heiden	11	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
211	1:46.93	L	F	Harper Dewey	11	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
212	1:47.05	L	P	Mckayla Du Plessis	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
213	1:47.15	L	F	Olivia Gilbert	11	FRA KCD	07/02/2026 KCDA Age Group 5 2026
214	1:47.42	L	F	Hannah Jenniker	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
215	1:47.43	L	F	Mieke Jv Vuuren	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
216	1:47.53	L	F	Chloe Charedzera	11	PEAS NMA	12/12/2025 NMBA Championships 2025
217	1:47.72	L	P	Karlienke Ras	11	HREF BP	06/12/2025 NWS Championships 2025
218	1:47.78	L	F	Haohan Zhang	11	ANAX CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
219	1:47.97	L	F	Hannah Argyrou	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
220	1:48.16	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
221	1:48.55	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
222	1:48.97	L	F	McKenzie Petersen	11	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
223	1:49.03	L	P	Rone Kruger	11	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
224	1:49.16	L	F	Kaylin van Schalkwyk	11	TCA EKU	20/09/2025 EGA Summer 1 2025
225	1:49.33	L	F	Jana Snyman	11	ROA EDD	15/11/2025 5th A League Gala 2025
226	1:49.54	L	F	Lize-Mari Loots	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
227	1:49.69	L	F	Zoe Davis-Hannibal	11	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
228	1:49.70	L	F	Stefanie Fouche	11	AASC EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
229	1:49.74	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
230	1:49.75	L	F	Athindothe Tshibubudze	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
231	1:49.81	L	F	Anna Tarasova	11	PLAY CED	21/02/2026 Swartland Invitational Gala 2026
232	1:49.83	L	P	Emilie Calitz	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
233	1:50.20	L S	P	Atlegang Kekana	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
234	1:50.45	L	P	Luhlelo Cebekhulu	11	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
235	1:50.91	L	F	Anrike Bothma	11	AQUA BUF	08/11/2025 UThukela Age Group Gala 2
236	1:50.93	L	F	Zoë-eve Van Rooyen	11	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
237	1:51.11	L	P	Annabel Snyders	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
238	1:51.95	L	F	Peontle Motlhoki	11	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
239	1:52.10	L	F	Hayley Marais	11	CA EKU	31/01/2026 EGA Last Chance Gala 2026
240	1:52.69	L	F	Janah Louw	11	KALA	07/02/2026 NC SPRINTS 2026
241	1:53.02	L	F	Meekah Sinfield	11	WAC EDD	22/11/2025 Eden LC Champs 2025
242	1:53.19	L	F	Klara Brink	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
243	1:53.20	L	F	Lara Coetzee	11	SS MPD	28/11/2025 Limpopo Champs 2025
244	1:53.40	L S	P	Mieke de Bruyn	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
245	1:53.60	L	F	Imke Burger	11	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
246	1:54.09	L	F	Olivia Wood	11	BARA EKU	22/11/2025 EGA Summer 3 & 4
247	1:54.14	L	F	Ayla Mahlangu	11	NSAD EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
248	1:54.39	L S	F	Manasvi Chourasia	11	SFSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
249	1:54.63	L	F	Katrien Van Tonder	11	TASC MPD	31/01/2026 Limpopo School Champs & Limpopo A
250	1:55.27	L	F	Li-Mare Olivier	11	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 2025
251	1:55.93	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
252	1:56.20	L	F	Mine Zietsman	11	BETH FDD	03/12/2025 Free State Champs 2025
253	1:56.32	L	F	Mirelle Rademeyer	11	PELIC MAN	03/12/2025 Free State Champs 2025
254	1:57.43	L	F	Erin Greyling	11	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
255	1:57.88	L	F	Keira Robertson	11	HPS TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
256	1:58.64	L	F	Ashery Grobler	11	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
257	1:59.38	L	F	Twané Vd Heever	11	ELRAS WBD	31/01/2026 Limpopo School Champs & Limpopo A
258	1:59.64	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
259	1:59.65	L	F	Paige Aarninkhof	11	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
260	1:59.93	L	F	Alise Brynard	11	BS LLD	03/12/2025 Free State Champs 2025
261	2:00.25	L	F	Marné Van Eyssen	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
262	2:00.35	L	F	Tori Meyer	11	HPS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
263	2:00.59	L	F	Kristi Marais	11	PELIC MAN	31/10/2025 Mangaung Gala
264	2:00.63	L	F	Aeltie Prinsloo	11	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
265	2:01.07	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
266	2:01.50	L	F	Giselle Chasteau De Balyon	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
267	2:03.26	L	F	Seline Van Nieuwenhuizen	11	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
268	2:04.23	L	F	Dane' Gerber	11	USH KCD	22/11/2025 KCDA Age Group 3 2025
269	2:07.81	L	F	Phindulo Matakanyi	11	MAKO EKU	20/09/2025 EGA Summer 1 2025
270	2:07.86	L	F	Abbie Mboweni	11	DOLFI MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
271	2:08.39	L	F	Onthatile Motloug	11	FAC EKU	20/09/2025 EGA Summer 1 2025
272	2:08.75	L	P	Bokang Dinthe	11	MATL KKD	06/12/2025 NWS Championships 2025
273	2:08.89	L	F	Ilse Hough	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
274	2:08.97	L	F	Danell Van Heerden	11	BS LLD	28/02/2026 FSA LEVEL 1 2026
275	2:09.31	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 2025
276	2:09.43	L	F	Kira Delpport	11	GHS BPD	13/02/2026 NW School Championships 2026
277	2:09.94	L	F	Karli Wilson	11	KALA	07/02/2026 NC SPRINTS 2026
278	2:10.39	L	F	Clarece Korkie	11	FAAC	23/08/2025 KOVSIE GALA
279	2:15.07	L	F	Grace Kitching	11	UPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
280	2:20.64	L	F	Akabonge Khumalo	11	AQUA BUF	10/10/2025 Super Seals Annual Gala
281	2:22.08	L	F	Paige Hirst	11	MCSP BPD	13/02/2026 NW School Championships 2026

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
282	2:27.55	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026	BCA Feb Age Group Gala 2026
283	2:30.50	L	F	Sonika Bekker	11	KTS	17/01/2026	AGE GROUP 5 KATHU 2026
284	2:41.03	L	F	Thalia Moodley	11	SWISA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
285	3:43.16	L	F	Hanaa Lawrence	11	HURAQ CPT	22/11/2025	Swartland Prestige Gala 2025
<b>Women 11-12 200 Back</b>								
1	2:34.60	L S	F	Kasey De Bruyn	11	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-
2	2:47.88	L	F	Paige Davies	11	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
3	2:48.86	L	F	Mia Kunzler	11	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
4	2:50.17	L	F	Shaylee Scheffer	11	UWCA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
5	2:53.22	L	F	Katja Kimani	11	CYBE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
6	2:53.88	L	F	Chloe Gerber	11	OHAN ILD	18/12/2025	KZN Premier Provincial Championship
7	2:54.32	L	F	Chrisna Swartz	11	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
8	2:54.45	L	F	Mia Thompson	11	BEST NMA	09/04/2026	SA Level 3 Regional Age Group Chan
9	2:54.49	L	P	Noa-Grace Janse van Rensburg	11	TCA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
10	2:54.61	L	P	Emma-lee Claassen	11	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan
11	2:56.21	L	F	Emma Richards	11	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
12	2:56.69	L	F	Annabelle Van Onselen	11	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
13	2:57.15	L	F	Lisa Kotzé	11	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
14	2:57.68	L S	F	Kailah Nel	11	BLSS MAN	03/12/2025	Free State Champs 2025
15	2:57.76	L	F	Mika Ferreira	11	TUKS TSH	10/12/2025	NTS Championships 2025
16	2:58.49	L	F	Amelie Piater	11	LSBOS WBD	31/01/2026	Limpopo School Champs & Limpopo A
17	2:58.89	L	P	Maya Schenck	11	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
18	2:59.79	L	F	Kelsey Markgraaff	11	TUKS TSH	10/12/2025	NTS Championships 2025
19	3:00.10	L	P	Elné Hoffmann	11	BS LLD	30/03/2026	SA Level 2 Regional Age Group Cham
20	3:00.62	L	F	Sarah Mann	11	CA EKU	04/12/2025	EGA Summer Championships 2025
21	3:01.21	L	P	Danni Croft	11	KNYA EDD	09/04/2026	SA Level 3 Regional Age Group Chan
22	3:01.25	L	P	Daniella Phillips	11	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
23	3:01.45	L	F	Niah De Lange	11	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
24	3:01.66	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026	SA Level 3 Regional Age Group Chan
25	3:03.26	L	P	Avah Smit	11	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan
26	3:03.53	L	F	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026	SA Level 3 Regional Age Group Chan
27	3:06.30	L	F	Mackenzie Spencer	11	TRAZ TSH	27/11/2025	CGA Championships 2025
28	3:06.41	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala
29*	3:06.44	L	P	Ashleigh Goosen	11	UNIU EZD	26/03/2026	SA Level 3 Regional Age Group Chan
29*	3:06.44	L	P	Nina Groenewald	11	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
31	3:07.94	L	F	Namwezi Mulligan	11	INFA NMA	12/12/2025	NMBA Championships 2025
32	3:08.29	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
33	3:08.56	L	F	Berre Sun	11	MDOL JHB	27/11/2025	CGA Championships 2025
34	3:09.38	L	P	Alana Viviers	11	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
35	3:09.57	L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025	CGA Championships 2025
36	3:09.78	L	F	Adri Breedt	11	DORE JHB	27/11/2025	CGA Championships 2025
37	3:10.00	L	F	Peta De Souza	11	EXP TSH	17/10/2025	NTS Level 3+ October Age Group Gal
38	3:10.19	L	P	Amy-Mae Victor	11	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
39	3:10.66	L	F	Hannah Mahomed	11	PSCP UMD	21/02/2026	KZN Schools Trials 2026
40	3:11.00	L	F	Christine Kruger	11	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan
41	3:11.19	L	F	Leah Kriel	11	GREY CPT	06/03/2026	SA Level 2 Regional Age Group Cham
42	3:11.21	L	P	Anja Swanepoel	11	CLA WCD	09/04/2026	SA Level 3 Regional Age Group Chan
43	3:11.85	L	P	Arabella Tschofen	11	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
44	3:12.14	L	F	Kgothatso Raphadu	11	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
45	3:12.34	L	P	Thendo Nematikanga	11	AAS JHB	26/03/2026	SA Level 3 Regional Age Group Chan
46	3:12.54	L	P	Kayline Cronje	11	JAQ EKU	26/03/2026	SA Level 3 Regional Age Group Chan
47	3:12.68	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026	SA Level 3 Regional Age Group Chan
48	3:12.77	L	F	Holly Noble	11	ESP EKU	11/10/2025	EGA Summer 2
49	3:12.93	L	P	Grace Hoar	11	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
50	3:13.21	L	P	Mieke Le Roux	11	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
51	3:13.40	L	F	Klara Holtzhausen	11	DDA TSH	29/03/2026	SA Level 2 Regional Age Group Cham
52	3:13.43	L	F	Amelia-Rose Geldart	11	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
53	3:15.01	L	P	Chrisela Sadi	11	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
54	3:15.09	L	F	Annika Franken	11	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
55	3:15.14	L	F	Jana Hiestermann	11	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
56	3:15.61	L	P	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Cham
57	3:15.99	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
58	3:16.63	L	F	Michelle Rudolph	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
59	3:17.46	L S	F	Gabriella Freese	11	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
60	3:17.49	L S	F	Elle-Anne Roper	11	WSS LLD	03/12/2025 Free State Champs 2025
61	3:17.80	L	F	Kaylin Smith	11	PGAC EKU	11/10/2025 EGA Summer 2
62	3:18.51	L	F	Charmé Van Niekerk	11	DOLFI MPD	29/03/2026 SA Level 2 Regional Age Group Cham
63	3:19.04	L	F	Marli Nel	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
64	3:19.39	L	F	Siena Johnson	11	BLUO UGD	21/02/2026 KZN Schools Trials 2026
65	3:19.41	L	F	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
66	3:20.07	L	F	Caitlin Lombard	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
67	3:20.67	L	F	Mieke Drenth	11	AWIN TSH	03/10/2025 NTS Level 1+2 October Age Group 20
68	3:21.37	L	F	Ava Van Den Heever	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
69	3:22.80	L	F	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
70	3:23.04	L	P	Amy Dick	11	HURAQ CPT	06/03/2026 SA Level 2 Regional Age Group Cham
71	3:23.34	L	F	Amelie Theron	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
72	3:24.15	L	F	Anika Nel	11	EXP TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
73	3:24.88	L	P	Psalm Oswald	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
74	3:25.12	L	F	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
75	3:25.26	L	P	Gabriella Rall	11	FAC EKU	04/12/2025 EGA Summer Championships 2025
76	3:25.29	L S	F	Khloe Weimers	11	SFSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
77	3:25.92	L	F	Mikenzie Welgemoed	11	AAS JHB	14/02/2026 CGA Last Chance
78	3:26.12	L	F	Holly Miles	11	USC BUF	28/11/2025 BCA Long Course Championships 202
79	3:26.27	L	F	Mine' Kirstein	11	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gala
80	3:26.38	L S	F	Leah Liebenberg	11	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
81	3:26.68	L	F	Leandi Hattingh	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
82	3:27.62	L	F	Reabetswe Tau	11	PER JHB	27/11/2025 CGA Championships 2025
83	3:27.70	L	F	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
84*	3:28.01	L	F	Rachael McMaster	11	LILF BUF	14/02/2026 BCSA School Trials 2026
84*	3:28.01	L	F	Emma Marx	11	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
86	3:29.02	L	F	Gemma Nicholson	11	SAAW CPT	21/02/2026 Swartland Invitational Gala 2026
87	3:30.27	L	F	Milan Sullivan	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
88	3:30.81	L	F	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
89	3:31.35	L	F	Skylar Holmes	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
90	3:31.37	L	F	Mecah Whon	11	CLA WCD	21/02/2026 Swartland Invitational Gala 2026
91	3:31.88	L	F	Tabo Mwenechanya	11	AAS JHB	27/11/2025 CGA Championships 2025
92	3:32.06	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026 NW School Championships 2026
93	3:32.19	L	F	Emily Celliers	11	CSC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
94	3:32.96	L	F	Amelie Roets	11	PAC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
95	3:33.27	L	F	Kara Lotz	11	PAC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
96	3:33.37	L	F	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
97	3:33.50	L	F	Ivy Wilkins	11	HPS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
98	3:33.60	L	F	Lize Steenkamp	11	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
99	3:33.77	L	F	Amantle Mazibuko	11	BLOT MAN	31/10/2025 Mangaung Gala
100	3:33.86	L	F	Annika Chivandire	11	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
101	3:34.18	L	F	Olivia Plowman	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
102	3:34.19	L	F	Janina Badenhorst	11	GHS BPD	13/02/2026 NW School Championships 2026
103	3:34.72	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
104	3:35.39	L	F	Anna Dabrowski	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
105*	3:35.91	L	F	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
105*	3:35.91	L	F	Sophia Lloyd-Swanepoel	11	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
107	3:36.04	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
108	3:36.76	L	F	Rorisang Rakotsoana	11	CA EKU	11/10/2025 EGA Summer 2
109	3:38.02	L	P	Neene-Mari Carstens	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
110	3:38.20	L	P	Emma Rundle	11	CUHE QBD	06/03/2026 SA Level 2 Regional Age Group Cham
111	3:38.36	L	F	Lienke Myburgh	11	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
112	3:39.31	L	P	Rogan Jones	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
113	3:40.40	L	P	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114	3:40.86	L	F	Blake Van Der Heiden	11	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
115	3:41.25	L	F	Isabella Gregory	11	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
116	3:41.62	L	F	Harper Dewey	11	PER JHB	27/11/2025 CGA Championships 2025
117	3:42.21	L	F	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
118	3:43.21	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
119	3:43.61	L	F	Georgia Carls	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
120	3:45.70	L	F	Karin Gericke	11	BARR CPT	22/11/2025 Swartland Prestige Gala 2025
121	3:46.36	L	F	Obafentje Seoke	11	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
122	3:46.49	L	P	Faith Groenewald	11	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
123	3:46.72	L	F	Alannah Whitehead	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
124	3:46.95	L	F	Haohan Zhang	11	ANAX CPT	29/11/2025 CTA B CHAMPS 2025
125	3:48.50	L	F	Devhyn Trollip	11	UNIU EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
126	3:49.02	L	F	Nolitha Luhabe	11	CA EKU	11/10/2025 EGA Summer 2
127	3:49.20	L	P	Atlegang Matlala	11	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
128	3:50.20	L	F	Mienke Scheepers	11	RFA TSH	17/10/2025 NTS Level 3+ October Age Group Gal:
129	3:50.66	L	P	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
130	3:52.46	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
131	3:53.90	L	F	Peontle Motlhoki	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2/
132	4:00.48	L	F	Ayla Mahlangu	11	NSAD EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
133	4:00.70	L	F	Jana Snyman	11	ROA EDD	15/11/2025 5th A League Gala 2025
134	4:05.02	L	F	Sione Fouche	11	JAQ EKU	31/01/2026 EGA Last Chance Gala 2026
135	4:05.46	L	P	Karlienke Ras	11	HREF BP	06/12/2025 NWS Championships 2025
136	4:06.14	L	F	Olivia Wood	11	BARA EKU	31/01/2026 EGA Last Chance Gala 2026
137	4:08.56	L	F	Mirelle Rademeyer	11	PELIC MAN	20/09/2025 Welkom Seals Gala
138	4:09.06	L S	F	Manasvi Chourasia	11	SFSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
139	4:12.38	L	P	Onthatile Motloung	11	FAC EKU	04/12/2025 EGA Summer Championships 2025
140	4:17.53	L	F	Marné Van Eysen	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
141	4:19.38	L	F	Paige Aarninkhof	11	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
142	4:22.79	L	F	Bella De Villiers	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
143	4:36.59	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
144	4:37.93	L	F	Karli Wilson	11	KALA	14/02/2026 KALAHARI CLASSIC 2026
<b>Women 11-12 50 Breast</b>							
1	37.03	L	F	Haley Pieterse	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-:
2	38.13	L	P	Namwezi Mulligan	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-:
3	38.62	L	P	Anè Bezuidenhout	11	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-:
4	39.59	L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
5	39.70	L	F	Daniella Phillips	11	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
6	39.91	L	F	Bella Ayekun	11	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
7	40.36	L	F	Peta De Souza	11	EXP TSH	10/12/2025 NTS Championships 2025
8*	40.69	L	F	Dominique Du Plessis	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
8*	40.69	L	F	Phelan Labuschagne	11	CRSC JHB	27/11/2025 CGA Championships 2025
10	40.88	L	F	Elle-Anne Roper	11	WSS LLD	26/03/2026 SA Level 3 Regional Age Group Chan
11	40.94	L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
12	41.15	L	P	Noa-Grace Janse van Rensburg	11	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
13	41.21	L	F	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Chan
14	41.65	L	F	Gabriella Rall	11	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
15	41.67	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
16	41.79	L	F	Paige Van Breda	11	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
17	42.00	L	F	Chloe Charedzera	11	PEAS NMA	30/01/2026 Infinity Gala 2026
18	42.07	L	F	Accalia Maartens	11	BLOT MAN	03/12/2025 Free State Champs 2025
19	42.09	L	F	Harper Dewey	11	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
20	42.83	L	F	Isabelle Oliphant	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
21	43.14	L	F	Avah Smit	11	TKS WBD	28/11/2025 Limpopo Champs 2025
22	43.23	L	F	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
23	43.65	L	F	Gemma Nicholson	11	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
24*	43.75	L	F	Georgie Croxford	11	OHAN ILD	21/02/2026 KZN Schools Trials 2026
24*	43.75	L	F	Amelie Piater	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
26	43.77	L	F	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
27	43.81	L	F	Amber Bergh	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
28	43.82	L	P	Jessica Francis	11	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
29	43.86	L	F	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026	SA Level 3 Regional Age Group Chan
30	43.88	L	F	Mia Thompson	11	ECSA BUF	24/04/2026	SA Schools Swimming Championship
31	43.94	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026	SA Level 3 Regional Age Group Chan
32	44.00	L	F	Lienke Myburgh	11	CSA EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
33	44.10	L	F	Chloe Swanepoel	11	ACSA ETH	21/02/2026	KZN Schools Trials 2026
34	44.12	L	F	Cassidy Christensen	11	SGUL ETH	31/01/2026	uShaka Champs 2026
35	44.16	L	P	Ayesha Fakier	11	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
36	44.28	L	P	Amy-Mae Victor	11	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
37	44.39	L	F	Hannah Mahomed	11	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
38	44.42	L	P	Paisley-Gray Fine	11	MDOL JHB	27/11/2025	CGA Championships 2025
39	44.60	L	F	Kaylin Smith	11	PGAC EKU	11/10/2025	EGA Summer 2
40	44.74	L	F	Zara Ferrao	11	SSISA CPT	04/12/2025	Western Cape LC-A Championship 20
41	44.75	L	F	Maddison Robert	11	OHAN ILD	21/02/2026	KZN Schools Trials 2026
42*	44.76	L	P	Mackenzie Spencer	11	TRAZ TSH	27/11/2025	CGA Championships 2025
42*	44.76	L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
42*	44.76	L	F	Isabella De Jager	11	BRAVE CED	09/04/2026	SA Level 3 Regional Age Group Chan
45	44.78	L	P	Marguerite Burger	11	SWAR WCD	26/03/2026	SA Level 3 Regional Age Group Chan
46*	44.81	L	P	Thendo Nematikanga	11	AAS JHB	26/03/2026	SA Level 3 Regional Age Group Chan
46*	44.81	L	P	Mine' Kirstein	11	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
48*	44.82	L	F	Anrike Bothma	11	AQUA UTD	21/02/2026	KZN Schools Trials 2026
48*	44.82	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026	SA Level 2 Regional Age Group Cham
50	45.22	L	F	Morgan Thyse	11	USC BUF	30/01/2026	Infinity Gala 2026
51	45.29	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	06/03/2026	SA Level 2 Regional Age Group Cham
52	45.57	L	F	Arabella Tschofen	11	AA JHB	14/02/2026	CGA Last Chance
53	45.62	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala
54	45.63	L	F	Kelsey Markgraaff	11	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
55	45.67	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026	uShaka Champs 2026
56	45.76	L	F	Alexus Erasmus	11	FSE KCD	07/02/2026	KCDA Age Group 5 2026
57	45.77	L S	P	Psalm Oswald	11	ESP EKU	04/12/2025	EGA Summer Championships 2025
58	46.02	L	F	Shaylee Scheffer	11	UWCA CPT	20/09/2025	CTA INVITATIONAL LC MEET
59	46.06	L	F	Kailah Nel	11	BLSS MAN	03/12/2025	Free State Champs 2025
60	46.12	L	F	Tabo Mwenechanya	11	AAS JHB	29/03/2026	SA Level 2 Regional Age Group Cham
61*	46.14	L	F	Anika Nel	11	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
61*	46.14	L	F	Maggie Van Rooyen	11	PEAS NMA	30/01/2026	Infinity Gala 2026
61*	46.14	L	P	Alana Viviers	11	LINR JHB	27/11/2025	CGA Championships 2025
64	46.43	L	P	Mikayla De Melo	11	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
65	46.45	L	P	Gabriella Loucao	11	SS MPD	29/03/2026	SA Level 2 Regional Age Group Cham
66	46.74	L	F	Jo Anne Schutte	11	KALA	14/02/2026	KALAHARI CLASSIC 2026
67	46.78	L	F	Katelynn van Rensburg	11	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
68	46.81	L	F	Amelie Theron	11	ESA CED	06/03/2026	SA Level 2 Regional Age Group Cham
69	46.83	L S	P	Skylar Holmes	11	ESP EKU	04/12/2025	EGA Summer Championships 2025
70	46.84	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026	SA Level 3 Regional Age Group Chan
71	46.90	L	F	Amy Dick	11	HURAQ CPT	06/03/2026	SA Level 2 Regional Age Group Cham
72	46.91	L	F	Hannah Swanepoel	11	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
73	46.94	L	P	Annabelle Van Onselen	11	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
74	47.04	L	F	Mirelle Rademeyer	11	PELIC MAN	30/03/2026	SA Level 2 Regional Age Group Cham
75	47.05	L	F	Chrisela Sadi	11	SAAW CPT	22/11/2025	Swartland Prestige Gala 2025
76	47.06	L	P	Berre Sun	11	MDOL JHB	27/11/2025	CGA Championships 2025
77*	47.29	L	F	Carli Van der Merwe	11	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
77*	47.29	L	P	Annika Franken	11	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
79	47.32	L	F	Paige Davies	11	KLOO ETH	15/11/2025	KZN Junior Championships 2025
80	47.47	L	P	Kgothatso Raphadu	11	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
81	47.54	L	F	Annabel Swart	11	ESA CED	06/02/2026	WCA-B Champs - 2026
82	47.59	L	F	Mienke Scheepers	11	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
83	47.65	L	F	Nicole Anthony	11	SEAL UMD	15/11/2025	KZN Junior Championships 2025
84	47.72	L	F	Khloe Els	11	ASA ILD	31/01/2026	uShaka Champs 2026
85	47.79	L	F	Christine Van Zyl	11	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
86	47.96	L	F	Mecah Whon	11	CLA WCD	22/11/2025	Swartland Prestige Gala 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
87	47.99	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
88	48.04	L	F	Leandi Hattingh	11	WCA CPT	29/03/2026 2026 National Champs for Physically&
89	48.05	L	F	Mia Kunzler	11	KLOO ETH	15/11/2025 KZN Junior Championships 2025
90	48.07	L	F	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
91	48.16	L	F	Leah Victor	11	SS MPD	28/11/2025 Limpopo Champs 2025
92	48.20	L	F	Anje Weldhagen	11	BLOT MAN	10/10/2025 Super Seals Annual Gala
93*	48.23	L	P	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
93*	48.23	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025 KZN Junior Championships 2025
95	48.25	L	F	Chloe Gerber	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
96	48.29	L	P	Amore Caroto	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
97	48.36	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
98	48.42	L	P	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
99	48.47	L	P	Holly Noble	11	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
100	48.48	L	P	Zuri Zwane	11	BDAC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
101	48.49	L	P	Nikka Burger	11	AA JHB	27/11/2025 CGA Championships 2025
102	48.53	L	P	Kera Smith	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
103*	48.61	L	F	Khloe Weimers	11	SFSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
103*	48.61	L	P	Devhyn Trollip	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Cham
105	48.64	L	F	Maya Schenck	11	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
106	48.66	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
107	48.67	L	P	Onkgopotse Kganakga	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
108	48.69	L	P	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
109	48.74	L	P	Atlegang Matlala	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
110*	48.75	L	P	Lisa Kotzé	11	POTC KKD	06/12/2025 NWS Championships 2025
110*	48.75	L	P	Mikenzie Welgemoed	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
112	48.77	L	F	Helena Lourens	11	FISH EDD	22/11/2025 Eden LC Champs 2025
113*	48.79	L	F	Nina Heyns	11	ESA CED	06/02/2026 WCA-B Champs - 2026
113*	48.79	L	P	Meandri Vorster	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
115	48.82	L	P	Siena Johnson	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
116	48.84	L	F	Kara Van Staden	11	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
117	48.92	L	P	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
118	48.95	L	P	Zoey Zovitzkey	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
119	48.98	L	P	Amelie Krige	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
120	49.00	L	P	Emma Swanepoel	11	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
121	49.02	L	P	Christina Tomè	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
122	49.08	L	P	Hannah Jenniker	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
123	49.15	L	F	Mila Tredoux	11	CLA WCD	21/02/2026 Swartland Invitational Gala 2026
124	49.17	L	F	Mika Ferreira	11	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
125	49.19	L	F	Z'Ney Piechaczek	11	BLOT MAN	03/12/2025 Free State Champs 2025
126	49.25	L	F	Lea De Jager	11	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
127	49.28	L	P	Kayline Cronje	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Cham
128	49.39	L	P	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
129	49.41	L	P	Jana Malherbe	11	POTC KKD	06/12/2025 NWS Championships 2025
130	49.45	L	F	Katherine Schutzler	11	USC BUF	30/01/2026 Infinity Gala 2026
131	49.50	L	P	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
132	49.58	L	F	Bailey Dekker	11	KLOO ETH	15/11/2025 KZN Junior Championships 2025
133	49.60	L	P	Rone Kruger	11	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
134	49.71	L	F	Peyton Hessie	11	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
135	49.72	L	F	Valentina Kukovec	11	COLJ NMA	14/03/2026 Level 1 District Age Group Gala 2026
136	49.74	L	P	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
137*	49.77	L	F	Ivy Wilkins	11	HPS TSH	23/01/2026 2026 NTS Sprint Gala
137*	49.77	L	F	Clara Botha	11	FRA KCD	07/02/2026 KCDA Age Group 5 2026
139*	49.78	L	P	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
139*	49.78	L	F	Emma Marx	11	CSA EZD	05/12/2025 Mpumalanga Championships 2025
141	49.85	L	F	Clarabelle Van den Bergh	11	VASTR BPD	13/02/2026 NW School Championships 2026
142	49.92	L	P	Onthatile Motloun	11	FAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
143	49.94	L	F	Christine Kruger	11	BLSS MAN	03/12/2025 Free State Champs 2025
144	49.95	L	F	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
145	49.97	L	F	Paige Aarninkhof	11	CASC CPT	29/11/2025 CTA B CHAMPS 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
146	50.05	L	F	Chrisna Swartz	11	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
147	50.10	L	F	Savannah Matthee	11	SUN NMA	14/03/2026 Level 1 District Age Group Gala 2026
148	50.26	L	F	Karin Gericke	11	BARR CPT	22/11/2025 Swartland Prestige Gala 2025
149	50.28	L	F	Maria Burger	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
150	50.29	L	F	Lily Herrmann	11	SWIFT EKU	31/01/2026 EGA Last Chance Gala 2026
151	50.30	L	F	Robyn von Wildermann	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
152	50.31	L	P	Leah Kriel	11	GREY CPT	04/12/2025 Western Cape LC-A Championship 2025
153	50.33	L	F	Cathryn Davenport	11	PEAS NMA	30/01/2026 Infinity Gala 2026
154	50.34	L	F	Liya Carstens	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
155	50.50	L	F	Niah De Lange	11	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
156	50.54	L	F	Theresa Bartmann	11	SWAR WCD	06/02/2026 WCA-B Champs - 2026
157	50.56	L	P	Adri Breedt	11	DORE JHB	27/11/2025 CGA Championships 2025
158	50.59	L	P	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
159	50.60	L	F	Leah Marais	11	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
160	50.64	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
161	50.72	L	F	Olivia Bind	11	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
162	50.75	L	F	Zania Van Zyl	11	PEAS NMA	18/10/2025 Fish Eagles Short Course Gala 2025
163	50.78	L	F	Holly Miles	11	USC BUF	28/11/2025 BCA Long Course Championships 2025
164	50.90	L	P	Annika Chivandire	11	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
165	50.95	L	P	Mia Zietsman	11	CSA EZD	05/12/2025 Mpumalanga Championships 2025
166	50.99	L	P	Amelia-Rose Geldart	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
167	51.06	L	P	Ariella Da Silva	11	MDOL JHB	27/11/2025 CGA Championships 2025
168*	51.08	L	P	Oagile Maimane	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
168*	51.08	L	F	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
170	51.22	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	31/01/2026 uShaka Champs 2026
171	51.29	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
172	51.35	L	F	Mia Schellink	11	BEST NMA	18/10/2025 4th A League Gala 2025
173	51.49	L	F	Nieke Odendaal	11	BEARS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
174	51.53	L	F	Hannah Argyrou	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
175*	51.56	L	P	Erin Mofsowitz	CR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
175*	51.56	L	F	Isabel Snyman	11	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
177	51.58	L	F	Line Leonard	11	EXP TSH	05/12/2025 2025 The Tshwane Mayor's Gala
178	51.63	L	P	Marné Van Eyssen	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
179	51.80	L S	P	Kaylin van Schalkwyk	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
180	51.88	L	P	Leah Schultz	11	ELRAS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
181*	51.91	L	F	Aninka Terblanche	11	ROA EDD	22/11/2025 Eden LC Champs 2025
181*	51.91	L	F	Caitlin Lombard	11	HARL BUF	28/11/2025 BCA Long Course Championships 2025
183	51.92	L	F	Lucy Van der Westhuizen	11	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
184	51.94	L	F	Hannah Stewart	11	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
185	51.95	L	F	Mckayla Du Plessis	11	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
186*	51.96	L	F	Alannah Whitehead	11	OHAN ILD	31/01/2026 uShaka Champs 2026
186*	51.96	L	P	Lisa Myburgh	11	SFSA JHB	27/11/2025 CGA Championships 2025
188	52.00	L	F	Rebecca Clouston	11	HAAG UTD	21/02/2026 Uthukela District Gala 5
189	52.03	L	F	Amelie Roets	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
190*	52.05	L	F	Emily Celliers	11	CSC TSH	23/01/2026 2026 NTS Sprint Gala
190*	52.05	L	F	Jessica Barber	11	SSISA CPT	21/02/2026 Swartland Invitational Gala 2026
192	52.12	L	F	Leah Liebenberg	11	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
193*	52.17	L	F	Zoe Nhlapo	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
193*	52.17	L	F	Rachael McMaster	11	HARL BUF	28/11/2025 BCA Long Course Championships 2025
195	52.27	L	F	Lara du Plessis	11	GILL NMA	14/03/2026 Level 1 District Age Group Gala 2026
196	52.28	L	F	Leamé Plath	11	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
197	52.36	L	F	Anni Jordaan	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
198	52.38	L	F	Charlize Tröger	11	LSPHA MP	31/01/2026 Limpopo School Champs & Limpopo A
199	52.68	L	F	Sophia Millar	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
200	52.86	L	F	Olivia Plowman	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
201	52.90	L	F	Aaliya Chippendale	11	MARL CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
202	52.91	L	F	Kudzai Chikwange	11	PEAS NMA	12/12/2025 NMBA Championships 2025
203	53.02	L	F	Zeta Conybeare	11	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Champions
204	53.04	L	F	Nina Groenewald	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
205	53.09	L	F	Reabetswe Tau	11	PER JHB	14/02/2026 CGA Last Chance
206	53.10	L	F	Kuhlekonke Cebekhulu	11	SEAL UMD	15/11/2025 KZN Junior Championships 2025
207	53.13	L	F	Meekah Sinfield	11	WAC EDD	22/11/2025 Eden LC Champs 2025
208	53.19	L	F	Liane Ackermann	11	VASTR BPD	13/02/2026 NW School Championships 2026
209	53.27	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
210	53.31	L	F	Anais Christine van Huyssteen	11	VRC TSH	13/02/2026 NTS Level 1+2 February Age Group 2t
211	53.34	L	F	Lara Coetzee	11	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
212	53.42	L	F	Lune Hattingh	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
213	53.52	L	P	Yi-han Huang	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
214	53.55	L	P	Abigail Vieira	11	MAKO ECU	29/03/2026 SA Level 2 Regional Age Group Cham
215	53.56	L	F	Ava Putter	11	BLS KK	13/02/2026 NW School Championships 2026
216	53.64	L	F	Peyton Strydom	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
217	53.69	L	F	Kaleigh Henning	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
218	53.73	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
219	53.75	L	F	Danni Croft	11	KNYA EDD	28/06/2025 PEA Winter Gala 2025
220	53.76	L	F	Lesego Sebolai	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
221	53.90	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
222	53.94	L	F	Elné Hoffmann	11	BS LLD	03/12/2025 Free State Champs 2025
223	54.04	L	F	Zinnia De Lange	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
224	54.08	L	F	Elizabeth Hartman	11	EGA MAN	24/10/2025 Neptunes Gala
225	54.25	L	F	Olivia Gilbert	11	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
226	54.34	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
227	54.38	L	F	Grace Stols	11	WSTV ETH	15/11/2025 KZN Junior Championships 2025
228	54.42	L	F	Carli Marais	11	KNYA EDD	14/02/2026 EDEN 5th A-League Gala 2026
229	54.55	L	F	Obafentje Seoke	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
230	54.57	L	F	Julia Ruthenberg	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
231	54.58	L	F	Emilie Calitz	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
232	54.68	L	P	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
233	54.73	L	P	Rorisang Lempe	11	MAKO ECU	29/03/2026 SA Level 2 Regional Age Group Cham
234	54.85	L	F	Anke Van den Berg	11	CSC TSH	13/02/2026 NTS Level 1+2 February Age Group 2t
235	54.86	L	F	Melokuhle Mathibela	11	CA ECU	11/10/2025 EGA Summer 2
236	54.94	L	F	Grace Hoar	11	KLOO ETH	15/11/2025 KZN Junior Championships 2025
237	54.96	L	F	Mieke Drenth	11	AWIN TSH	23/01/2026 2026 NTS Sprint Gala
238	55.07	L	F	Zoë-eve Van Rooyen	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
239	55.09	L	F	Emma Rundle	11	CUHE OBD	06/02/2026 WCA-B Champs - 2026
240	55.16	L	F	Mari Malherbe	11	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
241	55.23	L	P	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
242	55.46	L	F	Sophia Lemmer	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
243	55.50	L	F	Jana Hiestermann	11	DDA TSH	23/01/2026 2026 NTS Sprint Gala
244	55.55	L	F	Rumbidzai Amaris Chironga	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
245	55.61	L	F	Noliitha Luhabe	11	CA ECU	11/10/2025 EGA Summer 2
246*	55.66	L	P	Annabel Snyders	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
246*	55.66	L	F	Katrien Van Tonder	11	TASC MPD	31/01/2026 Limpopo School Champs & Limpopo A
248	55.71	L	P	Sophia Lloyd-Swanepoel	11	MAKO ECU	29/03/2026 SA Level 2 Regional Age Group Cham
249	55.75	L	P	Lukhanyo Dwane	11	UNIUI EZD	05/12/2025 Mpumalanga Championships 2025
250	55.81	L	F	Ava Van Den Heever	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
251	55.84	L	F	Rone Burger	11	STGR XRD	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
252	55.88	L	F	Milanke Swanepoel	11	BETH FDD	07/11/2025 Otters Prestige Gala 2025
253	56.00	L	F	Amantle Mazibuko	11	BLOT MAN	28/06/2025 PEA Winter Gala 2025
254*	56.03	L	F	Anna Tarasova	11	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
254*	56.03	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026 Limpopo School Champs & Limpopo A
256	56.05	L	F	Emma Ballack	11	CHSA CPT	06/02/2026 WCA-B Champs - 2026
257	56.06	L	F	Milan Genis	11	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
258	56.19	L	F	Charmé Van Niekerk	11	LSPN MPD	31/01/2026 Limpopo School Champs & Limpopo A
259*	56.21	L S	P	Emiley Biggins	11	ESTR ECU	04/12/2025 EGA Summer Championships 2025
259*	56.21	L	F	Nelia Kleynhans	11	POTC KKD	06/12/2025 NWS Championships 2025
261	56.26	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
262	56.52	L	F	Tara Diergaardt	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
263	56.54	L	F	Mine Zietsman	11	BETH FDD	10/10/2025 Super Seals Annual Gala

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
264	56.83	L	F	Zanokuhle Phakathi	11	USH KCD	31/01/2026 uShaka Champs 2026
265	56.93	L	F	Zanokuhle Luthuli	11	USH KCD	01/11/2025 KCDA Age Group Gala 2 2025
266	57.20	L	P	Luhlelo Cebekhulu	11	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
267	57.23	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
268	57.35	L	F	Emery Eloff	11	VALS FDD	14/11/2025 Valsrivier Gala
269*	57.40	L	P	Athindothe Tshibubudze	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
269*	57.40	L	F	Zoe Davis-Hannibal	11	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
271	57.42	L	F	Keira Robertson	11	HPS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
272	57.47	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
273	57.55	L	P	Janina Badenhorst	11	HREF BP	06/12/2025 NWS Championships 2025
274	57.59	L	F	Anna-Mart Erasmus	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
275	57.64	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
276	57.68	L	F	Michelle Rudolph	11	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
277	57.69	L	F	Kara Lotz	11	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
278	57.70	L	F	Aeltie Prinsloo	11	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
279	57.74	L	F	Mieke de Bruyn	11	SOUL EKU	11/10/2025 EGA Summer 2
280	57.81	L	F	Kristi Marais	11	PELIC MAN	03/12/2025 Free State Champs 2025
281	57.82	L	F	Mieke Robertson	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
282	57.95	L	F	Amoré Terblanche	11	STSC KCD	31/01/2026 uShaka Champs 2026
283	57.99	L	P	Blake Van Der Heiden	11	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
284	58.00	L	F	Mia Badenhorst	11	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
285	58.06	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
286*	58.08	L	F	Bella De Villiers	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
286*	58.08	L	F	Amelia Campbell	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
286*	58.08	L	P	Faith Groenewald	11	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
289	58.11	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
290	58.12	L	F	Georgia Carls	11	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
291	58.13	L	F	Erin Greyling	11	UNIU EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
292	58.38	L	F	Hluma Ndamse	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
293	58.40	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
294	58.77	L	F	Madison Dingle	11	CA EKU	11/10/2025 EGA Summer 2
295	58.96	L	F	Akabonge Khumalo	11	AQUA UTD	31/01/2026 uShaka Champs 2026
296	58.97	L	F	Oritonda Muthathi	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
297	58.99	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
298	59.00	L	F	Haohan Zhang	11	ANAX CPT	06/02/2026 WCA-B Champs - 2026
299	59.04	L	F	Mienke Malherbe	11	LSER WBD	31/01/2026 Limpopo School Champs & Limpopo A
300	59.06	L	F	Alise Brynard	11	BS LLD	28/02/2026 FSA LEVEL 1 2026
301	59.08	L	F	Olivia Wood	11	BARA EKU	21/02/2026 EGA Lets Sprint Gala 2026
302*	59.22	L	F	Zaina Hammouche	11	LINR JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
302*	59.22	L	F	Grace Kitching	11	UPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
304	59.29	L	F	Dia Hobbs	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
305	59.57	L	F	Ilse Hough	11	PSA ZLD	31/01/2026 uShaka Champs 2026
306	59.62	L	F	Imogen Malan	11	MANT CPT	06/02/2026 WCA-B Champs - 2026
307	59.88	L	P	Karlienke Ras	11	HREF BP	06/12/2025 NWS Championships 2025
308	59.89	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
309	1:00.02	L	F	Chloë Honore	11	MMD CPT	29/11/2025 CTA B CHAMPS 2025
310	1:00.29	L	F	Diana Rowsell	11	SUMW NMA	14/03/2026 Level 1 District Age Group Gala 2026
311	1:00.36	L S	P	Camryn Bolitho	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
312	1:00.46	L	F	Avery Jardim	11	SS MPD	28/11/2025 Limpopo Champs 2025
313	1:00.47	L	F	Dihane Liebenburg	11	KSSC FBD	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
314	1:00.57	L	F	Kendall Thys	11	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
315	1:00.79	L	F	Samantha Vincent	11	SWIMS EKU	28/02/2026 AG Level 1 Regional Competition 2026
316	1:00.84	L	F	Anna Dabrowski	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
317*	1:01.09	L	P	Jessica Treeby	11	AWIN TSH	29/03/2026 SA Level 2 Regional Age Group Cham
317*	1:01.09	L	F	Jazmine Jones	11	TPS BPD	30/01/2026 ORTA SCHOOL TRIALS 2026
319	1:01.21	L	F	Lize Steenkamp	11	RFA TSH	13/02/2026 NTS Level 1+2 February Age Group 21
320	1:01.39	L	F	Carmi Nothnagel	11	SS MPD	28/11/2025 Limpopo Champs 2025
321	1:01.61	L	F	Emma de Smidt	11	VRC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
322	1:01.66	L	F	Phindulo Matakanyi	11	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
323	1:01.67	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026	BCA Feb Age Group Gala 2026
324	1:01.69	L	F	Hayley Marais	11	CA EKU	11/10/2025	EGA Summer 2
325	1:01.72	L	F	Lungaka Ntshiqha	11	SDSC OTD	28/11/2025	BCA Long Course Championships 202
326	1:01.87	L	F	Klara Brink	11	AASC EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
327	1:02.03	L	F	Lize-Mari Loots	11	PSA ZLD	30/03/2026	KZNA Level 1 Championships
328	1:02.05	L	F	Mila Lorenzen	11	BLMA CPT	22/11/2025	Swartland Prestige Gala 2025
329	1:02.22	L	F	Emily Ohlson	11	RETR CPT	29/11/2025	CTA B CHAMPS 2025
330	1:02.27	L	F	Emily Byron	11	CPPS NMA	14/03/2026	Level 1 District Age Group Gala 2026
331	1:02.37	L	F	Candice Hunda	11	KNYA EDD	25/10/2025	Zasu 1st League OYDC 2025-26
332	1:02.77	L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
333	1:03.08	L	F	Layla Bourbon	11	TUKS TSH	13/02/2026	NTS Level 1+2 February Age Group 2f
334	1:03.14	L	F	Janah Louw	11	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
335	1:03.26	L	F	Okuhlekonke Dladla	11	AQUA UTD	21/02/2026	Uthukela District Gala 5
336	1:03.31	L	F	Katleho Ramokoena	11	HHPS NMA	14/03/2026	Level 1 District Age Group Gala 2026
337	1:03.53	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026	KZNA Level 1 Championships
338	1:03.65	L	F	Athandwa Boya	11	SRAY BUF	24/01/2026	BCA January Age Group Gala 2026
339	1:04.02	L	F	Nika Konjar	11	WAC EDD	14/02/2026	EDEN 5th A-League Gala 2026
340*	1:04.50	L	F	Ella Preston	11	BLUO UGD	30/03/2026	KZNA Level 1 Championships
340*	1:04.50	L	F	Clarece Korkie	11	FAAC	21/02/2026	AGE GROUP 6 KBY 2026
342	1:04.90	L	F	Peontle Motlhoki	11	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
343	1:04.93	L	F	McKenzie Petersen	11	PER JHB	28/02/2026	AG Level 1 Regional Competition 202f
344	1:05.19	L	F	Hailey Van Wyk	11	CASC CPT	29/11/2025	CTA B CHAMPS 2025
345	1:05.21	L	F	Ayla Mahlangu	11	NSAD EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
346	1:05.27	L	F	Twané Vd Heever	11	ELRAS WBD	28/11/2025	Limpopo Champs 2025
347	1:05.43	L	F	Bokang Dinthe	11	CKDP KK	13/02/2026	NW School Championships 2026
348	1:05.76	L	F	Giselle Chasteau De Balyon	11	GREY CPT	22/11/2025	Swartland Prestige Gala 2025
349	1:06.00	L	F	Leonette Kruger	11	DSK BP	13/02/2026	NW School Championships 2026
350	1:06.49	L	F	Anri Liebenberg	11	PELIC MAN	26/09/2025	Pelicans Gala..
351	1:06.71	L	F	Danell Van Heerden	11	BS LLD	28/02/2026	FSA LEVEL 1 2026
352	1:06.86	L	F	Zama Mkhize	11	USHPM UMD	30/03/2026	KZNA Level 1 Championships
353	1:07.12	L	F	Casey Cheesman	11	FSE KCD	30/03/2026	KZNA Level 1 Championships
354	1:07.79	L	F	Issabel Lindeboom	11	BLNE MAN	03/12/2025	Free State Champs 2025
355*	1:08.19	L	F	Qhawekazi Hlomuka	11	SHARP UTD	30/03/2026	KZNA Level 1 Championships
355*	1:08.19	L	F	Seline Van Nieuwenhuizen	11	DDA TSH	23/01/2026	2026 NTS Sprint Gala
357	1:08.36	L	F	Phindulo Mufamadi	11	AAS JHB	28/02/2026	AG Level 1 Regional Competition 202f
358	1:08.58	L	F	Ashery Grobler	11	KTS	17/01/2026	AGE GROUP 5 KATHU 2026
359	1:08.75	L	F	Christibe De Witt	11	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
360	1:10.41	L	F	Simone Du Plooy	11	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
361	1:10.46	L	F	Karli Wilson	11	KALA	07/02/2026	NC SPRINTS 2026
362	1:10.56	L	F	Resego Peter	11	POLSC CCD	27/09/2025	Limpopo Age Group 4 of 2025/26
363	1:10.82	L	F	Kuhlesbonge Mthembu	11	USH KCD	07/02/2026	KCDA Age Group 5 2026
364	1:10.87	L	F	Stefanie Fouche	11	AASC EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
365	1:11.47	L	F	Ashere Naku	11	SRAY BUF	24/01/2026	BCA January Age Group Gala 2026
366	1:11.63	L	F	Li-Mare Olivier	11	FAAC	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
367	1:12.23	L	F	Evelyn Lombard	11	TRAZ TSH	23/01/2026	2026 NTS Sprint Gala
368	1:16.32	L	F	Eduane Du Plooy	11	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
369	1:17.99	L	F	Karmin Lubbe	11	GHWK	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
370	1:19.22	L	F	Katrien van Dyk	11	VREDE TMD	14/11/2025	Valsrivier Gala
371	1:20.66	L	P	Anika Labuschagne	11	HARB BPD	06/12/2025	NWS Championships 2025
372	1:21.15	L	F	Sophia Ross	11	WELA LLD	14/11/2025	Valsrivier Gala
373	1:21.48	L	F	Kira Delport	11	GHS BPD	13/02/2026	NW School Championships 2026
374	1:23.80	L	F	Mariana Hanekom	11	KSSC FBD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
375	1:24.62	L	F	Zariah Phillips	11	KHAY CPT	29/11/2025	CTA B CHAMPS 2025
376	1:24.87	L	P	Isabella Labuschagne	11	HARB BPD	06/12/2025	NWS Championships 2025
377	1:28.03	L	F	Roelene Cronje	11	VREDE TMD	14/11/2025	Valsrivier Gala
378	1:31.87	L	F	Uminathi Mbhele	11	SHARP UTD	21/02/2026	Uthukela District Gala 5
379	1:54.86	L	F	Asher Smith	11	KHAY CPT	09/10/2025	44th Freda Barnard Invitational Gala
<b>Women 11-12 100 Breast</b>								
1	1:21.58	L	F	Anè Bezuidenhout	11	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	1:23.40	L	F	Haley Pieterse	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-
3	1:23.48	L	P	Namwezi Mulligan	11	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-
4	1:25.03	L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
5	1:29.78	L	F	Dominique Du Plessis	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
6	1:30.01	L S	F	Kasey De Bruyn	11	TUKS TSH	10/12/2025 NTS Championships 2025
7	1:30.02	L	F	Emma-lee Claassen	11	TKS WBD	28/11/2025 Limpopo Champs 2025
8	1:30.45	L	P	Gabriella Rall	11	FAC EKU	26/03/2026 SA Level 3 Regional Age Group Chan
9	1:30.89	L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025 CGA Championships 2025
10	1:30.91	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
11	1:31.72	L	F	Bella Ayekun	11	PSCP UMD	21/02/2026 KZN Schools Trials 2026
12	1:31.99	L	P	Daniella Phillips	11	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
13	1:32.01	L	P	Noa-Grace Janse van Rensburg	11	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
14	1:32.46	L	F	Accalia Maartens	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
15	1:34.09	L	P	Paige Van Breda	11	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
16	1:34.35	L	P	Avah Smit	11	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
17	1:34.68	L S	F	Peta De Souza	11	EXP TSH	10/12/2025 NTS Championships 2025
18	1:34.81	L	F	Elle-Anne Roper	11	WSS LLD	03/12/2025 Free State Champs 2025
19	1:34.90	L	F	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Chan
20	1:35.03	L	F	Isabelle Oliphant	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
21	1:35.21	L	F	Gemma Nicholson	11	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
22	1:35.73	L	F	Isabella De Jager	11	BRAVE CED	09/04/2026 SA Level 3 Regional Age Group Chan
23	1:36.06	L	P	Harper Dewey	11	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
24	1:36.24	L	P	Alana Viviers	11	LINR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
25	1:36.36	L	F	Lienke Myburgh	11	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
26	1:36.69	L	P	Ayesha Fakier	11	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
27	1:37.09	L	P	Paisley-Gray Fine	11	MDOL JHB	27/11/2025 CGA Championships 2025
28	1:37.10	L	P	Paige Davies	11	GAU JHB	24/04/2026 SA Schools Swimming Championship
29	1:37.18	L	F	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
30	1:37.26	L	F	Mackenzie Spencer	11	TRAZ TSH	27/11/2025 CGA Championships 2025
31	1:37.27	L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026 SA Level 3 Regional Age Group Chan
32	1:37.34	L	F	Chloe Swanepoel	11	ACSA ETH	21/02/2026 KZN Schools Trials 2026
33	1:37.80	L	P	Arabella Tschofen	11	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
34	1:37.89	L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Chan
35	1:38.15	L	F	Amy-Mae Victor	11	PEAS NMA	12/12/2025 NMBA Championships 2025
36	1:38.28	L	F	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
37	1:38.41	L	P	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
38	1:38.44	L	F	Georgie Croxford	11	OHAN ILD	21/02/2026 KZN Schools Trials 2026
39	1:38.75	L	F	Chloe Gerber	11	OHAN ILD	18/12/2025 KZN Premier Provincial Championship
40	1:38.86	L	F	Mine' Kirstein	11	PAC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
41	1:38.88	L	F	Cassidy Christensen	11	SGUL ETH	31/01/2026 uShaka Champs 2026
42	1:38.99	L	F	Maddison Robert	11	OHAN ILD	21/02/2026 KZN Schools Trials 2026
43	1:39.04	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
44	1:39.08	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
45	1:39.21	L	F	Morgan Thyse	11	USC BUF	30/01/2026 Infinity Gala 2026
46	1:39.22	L	F	Shaylee Scheffer	11	UWCA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
47	1:39.24	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan
48	1:39.35	L	P	Kelsey Markgraaff	11	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
49	1:39.61	L	F	Amber Bergh	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
50	1:39.65	L	P	Marguerite Burger	11	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Chan
51	1:39.66	L	F	Anrike Bothma	11	AQUA UTD	21/02/2026 KZN Schools Trials 2026
52	1:39.70	L	F	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
53	1:40.16	L	F	Zayb Christians	11	HURAQ CPT	22/11/2025 Swartland Prestige Gala 2025
54	1:40.33	L	F	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
55	1:40.34	L	F	Chloe Charedzera	11	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
56	1:40.36	L	F	Mikayla De Melo	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
57*	1:41.19	L	P	Kaylin Smith	11	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
57*	1:41.19	L	P	Annabelle Van Onselen	11	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
59	1:41.21	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026 uShaka Champs 2026
60	1:41.28	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
61	1:41.53	L	P	Holly Miles	11	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
62	1:41.59	L	F	Kera Smith	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
63	1:41.81	L	F	Psalm Oswald	11	ESP ECU	22/11/2025 EGA Summer 3 & 4
64	1:41.90	L	F	Anika Nel	11	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
65	1:42.02	L	P	Addison Pitout	11	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
66	1:42.39	L	F	Anje Weldhagen	11	BLOT MAN	26/09/2025 Pelicans Gala..
67	1:42.45	L	F	Zara Ferrao	11	SSISA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
68*	1:42.66	L	F	Kara Van Staden	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
68*	1:42.66	L	F	Mia Kunzler	11	KLOO ETH	31/01/2026 uShaka Champs 2026
70	1:42.71	L	F	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
71	1:43.03	L	P	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
72	1:43.06	L	F	Leandi Hattingh	11	QSSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
73	1:43.17	L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Cham
74	1:43.19	L	F	Kailah Nel	11	BLSS MAN	03/12/2025 Free State Champs 2025
75	1:43.27	L	P	Christine Kruger	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
76	1:43.31	L S	F	Maya Schenck	11	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
77	1:43.50	L	F	Kgothatso Raphadu	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
78	1:43.63	L	P	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
79	1:43.75	L	F	Hannah Jenniker	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
80	1:43.88	L	F	Mienke Scheepers	11	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
81	1:44.08	L	P	Alexus Erasmus	11	FSE KCD	26/03/2026 SA Level 3 Regional Age Group Cham
82	1:44.25	L	F	Emma Swanepoel	11	CLA WCD	21/02/2026 Swartland Invitational Gala 2026
83	1:44.30	L	P	Mikenzie Welgemoed	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
84	1:44.36	L	F	Carli Van der Merwe	11	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
85	1:44.61	L	P	Hannah Swanepoel	11	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
86	1:44.62	L	F	Lisa Kotzé	11	POTC KKD	06/12/2025 NWS Championships 2025
87	1:44.81	L	F	Veronique Coetzee	11	JAQ ECU	31/01/2026 EGA Last Chance Gala 2026
88	1:45.03	L	F	Viktoria Keresztes	11	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
89	1:45.06	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
90	1:45.12	L	F	Sienna Moller	11	ESA CED	06/02/2026 WCA-B Champs - 2026
91*	1:45.69	L	F	Katherine Schutzler	11	USC BUF	24/01/2026 BCA January Age Group Gala 2026
91*	1:45.69	L	P	Annabel Swart	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
93	1:45.88	L	P	Katelynn van Rensburg	11	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
94	1:45.94	L	F	Mecah Whon	11	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
95	1:46.06	L	P	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
96	1:46.34	L	F	Line Leonard	11	EXP TSH	27/02/2026 NTS Level 3+ February Age Group Ga
97	1:46.40	L	P	Amelia-Rose Geldart	11	ESP ECU	29/03/2026 SA Level 2 Regional Age Group Cham
98	1:46.42	L	F	Khloe Els	11	ASA ILD	31/01/2026 uShaka Champs 2026
99	1:46.56	L	P	Kayline Cronje	11	JAQ ECU	26/03/2026 SA Level 3 Regional Age Group Cham
100	1:46.58	L	F	Skylar Holmes	11	ESP ECU	04/12/2025 EGA Summer Championships 2025
101	1:46.59	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
102	1:46.78	L	F	Danni Croft	11	KNYA EDD	22/11/2025 Eden LC Champs 2025
103	1:46.88	L	P	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
104	1:46.90	L	P	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
105	1:46.91	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
106	1:47.03	L	P	Amelie Krige	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
107	1:47.35	L	F	Anni Jordaan	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
108	1:47.41	L	P	Nikka Burger	11	AA JHB	27/11/2025 CGA Championships 2025
109*	1:47.45	L	F	Amelie Theron	11	ESA CED	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
109*	1:47.45	L	P	Amore Caroto	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
109*	1:47.45	L	P	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
112	1:47.46	L	P	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
113	1:47.50	L	P	Peyton Hessie	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
114	1:47.62	L	F	Christine Van Zyl	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
115	1:47.74	L	P	Niah De Lange	11	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
116	1:47.79	L	F	Valentina Kukovec	11	COLJ NMA	14/03/2026 Level 1 District Age Group Gala 2026
117	1:47.90	L	P	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
118	1:48.01	L	P	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025 CGA Championships 2025
119	1:48.23	L	F	Hannah Mahomed	11	PSCP UMD	15/11/2025 KZN Junior Championships 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
120	1:48.26	L	F	Siena Johnson	11	BLUO	UGD	31/03/2026 SA Level 2 Regional Age Group Cham
121	1:48.63	L	F	Olivia Bind	11	ASAC	CPT	06/02/2026 WCA-B Champs - 2026
122	1:48.84	L	P	Annika Franken	11	BARR	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
123	1:48.91	L	P	Vicky Rademeyer	11	SEAL	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
124	1:48.99	L	P	Reabetswe Tau	11	PER	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
125	1:49.08	L	P	Rorisang Rakotsoana	11	CA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
126	1:49.16	L	P	Christina Tomè	11	TYGE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
127	1:49.17	L	P	Karin Gericke	11	BARR	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
128	1:49.38	L	F	Samara Myers	11	MANT	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
129	1:49.40	L	F	Mia Zietsman	11	CSA	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
130	1:49.46	L	F	Leah Victor	11	SS	MPD	28/11/2025 Limpopo Champs 2025
131	1:49.49	L	F	Helena Lourens	11	FISH	EDD	22/11/2025 Eden LC Champs 2025
132	1:49.50	L	P	Meandri Vorster	11	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
133	1:49.59	L	P	Leah Kriel	11	GREY	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
134	1:49.65	L	F	Clarabelle Van den Bergh	11	VASTR	BPD	13/02/2026 NW School Championships 2026
135*	1:49.75	L	P	Atlegang Matlala	11	SWIFT	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
135*	1:49.75	L	F	Jo Anne Schutte	11	KALA		17/01/2026 AGE GROUP 5 KATHU 2026
137	1:49.85	L	F	Theresa Bartmann	11	SWAR	WCD	21/02/2026 Swartland Invitational Gala 2026
138	1:49.98	L	F	Jana Malherbe	11	LSM	EZD	13/02/2026 NW School Championships 2026
139	1:50.30	L	P	Khloe Weimers	11	SFSC	CPT	04/12/2025 Western Cape LC-A Championship 20
140	1:50.40	L	F	Ivy Wilkins	11	HPS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
141	1:50.52	L	F	Nina Heyns	11	ESA	GED	06/02/2026 WCA-B Champs - 2026
142	1:50.61	L	F	Hannah Argyrou	11	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
143	1:50.65	L	F	Khayone Sigaba	11	MGSC	UGD	06/12/2025 Stingrays Champs 2025
144	1:50.66	L	P	Onthatile Motloung	11	FAC	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
145	1:50.68	L	F	Chrisela Sadi	11	SAAW	CPT	20/09/2025 CTA INVITATIONAL LC MEET
146	1:50.75	L	P	Yi-han Huang	11	BLMA	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
147	1:50.76	L	F	Holly Noble	11	ESP	EKU	21/02/2026 EGA Lets Sprint Gala 2026
148	1:50.81	L	P	Amy Dick	11	HURAQ	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
149	1:50.99	L	F	Emma Marx	11	CSA	EZD	05/12/2025 Mpumalanga Championships 2025
150	1:51.16	L	P	Hannah Combrinck	11	TYGE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
151	1:51.85	L	P	Amelie Roets	11	PAC	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
152	1:51.98	L	F	Lucy Van der Westhuizen	11	UNIUI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
153	1:52.10	L	F	Alannah Whitehead	11	OHAN	ILD	31/01/2026 uShaka Champs 2026
154	1:52.13	L	P	Marné Van Eyssen	11	BARR	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
155	1:52.23	L	P	Sophia Millar	11	SFSC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
156	1:52.42	L	F	Nieke Odendaal	11	BEARS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
157*	1:52.50	L	P	Leah Marais	11	INFA	NMA	06/03/2026 SA Level 2 Regional Age Group Cham
157*	1:52.50	L	F	Grace Hoar	11	KLOO	ETH	31/01/2026 uShaka Champs 2026
159	1:52.54	L	F	Mika Ferreira	11	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
160	1:52.74	L	P	Lexi Labuscagne	11	AAS	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
161	1:52.87	L	F	Rebecca Clouston	11	HAAG	UTD	21/02/2026 Uthukela District Gala 5
162	1:52.90	L	F	Zania Van Zyl	11	PEAS	NMA	18/10/2025 Fish Eagles Short Course Gala 2025
163	1:52.93	L	F	Anais Christine van Huyssteen	11	VRC	FSH	03/10/2025 NTS Level 1+2 October Age Group 20
164	1:52.97	L	P	Mckayla Du Plessis	11	CLA	WCD	06/03/2026 SA Level 2 Regional Age Group Cham
165	1:53.07	L	F	Clara Botha	11	FRA	KCD	07/02/2026 KCDA Age Group 5 2026
166*	1:53.10	L	P	Zoey Zovitzkey	11	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
166*	1:53.10	L	P	Lucy Poole	11	CYBE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
168	1:53.18	L	F	Liya Carstens	11	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
169	1:53.19	L	P	Rone Kruger	11	BULS	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
170	1:53.25	L	P	Alic Van Heerden	11	TYGE	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
171	1:53.34	L	P	Gabriella Loucao	11	SS	MPD	29/03/2026 SA Level 2 Regional Age Group Cham
172	1:53.46	L	P	Rogan Jones	11	UWCA	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
173	1:53.50	L	P	Annika Chivandire	11	WATR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
174	1:53.51	L	P	Lily Herrmann	11	SWIFT	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
175	1:53.55	L	P	Leah Schultz	11	ELRAS	WBD	29/03/2026 SA Level 2 Regional Age Group Cham
176	1:53.60	L	F	Chrisna Swartz	11	TUKS	FSH	17/10/2025 NTS Level 3+ October Age Group Gal
177	1:53.99	L	F	Zoe Nhlapo	11	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
178	1:54.11	L	P	Alyssa Ramnivaj	11	ACSA	ETH	31/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
179	1:54.29	L	P	Isabel Snyman	11	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
180	1:54.36	L	F	Ariella Da Silva	11	MDOL JHB	22/11/2025 EGA Summer 3 & 4
181	1:54.53	L	F	Cathryn Davenport	11	PEAS NMA	15/11/2025 5th A League Gala 2025
182	1:54.87	L	P	Devhyn Trollip	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
183	1:55.21	L	F	Peyton Strydom	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
184	1:55.48	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
185	1:55.50	L	F	Aaliya Chippendale	11	MARL CPT	28/06/2025 PEA Winter Gala 2025
186	1:55.51	L	F	Rachael McMaster	11	HARL BUF	07/02/2026 BCA Feb Age Group Gala 2026
187	1:55.55	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	31/01/2026 uShaka Champs 2026
188	1:55.84	L	F	Julia Ruthenberg	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
189	1:55.98	L	P	Kaylin van Schalkwyk	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
190	1:56.06	L	F	Aninka Terblanche	11	ROA EDD	22/11/2025 Eden LC Champs 2025
191	1:56.20	L	F	Obafentje Seoke	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
192	1:56.27	L	F	Lara du Plessis	11	GILL NMA	14/03/2026 Level 1 District Age Group Gala 2026
193	1:56.32	L	F	Juliet Mead	11	ASAC CPT	06/02/2026 WCA-B Champs - 2026
194	1:56.42	L	F	Nina Groenewald	11	KTS	18/10/2025 AGE GROUP 1 KATHU 2025
195	1:56.68	L	F	Emily Celliers	11	CSC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
196	1:56.69	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
197	1:56.87	L	F	Kylie Lategan	11	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
198	1:57.29	L	F	Anke Van den Berg	11	CSC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
199	1:57.39	L	F	Meekah Sinfield	11	WAC EDD	22/11/2025 Eden LC Champs 2025
200	1:57.57	L	F	Lesego Sebolai	11	PAC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
201	1:57.63	L S	F	Jessica Barber	11	SSISA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
202	1:57.85	L	F	Emilie Calitz	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
203	1:57.86	L	F	Olivia Plowman	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
204	1:58.11	L	F	Anna Tarasova	11	PLAY CED	13/02/2026 Winelands SL Fin - February 2026 - cc
205	1:58.34	L	F	Z'Ney Piechaczek	11	BLOT MAN	20/09/2025 Welkom Seals Gala
206	1:58.54	L	F	Ava Van Den Heever	11	KTS	14/02/2026 KALAHARI CLASSIC 2026
207	1:58.65	L S	F	Leah Liebenberg	11	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
208	1:58.73	L	F	Milanke Swanepoel	11	BETH FDD	03/12/2025 Free State Champs 2025
209	1:59.10	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
210	1:59.14	L	F	Hannah Stewart	11	TASC MPD	28/11/2025 Limpopo Champs 2025
211	1:59.27	L	F	Kudzai Chikwange	11	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
212*	1:59.43	L	F	Melokuhle Mathibela	11	CA EKU	11/10/2025 EGA Summer 2
212*	1:59.43	L	F	Keira Robertson	11	HPS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
212*	1:59.43	L	F	Kaleigh Henning	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
215	1:59.68	L	P	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
216	1:59.80	L	F	Kuhlekonke Cebekhulu	11	SEALE ETH	06/10/2025 Seagulls Winter Championships 2025
217	1:59.96	L	F	Rorisang Lempe	11	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
218	2:00.01	L	F	Amantle Mazibuko	11	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
219	2:00.13	L	F	Kiyara Dyers	11	UWCA CPT	06/02/2026 WCA-B Champs - 2026
220	2:00.15	L	P	Abigail Vieira	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
221	2:00.26	L	F	Zoey Bodde	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
222	2:00.41	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
223*	2:01.01	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
223*	2:01.01	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026 Limpopo School Champs & Limpopo A
225	2:01.12	L	F	Lilly Janse van Rensburg	11	XCEL CPT	20/09/2025 CTA INVITATIONAL LC MEET
226	2:01.16	L	F	Mieke de Bruyn	11	SOUL EKU	22/11/2025 EGA Summer 3 & 4
227	2:01.28	L	F	Rone Burger	11	STGR XRD	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
228	2:01.29	L	F	Zeta Conybeare	11	DRGN EKU	28/02/2026 AG Level 1 Regional Competition 2026
229	2:01.33	L	F	Mieke Jansen	11	SEAL UMD	15/11/2025 KZN Junior Championships 2025
230	2:01.43	L	P	Manasvi Chourasia	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
231	2:01.52	L	F	Charmé Van Niekerk	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
232	2:01.93	L	F	Emiley Biggins	11	ESTR EKU	31/01/2026 EGA Last Chance Gala 2026
233*	2:02.40	L	F	Ava Putter	11	BLS KK	13/02/2026 NW School Championships 2026
233*	2:02.40	L	F	Hluma Ndamse	11	HARL BUF	28/11/2025 BCA Long Course Championships 2026
235	2:02.41	L	F	Zinnia De Lange	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
236	2:02.71	L	F	Zoë-eve Van Rooyen	11	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
237	2:03.04	L	F	Nelia Kleynhans	11	POTC KKD	06/12/2025 NWS Championships 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
238	2:03.14	L	F	Katrien Van Tonder	11	TASC MPD	28/11/2025 Limpopo Champs 2025
239	2:03.16	L	F	Milan Genis	11	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
240	2:03.28	L	F	Mari Malherbe	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
241	2:03.32	L	F	Jana Hiestermann	11	DDA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
242	2:03.57	L	P	Annabel Snyders	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
243	2:03.80	L	F	Zoe Davis-Hannibal	11	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
244	2:03.85	L	F	Anna-Mart Erasmus	11	TUKS TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
245	2:04.00	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
246	2:04.60	L	P	Sophia Lloyd-Swanepoel	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
247	2:04.70	L	F	Amoré Terblanche	11	STSC KCD	31/01/2026 uShaka Champs 2026
248	2:04.75	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
249	2:04.80	L	P	Jorja Tozer	11	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
250	2:04.96	L	P	Faith Groenewald	11	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
251	2:05.05	L	F	Janina Badenhorst	11	HREF BP	06/12/2025 NWS Championships 2025
252	2:05.23	L	F	Haohan Zhang	11	ANAX CPT	06/02/2026 WCA-B Champs - 2026
253	2:05.70	L	F	Karlienke Ras	11	GHS BPD	13/02/2026 NW School Championships 2026
254	2:05.75	L	F	Tara Diergaardt	11	RETR CPT	29/11/2025 CTA B CHAMPS 2025
255	2:06.18	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
256	2:06.19	L	F	Dani Inglis	11	MANT CPT	29/11/2025 CTA B CHAMPS 2025
257	2:06.39	L	P	Athindothe Tshibubudze	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
258	2:06.59	L	F	Emery Eloff	11	VALS FDD	14/11/2025 Valsrivier Gala
259	2:06.80	L	F	Sione Fouche	11	JAQ EKU	28/02/2026 AG Level 1 Regional Competition 2026
260	2:06.84	L	F	Mieke Robertson	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
261	2:06.94	L	F	Alise Brynard	11	BS LLD	28/02/2026 FSA LEVEL 1 2026
262	2:07.01	L	P	Blake Van Der Heiden	11	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
263	2:07.47	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
264	2:07.57	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
265	2:07.74	L	F	Janica Brits	11	BARR CPT	20/09/2025 CTA INVITATIONAL LC MEET
266	2:07.84	L	F	Abigail Kemp	11	RBOT BPD	06/12/2025 NWS Championships 2025
267	2:08.63	L	F	Amelia Campbell	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
268	2:09.16	L	F	Giselle Chasteau De Balyon	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
269	2:09.86	L	F	Grace Kitching	11	UPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
270	2:10.07	L	F	Bella De Villiers	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
271	2:10.34	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
272	2:10.63	L	F	Tori Meyer	11	HPS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
273	2:10.72	L	F	Lukhanyo Dwane	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
274	2:10.99	L	F	Klara Brink	11	AASC EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
275	2:11.57	L	F	Kristi Marais	11	PELIC MAN	31/10/2025 Mangaung Gala
276	2:11.70	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
277	2:12.38	L	F	Erin Greyling	11	UNIU EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
278	2:12.85	L	F	Anna Dabrowski	11	BLMA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
279	2:12.86	L	F	Lize Steenkamp	11	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
280	2:12.87	L	F	Avery Jardim	11	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
281	2:12.95	L	F	Mine Zietsman	11	BETH FDD	26/09/2025 Pelicans Gala..
282	2:16.20	L	F	Aeltie Prinsloo	11	FISH EDD	08/11/2025 EDEN 3rd A-League Gala 2025
283	2:16.65	L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
284	2:17.06	L	F	Samantha Vincent	11	SWIMS EKU	28/02/2026 AG Level 1 Regional Competition 2026
285	2:17.65	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026 BCA Feb Age Group Gala 2026
286	2:17.70	L	F	Peontle Motlhoki	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
287	2:18.06	L	F	Jessica Treeby	11	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
288	2:18.19	L	F	Oritonda Muthathi	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
289	2:18.39	L	P	Layla Bourbon	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
290	2:19.56	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026 uShaka Champs 2026
291	2:19.59	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 202
292	2:19.75	L	F	Lize-Mari Loots	11	PSA ZLD	31/01/2026 uShaka Champs 2026
293	2:20.27	L	F	Eliannah Chinnu	11	AADUB ETH	06/10/2025 Seagulls Winter Championships 2025
294	2:21.08	L	F	Ilse Hough	11	PSA ZLD	01/11/2025 KCDA Age Group Gala 2 2025
295	2:21.25	L	P	Phindulo Matakanyi	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
296	2:21.53	L	F	Imogen Malan	11	MANT CPT	06/02/2026 WCA-B Champs - 2026

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
297	2:21.85	L	F	Akabonge Khumalo	11	AQUA BUF	10/10/2025	Super Seals Annual Gala
298	2:21.98	L	F	Olivia Wood	11	BARA EKU	21/02/2026	EGA Lets Sprint Gala 2026
299	2:23.39	L	F	Emma de Smidt	11	VRC TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
300	2:23.65	L	F	Ella Preston	11	BLUO UGD	30/03/2026	KZNA Level 1 Championships
301	2:24.96	L	F	Issabel Lindeboom	11	BLNE MAN	28/02/2026	FSA LEVEL 1 2026
302	2:25.77	L	F	Janah Louw	11	KALA	07/02/2026	NC SPRINTS 2026
303	2:26.89	L	F	Danell Van Heerden	11	BS LLD	28/02/2026	FSA LEVEL 1 2026
304	2:27.22	L	F	Ashery Grobler	11	KTS	17/01/2026	AGE GROUP 5 KATHU 2026
305	2:27.83	L	F	Bokang Dinthe	11	MATL KKD	06/12/2025	NWS Championships 2025
306	2:28.12	L	F	Carmi Nothnagel	11	SS MPD	27/09/2025	Limpopo Age Group 4 of 2025/26
307	2:28.56	L	F	Qhawekazi Hlomuka	11	SHARP UTD	30/03/2026	KZNA Level 1 Championships
308	2:33.80	L	F	Karli Wilson	11	KALA	07/02/2026	NC SPRINTS 2026
309	2:34.15	L	F	Christibe De Witt	11	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
310	2:34.78	L	F	Okuhlekonke Dladla	11	AQUA BUF	10/10/2025	Super Seals Annual Gala
311	2:35.48	L	F	Leilah Cadwell	11	JAQ EKU	11/10/2025	EGA Summer 2
312	2:38.72	L	F	Simone Du Plooy	11	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
313	2:41.37	L	F	Li-Mare Olivier	11	FAAC	25/10/2025	FLAMINGO & GOODHOPE GALA 202
314	2:42.57	L	F	Ashere Naku	11	SRAY BUF	28/11/2025	BCA Long Course Championships 202
315	2:53.06	L	F	Casey Cheesman	11	FSE KCD	01/11/2025	KCDA Age Group Gala 2 2025
316	2:58.16	L	F	Anika Labuschagne	11	HARB BPD	06/12/2025	NWS Championships 2025
317	3:01.95	L	F	Isabella Labuschagne	11	HARB BPD	06/12/2025	NWS Championships 2025
<b>Women 11-12 200 Breast</b>								
1	2:46.12	L	F	Mari Malherbe	11	BRAVE CED	24/01/2026	Drakenstein Invitational - copied
2	3:03.39	L S	F	Namwezi Mulligan	11	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-
3	3:05.99	L	F	Haley Pieterse	11	INFA NMA	30/01/2026	Infinity Gala 2026
4	3:07.05	L	F	Anè Bezuidenhout	11	TUKS TSH	10/12/2025	NTS Championships 2025
5	3:09.74	L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
6	3:10.80	L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026	Limpopo School Champs & Limpopo A
7	3:12.13	L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025	CGA Championships 2025
8	3:14.35	L	F	Kasey De Bruyn	11	TUKS TSH	10/12/2025	NTS Championships 2025
9	3:14.39	L	F	Harper Dewey	11	PER JHB	26/03/2026	SA Level 3 Regional Age Group Chan
10	3:15.06	L	F	Dominique Du Plessis	11	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
11	3:15.35	L	F	Katja Kimani	11	CYBE CPT	04/12/2025	Western Cape LC-A Championship 20
12	3:15.62	L	F	Gabriella Rall	11	FAC EKU	26/03/2026	SA Level 3 Regional Age Group Chan
13	3:18.58	L	F	Avah Smit	11	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan
14	3:18.99	L	F	Shaylee Scheffer	11	UWCA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
15	3:20.48	L	P	Daniella Phillips	11	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
16	3:22.14	L	P	Mackenzie Spencer	11	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
17	3:22.65	L	F	Isabella De Jager	11	BRAVE CED	04/12/2025	Western Cape LC-A Championship 20
18	3:23.01	L	F	Isabelle Oliphant	11	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Chan
19	3:23.36	L	F	Gemma Nicholson	11	SAAW CPT	06/03/2026	SA Level 2 Regional Age Group Cham
20	3:24.98	L	F	Accalia Maartens	11	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
21	3:25.75	L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
22	3:25.94	L	F	Elle-Anne Roper	11	WSS LLD	24/10/2025	Neptunes Gala
23	3:25.97	L	P	Amy-Mae Victor	11	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
24	3:26.50	L	P	Peta De Souza	11	EXP TSH	10/12/2025	NTS Championships 2025
25	3:27.59	L	F	Bella Ayekun	11	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
26	3:27.70	L	P	Alana Viviers	11	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
27	3:27.90	L	P	Kaylyn Blair	11	BLOT MAN	30/03/2026	SA Level 2 Regional Age Group Cham
28	3:28.97	L	F	Ayesha Fakier	11	CTO CPT	14/02/2026	CTA Elite Gala (L3+)
29	3:29.34	L	F	Marguerite Burger	11	SWAR WCD	04/12/2025	Western Cape LC-A Championship 20
30	3:29.35	L	F	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026	SA Level 3 Regional Age Group Chan
31	3:30.16	L	F	Blake Cole	11	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
32	3:30.31	L	P	Paige Van Breda	11	TCA EKU	04/12/2025	EGA Summer Championships 2025
33	3:30.47	L	F	Morgan Thyssen	11	USC BUF	28/11/2025	BCA Long Course Championships 202
34	3:30.79	L	F	Zorka Mako-Hobar	11	KIS CE	13/02/2026	Winelands SL Fin - February 2026 - cc
35	3:30.87	L	F	Anrike Bothma	11	AQUA UTD	21/02/2026	KZN Schools Trials 2026
36	3:31.37	L	F	Kelsey Markgraaff	11	TUKS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
37	3:31.77	L	F	Lisa Kotzé	11	LSM EZD	13/02/2026	NW School Championships 2026

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
38	3:32.10	L	F	Alexis Lockhart	11	OHAN 4LD	31/01/2026 uShaka Champs 2026
39	3:32.47	L	F	Georgie Croxford	11	OHAN 4LD	31/01/2026 uShaka Champs 2026
40	3:32.54	L	F	Kailah Nel	11	BLSS MAN	24/10/2025 Neptunes Gala
41	3:33.13	L	F	Kara Van Staden	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
42	3:33.25	L	P	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
43	3:33.97	L	P	Berre Sun	11	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Cham
44	3:33.98	L	P	Mine' Kirstein	11	PAC TSH	10/12/2025 NTS Championships 2025
45	3:34.01	L	P	Annabelle Van Onselen	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
46	3:34.04	L	F	Lienke Myburgh	11	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J
47	3:34.08	L	F	Maddison Robert	11	OHAN 4LD	21/02/2026 KZN Schools Trials 2026
48	3:34.12	L	F	Anika Nel	11	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
49	3:34.17	L	F	Mikayla De Melo	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
50	3:34.35	L	P	Logan Harvett	11	STAQ CED	09/04/2026 SA Level 3 Regional Age Group Cham
51	3:35.63	L	F	Maggie Van Rooyen	11	PEAS NMA	30/01/2026 Infinity Gala 2026
52	3:36.36	L	P	Danni Croft	11	KNYA EDD	09/04/2026 SA Level 3 Regional Age Group Cham
53	3:36.74	L	F	Cassidy Christensen	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
54	3:37.69	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
55	3:37.98	L	F	Mia Thompson	11	BEST NMA	12/12/2025 NMBA Championships 2025
56	3:38.33	L	F	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
57	3:38.86	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
58	3:39.32	L	F	Leandi Hattingh	11	QSSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
59	3:40.07	L	F	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
60	3:40.64	L	F	Christine Kruger	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
61	3:40.86	L	F	Alexus Erasmus	11	FSE KCD	26/03/2026 SA Level 3 Regional Age Group Cham
62	3:40.87	L	P	Psalm Oswald	11	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
63	3:40.94	L	F	Jemma Hodgkinson	11	MDOL JHB	26/03/2026 SA Level 2 Regional Age Group Cham
64	3:41.24	L	F	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
65	3:41.36	L	P	Niah De Lange	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
66	3:41.51	L	P	Kaylin Smith	11	PGAC EKU	04/12/2025 EGA Summer Championships 2025
67	3:41.76	L	F	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
68	3:42.56	L	F	Mecah Whon	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
69	3:42.94	L	F	Zara Ferrao	11	SSISA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
70	3:43.30	L	F	Carli Van der Merwe	11	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
71	3:43.48	L	F	Imke Burger	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
72	3:44.51	L	F	Chloe Charedzera	11	PEAS NMA	28/06/2025 PEA Winter Gala 2025
73	3:44.53	L	F	Kera Smith	11	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
74	3:45.71	L	F	Kayline Cronje	11	JAQ EKU	20/09/2025 EGA Summer 1 2025
75	3:45.87	L	F	Mienke Scheepers	11	RFA TSH	17/10/2025 NTS Level 3+ October Age Group Gala
76	3:45.94	L	F	Emma Swanepoel	11	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
77	3:46.33	L	F	Klara Holtzhausen	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
78	3:46.54	L	F	Amelia-Rose Geldart	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
79	3:47.30	L	F	Addison Pitout	11	ASAC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
80	3:47.50	L	P	Yi-han Huang	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
81	3:48.20	L	F	Sienna Moller	11	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
82	3:48.26	L S	F	Anje Weldhagen	11	BLOT MAN	03/12/2025 Free State Champs 2025
83	3:48.56	L	F	Ariella Da Silva	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
84	3:48.61	L	P	Hannah Jenniker	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
85	3:48.79	L	F	Nina Heyns	11	ESA CED	06/02/2026 WCA-B Champs - 2026
86	3:49.07	L	F	Skylar Holmes	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
87	3:49.55	L	F	Peyton Hessie	11	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
88	3:49.65	L	F	Amelie Roets	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
89	3:50.14	L	F	Jana Malherbe	11	LSM EZD	13/02/2026 NW School Championships 2026
90	3:50.85	L	F	Katelynn van Rensburg	11	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
91	3:51.03	L	F	Annika Franken	11	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
92	3:51.12	L	F	Mikenzie Welgemoed	11	AAS JHB	27/11/2025 CGA Championships 2025
93	3:51.33	L	F	Theresa Bartmann	11	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
94	3:51.83	L	F	Katherine Schutlzer	11	USC BUF	30/01/2026 Infinity Gala 2026
95	3:51.88	L	F	Annabel Swart	11	ESA CED	06/02/2026 WCA-B Champs - 2026
96	3:52.44	L	F	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
97	3:52.52	L	P	Holly Noble	11	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
98	3:52.54	L	F	Amelie Theron	11	ESA GED	06/02/2026 WCA-B Champs - 2026
99	3:52.61	L	F	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
100	3:52.63	L	P	Amy Dick	11	HURAQ CPT	06/03/2026 SA Level 2 Regional Age Group Cham
101	3:52.71	L	F	Jo Anne Schutte	11	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
102	3:52.74	L	F	Leah Victor	11	SS MPD	28/11/2025 Limpopo Champs 2025
103	3:53.55	L	F	Meandri Vorster	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
104	3:53.72	L	F	Ivy Wilkins	11	HPS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
105	3:54.48	L	P	Atlegang Matlala	11	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
106	3:54.79	L	F	Mia Schellink	11	BEST NMA	28/06/2025 PEA Winter Gala 2025
107	3:55.01	L	P	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
108	3:55.28	L	F	Lea De Jager	11	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
109	3:55.48	L	P	Sarah Davies	11	CA EKU	04/12/2025 EGA Summer Championships 2025
110*	3:56.36	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
110*	3:56.36	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
112	3:56.65	L	F	Aninka Terblanche	11	ROA EDD	22/11/2025 Eden LC Champs 2025
113	3:56.78	L	P	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025 CGA Championships 2025
114	3:56.81	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	12/12/2025 NMBA Championships 2025
115	3:57.20	L	F	Zoey Zovitzkey	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
116	3:57.31	L	P	Leah Kriel	11	GREY CPT	06/03/2026 SA Level 2 Regional Age Group Cham
117	3:57.58	L	P	Khloe Weimers	11	SFSC CPT	04/12/2025 Western Cape LC-A Championship 20
118	3:57.64	L	F	Cathryn Davenport	11	PEAS NMA	30/01/2026 Infinity Gala 2026
119	3:57.68	L	F	Amore Caroto	11	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
120	3:57.70	L	F	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
121	3:57.71	L	F	Olivia Bind	11	ASAC CPT	06/02/2026 WCA-B Champs - 2026
122	3:58.01	L	F	Veronique Coetzee	11	JAQ EKU	20/09/2025 EGA Summer 1 2025
123	3:58.66	L	F	Janica Brits	11	BARR CPT	29/11/2025 CTA B CHAMPS 2025
124	3:58.83	L	F	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
125	3:59.01	L	P	Rogan Jones	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
126	3:59.17	L	F	Mikah du Toit	11	MATL KKD	28/02/2026 NWS Last Chance 2026
127	3:59.50	L	P	Amoré Terblanche	11	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
128	3:59.94	L	F	Anni Jordaan	11	BRAVE GED	06/02/2026 WCA-B Champs - 2026
129	4:00.56	L	F	Emma Marx	11	CSA EZD	05/12/2025 Mpumalanga Championships 2025
130	4:00.87	L	F	Onthatile Motloung	11	FAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
131	4:01.41	L	F	Nikka Burger	11	AA JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
132	4:01.45	L	F	Leah Bunge	11	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
133	4:03.27	L	F	Olivia Plowman	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
134	4:03.52	L	F	Nina Groenewald	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
135	4:04.86	L	P	Marné Van Eyssen	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
136	4:04.99	L	F	Gabriella Loucao	11	SS MPD	28/11/2025 Limpopo Champs 2025
137	4:05.07	L	F	Janina Badenhorst	11	HREF BP	06/12/2025 NWS Championships 2025
138	4:06.64	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
139	4:07.46	L	F	Julia Ruthenberg	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
140	4:08.06	L	P	Kaylin van Schalkwyk	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
141	4:08.12	L	F	Emilie Calitz	11	SFSC CPT	06/02/2026 WCA-B Champs - 2026
142	4:09.02	L	F	Ava Van Den Heever	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
143	4:09.06	L	F	Rorisang Rakotsoana	11	CA EKU	20/09/2025 EGA Summer 1 2025
144	4:10.37	L	F	Isabel Snyman	11	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
145	4:13.09	L	P	Aaliya Chippendale	11	MARL CPT	06/03/2026 SA Level 2 Regional Age Group Cham
146	4:14.37	L	F	Zinnia De Lange	11	TASC MPD	28/11/2025 Limpopo Champs 2025
147	4:14.38	L	F	Kudzai Chikwange	11	PEAS NMA	12/12/2025 NMBA Championships 2025
148	4:15.54	L	F	Abigail Vieira	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
149	4:15.92	L	P	Ava Putter	11	NWUC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
150	4:16.17	L	P	Manasvi Chourasia	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
151	4:17.07	L	F	Milanke Swanepoel	11	BETH FDD	14/11/2025 Valsrivier Gala
152	4:17.56	L	P	Emiley Biggins	11	ESTR EKU	04/12/2025 EGA Summer Championships 2025
153	4:18.22	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
154	4:19.59	L	F	Reabetswe Tau	11	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
155	4:19.92	L	F	Kuhlekonke Cebekhulu	11	SEALE ETH	06/10/2025 Seagulls Winter Championships 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
156	4:20.15	L	F	Ziva Reddy	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
157	4:23.37	L	F	Lucy Poole	11	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
158	4:25.35	L	F	Katrien Van Tonder	11	TASC MPD	28/11/2025 Limpopo Champs 2025
159	4:25.44	L	F	Milan Genis	11	UNI EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
160	4:26.20	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
161	4:27.80	L	F	Jana Hiestermann	11	DDA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
162	4:29.72	L	F	Carli Marais	11	KNYA EDD	14/02/2026 EDEN 5th A-League Gala 2026
163	4:29.88	L	F	Antoinette Van Schalkwyk	11	PELIC MAN	23/01/2026 Mangaung Gala
164	4:31.77	L	F	Sione Fouche	11	JAQ EKU	31/01/2026 EGA Last Chance Gala 2026
165	4:32.22	L	F	Peyton Strydom	11	TUKS TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
166	4:32.36	L	F	Blake Van Der Heiden	11	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
167	4:34.16	L	F	Karlienke Ras	11	GHS BPD	13/02/2026 NW School Championships 2026
168	4:40.28	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
169	4:43.07	L	F	Bella De Villiers	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
170	4:43.39	L	F	Anele Gwadiso	11	TPS BPD	30/01/2026 ORTA SCHOOL TRIALS 2026
171	4:44.20	L	F	Mine Zietsman	11	BETH FDD	24/10/2025 Neptunes Gala
172	4:48.29	L	F	Athandwa Boya	11	SRAY BUF	28/11/2025 BCA Long Course Championships 202
173	5:01.17	L	F	Mishanie van Jaarsveld	11	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
174	5:03.46	L	F	Akabonge Khumalo	11	AQUA BUF	10/10/2025 Super Seals Annual Gala
175	5:04.46	L	P	Phindulo Matakanyi	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
176	5:19.14	L	F	Ilse Hough	11	PSA ZLD	31/01/2026 uShaka Champs 2026
177	5:26.70	L	F	Karli Wilson	11	KALA	07/02/2026 NC SPRINTS 2026
<b>Women 11-12 50 Fly</b>							
1	32.91	L	F	Haley Pieterse	11	INFA NMA	30/01/2026 Infinity Gala 2026
2	34.13	L	F	Mia Kunzler	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
3	34.32	L S	F	Anè Bezuidenhout	11	TUKS TSH	10/12/2025 NTS Championships 2025
4	34.57	L	F	Addison Pitout	11	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
5	34.86	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
6	35.16	L	F	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
7	35.24	L	F	Chloe Gerber	11	OHAN ILD	18/12/2025 KZN Premier Provincial Championship
8	35.57	L S	F	Kasey De Bruyn	11	TUKS TSH	10/12/2025 NTS Championships 2025
9	35.70	L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026 SA Level 3 Regional Age Group Chan
10	35.75	L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
11	35.78	L	F	Berre Sun	11	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
12	35.79	L	F	Paige Davies	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
13	35.84	L	F	Sophia Clutties	11	ACES ETH	18/12/2025 KZN Premier Provincial Championship
14	36.11	L	F	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
15	36.13	L	F	Cassidy Christensen	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
16	36.14	L	F	Sophia Abrams	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
17	36.32	L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
18	36.87	L	F	Noa-Grace Janse van Rensburg	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
19	36.91	L	F	Thendo Nematikanga	11	GAU JHB	24/04/2026 SA Schools Swimming Championship
20	36.92	L	F	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
21	37.02	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
22	37.10	L	F	Nieke Odendaal	11	BEARS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
23	37.12	L	F	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
24*	37.19	L	F	Mia Thompson	11	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
24*	37.19	L	P	Ashleigh Goosen	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
26	37.34	L	F	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
27	37.68	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
28	37.75	L	F	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
29	37.84	L	F	Annika Franken	11	BARR CPT	29/11/2025 CTA B CHAMPS 2025
30	37.85	L	P	Alexus Erasmus	11	FSE KCD	26/03/2026 SA Level 3 Regional Age Group Chan
31	37.87	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	30/01/2026 Infinity Gala 2026
32	37.89	L	F	Caitlin Bruce	11	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
33	37.92	L	F	Shaylee Scheffer	11	UWCA CPT	01/11/2025 CTA District A CHAMPS 2025
34	37.94	L	P	Lisa Kotzé	11	POTC KKD	26/03/2026 SA Level 3 Regional Age Group Chan
35	38.30	L	F	Psalm Oswald	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
36	38.34	L	P	Sabrina Madondo	11	AAS JHB	26/03/2026 SA Level 3 Regional Age Group Chan

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
37	38.35	L	F	Georgie Croxford	11	OHAN ILD	21/02/2026 KZN Schools Trials 2026
38	38.41	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
39	38.44	L	P	Mila Tredoux	11	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
40	38.54	L	F	Viktoria Keresztes	11	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
41*	38.56	L	F	Khloe Weimers	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
41*	38.56	L	F	Amelie Piater	11	LSBOS WBD	31/01/2026 Limpopo School Champs & Limpopo A
43	38.68	L S	F	Peta De Souza	11	EXP TSH	10/12/2025 NTS Championships 2025
44	38.70	L	F	Sarah Mann	11	CA EKU	31/01/2026 EGA Last Chance Gala 2026
45	38.77	L	F	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
46	38.80	L S	F	Kgothatso Raphadu	11	TUKS TSH	10/12/2025 NTS Championships 2025
47	38.94	L	F	Arianne Bac	11	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
48	38.97	L	F	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
49	39.03	L	F	Elle-Anne Roper	11	WSS LLD	03/12/2025 Free State Champs 2025
50	39.07	L	F	Kailah Nel	11	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
51	39.09	L	F	Chrisela Sadi	11	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
52	39.12	L	F	Arabella Tschofen	11	AA JHB	14/02/2026 CGA Last Chance
53	39.24	L	P	Rachael McMaster	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Cham
54	39.34	L	P	Devhyn Trollip	11	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Cham
55	39.38	L	F	Grace Hoar	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
56	39.72	L	P	Noluthando Zungu	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
57	39.96	L	P	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
58	39.99	L	F	Chloe Charedzera	11	PEAS NMA	30/01/2026 Infinity Gala 2026
59	40.03	L	F	Morgan Thyssen	11	USC BUF	30/01/2026 Infinity Gala 2026
60	40.06	L	F	Marli Nel	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
61	40.13	L	F	Michelle Rudolph	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
62	40.14	L	F	Leah Schultz	11	ELRAS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
63	40.17	L	F	Namwezi Mulligan	11	INFA NMA	30/01/2026 Infinity Gala 2026
64	40.21	L	P	Annabelle Van Onselen	11	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
65	40.22	L	P	Emma Richards	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Cham
66	40.25	L	F	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
67	40.44	L	F	Line Leonard	11	EXP TSH	27/02/2026 NTS Level 3+ February Age Group Ga
68	40.65	L	F	Kaylin Smith	11	PGAC EKU	31/01/2026 EGA Last Chance Gala 2026
69	40.86	L	F	Christine Van Zyl	11	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
70	40.89	L	P	Daniella Phillips	11	DORE JHB	27/11/2025 CGA Championships 2025
71	40.96	L	F	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
72	40.97	L	P	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
73	41.09	L	F	Z'Ney Piechaczek	11	BLOT MAN	03/12/2025 Free State Champs 2025
74	41.25	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026 uShaka Champs 2026
75	41.35	L	F	Mia Schellink	11	BEST NMA	30/01/2026 Infinity Gala 2026
76	41.49	L	F	Mia Tonkinson	11	SOUL EKU	20/09/2025 EGA Summer 1 2025
77	41.50	L	F	Chloe Swanepoel	11	ACSA ETH	21/02/2026 KZN Schools Trials 2026
78	41.54	L	F	Leandi Hattingh	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
79*	41.62	L	F	Kuhlekonke Cebekhulu	11	SEALE ETH	06/10/2025 Seagulls Winter Championships 2025
79*	41.62	L	F	Rone Kruger	11	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
79*	41.62	L	F	Olivia Gilbert	11	FRA KCD	31/03/2026 SA Level 2 Regional Age Group Cham
82	41.71	L	P	Amelia-Rose Geldart	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
83	41.73	L	F	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
84	41.91	L	F	Maddison Warby	11	TRAZ TSH	23/01/2026 2026 NTS Sprint Gala
85	42.03	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025 KZN Junior Championships 2025
86	42.04	L	F	Amelie Theron	11	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
87	42.07	L	F	Leah Liebenberg	11	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
88	42.08	L	F	Charlize Tröger	11	LSPHA MP	31/01/2026 Limpopo School Champs & Limpopo A
89	42.64	L	F	Grace Stols	11	WSTV ETH	15/11/2025 KZN Junior Championships 2025
90	42.73	L	F	Paige Van Breda	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
91	42.77	L	P	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
92	42.83	L	F	Maria Burger	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
93	42.84	L	F	Chrisna Swartz	11	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
94	42.89	L	F	Phelan Labuscagne	11	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
95*	42.93	L	F	Janina Badenhorst	11	GHS BPD	13/02/2026 NW School Championships 2026

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
95*	42.93	L	P	Ziva Reddy	11	MDOL	JHB 27/11/2025 CGA Championships 2025
97	42.95	L	F	Annah Sterne	11	STAQ	GED 09/10/2025 44th Freda Barnard Invitational Gala
98	42.99	L	F	Anrike Bothma	11	AQUA	UTD 31/03/2026 SA Level 2 Regional Age Group Cham
99	43.02	L	P	Nicole Anthony	11	SEAL	UMD 31/03/2026 SA Level 2 Regional Age Group Cham
100	43.03	L	F	Kara Van Staden	11	CTO	CPT 06/02/2026 WCA-B Champs - 2026
101	43.22	L	P	Isabella De Jager	11	BRAVE	GED 04/12/2025 Western Cape LC-A Championship 20
102	43.23	L	P	Onkgopotse Kganakga	11	TUKS	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
103	43.25	L	P	Bailey Dekker	11	KLOO	ETH 26/03/2026 SA Level 3 Regional Age Group Cham
104	43.30	L	P	Lethabo Mofokeng	11	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
105	43.31	L	F	Charmé Van Niekerk	11	LSPN	MPD 31/01/2026 Limpopo School Champs & Limpopo A
106	43.34	L	F	Sophia Lemmer	11	HARL	BUF 28/11/2025 BCA Long Course Championships 202
107	43.52	L	F	Kelsey Markgraaff	11	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
108	43.57	L	F	Leah Victor	11	SS	MPD 28/11/2025 Limpopo Champs 2025
109	43.58	L	F	Accalia Maartens	11	BLOT	MAN 10/10/2025 Super Seals Annual Gala
110	43.61	L	P	Mieke Drenth	11	AWIN	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
111	43.62	L	F	Ava Van Den Heever	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
112	43.64	L	F	Elizabeth Hartman	11	EGA	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
113	43.80	L	F	Luhlelo Cebekhulu	11	VHD	ZLD 31/03/2026 SA Level 2 Regional Age Group Cham
114	43.91	L	P	Lienke Myburgh	11	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
115	43.93	L	F	Anri Liebenberg	11	PELIC	MAN 24/10/2025 Neptunes Gala
116*	43.95	L	F	Amy-Mae Victor	11	PEAS	NMA 12/12/2025 NMBA Championships 2025
116*	43.95	L	P	Harper Dewey	11	PER	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
118	44.26	L	F	Peyton Strydom	11	TUKS	FSH 23/01/2026 2026 NTS Sprint Gala
119	44.28	L	F	Mishanie van Jaarsveld	11	UPSK	ZMD 30/03/2026 SA Level 2 Regional Age Group Cham
120	44.44	L	P	Hannah Swanepoel	11	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
121	44.48	L	P	Melokuhle Mathibela	11	CA	EKU 04/12/2025 EGA Summer Championships 2025
122	44.51	L	F	Gabriella Freese	11	SAAW	CPT 20/09/2025 CTA INVITATIONAL LC MEET
123	44.62	L	P	Alana Viviers	11	LINR	JHB 27/11/2025 CGA Championships 2025
124*	44.66	L	F	Carmi Nothnagel	11	SS	MPD 28/11/2025 Limpopo Champs 2025
124*	44.66	L	P	Kiyara Dyers	11	UWCA	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
126	44.69	L	P	Nina Heyns	11	ESA	GED 06/03/2026 SA Level 2 Regional Age Group Cham
127	44.79	L	F	Milan Sullivan	11	PAC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
128	44.87	L	P	Amy Dick	11	HURAQ	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
129	44.95	L	P	Sophia Lloyd-Swanepoel	11	MAKO	EKU 04/12/2025 EGA Summer Championships 2025
130	44.99	L	P	Gemma Nicholson	11	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
131	45.00	L	P	Alyssa Ramnivaj	11	ACSA	ETH 31/03/2026 SA Level 2 Regional Age Group Cham
132*	45.05	L	F	Mienke Scheepers	11	RFA	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
132*	45.05	L	F	Avah Smit	11	TKS	WBD 28/11/2025 Limpopo Champs 2025
134	45.06	L	F	Ariella Da Silva	11	MDOL	JHB 27/11/2025 CGA Championships 2025
135	45.14	L	P	Isabel Baronni Cilliers	11	MDOL	JHB 27/11/2025 CGA Championships 2025
136	45.16	L	F	Alannah Whitehead	11	OHAN	ILD 06/10/2025 Seagulls Winter Championships 2025
137	45.24	L	P	Onthatile Motloung	11	FAC	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
138	45.40	L	P	Gabriella Rall	11	FAC	EKU 04/12/2025 EGA Summer Championships 2025
139	45.44	L	P	Janica Brits	11	BARR	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
140	45.53	L	F	Hannah Aboulilah	11	MGSC	UGD 06/12/2025 Stingrays Champs 2025
141	45.58	L	F	Nelia Kleynhans	11	LSM	EZD 13/02/2026 NW School Championships 2026
142	x45.70	L	F	Nina Groenewald	11	CASC	CPT 06/02/2026 WCA-B Champs - 2026
143	45.77	L	P	Skylar Holmes	11	ESP	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
144	45.88	L	F	Kendall Thys	11	FISH	EDD 24/01/2026 EDEN 4th A-League Gala 2026
145	45.91	L	P	Veronique Coetzee	11	JAQ	EKU 26/03/2026 SA Level 3 Regional Age Group Cham
146	46.03	L	F	Mika Ferreira	11	TUKS	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
147*	46.09	L	P	Amelie Roets	11	PAC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
147*	46.09	L	P	Obafentje Seoke	11	TUKS	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
149	46.12	L	F	Amantle Mazibuko	11	BLOT	MAN 24/10/2025 Neptunes Gala
150	46.15	L	F	Amelie Krige	11	TYGE	CPT 29/11/2025 CTA B CHAMPS 2025
151*	46.20	L	F	Milan Genis	11	UNI	EZD 13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
151*	46.20	L	P	Annika Chivandire	11	WATR	JHB 27/11/2025 CGA Championships 2025
153*	46.22	L	P	Paisley-Gray Fine	11	MDOL	JHB 27/11/2025 CGA Championships 2025
153*	46.22	L	P	Mia Zietsman	11	CSA	EZD 05/12/2025 Mpumalanga Championships 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
155	46.53	L	P	Holly Noble	11	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
156	46.66	L	F	Theresa Bartmann	11	SWAR WCD	06/02/2026 WCA-B Champs - 2026
157	46.69	L	P	Rorisang Lempe	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
158	46.73	L	P	Nolitha Luhabe	11	CA EKU	04/12/2025 EGA Summer Championships 2025
159	46.81	L	F	Anika Nel	11	EXP TSH	23/01/2026 2026 NTS Sprint Gala
160	46.87	L	P	Hannah Jenniker	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
161	46.95	L	P	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
162*	47.01	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
162*	47.01	L	P	Atlegang Matlala	11	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
164	47.19	L	P	Emma Rundle	11	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
165	47.20	L	F	Zoe Nhlapo	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
166	47.21	L	P	Rogan Jones	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
167	47.24	L	F	Aaliya Chippendale	11	MARL CPT	29/11/2025 CTA B CHAMPS 2025
168	47.35	L	F	Emma Ballack	11	CHSA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
169	47.36	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
170	47.40	L	F	Emily Byron	11	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
171	47.41	L	F	Magnolia Freeman	11	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
172	47.56	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
173	47.71	L	F	Danni Croft	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
174	47.89	L	F	Sophia Millar	11	SFSC CPT	21/02/2026 Swartland Invitational Gala 2026
175	48.04	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
176	48.06	L	P	Jana Hiestermann	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
177	48.20	L	F	Kaylin van Schalkwyk	11	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
178	48.22	L	F	Leamé Plath	11	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
179	48.31	L	F	Christine Kruger	11	BLSS MAN	10/10/2025 Super Seals Annual Gala
180	48.79	L	P	Reabetswe Tau	11	PER JHB	27/11/2025 CGA Championships 2025
181	49.00	L	P	Kara Lotz	11	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
182	49.07	L	F	Erin Mofsowitz	CR	VASA EKU	21/02/2026 EGA Lets Sprint Gala 2026
183	49.16	L	P	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
184	49.18	L	F	Athindothe Tshibubudze	11	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
185	49.19	L	F	Neene-Mari Carstens	11	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
186	49.25	L	P	Gabriella Loucao	11	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
187	49.29	L	F	Bailey Keating	11	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
188	49.39	L	F	Georgia Carls	11	KTS	07/02/2026 NC SPRINTS 2026
189	49.62	L	F	Ilse Hough	11	PSA ZLD	30/03/2026 KZNA Level 1 Championships
190	49.65	L	F	Okuhlekonke Dladla	11	AQUA UTD	31/01/2026 uShaka Champs 2026
191*	49.95	L	F	Kudzai Chikwange	11	PEAS NMA	12/12/2025 NMBA Championships 2025
191*	49.95	L	F	Madison Dingle	11	CA EKU	22/11/2025 EGA Summer 3 & 4
193	50.07	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
194	50.09	L	P	Samara Myers	11	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
195	50.10	L	F	Anni Jordaan	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
196	50.18	L	P	Isabel Snyman	11	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
197*	50.33	L	F	Hluma Ndamse	11	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
197*	50.33	L	F	Kaleigh Henning	11	SS MPD	28/11/2025 Limpopo Champs 2025
199	50.34	L	F	Mecah Whon	11	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
200	50.39	L	F	Maddison Robert	11	OHAN ILD	15/11/2025 KZN Junior Championships 2025
201	50.42	L	P	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
202	50.63	L	P	Lisa Myburgh	11	SFSA JHB	27/11/2025 CGA Championships 2025
203	50.66	L	F	Zanokuhle Luthuli	11	USH KCD	22/11/2025 KCDA Age Group 3 2025
204	50.67	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
205	50.71	L	F	Ivy Wilkins	11	HPS TSH	23/01/2026 2026 NTS Sprint Gala
206	50.80	L	F	Niah De Lange	11	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
207	50.84	L	P	Jemma October	11	ALPHA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
208	50.90	L	P	Manasvi Chourasia	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
209	51.02	L	F	Leah Marais	11	INFA NMA	30/01/2026 Infinity Gala 2026
210*	51.27	L	F	Kylie Lategan	11	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
210*	51.27	L	F	Lana Moore	11	LORR NMA	14/03/2026 Level 1 District Age Group Gala 2026
212	51.32	L	F	Dani Inglis	11	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
213	51.35	L	F	Akabonge Khumalo	11	AQUA UTD	21/02/2026 Uthukela District Gala 5

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
214	51.74	L	F	Samantha Vincent	11	SWIMS EKU	31/01/2026	EGA Last Chance Gala 2026
215	51.97	L	P	Marné Van Eyssen	11	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
216	51.98	L	P	Anna Dabrowski	11	BLMA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
217	52.03	L	F	Kera Smith	11	AA JHB	28/02/2026	CGA Challenge
218	52.04	L	F	Lara Coetzee	11	SS MPD	31/01/2026	Limpopo School Champs & Limpopo A
219	52.13	L	F	Imogen Shepherd	11	SFSC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
220	52.28	L	F	Seline Van Nieuwenhuizen	11	DDA FSH	28/02/2026	AG Level 1 Regional Competition 2026
221	52.42	L	F	Sarah Davies	11	CA EKU	31/01/2026	EGA Last Chance Gala 2026
222	52.46	L	P	Oagile Maimane	11	RBOT BPD	30/03/2026	SA Level 2 Regional Age Group Cham
223	52.48	L	F	Lilly Janse van Rensburg	11	XCEL CPT	20/09/2025	CTA INVITATIONAL LC MEET
224	52.50	L	F	Amelia Campbell	11	MGSC UGD	06/12/2025	Stingrays Champs 2025
225	52.66	L	F	Olivia Wood	11	BARA EKU	20/09/2025	EGA Summer 1 2025
226*	53.01	L	F	Zoey Zovitzkey	11	TUKS FSH	23/01/2026	2026 NTS Sprint Gala
226*	53.01	L	F	Anja Swanepoel	11	CLA WCD	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
228	53.03	L	F	Jana Snyman	11	ROA EDD	24/01/2026	EDEN 4th A-League Gala 2026
229	53.36	L	F	Katrien Van Tonder	11	TASC MPD	28/11/2025	Limpopo Champs 2025
230	53.55	L	F	Lune Hattingh	11	ESA CED	24/01/2026	Drakenstein Invitational - copied
231	53.92	L	F	Resego Peter	11	POLSC CCD	27/09/2025	Limpopo Age Group 4 of 2025/26
232	54.03	L	F	Jessica Treeby	11	AWIN FSH	05/12/2025	2025 The Tshwane Mayor's Gala
233	54.11	L	F	Jorja Tozer	11	SASE JHB	06/02/2026	Crusaders & CGA Night Gala
234	54.13	L	F	Paige Aarninkhof	11	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
235	54.28	L	F	Aeltie Prinsloo	11	FISH EDD	24/01/2026	EDEN 4th A-League Gala 2026
236	54.29	L	F	Carli Marais	11	KNYA EDD	24/01/2026	EDEN 4th A-League Gala 2026
237	54.42	L	F	Imogen Malan	11	MANT CPT	28/06/2025	PEA Winter Gala 2025
238	54.65	L	F	Zoey Bodde	11	GREY CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
239	54.72	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	31/01/2026	uShaka Champs 2026
240	54.81	L	F	Blake Van Der Heiden	11	UNIU EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
241	54.90	L	F	Issabel Lindeboom	11	BLNE MAN	28/02/2026	FSA LEVEL 1 2026
242	54.98	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025	TYR Prestige Tournament 2025
243	55.23	L	F	Lize-Mari Loots	11	PSA ZLD	30/03/2026	KZNA Level 1 Championships
244	55.27	L	F	Lucy Van der Westhuizen	11	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
245*	55.41	L	F	Kayline Cronje	11	JAQ EKU	20/09/2025	EGA Summer 1 2025
245*	55.41	L	F	Abigail Van Niekerk	11	BASS VBD	31/01/2026	Limpopo School Champs & Limpopo A
247	55.62	L	F	Hayley Marais	11	CA EKU	22/11/2025	EGA Summer 3 & 4
248	55.89	L	F	Liya Carstens	11	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
249	56.27	L	F	Kristi Marais	11	PELIC MAN	31/10/2025	Mangaung Gala
250	56.28	L	F	Zama Mkhize	11	USHPM UMD	31/01/2026	uShaka Champs 2026
251	56.31	L	F	Jo Anne Schutte	11	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
252	56.50	L	F	Sione Fouche	11	JAQ EKU	22/11/2025	EGA Summer 3 & 4
253	56.67	L	F	Alise Brynard	11	BS LLD	28/02/2026	FSA LEVEL 1 2026
254	57.10	L	P	Lize Steenkamp	11	RFA FSH	30/03/2026	SA Level 2 Regional Age Group Cham
255	57.11	L	F	Carli Van der Merwe	11	VASTR BPD	13/02/2026	NW School Championships 2026
256	57.33	L	F	McKenzie Petersen	11	PER JHB	14/02/2026	CGA Last Chance
257	58.09	L	F	Ayla Mahlangu	11	NSAD EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
258	58.35	L	F	Anje Weldhagen	11	BLOT MAN	24/10/2025	Neptunes Gala
259	58.44	L	P	Jessica Meyer	11	CRSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
260	58.52	L	F	Casey Cheesman	11	FSE KCD	30/03/2026	KZNA Level 1 Championships
261*	58.53	L	F	Lulu Mosima	11	BLOT MAN	23/08/2025	KOVSI GALA
261*	58.53	L	F	Athandwa Boya	11	SRAY BUF	07/02/2026	BCA Feb Age Group Gala 2026
263	58.64	L	F	Emma Swanepoel	11	CLA WCD	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
264	58.84	L	F	Hailey Van Wyk	11	CASC CPT	29/11/2025	CTA B CHAMPS 2025
265	58.90	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026	uShaka Champs 2026
266	59.07	L	F	Erin Greyling	11	UNIU EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
267	59.39	L	F	Bella De Villiers	11	QSSC CPT	29/11/2025	CTA B CHAMPS 2025
268	59.50	L	F	Faith Groenewald	11	ANAX CPT	22/11/2025	Swartland Prestige Gala 2025
269	59.63	L	F	Zanokuhle Phakathi	11	USH KCD	31/01/2026	uShaka Champs 2026
270	59.83	L	F	Leonette Kruger	11	DSK BP	13/02/2026	NW School Championships 2026
271	59.95	L	F	Lienke Pienaar	11	BLS KK	13/02/2026	NW School Championships 2026
272	1:00.14	L	F	Linay Twigge	11	EGA MAN	03/12/2025	Free State Champs 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
273	1:00.16	L	F	Anele Gwadiso	11	TPS BPD	30/01/2026 ORTA SCHOOL TRIALS 2026
274	1:00.33	L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
275	1:00.85	L	F	Sitara Pillay	11	SEAL UMD	30/03/2026 KZNA Level 1 Championships
276	1:01.49	L	F	Phindulo Matakanyi	11	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
277	1:01.67	L	F	Eliannah Chinnu	11	AADUB ETH	06/10/2025 Seagulls Winter Championships 2025
278	1:02.05	L	F	Milanke Swanepoel	11	BETH FDD	07/11/2025 Otters Prestige Gala 2025
279	1:02.35	L	F	Giselle Chasteau De Balyon	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
280	1:02.63	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
281	1:02.83	L	F	Mieke Robertson	11	WRP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
282	1:02.97	L	F	Ava Putter	11	BLS KK	13/02/2026 NW School Championships 2026
283	1:03.68	L	F	Zeta Conybeare	11	DRGN EKU	28/02/2026 AG Level 1 Regional Competition 2026
284	1:03.83	L	F	Hannah Stewart	11	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
285	1:04.29	L	F	Anika Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
286	1:04.78	L	F	Li-Mare Olivier	11	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 202
287	1:05.80	L	F	Dane' Gerber	11	USH KCD	31/01/2026 uShaka Champs 2026
288	1:05.88	L	F	Zinnia De Lange	11	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
289	1:06.59	L	P	Annabel Snyders	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
290	1:07.18	L	F	Twané Vd Heever	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
291	1:08.09	L	F	Kuhlesbonge Mthembu	11	USH KCD	31/01/2026 uShaka Champs 2026
292	1:08.14	L	F	Karlienke Ras	11	HREF BP	06/12/2025 NWS Championships 2025
293	1:08.28	L	F	Candice Hunda	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
294	1:08.30	L	F	Emery Eloff	11	VALS FDD	07/11/2025 Otters Prestige Gala 2025
295	1:09.85	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
296	1:10.01	L	F	Ashery Grobler	11	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
297	1:10.53	L	F	Uminathi Mbhele	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships
298	1:11.00	L	F	Bokang Dinthe	11	CKDP KK	13/02/2026 NW School Championships 2026
299	1:12.68	L	F	Oratiwe Tsomele	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
300	1:12.83	L	F	Evelyn Lombard	11	TRAZ TSH	23/01/2026 2026 NTS Sprint Gala
301	1:13.37	L	F	Zariah Phillips	11	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
302	1:14.88	L	F	Thalia Moodley	11	SWISA TSH	23/01/2026 2026 NTS Sprint Gala
303	1:22.26	L	P	Abigail Vieira	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
304	1:36.26	L	F	Isabella Labuschagne	11	HARB BPD	06/12/2025 NWS Championships 2025
<b>Women 11-12 100 Fly</b>							
1	1:15.92	L	F	Haley Pieterse	11	NMBA NM	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
2	1:17.93	L	F	Katja Kimani	11	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
3	1:18.35	L	F	Sophia Clutties	11	ACES ETH	21/02/2026 KZN Schools Trials 2026
4	1:21.47	L	P	Mackenzie Spencer	11	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
5	1:22.94	L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
6	1:23.10	L	F	Mieke Le Roux	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
7	1:23.20	L	F	Cassidy Christensen	11	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
8	1:24.11	L	F	Maggie Van Rooyen	11	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
9	1:25.10	L	F	Elné Hoffmann	11	BS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
10	1:25.14	L	F	Maya Schenck	11	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
11	1:25.86	L	F	Paige Davies	11	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
12	1:26.07	L	P	Emma-lee Claassen	11	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
13*	1:26.31	L S	P	Shaylee Scheffer	11	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
13*	1:26.31	L	F	Kens-Linn Oelofse	11	TNDER FDD	14/11/2025 Valsrivier Gala
15	1:27.96	L	F	Addison Pitout	11	ASAC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
16	1:28.75	L	F	Mia Thompson	11	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
17	1:29.07	L	P	Rachael McMaster	11	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
18	1:29.77	L	F	Zayb Christians	11	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
19	1:30.87	L	F	Morgan-Paige Kiewiets	11	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
20	1:31.24	L	F	Amelie Piater	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
21	1:31.70	L	F	Kgothatso Raphadu	11	TUKS TSH	10/12/2025 NTS Championships 2025
22	1:31.87	L	F	Alexus Erasmus	11	FSE KCD	21/02/2026 KZN Schools Trials 2026
23	1:32.03	L	F	Grace Stols	11	WSTV ETH	21/02/2026 KZN Schools Trials 2026
24	1:32.08	L	F	Kasey De Bruyn	11	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
25	1:33.08	L	F	Karin Gericke	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
26	1:33.87	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	1:34.52	L	F	Marli Nel	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
28	1:34.61	L	P	Psalm Oswald	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
29	1:34.90	L	P	Noluthando Zungu	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
30	1:35.06	L	F	Bailey Bowman	11	USC BUF	28/02/2026 Eastern Cape School Provincial Trials
31	1:35.58	L S	F	Elle-Anne Roper	11	WSS LLD	03/12/2025 Free State Champs 2025
32	1:35.99	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
33	1:36.02	L S	P	Chrisela Sadi	11	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
34	1:36.07	L	F	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
35	1:38.32	L	F	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
36	1:38.82	L	F	Chrisna Swartz	11	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
37	1:39.05	L S	F	Annika Franken	11	BARR CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
38	1:39.28	L	F	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
39	1:39.40	L	P	Z'Ney Piechaczek	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
40	1:40.02	L	F	Holly Miles	11	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
41	1:40.08	L	P	Isabella De Jager	11	BRAVE CED	09/04/2026 SA Level 3 Regional Age Group Chan
42	1:40.10	L	F	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
43	1:40.48	L	F	Morgan Thyssen	11	USC BUF	28/02/2026 Eastern Cape School Provincial Trials
44	1:42.82	L	F	Arabella Tschofen	11	AA JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
45	1:43.31	L	F	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
46	1:43.46	L	F	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
47	1:44.60	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025 KZN Junior Championships 2025
48	1:45.03	L	F	Daniella Phillips	11	DORE JHB	14/02/2026 CGA Last Chance
49	1:46.08	L	P	Amelia-Rose Geldart	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
50	1:46.30	L	F	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
51	1:47.06	L	F	Mieke Drenth	11	AWIN FSH	29/03/2026 SA Level 2 Regional Age Group Cham
52	1:47.43	L	F	Sophia Lemmer	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
53	1:47.73	L	F	Devhyn Trollip	11	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
54*	1:47.75	L	F	Nicole Anthony	11	SEAL UMD	21/02/2026 KZN Schools Trials 2026
54*	1:47.75	L	P	Charmé Van Niekerk	11	DOLFI MPD	29/03/2026 SA Level 2 Regional Age Group Cham
56	1:48.38	L	F	Holly Noble	11	ESP EKU	20/09/2025 EGA Summer 1 2025
57	1:49.43	L	F	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
58	1:49.78	L	F	Danni Croft	11	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
59	1:50.22	L	P	Veronique Coetzee	11	JAQ EKU	04/12/2025 EGA Summer Championships 2025
60	1:50.35	L	P	Skylar Holmes	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
61	1:51.04	L	F	Nina Heyns	11	ESA CED	24/01/2026 Drakenstein Invitational - copied
62	1:51.53	L	F	Chloe Charedzera	11	PEAS NMA	30/01/2026 Infinity Gala 2026
63	1:51.75	L	P	Paisley-Gray Fine	11	MDOL JHB	27/11/2025 CGA Championships 2025
64	1:52.29	L	P	Jemma October	11	ALPHA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
65	1:53.42	L	F	Maddison Warby	11	TRAZ FSH	14/02/2026 CGA Last Chance
66	1:54.75	L	P	Rorisang Lempe	11	MAKO EKU	04/12/2025 EGA Summer Championships 2025
67	1:55.71	L	F	Khayone Sigaba	11	MGSC UGD	06/12/2025 Stingrays Champs 2025
68	1:56.38	L	F	Amy Dick	11	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
69	1:58.46	L	P	Lethabo Mofokeng	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
70	2:01.21	L	P	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
71	2:01.87	L	F	Aaliya Chippendale	11	MARL CPT	28/06/2025 PEA Winter Gala 2025
72	2:02.19	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
73	2:02.69	L	F	Milan Genis	11	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
74	2:04.54	L	F	Zanokuhle Luthuli	11	USH KCD	31/01/2026 uShaka Champs 2026
75	2:05.98	L	P	Marné Van Eysen	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
76	2:08.29	L	F	Alic Van Heerden	11	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
77	2:08.56	L	F	Isabel Snyman	11	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
78	2:09.91	L	F	Amantle Mazibuko	11	BLOT MAN	23/08/2025 KOVSIE GALA
79	2:16.03	L	F	Lungaka Ntshiqqa	11	SDSC OTD	07/02/2026 BCA Feb Age Group Gala 2026
80	2:16.59	L	F	Ayla Mahlangu	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
81	2:23.35	L	F	Luvuyokazi Dlamini	11	FSE KCD	31/01/2026 uShaka Champs 2026
82	2:31.69	L	F	Anele Gwadiso	11	SDSC OTD	07/02/2026 BCA Feb Age Group Gala 2026
83	2:33.36	L	F	Usentele Sibiyi	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
84	2:41.42	L	F	Uminathi Mbhele	11	SHARP UTD	30/03/2026 KZNA Level 1 Championships

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 11-12 200 Fly</b>							
1	2:56.94 L	F	Katja Kimani	11	CYBE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
2	3:05.60 L	F	Shaylee Scheffer	11	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20
3	3:55.47 L	F	Annika Franken	11	BARR CPT	09/10/2025	44th Freda Barnard Invitational Gala
<b>Women 11-12 200 IM</b>							
1	2:42.09 L	F	Haley Pieterse	11	NMBA NM	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
2	2:42.30 L	F	Kasey De Bruyn	11	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
3	2:46.87 L S	F	Anè Bezuidenhout	11	TUKS TSH	10/12/2025	NTS Championships 2025
4	2:50.83 L	F	Paige Davies	11	GAU JHB	24/04/2026	SA Schools Swimming Championship
5	2:51.72 L	P	Mackenzie Spencer	11	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
6	2:52.76 L	F	Katja Kimani	11	CYBE CPT	04/12/2025	Western Cape LC-A Championship 20
7	2:53.54 L	F	Emma-lee Claassen	11	LSKP WBD	31/01/2026	Limpopo School Champs & Limpopo A
8	2:54.21 L	F	Mia Oosthuizen	11	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
9	2:56.25 L S	F	Sophia Clutties	11	ACES ETH	18/12/2025	KZN Premier Provincial Championship
10	2:57.74 L	F	Sophia Abrams	11	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
11	2:57.84 L	F	Shaylee Scheffer	11	UWCA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
12	2:58.14 L	F	Amelie Piater	11	LSBOS WBD	31/01/2026	Limpopo School Champs & Limpopo A
13	2:58.30 L S	P	Mia Kunzler	11	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
14	2:58.67 L	P	Noa-Grace Janse van Rensburg	11	TCA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
15	3:00.29 L	P	Kens-Linn Oelofse	11	TNDER FDD	26/03/2026	SA Level 3 Regional Age Group Chan
16	3:00.91 L	P	Mia Thompson	11	BEST NMA	09/04/2026	SA Level 3 Regional Age Group Chan
17	3:01.02 L	P	Maya Schenck	11	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
18	3:01.27 L S	F	Chloe Gerber	11	OHAN ILD	18/12/2025	KZN Premier Provincial Championship
19	3:01.30 L	F	Lisa Kotzé	11	POTC KKD	26/03/2026	SA Level 3 Regional Age Group Chan
20	3:02.39 L	F	Kailah Nel	11	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan
21	3:03.70 L	P	Danni Croft	11	KNYA EDD	09/04/2026	SA Level 3 Regional Age Group Chan
22	3:03.89 L	P	Gabriella Rall	11	FAC EKU	26/03/2026	SA Level 3 Regional Age Group Chan
23	3:04.13 L	P	Annabelle Van Onselen	11	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
24	3:05.32 L	F	Kgothatso Raphadu	11	TUKS TSH	13/02/2026	NTS Level 1+2 February Age Group 2f
25	3:05.88 L	F	Phelan Labuscagne	11	CRSC JHB	27/11/2025	CGA Championships 2025
26	3:05.90 L	P	Berre Sun	11	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
27	3:05.93 L	P	Emma Richards	11	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
28	3:06.24 L	F	Sarah Mann	11	CA EKU	04/12/2025	EGA Summer Championships 2025
29	3:06.40 L	F	Cassidy Christensen	11	SGUL ETH	31/01/2026	uShaka Champs 2026
30	3:06.50 L	P	Daniella Phillips	11	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
31*	3:06.54 L S	F	Mieke Le Roux	11	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
31*	3:06.54 L	F	Zayb Christians	11	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala
33	3:07.49 L	F	Morgan-Paige Kiewiets	11	NMBA NM	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
34	3:07.87 L	P	Rachael McMaster	11	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Chan
35	3:08.25 L	P	Isabelle Oliphant	11	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Chan
36	3:08.67 L	F	Kensley Hall	11	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
37	3:08.94 L	P	Maggie Van Rooyen	11	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
38	3:09.94 L	F	Mikayla De Melo	11	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
39	3:09.96 L	P	Elné Hoffmann	11	BS LLD	30/03/2026	SA Level 2 Regional Age Group Cham
40	3:10.38 L	P	Kaylin Smith	11	PGAC EKU	04/12/2025	EGA Summer Championships 2025
41	3:10.48 L	P	Arabella Tschofen	11	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
42	3:10.72 L	P	Mia Tonkinson	11	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
43	3:10.89 L	P	Alana Viviers	11	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
44	3:11.13 L	F	Elle-Anne Roper	11	WSS LLD	14/11/2025	Valsrivier Gala
45	3:11.28 L	F	Bailey Dekker	11	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
46	3:11.40 L	F	Arianne Bac	11	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
47	3:11.90 L	F	Namwezi Mulligan	11	INFA NMA	30/01/2026	Infinity Gala 2026
48	3:12.20 L	F	Karin Gericke	11	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
49	3:12.47 L	F	Viktoria Keresztes	11	KIS CE	13/02/2026	Winelands SL Fin - February 2026 - cc
50	3:12.49 L	F	Sabrina Madondo	11	AAS JHB	09/04/2026	6th DMSS Gators Gala 2026
51	3:12.57 L	F	Gabriella Freese	11	SAAW CPT	22/11/2025	Swartland Prestige Gala 2025
52	3:12.85 L	P	Morgan Thyse	11	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
53	3:13.69 L	F	Peta De Souza	11	EXP TSH	14/11/2025	NTS Level 3+ November Age Group G

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
54	3:14.26	L	F	Georgie Croxford	11	OHAN ILD	31/01/2026 uShaka Champs 2026
55	3:14.39	L	P	Bailey Bowman	11	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
56	3:14.46	L	F	Avah Smit	11	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
57	3:14.52	L	P	Veronique Coetzee	11	JAQ EKU	26/03/2026 SA Level 3 Regional Age Group Cham
58	3:14.63	L	F	Addison Pitout	11	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
59	3:14.77	L S	F	Mine' Kirstein	11	PAC TSH	10/12/2025 NTS Championships 2025
60	3:14.88	L	F	Holly Miles	11	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
61	3:15.31	L	F	Bella-Rose Hutchinson	11	LEGC ETH	15/11/2025 KZN Junior Championships 2025
62	3:16.08	L	P	Z'Ney Piechaczek	11	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Cham
63	3:16.38	L	P	Chrisela Sadi	11	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Cham
64	3:16.41	L	F	Alexis Lockhart	11	OHAN ILD	31/01/2026 uShaka Champs 2026
65	3:16.98	L	P	Niah De Lange	11	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
66	3:17.13	L	F	Mikenzie Welgemoed	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
67	3:17.40	L	F	Annika Franken	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
68	3:17.52	L	P	Gemma Nicholson	11	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
69	3:17.76	L	P	Anrike Bothma	11	AQUA UTD	31/03/2026 SA Level 2 Regional Age Group Cham
70	3:18.02	L S	P	Grace Hoar	11	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
71	3:18.35	L	F	Jemma Hodgkinson	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
72	3:18.47	L	F	Kelsey Markgraaff	11	TUKS TSH	26/07/2025 NTS 200 IM Time Trials
73*	3:18.53	L	F	Anika Nel	11	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
73*	3:18.53	L	F	Amy-Mae Victor	11	PEAS NMA	30/01/2026 Infinity Gala 2026
75	3:18.90	L	P	Vicky Rademeyer	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
76	3:19.01	L	P	Adri Breedt	11	DORE JHB	27/11/2025 CGA Championships 2025
77	3:19.16	L	F	Logan Harvett	11	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
78	3:19.21	L	P	Isabella De Jager	11	BRAVE CED	09/04/2026 SA Level 3 Regional Age Group Cham
79	3:19.34	L	F	Lea De Jager	11	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
80	3:19.79	L	F	Rorisang Rakotsoana	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
81	3:19.98	L	P	Paige Van Breda	11	TCA EKU	04/12/2025 EGA Summer Championships 2025
82	3:20.01	L	F	Isabella Gregory	11	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
83	3:20.73	L	P	Paisley-Gray Fine	11	MDOL JHB	27/11/2025 CGA Championships 2025
84	3:21.35	L	P	Bella Ayekun	11	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
85	3:21.77	L S	F	Mika Ferreira	11	TUKS TSH	10/12/2025 NTS Championships 2025
86	3:21.84	L	P	Harper Dewey	11	PER JHB	26/03/2026 SA Level 3 Regional Age Group Cham
87	3:21.86	L	P	Lienke Myburgh	11	CSA EZD	26/03/2026 SA Level 3 Regional Age Group Cham
88	3:21.92	L	P	Mila Tredoux	11	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
89	3:22.28	L	P	Ayesha Fakier	11	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Cham
90	3:22.34	L	P	Hannah Mahomed	11	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
91	3:22.41	L	P	Emma Marx	11	CSA EZD	31/03/2026 SA Level 2 Regional Age Group Cham
92	3:22.83	L	P	Kaylyn Blair	11	BLOT MAN	30/03/2026 SA Level 2 Regional Age Group Cham
93	3:23.26	L	F	Nieke Odendaal	11	BEARS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
94	3:23.44	L	F	Caitlin Lombard	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
95	3:23.68	L	F	Alexus Erasmus	11	FSE KCD	06/12/2025 Stingrays Champs 2025
96	3:23.84	L	F	Psalm Oswald	11	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
97	3:23.90	L	F	Ashleigh Goosen	11	UNIUI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
98	x3:23.96	L	F	Nina Groenewald	11	CASC CPT	06/02/2026 WCA-B Champs - 2026
99	3:23.99	L	F	Accalia Maartens	11	BLOT MAN	03/12/2025 Free State Champs 2025
100*	3:24.02	L	F	Leah Schultz	11	ELRAS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
100*	3:24.02	L	P	Annah Sterne	11	STAQ CED	06/03/2026 SA Level 2 Regional Age Group Cham
102	3:24.34	L	P	Amelia-Rose Geldart	11	ESP EKU	04/12/2025 EGA Summer Championships 2025
103	3:24.47	L	P	Hannah Combrinck	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
104	3:24.52	L	F	Jana Hiestermann	11	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
105	3:24.72	L	F	Khloe Weimers	11	SFSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
106	3:24.80	L	P	Mieke Jansen	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
107	3:25.14	L	P	Olivia Gilbert	11	FRA KCD	31/03/2026 SA Level 2 Regional Age Group Cham
108	3:25.27	L	F	Lily Herrmann	11	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
109	3:25.34	L	F	Leah Kriel	11	GREY CPT	06/03/2026 SA Level 2 Regional Age Group Cham
110	3:25.70	L	F	Lucy Poole	11	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
111	3:25.81	L	P	Jessica Francis	11	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
112	3:25.89	L	P	Blake Cole	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
113	3:26.20	L	F	Hannah Swanepoel	11	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
114	3:26.62	L	F	Khloe Els	11	ASA ILD	31/01/2026 uShaka Champs 2026
115	3:26.64	L	F	Christine Kruger	11	BLSS MAN	10/10/2025 Super Seals Annual Gala
116	3:27.02	L	P	Linay Twigge	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
117	3:27.07	L	F	Dominique Du Plessis	11	TRAZ TSH	26/07/2025 NTS 200 IM Time Trials
118	3:27.40	L	F	Rorisang Lempe	11	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
119	3:27.79	L	F	Leandi Hattingh	11	QSSC CPT	29/11/2025 CTA B CHAMPS 2025
120	3:28.00	L	F	Nicole Anthony	11	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
121	3:28.07	L	P	Marguerite Burger	11	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Cham
122	3:28.15	L	F	Chrisna Swartz	11	TUKS TSH	26/07/2025 NTS 200 IM Time Trials
123	3:28.50	L	P	Peyton Hessie	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
124	3:28.80	L	P	Noluthando Zungu	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
125	3:28.98	L	P	Zuri Zwane	11	BDAC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
126	3:29.22	L	F	Elizabeth Hartman	11	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
127	3:29.41	L	F	Emma Swanepoel	11	CLA WCD	21/02/2026 Swartland Invitational Gala 2026
128	3:29.48	L	F	Ariella Da Silva	11	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
129	3:29.61	L	F	Charmé Van Niekerk	11	DOLFI MPD	29/03/2026 SA Level 2 Regional Age Group Cham
130	3:29.78	L	F	Grace Stols	11	WSTV ETH	15/11/2025 KZN Junior Championships 2025
131	3:29.80	L	F	Marli Nel	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
132	3:29.83	L	F	Sarah Davies	11	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
133	3:29.95	L	P	Caitlin Bruce	11	SOUL EKU	04/12/2025 EGA Summer Championships 2025
134	3:30.22	L	F	Siena Johnson	11	BLUO UGD	21/02/2026 KZN Schools Trials 2026
135	3:30.25	L	F	Amber Bergh	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
136	3:30.61	L	F	Skylar Holmes	11	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
137	3:30.69	L	F	Janina Badenhorst	11	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
138	3:31.09	L	P	Amy Dick	11	HURAQ CPT	06/03/2026 SA Level 2 Regional Age Group Cham
139	3:31.10	L	P	Holly Noble	11	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
140	3:31.14	L	F	Mirelle Rademeyer	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
141	3:31.21	L	F	Mieke Drenth	11	AWIN TSH	29/03/2026 SA Level 2 Regional Age Group Cham
142	3:31.53	L	F	Tabo Mwenechanya	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
143	3:31.65	L	P	Christina Tomè	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
144	3:31.67	L	F	Mia Schellink	11	BEST NMA	28/06/2025 PEA Winter Gala 2025
145	3:31.79	L	P	Kara Van Staden	11	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
146	3:32.01	L	F	Imke Burger	11	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
147	3:32.03	L	P	Kayline Cronje	11	JAQ EKU	04/12/2025 EGA Summer Championships 2025
148	3:32.59	L	F	Anais Christine van Huyssteen	11	VRC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
149	3:32.63	L	F	Line Leonard	11	EXP TSH	27/02/2026 NTA Level 3+ February Age Group Ga
150	3:33.02	L S	F	Leah Liebenberg	11	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
151	3:33.40	L	F	Alannah Whitehead	11	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
152	3:33.65	L	F	Emily Celliers	11	CSC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
153	3:34.17	L	F	Reabetswe Tau	11	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
154	3:34.82	L	P	Ava Van Den Heever	11	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
155	3:34.86	L	F	Sophia Lemmer	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
156	3:34.91	L	F	Ivy Wilkins	11	HPS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
157	3:34.99	L	F	Maddison Robert	11	OHAN ILD	15/11/2025 KZN Junior Championships 2025
158	3:35.05	L	F	Klara Holtzhausen	11	DDA TSH	13/02/2026 NTS Level 1+2 February Age Group 21
159*	3:35.15	L	F	Amelie Krige	11	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
159*	3:35.15	L	P	Jemloa October	11	ALPHA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
161	3:36.03	L	F	Chloe Charedzera	11	PEAS NMA	30/01/2026 Infinity Gala 2026
162	3:36.22	L	F	Obafentje Seoke	11	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
163	3:36.25	L	F	Devhyn Trollip	11	UNIUI EZD	05/12/2025 Mpumalanga Championships 2025
164	3:36.98	L	P	Hannah Jenniker	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
165	3:37.11	L	P	Imogen Shepherd	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
166	3:37.26	L	F	Emiley Biggins	11	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
167	3:37.38	L	P	Alic Van Heerden	11	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
168	3:37.59	L	F	Olivia Plowman	11	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
169	3:37.69	L	P	Theresa Bartmann	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
170	3:37.74	L	F	Annika Chivandire	11	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
171	3:38.36	L	P	Isabel Baronni Cilliers	11	MDOL JHB	27/11/2025 CGA Championships 2025

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
172	3:38.43	L	P	Aaliya Chippendale	11	MARL CPT	06/03/2026 SA Level 2 Regional Age Group Cham
173	3:38.96	L	F	Anje Weldhagen	11	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
174	3:38.97	L	F	Amantle Mazibuko	11	BLOT MAN	03/12/2025 Free State Champs 2025
175	3:39.00	L	F	Mecah Whon	11	CLA WCD	06/02/2026 WCA-B Champs - 2026
176	3:39.94	L	F	Emma Van den Heever	11	LALE CED	06/02/2026 WCA-B Champs - 2026
177	3:40.02	L	F	Anri Liebenberg	11	PELIC MAN	07/11/2025 Otters Prestige Gala 2025
178	3:40.04	L	P	Kiyara Dyers	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
179	3:40.27	L	F	Onkgopotse Kganakga	11	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
180	3:40.46	L	F	Erin Mofsowitz	CR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
181	3:40.56	L	F	Mia Zietsman	11	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
182	3:40.72	L	P	Millay de Kock	11	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
183	3:41.11	L	F	Anna Dabrowski	11	BLMA CPT	06/02/2026 WCA-B Champs - 2026
184	3:41.16	L	P	Janica Brits	11	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
185	3:41.30	L	F	Michelle Rudolph	11	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
186	3:41.74	L	F	Kudzai Chikwange	11	PEAS NMA	12/12/2025 NMBA Championships 2025
187	3:41.76	L	F	Sophia Millar	11	SFSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
188	3:41.84	L	F	Anni Jordaan	11	BRAVE CED	06/02/2026 WCA-B Champs - 2026
189	3:41.88	L	P	Yi-han Huang	11	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
190	3:42.40	L	F	Aninka Terblanche	11	ROA EDD	22/11/2025 Eden LC Champs 2025
191	3:42.59	L	F	Melokuhle Mathibela	11	CA EKU	20/09/2025 EGA Summer 1 2025
192	3:42.77	L	F	Kuhlekonke Cebekhulu	11	SEALE ETH	06/10/2025 Seagulls Winter Championships 2025
193	3:42.94	L	P	Emma Rundle	11	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
194	3:43.23	L	F	Milan Genis	11	UNI EZD	05/12/2025 Mpumalanga Championships 2025
195	3:43.72	L	F	Georgia Carls	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
196	3:44.03	L	P	Atlegang Matlala	11	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
197	3:44.24	L	P	Hluma Ndamse	11	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
198	3:44.34	L	P	Alyssa Ramnivaj	11	ACSA ETH	31/03/2026 SA Level 2 Regional Age Group Cham
199	3:44.44	L	P	Amoré Terblanche	11	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
200	3:45.07	L	F	Amore Caroto	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
201	3:45.50	L	F	Nelia Kleynhans	11	POTC KKD	06/12/2025 NWS Championships 2025
202	3:45.59	L	P	Iané Briedenhann	11	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
203	3:45.83	L	F	Kera Smith	11	AA JHB	27/11/2025 CGA Championships 2025
204	3:46.36	L	P	Ziva Reddy	11	MDOL JHB	27/11/2025 CGA Championships 2025
205	3:46.94	L	P	Rogan Jones	11	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
206	3:47.18	L	F	Samara Myers	11	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
207	3:47.53	L	F	Nina Heyns	11	ESA CED	22/11/2025 Swartland Prestige Gala 2025
208	3:47.84	L	P	Neene-Mari Carstens	11	SWAR WCD	06/03/2026 SA Level 2 Regional Age Group Cham
209	3:47.93	L	P	Mishanie van Jaarsveld	11	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
210	3:48.29	L	F	Gabriella Loucao	11	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
211	3:48.33	L	F	Zoey Zovitzkey	11	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
212	3:48.37	L	F	Kylie Lategan	11	HARL BUF	28/11/2025 BCA Long Course Championships 202
213	3:49.12	L	F	Cathryn Davenport	11	PEAS NMA	28/06/2025 PEA Winter Gala 2025
214	3:49.58	L	F	Nolitha Luhabe	11	CA EKU	22/11/2025 EGA Summer 3 & 4
215	3:49.72	L	F	Kara Lotz	11	PAC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
216	3:49.77	L	F	Jo Anne Schutte	11	KALA	07/02/2026 NC SPRINTS 2026
217	3:49.97	L	F	Athindothe Tshibubudze	11	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
218	3:50.03	L	F	Amélie Richard	11	BEARS FSH	31/10/2025 NTS Level 1+2 November Age Group :
219	3:51.12	L	P	Abigail Kemp	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
220	3:51.35	L	P	Kendall Thys	11	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
221	3:51.43	L	P	Oagile Maimane	11	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
222	3:52.79	L	F	Nikka Burger	11	AA JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
223	3:53.00	L	F	Maddison Warby	11	TRAZ FSH	26/07/2025 NTS 200 IM Time Trials
224	3:53.04	L	P	Luhlelo Cebekhulu	11	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
225	3:53.62	L	F	Annabel Swart	11	ESA CED	06/02/2026 WCA-B Champs - 2026
226	3:54.33	L	F	Jessica Meyer	11	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
227	3:54.99	L	F	Rone Kruger	11	BULS MAN	03/12/2025 Free State Champs 2025
228	3:55.13	L	F	Madison Dingle	11	CA EKU	31/01/2026 EGA Last Chance Gala 2026
229	3:55.34	L	P	Julia Ruthenberg	11	SFSC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
230	3:55.75	L	F	Lisa Myburgh	11	SFSA JHB	14/02/2026 CGA Last Chance

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
231	3:55.92	L	F	Kaylin van Schalkwyk	11	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
232	3:56.49	L	F	Liane Ackermann	11	STAR BPD	06/12/2025 NWS Championships 2025
233	3:56.65	L	F	Jessica Treeby	11	AWIN TSH	13/02/2026 NTS Level 1+2 February Age Group 21
234	3:56.90	L	F	Mckayla Du Plessis	11	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
235	3:57.47	L	F	Manasvi Chourasia	11	SFSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
236	3:57.49	L	F	Kristi Marais	11	PELIC MAN	07/11/2025 Otters Prestige Gala 2025
237	3:58.64	L	P	Paige Aarninkhof	11	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
238	3:58.92	L	F	Meekah Sinfield	11	WAC EDD	22/11/2025 Eden LC Champs 2025
239	3:59.55	L	F	Leamé Plath	11	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
240	3:59.72	L	F	Anna-Mart Erasmus	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
241	3:59.99	L	F	Leah Marais	11	INFA NMA	30/01/2026 Infinity Gala 2026
242	4:00.04	L	F	Anke Van den Berg	11	CSC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
243	4:01.38	L	F	Katherine Schutlzler	11	USC BUF	30/01/2026 Infinity Gala 2026
244	4:01.46	L	F	Layla Bourbon	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
245	4:01.79	L	F	Blake Van Der Heiden	11	UNIUI EZD	29/03/2026 SA Level 2 Regional Age Group Cham
246	4:01.82	L	F	Hayley Marais	11	CA EKU	22/11/2025 EGA Summer 3 & 4
247	4:02.59	L	F	Peyton Strydom	11	TUKS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
248	4:05.14	L	P	Onthatile Motlounge	11	FAC EKU	04/12/2025 EGA Summer Championships 2025
249	4:05.68	L	F	Lexi Labuscagne	11	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
250	4:05.98	L	P	Antoinette Van Schalkwyk	11	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
251	4:07.01	L	F	Clara Botha	11	FRA KCD	07/02/2026 KCDA Age Group 5 2026
252	4:07.33	L	F	Mieke Jv Vuuren	11	TKS WBD	28/11/2025 Limpopo Champs 2025
253	4:07.63	L	F	Emilie Calitz	11	SFSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
254	4:07.65	L	F	Carli Van der Merwe	11	STAR BPD	06/12/2025 NWS Championships 2025
255	4:07.75	L	F	Katelynn van Rensburg	11	PER JHB	14/02/2026 CGA Last Chance
256	4:07.77	L	F	Lungaka Ntshiqqa	11	SDSC OTD	28/11/2025 BCA Long Course Championships 2025
257	4:09.02	L	F	Anna Tarasova	11	PLAY CED	24/01/2026 Drakenstein Invitational - copied
258	4:09.15	L	F	Lize Steenkamp	11	RFA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
259	x4:09.21	L	F	Annabel Snyders	11	SWAR WCD	06/02/2026 WCA-B Champs - 2026
260	4:10.38	L	F	Thuvana Moodley	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
261	4:10.68	L	F	Rumbidzai Amaris Chironga	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
262	4:11.16	L	F	Carli Marais	11	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
263	4:12.13	L	F	Olivia Wood	11	BARA EKU	22/11/2025 EGA Summer 3 & 4
264	4:13.16	L	F	McKenzie Petersen	11	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
265	4:13.65	L	F	Peontle Motlhoki	11	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
266	4:14.52	L S	F	Marné Van Eyssen	11	BARR CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
267	4:17.41	L	F	Ayla Mahlangu	11	NSAD EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2026
268	4:19.14	L	F	Lize-Mari Loots	11	PSA ZLD	31/01/2026 uShaka Champs 2026
269	4:20.06	L	F	Hailey Irwin	11	BEAV ETH	30/03/2026 KZNA Level 1 Championships
270	4:20.42	L	F	Zanokuhle Luthuli	11	USH KCD	04/10/2025 KCDA Age Group Gala 1 2025
271	4:21.42	L	F	Isabel Snyman	11	FAAC	31/10/2025 UPINGTON PRESTIGE GALA 2025
272	4:21.59	L	F	Abbie Mboweni	11	DOLFI MPD	28/11/2025 Limpopo Champs 2025
273	4:22.76	L	F	Aeltie Prinsloo	11	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
274	4:22.83	L	F	Lulu Mosima	11	BLOT MAN	10/10/2025 Super Seals Annual Gala
275	4:23.90	L	F	Lukhanyo Dwane	11	UNIUI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
276	4:24.11	L	F	Mine Zietsman	11	BETH FDD	10/10/2025 Super Seals Annual Gala
277	4:26.33	L	F	Giselle Chasteau De Balyon	11	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
278	4:27.03	L	F	Dane' Gerber	11	USH KCD	31/01/2026 uShaka Champs 2026
279	4:28.06	L	F	Bella De Villiers	11	QSSC CPT	22/11/2025 Swartland Prestige Gala 2025
280	4:28.37	L	F	Ava Putter	11	BLS KK	13/02/2026 NW School Championships 2026
281	4:29.18	L	F	Zama Mkhize	11	USHPM UMD	31/01/2026 uShaka Champs 2026
282	4:31.16	L	F	Akabonge Khumalo	11	AQUA BUF	10/10/2025 Super Seals Annual Gala
283	4:32.97	L	F	Imogen Malan	11	MANT CPT	28/06/2025 PEA Winter Gala 2025
284	4:37.14	L	F	Okuhlekonke Dladla	11	AQUA UTD	21/02/2026 Uthukela District Gala 5
285	4:37.94	L	F	Carmi Nothnagel	11	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
286	4:38.94	L	F	Hlelolenkosi Nxumalo	11	FSE KCD	01/11/2025 KCDA Age Group Gala 2 2025
287	4:41.53	L	F	Twané Vd Heever	11	ELRAS WBD	28/11/2025 Limpopo Champs 2025
288	4:43.27	L	F	Li-Mare Olivier	11	FAAC	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
289	4:44.61	L	F	Ashery Grobler	11	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
290	4:44.62 L	F	Luvuyokazi Dlamini	11	FSE KCD	22/11/2025	KCDA Age Group 3 2025
291	4:44.77 L	F	Usentele Sibiya	11	NSAD EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
292	4:46.87 L	F	Casey Cheesman	11	FSE KCD	30/03/2026	KZNA Level 1 Championships
293	4:47.81 L	F	Alise Brynard	11	BS LLD	14/11/2025	Valsrivier Gala
294	4:49.56 L	F	Issabel Lindeboom	11	BLNE MAN	07/11/2025	Otters Prestige Gala 2025
295	4:54.22 L	F	Ilse Hough	11	PSA ZLD	31/01/2026	uShaka Champs 2026
296	5:02.57 L	F	Anika Labuschagne	11	HARB BPD	06/12/2025	NWS Championships 2025
297	5:02.65 L	P	Abigail Vieira	11	MAKO EKU	04/12/2025	EGA Summer Championships 2025
298	5:10.54 L	F	Samantha Vincent	11	SWIMS EKU	22/11/2025	EGA Summer 3 & 4
<b>Women 11-12 400 IM</b>							
1	6:06.73 L	F	Haley Pieterse	11	INFA NMA	19/07/2025	1st A League Gala 2025
2	6:31.98 L	F	Kens-Linn Oelofse	11	TNDER FDD	11/10/2025	EGA Summer 2
3	7:01.64 L	F	Danni Croft	11	KNYA EDD	22/11/2025	Eden LC Champs 2025