

## 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	29.01	L	F	Olivia Geldart	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
2	29.34	L	F	Hayden Perrins	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
3	30.03	L	F	Leah Dabrowski	12	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
4	30.08	L S	P	Lheané Du Plessis	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
5	30.13	L	F	Sage Lindsay	12	CA EKU	22/11/2025 EGA Summer 3 & 4
6	30.16	L	F	Lily Bailes	12	INFA NMA	30/01/2026 Infinity Gala 2026
7	30.20	L	F	Grace Johns	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
8	30.54	L	P	Lisa Le Roux	12	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
9	30.68	L	F	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
10	30.73	L	F	Janka Szabo	12	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
11	30.82	L	P	Emma Von Mollendorff	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
12	30.87	L	F	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
13	30.92	L	P	Hannah Raphaela Morgado	12	CSA EZD	26/03/2026 SA Level 3 Regional Age Group Chan
14	31.02	L	P	Zara Levi	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
15	31.03	L	F	Skyla Nadauld	12	BLUO UGD	26/03/2026 SA Level 3 Regional Age Group Chan
16	31.10	L S	F	Elke Coetsee	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
17	31.14	L	F	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
18	31.19	L	F	Ashley Cilliers	12	WATR JHB	27/11/2025 CGA Championships 2025
19	31.25	L	F	Mckenzie Dempsey	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
20	31.30	L	F	Willow Coleman	12	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
21	31.46	L	F	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
22	31.50	L	P	Ané Venter	12	FISH EDD	21/03/2026 Sa National JNR Age Group Champs-;
23	31.53	L	P	Demi Vorster	12	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
24	31.55	L	F	Tyla Abel	12	UNI U EZD	29/03/2026 SA Level 2 Regional Age Group Cham
25	31.56	L	P	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
26	31.58	L	F	Ella Johnson	12	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
27*	31.62	L	P	Jaime-Lynn Vermeulen	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
27*	31.62	L	F	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
29*	31.63	L	F	Neliza Ojwach	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
29*	31.63	L	F	Jana Serdyn	12	INFA NMA	30/01/2026 Infinity Gala 2026
31	31.66	L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
32	31.68	L	F	Leah Kotze	12	BULS MAN	03/12/2025 Free State Champs 2025
33	31.69	L	P	Naledi Makhanya	12	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
34	31.75	L	P	Morgan Booysen	12	PSCP UMD	18/12/2025 KZN Premier Provincial Championship
35	31.76	L	F	Miané Prinsloo	12	ACAA CCD	26/03/2026 SA Level 3 Regional Age Group Chan
36	31.84	L	P	Emily Daniels	12	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-;
37*	31.92	L	F	Lianka Spies	12	HARB BPD	26/03/2026 SA Level 3 Regional Age Group Chan
37*	31.92	L	P	Mila Nel	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
39	31.95	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
40	31.96	L	P	Pia Swanepoel	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
41	32.00	L	F	Ella Niven	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
42	32.05	L	F	Hayley Greyvenstein	12	USC BUF	12/12/2025 NMBA Championships 2025
43	32.07	L	F	Hannah Stearn	12	INFA NMA	30/01/2026 Infinity Gala 2026
44	32.08	L	F	Lizanté Bam	12	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
45	32.32	L	F	Rachel Talanda	12	HDAQ MPD	28/11/2025 Limpopo Champs 2025
46	32.36	L	F	Zara Komani	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
47*	32.41	L	F	Anzel Smit	12	EXP TSH	10/12/2025 NTS Championships 2025
47*	32.41	L	P	Aphelele Shange	12	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
47*	32.41	L	P	Lika Baird	12	NC FBD	24/04/2026 SA Schools Swimming Championship
50	32.49	L	F	Scarlett Meiring	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
51*	32.53	L	P	Lize Beyers	12	AGAQ OBD	09/04/2026 SA Level 3 Regional Age Group Chan
51*	32.53	L	P	Isabella Knight	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
53	32.56	L	F	Maria Geyser	12	ELRAS WBD	28/11/2025 Limpopo Champs 2025
54	32.59	L	F	Isabel Helberg	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
55	32.63	L	F	Yamakhuze Loni	12	INFA NMA	30/01/2026 Infinity Gala 2026
56	32.66	L	F	Mila Geldenhuys	12	ACAA CCD	28/11/2025 Limpopo Champs 2025
57	32.67	L	F	Sia Broncho	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
58*	32.70	L	P	Emma Gibson-Taylor	12	AZON 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				
58*	32.70	L	F	Layla Palframan	12	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
60	32.71	L	P	Alexi Dandoulakis	12	CA EKU	26/03/2026	SA Level 3 Regional Age Group Cham
61*	32.80	L	F	Lea Dornbrack	12	WELL CED	06/03/2026	SA Level 2 Regional Age Group Cham
61*	32.80	L	F	Amy-Lee Wood	12	CA EKU	22/11/2025	EGA Summer 3 & 4
61*	32.80	L	P	Jorja Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
64	32.81	L	P	Kate Pieterse	12	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
65	32.84	L	P	Bela Davis-Taylor	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
66	32.87	L	P	Kaylie Van der Linde	12	VHD ZLD	26/03/2026	SA Level 3 Regional Age Group Chan
67	32.93	L	F	Jessica Caldeira	12	MDOL JHB	14/02/2026	CGA Last Chance
68	32.94	L	P	Gianna Olivier	12	PAQU CED	09/04/2026	SA Level 3 Regional Age Group Chan
69	32.98	L S	P	Lily Marais	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
70	33.00	L	F	Gia Warby	12	TRAZ TSH	14/02/2026	CGA Last Chance
71	33.04	L S	P	Sia Lemmer	12	ESA CED	04/12/2025	Western Cape LC-A Championship 20
72*	33.05	L	P	Neri Upton	12	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
72*	33.05	L	F	Thea-Mari Fonternel	12	EGA MAN	30/03/2026	SA Level 2 Regional Age Group Cham
74	33.06	L S	P	Saskia Gilligan	12	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
75	33.08	L	F	Olivia Normington	12	XCEL CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
76	33.09	L	F	Gabriella Glass	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
77*	33.10	L	P	Kyra Du Preez	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
77*	33.10	L	P	Nicola Nysschen	12	NC FBD	24/04/2026	SA Schools Swimming Championship
79*	33.11	L	P	Taya Thompson	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
79*	33.11	L S	P	Mariane Labuschagne	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
79*	33.11	L	F	Naomi Mahlangu	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
82	33.15	L	F	Chloe Pohlmann	12	CPPS NMA	14/03/2026	Level 1 District Age Group Gala 2026
83*	33.18	L	F	Alexi Claassen	12	TUKS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
83*	33.18	L	P	Skyler Muller	12	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Chan
85	33.20	L	F	Gabriella Shaw	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
86	33.22	L	F	Tatum Adams	12	PAQU CED	13/02/2026	Winelands SL Fin - February 2026 - cc
87	33.24	L	P	Emma Oosthuyzen	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
88	33.28	L	P	Tenley Fowler	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
89	33.32	L	P	Kayden Jack	12	PER JHB	26/03/2026	SA Level 3 Regional Age Group Chan
90*	33.35	L	P	Ashlynn Shaw	12	PAC TSH	21/03/2026	Sa National JNR Age Group Champs-
90*	33.35	L	F	Paige Lewis	12	MGSC UGD	21/02/2026	KZN Schools Trials 2026
92	33.39	L S	F	Lilly-Mae Smith	12	SOUL EKU	04/12/2025	EGA Summer Championships 2025
93	33.40	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
94	33.51	L	F	Mercedes Jaftha	12	MANT CPT	09/10/2025	44th Freda Barnard Invitational Gala
95	33.55	L	F	Mika Pelsler	12	OLDE JHB	27/11/2025	CGA Championships 2025
96	33.56	L	P	Khloe Mesquita	12	ANAX CPT	06/03/2026	SA Level 2 Regional Age Group Cham
97	33.59	L	F	Ulwando Khuzwayo	12	BLUO UGD	21/02/2026	KZN Schools Trials 2026
98*	33.63	L	F	Mufaro Kachisi	12	WSTV ETH	26/03/2026	SA Level 3 Regional Age Group Chan
98*	33.63	L	P	Alexa Kuhn	12	CASC CPT	26/03/2026	SA Level 3 Regional Age Group Chan
100	33.65	L	F	Mari Haasbroek	12	EXP TSH	27/02/2026	NTS Level 3+ February Age Group Ga
101	33.67	L	P	Alyssa Fragoso de Almeida	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
102	33.71	L	P	Nienke Eksteen	12	VALS FDD	30/03/2026	SA Level 2 Regional Age Group Cham
103	33.73	L	F	Colleen McQueen	12	BLSS MAN	03/12/2025	Free State Champs 2025
104*	33.77	L	F	Sophie Chiang	12	WATR JHB	27/11/2025	CGA Championships 2025
104*	33.77	L	P	Emma Ranger	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
106	33.78	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
107	33.82	L	F	Charlotte Olver	12	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
108	33.84	L	P	Tiisetso Makhatho	12	ESP EKU	26/03/2026	SA Level 3 Regional Age Group Chan
109	33.86	L	F	Elle Lingerfelder	12	AA JHB	27/11/2025	CGA Championships 2025
110	33.88	L	P	Simone Zoutendyk	12	RBOT BPD	06/12/2025	NWS Championships 2025
111*	33.90	L	P	Kyla Short	12	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
111*	33.90	L	F	Morgan Burstein	12	TUKS TSH	10/12/2025	NTS Championships 2025
113	33.92	L	P	Isabel Smith	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
114*	33.93	L	F	Olivia Berry	12	BEST NMA	12/12/2025	NMBA Championships 2025
114*	33.93	L	P	Ymeri Wilken	12	VALS FDD	30/03/2026	SA Level 2 Regional Age Group Cham
114*	33.93	L	F	Jeanine Goosen	12	BLNE MAN	03/12/2025	Free State Champs 2025
117	33.95	L	P	Sophie Chong	12	CYBE CPT	09/04/2026	SA Level 3 Regional Age Group Chan

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Times since: 01-May-25

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	Time	P/F/S	Name	Age/Yr				
118	33.96	L	F	Beulah vd Merwe	12	HREF BP	22/11/2025	EGA Summer 3 & 4
119	33.97	L	F	Emily Marais	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
120	33.99	L	F	Annabelle Van Wyk	12	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc
121	34.00	L	P	Holly Couzens	12	WSTV ETH	18/12/2025	KZN Premier Provincial Championship
122*	34.02	L	P	Janel Van der Merwe	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
122*	34.02	L	F	Mieke Moolman	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
124*	34.03	L	P	Mambay Banza	12	MP EZD	24/04/2026	SA Schools Swimming Championship
124*	34.03	L	F	Emma Du Toit	12	BLOT MAN	03/12/2025	Free State Champs 2025
124*	34.03	L	F	Yolayne Aucamp	12	TNDER FDD	03/12/2025	Free State Champs 2025
127	34.08	L	F	Elmine Opperman	12	FAAC	30/03/2026	SA Level 2 Regional Age Group Cham
128*	34.09	L	F	Aiva Van der Zandt	12	VASTR BPD	13/02/2026	NW School Championships 2026
128*	34.09	L	F	Nissi Mtetwa	12	PAC TSH	05/12/2025	2025 The Tshwane Mayor's Gala
130	34.10	L	P	Puleng Masemene	12	GAU JHB	24/04/2026	SA Schools Swimming Championship
131	34.11	L	F	Mienke Kemp	12	TNDER FDD	03/12/2025	Free State Champs 2025
132	34.12	L	P	Annabelle Ras	12	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Cham
133	34.17	L S	F	Gianna Onkruid	12	UWCA CPT	01/11/2025	CTA District A CHAMPS 2025
134	34.18	L	F	Lebogang Maredi	12	SS MPD	28/11/2025	Limpopo Champs 2025
135	34.21	L	F	Nduvho Rabambi	12	BULS MAN	03/12/2025	Free State Champs 2025
136*	34.27	L	P	Darshana Pillay	12	MDOL JHB	27/11/2025	CGA Championships 2025
136*	34.27	L	F	Astrid Saul	12	BLMA CPT	06/02/2026	WCA-B Champs - 2026
138	34.28	L	P	Harley Knudsen	12	PGAC ECU	26/03/2026	SA Level 3 Regional Age Group Cham
139	34.37	L	P	Leila Burden	12	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Cham
140	34.38	L	F	Klara Barkhuysen	12	ASAC CPT	06/02/2026	WCA-B Champs - 2026
141*	34.40	L S	F	Alexia Tranter	12	SSISA CPT	01/11/2025	CTA District A CHAMPS 2025
141*	34.40	L	P	Lea Noble	12	BLMA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
143	34.41	L	F	Esther Lubbe	12	BEST NMA	28/06/2025	PEA Winter Gala 2025
144	34.43	L	F	Rebekka Paul	12	WSTV ETH	15/11/2025	KZN Junior Championships 2025
145	34.46	L S	P	Lily Van Zyl	12	ESA CED	04/12/2025	Western Cape LC-A Championship 20
146	34.47	L	F	Leanke Loots	12	KNYA EDD	14/02/2026	EDEN 5th A-League Gala 2026
147	34.48	L	P	Sophia Ebrahim	12	ESP ECU	29/03/2026	SA Level 2 Regional Age Group Cham
148*	34.49	L	P	Makayla Stoltz	12	PER JHB	27/11/2025	CGA Championships 2025
148*	34.49	L	P	Mia Pretorius	12	TINC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
150	34.50	L	P	Murunwa Thidiela	12	MAKO ECU	29/03/2026	SA Level 2 Regional Age Group Cham
151	34.52	L	F	Isabelle de Beer	12	HREF BP	30/03/2026	SA Level 2 Regional Age Group Cham
152*	34.55	L	F	Miane Bendeman	12	LSPHA MP	31/01/2026	Limpopo School Champs & Limpopo A
152*	34.55	L	F	Daniella Louw	12	BLOT MAN	24/10/2025	Neptunes Gala
154*	34.58	L	F	Elizabeth Dornon	BN	VASA ECU	31/01/2026	EGA Last Chance Gala 2026
154*	34.58	L	P	Bukata Mwanza	12	ESP ECU	29/03/2026	SA Level 2 Regional Age Group Cham
156	34.59	L	F	Zane Kroon	12	AGAQ OBD	13/02/2026	Winelands SL Fin - February 2026 - cc
157*	34.64	L	F	Paige Oliphant	12	PAC TSH	10/12/2025	NTS Championships 2025
157*	34.64	L	F	Kethelo Mkhize	12	USH KCD	31/03/2026	SA Level 2 Regional Age Group Cham
159	34.65	L	F	Lua Heyns	12	DDA TSH	23/01/2026	2026 NTS Sprint Gala
160	34.66	L	F	Inge Jv Vuuren	12	SS MPD	28/11/2025	Limpopo Champs 2025
161	34.67	L	P	Emma Roets	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Cham
162	34.68	L	P	Reatile Ntidi	12	NWUC KKD	30/03/2026	SA Level 2 Regional Age Group Cham
163*	34.70	L	F	Gabriella Scott	12	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
163*	34.70	L	P	Amani Sausi	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Cham
165	34.71	L	P	Suriè-Rose Potgieter	12	TYGE CPT	06/03/2026	SA Level 2 Regional Age Group Cham
166	34.75	L	P	Janke Bresler	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
167*	34.83	L	P	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
167*	34.83	L	P	Catherine Couch	12	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
169	34.85	L	P	Kendre Lynch	12	SWIM1 JHB	29/03/2026	SA Level 2 Regional Age Group Cham
170	34.86	L	P	Mackenzi Dart	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Cham
171	34.93	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
172	34.96	L	F	Luze Potgieter	12	TUKS TSH	23/01/2026	2026 NTS Sprint Gala
173*	34.98	L	F	Adison Gericke	12	USC BUF	12/12/2025	NMBA Championships 2025
173*	34.98	L	P	Mari Sterne	12	STAQ CED	06/03/2026	SA Level 2 Regional Age Group Cham
175	35.01	L	F	Kayla Pieterse	12	AOLY TSH	05/12/2025	2025 The Tshwane Mayor's Gala
176	35.03	L	P	Rachel Saltzman	12	ESTR ECU	29/03/2026	SA Level 2 Regional Age Group Cham

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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			
177*	35.04	L	F	Riandi Muller	12	INFA NMA	30/01/2026 Infinity Gala 2026
177*	35.04	L	F	Thalia Breedt	12	KSC EZD	05/12/2025 Mpumalanga Championships 2025
179	35.05	L	P	Shalom Mtileni	12	UNIUI EZD	29/03/2026 SA Level 2 Regional Age Group Cham
180	35.09	L	P	Phoebe Josiah	12	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
181	35.13	L	P	Georgia Morte	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
182	35.19	L	F	Jane Tredoux	12	BLNE MAN	03/12/2025 Free State Champs 2025
183	35.21	L	F	Ava Maritz	12	SEAL UMD	31/01/2026 uShaka Champs 2026
184*	35.25	L	F	Rebecca Verster	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
184*	35.25	L	F	Amber Gewer	12	MDOL JHB	14/11/2025 NTS Level 3+ November Age Group G
186	35.27	L	P	Vida Olivier	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
187	35.28	L	F	Skylin Koupis	12	BLOT MAN	24/10/2025 Neptunes Gala
188	35.29	L	F	Courtney Grant	12	ACES ETH	15/11/2025 KZN Junior Championships 2025
189	35.30	L	P	Imke Kraamwinkel	12	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
190	35.32	L	F	Isabella Van Breda	12	BLS KK	13/02/2026 NW School Championships 2026
191	35.34	L	P	Willow Halse	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
192*	35.35	L	F	Helana Pretorius	12	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
192*	35.35	L	P	Mia (B) Venter	12	AWIN TSH	26/03/2026 SA Level 3 Regional Age Group Cham
194	35.37	L	F	Lusanele Qusheka	12	BEST NMA	30/01/2026 Infinity Gala 2026
195	35.38	L	F	Miane Steyn	12	LEGC ETH	15/11/2025 KZN Junior Championships 2025
196	35.42	L	P	Jasmine Smith	12	WATR JHB	27/11/2025 CGA Championships 2025
197*	35.43	L	P	Kyra De Oliveira	12	WATR JHB	27/11/2025 CGA Championships 2025
197*	35.43	L	F	Kharlyn Gysman	12	CAMB P BUF	28/02/2026 Eastern Cape School Provincial Trials
199	35.44	L	F	Klara Ochse	12	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
200	35.53	L	F	Izelda Meyer	12	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
201*	35.56	L	F	Lynette Rust	12	RFA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
201*	35.56	L	F	Anneske Smith	12	KTS	07/02/2026 NC SPRINTS 2026
203	x35.58	L	F	Abigail Wilson	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
204	35.60	L	F	Rebecca Sam	12	HPS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
205	35.64	L	F	Mika Philander	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
206*	35.66	L	P	Leah Schemel	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Cham
206*	35.66	L S	P	Sofia Lacovig	12	LALE CED	04/12/2025 Western Cape LC-A Championship 20
208	35.67	L	F	Zandri Scheepers	12	VHD ZLD	21/02/2026 KZN Schools Trials 2026
209	35.69	L	F	Kyla Coetzee	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
210	35.70	L	F	Emma Vorster	12	HPS TSH	10/12/2025 NTS Championships 2025
211	35.73	L S	P	Leané Bruwer	12	SWAR WCD	04/12/2025 Western Cape LC-A Championship 20
212	35.76	L	F	Mikayla De Witte	12	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
213	35.77	L	F	Kayla Wessels	12	BLOT MAN	24/10/2025 Neptunes Gala
214	35.79	L	F	Maya Brown	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
215*	35.80	L	P	Mieke Pretorius	12	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
215*	35.80	L	F	Zara Zehmke	12	SUMW NMA	14/03/2026 Level 1 District Age Group Gala 2026
217	35.81	L	P	Lacey Hodgkinson	12	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
218	35.82	L	F	Lethabo Rikhotso	12	WATR JHB	14/02/2026 CGA Last Chance
219	35.83	L	F	Pradhia Singh	12	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
220	35.86	L	F	Tanya Loots	12	TYGE CPT	06/02/2026 WCA-B Champs - 2026
221	35.89	L	P	Milea Louw	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
222	35.91	L	F	Kari Nel	12	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
223	35.94	L	F	Ella Arnold	12	SASE JHB	14/02/2026 CGA Last Chance
224*	35.95	L	P	Myra Bailey	12	RACE JHB	27/11/2025 CGA Championships 2025
224*	35.95	L	F	Lisan Joubert	12	JOIEC	07/02/2026 NC SPRINTS 2026
226	35.97	L	P	Nika Loots	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
227*	35.98	L	P	Oarerata Modiole	12	TRAZ TSH	29/03/2026 SA Level 2 Regional Age Group Cham
227*	35.98	L	F	Sinakhokonke Bhengu	12	PSCP UMD	30/03/2026 KZNA Level 1 Championships
229	35.99	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	15/11/2025 KZN Junior Championships 2025
230	36.00	L	P	Georgia Steyn	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
231*	36.03	L	F	Razaanah Essex	12	RETR CPT	29/11/2025 CTA B CHAMPS 2025
231*	36.03	L	F	Lea Cilliers	12	BLOT MAN	03/12/2025 Free State Champs 2025
233	36.04	L	P	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
234	36.06	L	P	Sophia Katzke	12	PER JHB	27/11/2025 CGA Championships 2025
235	36.08	L	F	Lienke Rossouw	12	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc

## 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*	36.10	L	F	Zen�y De Beer	12	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
236*	36.10	L S	P	Aria Benade	12	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
238	36.11	L	F	Elmi Koen	12	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
239	36.13	L	F	Kaylee Els	12	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
240	36.14	L	F	Mia Mostert	12	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
241	36.20	L	F	Gcinizwi Dom	12	HPPS BUF	14/02/2026 BCSA School Trials 2026
242	36.22	L	F	Stella van Staden	12	CENP BUF	14/02/2026 BCSA School Trials 2026
243	36.23	L	F	Gemma Kenning	12	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
244	36.28	L	P	Leah Vos	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
245	36.29	L	F	Danika Brynard	12	STSC KCD	07/02/2026 KCDA Age Group 5 2026
246	36.31	L	F	Mia De Lange	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
247	36.34	L	F	Saige Coetzee-Jennings	12	SUMW NMA	14/03/2026 Level 1 District Age Group Gala 2026
248	36.38	L	P	Amy Cloete	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
249	36.41	L	P	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
250*	36.42	L	F	Annabel Botha	12	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
250*	36.42	L	F	Tayla Eden	12	TRAZ TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
252	36.49	L	P	Mieke Steinbach	12	NWUC KKD	06/12/2025 NWS Championships 2025
253	36.52	L	F	Anine Fourie	12	SUN NMA	14/03/2026 Level 1 District Age Group Gala 2026
254	36.53	L	F	Hayley Downs	12	MDOL JHB	06/02/2026 Crusaders & CGA Night Gala
255	36.60	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025 Free State Champs 2025
256*	36.61	L	P	Caitlin Byliefeldt	12	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
256*	36.61	L	P	Mihanka vd Bank	12	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
258	36.63	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
259	36.65	L	F	Ruvarashe Karibata	12	OHAN ILD	21/02/2026 KZN Schools Trials 2026
260	36.69	L	F	Il� Fourie	12	SS MPD	28/11/2025 Limpopo Champs 2025
261*	36.71	L	F	Baylee-Rae Duffield	12	CRSC JHB	28/02/2026 CGA Challenge
261*	36.71	L	F	Maria De Klerk	12	BS LLD	07/11/2025 Otters Prestige Gala 2025
263	36.73	L	F	Lily Brown	12	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
264	36.77	L	P	Otiile Molamu	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
265	36.79	L	F	Jaunt� Duvenage	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
266	36.82	L	F	Hayley Liedeman	12	SWAR WCD	06/02/2026 WCA-B Champs - 2026
267	36.85	L	F	Tshilidzi Rakhumba	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
268	36.87	L	P	Cari Kriel	12	LALE CED	06/03/2026 SA Level 2 Regional Age Group Cham
269	36.90	L	F	Mamoso Ramokgopa	12	TPS BPD	31/01/2026 Limpopo School Champs & Limpopo A
270	36.91	L	F	Eliana Woldemariam	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
271	36.93	L	F	Britney Vermeulen	12	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
272	36.94	L S	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
273	37.00	L	P	Reese Barnsley	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
274	37.02	L	F	Emma Arendse	12	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
275	37.18	L	F	Nina Murray	12	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
276	37.25	L	P	Ale Mentz	12	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
277	37.26	L	F	Emma Gutsche	12	POLSC CCD	25/10/2025 Limpopo Age Group 5 of 2025/26
278*	37.27	L	F	Lexi Abrahamse	12	VINE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
278*	37.27	L	F	Emily Fryer	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
280	37.30	L	P	Marlien Nell	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
281	37.31	L	F	Jolie Chabilall	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
282	37.37	L	P	Mione Fischer	12	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
283*	37.38	L	F	Nikita Erasmus	12	VASTR BPD	13/02/2026 NW School Championships 2026
283*	37.38	L	F	Miele' Loftus	12	BULS MAN	03/12/2025 Free State Champs 2025
285	37.39	L	P	Zani Hager	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
286	37.44	L	P	Alyssa Bosch	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
287	37.46	L	F	Shekinah Ikedachi	12	MANT CPT	06/02/2026 WCA-B Champs - 2026
288	37.47	L	F	Anchen Schoeman	12	BS LLD	03/12/2025 Free State Champs 2025
289	37.48	L	F	Kelsey Sloan	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
290	37.52	L	F	Imtithaal Abrahams	12	WALM CPT	29/11/2025 CTA B CHAMPS 2025
291	37.53	L	F	Mariandi Bredenkamp	12	BS LLD	03/12/2025 Free State Champs 2025
292	37.59	L	F	Olivia Joubert	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
293	37.70	L	P	Araiya Naidoo	12	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
294	37.77	L	F	Ashley Du Randt	12	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet

## 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	37.78	L	P	Emily Greffrath	12	BEAV	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
296	37.80	L	F	Amaris Kirchner	12	WAC	EDD	14/02/2026 EDEN 5th A-League Gala 2026
297*	37.82	L	P	Emma McCallum	12	USC	BUF	06/03/2026 SA Level 2 Regional Age Group Cham
297*	37.82	L	F	Ava Stevens	12	USC	BUF	30/01/2026 Infinity Gala 2026
297*	37.82	L	F	Katie Jacobs	12	STSC	KCD	30/03/2026 KZNA Level 1 Championships
300	37.83	L	P	Annabelle Els	12	KNYA	EDD	06/03/2026 SA Level 2 Regional Age Group Cham
301*	37.84	L	P	Madison Jarrard	12	PER	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
301*	37.84	L	P	Sisanda Msomi	12	USH	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
303	37.92	L S	P	Kamila Mohapi	12	ESTR	EKU	04/12/2025 EGA Summer Championships 2025
304	37.95	L	F	Mpho Kutumane	12	UWCA	CPT	06/02/2026 WCA-B Champs - 2026
305*	37.96	L	F	Makayla Mbongeh	12	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
305*	37.96	L	F	Isla Brennan	12	TRAZ	TSH	28/02/2026 AG Level 1 Regional Competition 2026
307	37.97	L	F	Abigail Haupt	12	TUKS	TSH	23/01/2026 2026 NTS Sprint Gala
308*	37.99	L	F	Lara Engels	12	CASC	CPT	29/11/2025 CTA B CHAMPS 2025
308*	37.99	L	F	Jade Keys	12	WAC	EDD	14/02/2026 EDEN 5th A-League Gala 2026
308*	37.99	L	F	Ella Tarr	12	SAAW	CPT	21/02/2026 Swartland Invitational Gala 2026
308*	37.99	L	F	Kuyandokuhle Mdllovu	12	TUKS	TSH	28/02/2026 AG Level 1 Regional Competition 2026
312	38.05	L	P	Zete Adonis	12	PAQU	CED	06/03/2026 SA Level 2 Regional Age Group Cham
313	38.12	L	F	Mia Erasmus	12	DORE	JHB	28/02/2026 CGA Challenge
314	38.13	L	F	Kayla Coetzee	12	VALS	FDD	07/11/2025 Otters Prestige Gala 2025
315	38.27	L	P	Phiyayinkosi Msuthu	12	HARL	BUF	06/03/2026 SA Level 2 Regional Age Group Cham
316	38.29	L	P	Alexia Botha	12	KALA		30/03/2026 SA Level 2 Regional Age Group Cham
317	38.35	L	P	Beersheba Negash	12	BARA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
318	38.40	L	F	Emily Johnson	12	ANAX	CPT	22/11/2025 Swartland Prestige Gala 2025
319	38.43	L	P	Ilanca Smuts	12	RBOT	BPD	06/12/2025 NWS Championships 2025
320	38.46	L	P	Annabel Marais	12	TUKS	TSH	29/03/2026 SA Level 2 Regional Age Group Cham
321	38.52	L	F	Leah Kuisis	12	TASC	MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
322	38.58	L S	P	Ava Gordon	12	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
323	38.61	L	F	Cato Erasmus	12	BETH	FDD	03/12/2025 Free State Champs 2025
324	38.62	L	F	Motheo Leshilo	12	TUKS	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
325	38.63	L S	P	Maya Chelin	12	H2O	EKU	04/12/2025 EGA Summer Championships 2025
326	38.67	L	F	Alae Loots	12	KNYA	EDD	24/01/2026 EDEN 4th A-League Gala 2026
327	38.70	L	P	Lehanri Cronje	12	NSAD	EZD	05/12/2025 Mpumalanga Championships 2025
328	38.71	L	F	Humaira Doha	12	MARL	CPT	30/01/2026 Infinity Gala 2026
329	38.80	L	F	Elma Delpont	12	BLSS	MAN	03/12/2025 Free State Champs 2025
330	38.89	L	F	Zanita Khamanga	12	LEGC	ETH	30/03/2026 KZNA Level 1 Championships
331	38.91	L	F	Hayleigh Roux	12	VREDE	TMD	24/10/2025 Neptunes Gala
332	39.06	L	P	Emma Botha	12	AASC	EZD	29/03/2026 SA Level 2 Regional Age Group Cham
333	39.14	L	F	Tebogo Machaba	12	PER	JHB	28/02/2026 AG Level 1 Regional Competition 2026
334*	39.23	L	F	Emily Black	12	HTSA	CPT	29/11/2025 CTA B CHAMPS 2025
334*	39.23	L	F	Aruana Van Der Westhuizen	12	PELIC	MAN	07/11/2025 Otters Prestige Gala 2025
336	39.28	L S	P	Saige Le Roux	12	BAS	EKU	04/12/2025 EGA Summer Championships 2025
337	39.33	L S	P	Kagiso Motuku	12	ESP	EKU	04/12/2025 EGA Summer Championships 2025
338	39.39	L	F	Daisy Nyangwe	12	USC	BUF	28/11/2025 BCA Long Course Championships 2025
339	39.49	L	F	Lienke Jv Niewenhuizen	12	AOLY	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
340	39.52	L	F	Adelle Luttig	12	UPSK	ZMD	07/02/2026 NC SPRINTS 2026
341	39.61	L	P	Kaitlyn Curtis	12	BLUO	UGD	31/03/2026 SA Level 2 Regional Age Group Cham
342*	39.68	L	F	Sophia Lamprecht	12	BARR	CPT	09/10/2025 44th Freda Barnard Invitational Gala
342*	39.68	L	F	Maddie Loureiro	12	INFA	NMA	28/06/2025 PEA Winter Gala 2025
344	39.75	L	F	Amani Alli	12	ATLA	JHB	28/02/2026 AG Level 1 Regional Competition 2026
345	39.79	L	P	Michaela Kröger	12	BARR	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
346	39.84	L	P	Reabetswe Raphuti	12	HARB	BPD	06/12/2025 NWS Championships 2025
347	39.90	L	F	Tshegofatso Kwadjo	12	TUKS	TSH	31/10/2025 NTS Level 1+2 November Age Group :
348	39.96	L	F	Trinity Potgieter	12	PPARK	BP	13/02/2026 NW School Championships 2026
349	39.99	L	F	Oreneile Modimola	12	NGU	TSH	31/10/2025 NTS Level 1+2 November Age Group :
350*	40.01	L	F	Carla Swart	12	ASAC	CPT	29/11/2025 CTA B CHAMPS 2025
350*	40.01	L	F	Islay-Rose Strever	12	TASC	MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
350*	40.01	L	F	Lene Brecher	12	PSA	ZLD	30/03/2026 KZNA Level 1 Championships
353	40.03	L	F	Milly Kriek	12	BEARS	TSH	28/02/2026 AG Level 1 Regional Competition 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	40.15	L	F	Amelia Van Lill	12	CLA WCD	22/11/2025	Swartland Prestige Gala 2025
355	40.18	L	F	Isabella Purdon	12	SWIM1 JHB	14/02/2026	CGA Last Chance
356	40.26	L	P	Emma Maritz	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
357	40.37	L	F	Reneilwe Tsunke	12	BLOT MAN	03/12/2025	Free State Champs 2025
358	40.40	L	P	Danelle Louw	12	BULS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
359	40.41	L	F	Orapeleng Mashego	12	NGU TSH	05/12/2025	2025 The Tshwane Mayor's Gala
360	40.46	L	P	Faythe Evans	12	RACE JHB	27/11/2025	CGA Championships 2025
361	40.51	L	F	Amoné Liebenberg	12	SS MPD	28/11/2025	Limpopo Champs 2025
362	40.52	L	P	Mika Vd Merwe	12	AWSC JHB	27/11/2025	CGA Championships 2025
363	40.53	L	F	Annalie Terblanche	12	GILLP NMA	14/03/2026	Level 1 District Age Group Gala 2026
364*	40.81	L	F	Codi May	12	RETR CPT	22/11/2025	Swartland Prestige Gala 2025
364*	40.81	L	F	Amy Palmer	12	WEST CPT	21/02/2026	Swartland Invitational Gala 2026
366	40.82	L	F	Mia Schraader	12	SOUL EKU	28/02/2026	AG Level 1 Regional Competition 2026
367	40.83	L	F	Daniella-Mohapi Lebogo	12	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
368	40.89	L	F	Mikayla Hanneman	12	GHS BPD	13/02/2026	NW School Championships 2026
369	40.94	L	F	Madison Abrahams	12	DRGN JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
370	40.99	L S	P	Juanika White	12	SWIMS EKU	04/12/2025	EGA Summer Championships 2025
371	41.02	L	F	Dané Combrinck	12	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
372	41.06	L	P	Sofia Mohamed	12	ATLA JHB	29/03/2026	SA Level 2 Regional Age Group Cham
373	41.08	L	F	Emily Bestbier	12	WAC EDD	08/11/2025	EDEN 3rd A-League Gala 2025
374	41.12	L	F	Mari-Hane Visser	12	KALA	21/02/2026	AGE GROUP 6 KATHU 2026 - copied
375	41.15	L	F	Nicola Johl	12	SWISA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
376	41.19	L	F	Emma Ku	12	MDOL JHB	14/02/2026	CGA Last Chance
377*	41.20	L	F	Kenzie Murugan	12	STSC KCD	22/11/2025	KCDA Age Group 3 2025
377*	41.20	L	F	Anke Pretorius	12	STEL RMD	13/02/2026	NW School Championships 2026
379	41.30	L	P	Zoe Danha	12	CSA EZD	05/12/2025	Mpumalanga Championships 2025
380	41.31	L	F	Ariya Ahir	12	AQUA UTD	21/02/2026	Uthukela District Gala 5
381	41.36	L	F	Lize-Mari Cloete	12	BS LLD	03/12/2025	Free State Champs 2025
382	41.55	L	F	Nqobile Kakana	12	LEBII BP	13/02/2026	NW School Championships 2026
383	41.57	L	F	Summer Coetser	12	SGUL ETH	30/03/2026	KZNA Level 1 Championships
384	41.68	L	F	Kim Van Reenan	12	STSC KCD	06/12/2025	Stingrays Champs 2025
385	41.72	L	F	Amber Wylie	12	KNYA EDD	04/10/2025	EDEN 1st A-League Gala 2025
386	41.97	L	F	Mila De Witt	12	HTSA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
387	41.98	L	F	Marné Truter	12	LSKP WBD	31/01/2026	Limpopo School Champs & Limpopo A
388	42.02	L	F	Aishah Bingudza	12	NGU TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
389	42.10	L	F	Alanah Slabbert	12	HAAG UTD	21/02/2026	Uthukela District Gala 5
390	42.17	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026	SA Level 2 Regional Age Group Cham
391	42.22	L	F	Etti Van Niekerk	12	CSA EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
392	42.25	L	F	Lesedi MPOBANE	12	AAS JHB	28/02/2026	AG Level 1 Regional Competition 2026
393	42.29	L	F	Leah Naude	12	BETH FDD	28/02/2026	FSA LEVEL 1 2026
394	42.39	L	P	Nabiha Valli	12	MDOL JHB	27/11/2025	CGA Championships 2025
395	42.46	L	P	Adrienne Meiring	12	PEAS NMA	06/03/2026	SA Level 2 Regional Age Group Cham
396	42.60	L	F	Lizé Labuschagne	12	LSTZN CCD	31/01/2026	Limpopo School Champs & Limpopo A
397	42.84	L	F	Elné Roets	12	GHWK	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
398	42.85	L	F	Suraya Badat	12	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
399	42.88	L	F	Amy Jacobs	12	TYGE CPT	06/02/2026	WCA-B Champs - 2026
400	43.27	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026	FSA LEVEL 1 2026
401	43.33	L	F	Megan Vivier	12	KSSC FBD	29/11/2025	AGE GROUP 4 KBY 2025 - copied - c
402	43.34	L	F	Tayla du Toit	12	FAAC	25/10/2025	FLAMINGO & GOODHOPE GALA 202
403	43.44	L	F	Didintle Sepowane	12	NGU TSH	05/12/2025	2025 The Tshwane Mayor's Gala
404	43.49	L	F	Moneoa Seleke	12	PAC TSH	31/10/2025	NTS Level 1+2 November Age Group :
405	43.53	L	P	Mia du Plessis	12	RBOT BPD	06/12/2025	NWS Championships 2025
406	43.84	L	F	Mianke Lubbe	12	GHWK	18/10/2025	AGE GROUP 1 KIMBERLEY 2025
407	44.02	L	F	Zainab Spruit	12	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
408	44.08	L	F	Tshegofa Tau	12	CPSC TSH	28/02/2026	AG Level 1 Regional Competition 2026
409	44.39	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025	Seagulls Winter Championships 2025
410	44.73	L	F	Emma Rees-Gibbs	12	PGAC EKU	28/02/2026	AG Level 1 Regional Competition 2026
411	44.83	L	F	Anelia Botha	12	BEARS TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
412	45.60	L S	P	Kyra Beissner	12	TCA EKU	04/12/2025	EGA Summer 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			
413	45.88 L	F	Lian Pietersen	12	FIELD BP	13/02/2026	NW School Championships 2026
414	46.08 L	F	Allimone Coetzer	12	TASC MPD	28/11/2025	Limpopo Champs 2025
415	46.26 L	P	Jana Pienaar	12	CSA EZD	05/12/2025	Mpumalanga Championships 2025
416	46.69 L	F	Loago Mmoloke	12	MCSP BPD	13/02/2026	NW School Championships 2026
417	46.97 L	F	Emke Rossouw	12	WAC EDD	14/02/2026	EDEN 5th A-League Gala 2026
418	47.06 L	F	Wakwetsima Makhubele	12	AASC EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
419	47.31 L	F	Simthandile Khumalo	12	SHARP UTD	31/01/2026	UThukela District Gala 4
420	47.41 L	F	Tamary Nsabuyera	12	CUR EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
421	47.72 L S	P	Mphoentle Mmbadi	12	JAQ EKU	04/12/2025	EGA Summer Championships 2025
422	47.78 L	F	Gabby Claassen	12	PEAS NMA	28/06/2025	PEA Winter Gala 2025
423	48.48 L	F	Emma Moothoosamy	12	AAS JHB	28/02/2026	AG Level 1 Regional Competition 2026
424	49.17 L	F	Jaylan De Hoje	12	KSSC FBD	21/02/2026	AGE GROUP 6 KBY 2026
425	49.84 L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
426	49.86 L	F	Neo Chomba	12	BARA EKU	31/01/2026	EGA Last Chance Gala 2026
427	50.01 L	F	Holly Woolmer	12	AAS JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
428	50.10 L	F	Mahlogonolo Phukubje	12	SWISA TSH	31/10/2025	NTS Level 1+2 November Age Group :
429	50.44 L	F	Rushni Baron	12	GAA CPT	21/02/2026	Swartland Invitational Gala 2026
430	50.90 L S	P	Carli Pienaar	12	CLA WCD	04/12/2025	Western Cape LC-A Championship 20
431	51.77 L	F	Bohlale Mokoteli	12	ESP EKU	28/02/2026	AG Level 1 Regional Competition 2026
432	51.81 L	F	Naledi Ramoshebi	12	PWC BP	13/02/2026	NW School Championships 2026
433	51.98 L	F	Onalerona Masoabi	12	PELIC MAN	10/10/2025	Super Seals Annual Gala
434	52.77 L	F	Helizna Schoeman	12	BETH FDD	14/11/2025	Valsrivier Gala
435	53.34 L	F	Ontlametse Padi	12	TUKS TSH	23/01/2026	2026 NTS Sprint Gala
436	53.38 L	F	Hayli Loubser	12	SWAR WCD	21/02/2026	Swartland Invitational Gala 2026
437	55.02 L	F	Melokuhle Maredi	12	NSP EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
438	55.03 L	F	Mia Lessing	12	BETH FDD	28/02/2026	FSA LEVEL 1 2026
439	55.36 L	F	Elizabeth Calitz	12	CUHE QBD	13/02/2026	Winelands SL Fin - February 2026 - cc
440	55.61 L	F	Summer Bosch	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
441	1:01.17 L	F	Mari Ellis	12	LSM EZD	13/02/2026	NW School Championships 2026
442	1:04.77 L	F	Luthando Makunyane	12	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
443	1:08.90 L	F	Lethabo Maseko	12	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
444	1:09.53 L	F	Minehile Malaza	12	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
445	1:19.58 L	F	Ayanda Mngoma	12	SHARP UTD	21/02/2026	Uthukela District Gala 5
446	1:36.65 L	F	Pfano Mudau	12	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
447	1:55.36 L	F	Didintle Mahomed	12	KVP BPD	13/02/2026	NW School Championships 2026
<b>Women 11-12 100 Free</b>							
1	1:02.40 L	F	Olivia Geldart	12	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-2
2	1:04.08 L	F	Sage Lindsay	12	CA EKU	21/03/2026	Sa National JNR Age Group Champs-2
3	1:05.21 L	F	Hayden Perrins	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-2
4	1:05.68 L	F	Grace Johns	12	GAU JHB	24/04/2026	SA Schools Swimming Championship
5	1:05.69 L	F	Ella Johnson	12	CTO CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
6	1:06.42 L	F	Keyla Douglas	12	ROA EDD	09/04/2026	SA Level 3 Regional Age Group Chan
7	1:06.72 L	F	Lily Bailes	12	ECSA BUF	24/04/2026	SA Schools Swimming Championship
8	1:06.96 L	P	Demi Vorster	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-2
9	1:07.12 L	F	Elke Coetsee	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
10	1:07.16 L	P	Ashley Cilliers	12	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-2
11	1:07.39 L	F	Miané Prinsloo	12	ACAQ CCD	26/03/2026	SA Level 3 Regional Age Group Chan
12	1:07.43 L	F	Zara Levi	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
13	1:07.53 L	P	Emily Daniels	12	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-2
14	1:07.77 L	F	Catherine Sebastian	12	MANT CPT	09/04/2026	SA Level 3 Regional Age Group Chan
15	1:07.87 L	F	Pia Swanepoel	12	WCS	24/04/2026	SA Schools Swimming Championship
16	1:07.88 L	F	Annebelle Botha	12	PERS JHB	26/03/2026	SA Level 3 Regional Age Group Chan
17	1:07.90 L	P	Mila Nel	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
18	1:07.95 L	F	Leah Dabrowski	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
19	1:08.26 L	F	Hannah Raphaela Morgado	12	CSA EZD	26/03/2026	SA Level 3 Regional Age Group Chan
20	1:08.44 L	P	Cayden Parfitt	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-2
21	1:08.54 L	F	Neliza Ojwach	12	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
22	1:08.61 L	F	Lisa Le Roux	12	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
23	1:08.82 L	P	Lheané Du Plessis	12	FISH EDD	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			
24	1:09.06	L	P	Arabella Symington	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
25	1:09.34	L	F	Alexi Dandoulakis	12	CA EKU	21/02/2026 EGA Lets Sprint Gala 2026
26	1:09.68	L	F	Hayley Greyvenstein	12	USC BUF	30/01/2026 Infinity Gala 2026
27	1:09.87	L	F	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
28	1:09.92	L	P	Lizanté Bam	12	FSS	24/04/2026 SA Schools Swimming Championship
29	1:10.04	L	P	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
30	1:10.11	L	F	Aphelele Shange	12	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
31	1:10.19	L	P	Lika Baird	12	NC FBD	24/04/2026 SA Schools Swimming Championship
32	1:10.42	L	F	Mila Geldenhuys	12	ACAA CCD	26/03/2026 SA Level 3 Regional Age Group Chan
33	1:10.59	L	P	Mckenzie Dempsey	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
34	1:10.78	L	P	Morgan Booysen	12	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
35	1:11.09	L	F	Ella Niven	12	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
36	1:11.10	L	F	Rebekka Paul	12	WSTV ETH	21/02/2026 KZN Schools Trials 2026
37	1:11.11	L	F	Willow Coleman	12	SEAL UMD	21/02/2026 KZN Schools Trials 2026
38	1:11.35	L	F	Amy-Lee Wood	12	CA EKU	20/09/2025 EGA Summer 1 2025
39	1:11.47	L	P	Kaylie Van der Linde	12	VHD ZLD	26/03/2026 SA Level 3 Regional Age Group Chan
40	1:11.51	L	P	Carli Stoop	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
41	1:11.59	L	F	Tatum Adams	12	PAQU CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
42	1:11.65	L	F	Saskia Gilligan	12	BLMA CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
43	1:11.68	L	P	Zara Komani	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
44*	1:11.71	L	F	Lize Beyers	12	AGAQ QBD	09/04/2026 SA Level 3 Regional Age Group Chan
44*	1:11.71	L	P	Gianna Olivier	12	PAQU CED	09/04/2026 SA Level 3 Regional Age Group Chan
44*	1:11.71	L	F	Emma Oosthuysen	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
47	1:11.78	L	F	Jaime Sprong	12	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
48	1:11.85	L	P	Emma Von Mollendorff	12	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
49	1:11.89	L	P	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
50	1:11.98	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
51	1:12.05	L	P	Miane Bendeman	12	LP CCD	24/04/2026 SA Schools Swimming Championship
52	1:12.08	L	F	Gabriella Glass	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
53	1:12.13	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
54	1:12.19	L	P	Jana Serdyn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
55	1:12.21	L	F	Sophie Chiang	12	WATR JHB	14/02/2026 CGA Last Chance
56	1:12.35	L	P	Naledi Makhanya	12	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
57	1:12.37	L	F	Hannah Stearn	12	INFA NMA	09/10/2025 44th Freda Barnard Invitational Gala
58	1:12.47	L	P	Esther Lubbe	12	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
59	1:12.50	L	F	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
60	1:12.53	L	F	Scarlett Meiring	12	INFA NMA	09/10/2025 44th Freda Barnard Invitational Gala
61	1:12.57	L	F	Beulah vd Merwe	12	MCSF BPD	13/02/2026 NW School Championships 2026
62	1:12.58	L	F	Maria Geyser	12	ELRAS WBD	28/11/2025 Limpopo Champs 2025
63*	1:12.62	L	P	Morgan Burstein	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
63*	1:12.62	L	P	Marli Strydom	12	WCS	24/04/2026 SA Schools Swimming Championship
65	1:12.86	L	F	Sydney Kuhn	12	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
66*	1:12.90	L	P	Kyla Short	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
66*	1:12.90	L	F	Mariane Labuschagne	12	FISH EDD	22/11/2025 Eden LC Champs 2025
68	1:12.92	L	F	Anzel Smit	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
69	1:12.93	L	F	Nissi Mtetwa	12	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
70	1:13.03	L	P	Jaime-Lynn Vermeulen	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
71*	1:13.14	L	P	Colleen McQueen	12	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
71*	1:13.14	L	P	Yamakhuze Loni	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
73	1:13.18	L	P	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
74	1:13.22	L	P	Isabella Knight	12	WATR JHB	27/11/2025 CGA Championships 2025
75	1:13.23	L	P	Khloe Mesquita	12	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
76	1:13.28	L	P	Skyla Nadauld	12	BLUO UGD	26/03/2026 SA Level 3 Regional Age Group Chan
77	1:13.40	L	P	Naomi Mahlangu	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
78	1:13.49	L	P	Kate Pieterse	12	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
79	1:13.50	L	F	Faye Webb	12	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
80	1:13.54	L	P	Tyla Abel	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
81	1:13.59	L	P	Nicola Nysschen	12	KTS	26/03/2026 SA Level 3 Regional Age Group Chan
82	1:13.64	L	F	Layla Palframan	12	SEAL UMD	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				
83	1:13.75	L	F	Jeanine Goosen	12	BLNE MAN	14/02/2026	MA LAST CHANCE GALA
84*	1:13.85	L	P	Elle Lingerfelder	12	AA JHB	27/11/2025	CGA Championships 2025
84*	1:13.85	L	F	Tiisetso Makhatho	12	ESP EKU	31/01/2026	EGA Last Chance Gala 2026
86	1:13.88	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	21/02/2026	KZN Schools Trials 2026
87	1:13.92	L	P	Emma Gibson-Taylor	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Cham
88*	1:13.98	L	P	Emma Roets	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
88*	1:13.98	L	P	Kayden Jack	12	GAU JHB	24/04/2026	SA Schools Swimming Championship
90	1:14.00	L	F	Isabel Helberg	12	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
91	1:14.10	L	F	Lea Noble	12	BLMA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
92	1:14.16	L S	P	Courtney Grant	12	ACES ETH	18/12/2025	KZN Premier Provincial Championship
93	1:14.25	L	F	Janke Bresler	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
94	1:14.35	L	P	Paige Oliphant	12	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
95	1:14.42	L	P	Aria Benade	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
96	1:14.49	L	P	Emma Ranger	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
97	1:14.56	L	F	Zen�y De Beer	12	CSA EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
98	1:14.70	L	P	Skyler Muller	12	HARL BUF	09/04/2026	SA Level 3 Regional Age Group Chan
99	1:14.87	L	P	Alyssa Fragoso de Almeida	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
100	1:14.92	L	F	Ymeri Wilken	12	VALS FDD	30/03/2026	SA Level 2 Regional Age Group Cham
101	1:15.06	L	P	Alexa Kuhn	12	CASC CPT	26/03/2026	SA Level 3 Regional Age Group Chan
102	1:15.07	L	F	Lily Marais	12	FISH EDD	22/11/2025	Eden LC Champs 2025
103	1:15.09	L	P	Puleng Masemene	12	GAU JHB	24/04/2026	SA Schools Swimming Championship
104*	1:15.20	L	F	Lianka Spies	12	GHS BPD	13/02/2026	NW School Championships 2026
104*	1:15.20	L	P	Mienke Kemp	12	TNDER FDD	30/03/2026	SA Level 2 Regional Age Group Cham
106	1:15.31	L	P	Makayla Stoltz	12	PER JHB	27/11/2025	CGA Championships 2025
107	1:15.38	L	F	Janel Van der Merwe	12	UNI EZD	29/03/2026	SA Level 2 Regional Age Group Cham
108	1:15.40	L	P	Taya Thompson	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
109	1:15.47	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
110	1:15.49	L	F	Sophie Chong	12	CYBE CPT	14/02/2026	CTA Elite Gala (L3+)
111	1:15.58	L	P	Harley Knudsen	12	PGAC EKU	26/03/2026	SA Level 3 Regional Age Group Chan
112	1:15.62	L S	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
113	1:15.64	L	P	Gia Warby	12	TRAZ TSH	29/03/2026	SA Level 2 Regional Age Group Cham
114	1:15.66	L	F	Nienke Eksteen	12	VALS FDD	30/03/2026	SA Level 2 Regional Age Group Cham
115*	1:15.68	L	F	Lea Dornbrack	12	WELL CED	22/11/2025	Swartland Prestige Gala 2025
115*	1:15.68	L	P	Mamoso Ramokgopa	12	LP CCD	24/04/2026	SA Schools Swimming Championship
117	1:15.72	L	F	Sia Lemmer	12	ESA CED	22/11/2025	Swartland Prestige Gala 2025
118	1:15.75	L	P	Annabelle Ras	12	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
119	1:15.86	L	P	Mackenzi Dart	12	ECSA BUF	24/04/2026	SA Schools Swimming Championship
120	1:15.91	L	P	Lisan Joubert	12	NC FBD	24/04/2026	SA Schools Swimming Championship
121*	1:15.98	L	F	An� Venter	12	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
121*	1:15.98	L	F	Izelda Meyer	12	VHD ZLD	31/03/2026	SA Level 2 Regional Age Group Cham
123	1:15.99	L	P	Mercedes Jaftha	12	MANT CPT	06/03/2026	SA Level 2 Regional Age Group Cham
124	1:16.02	L	P	Tenley Fowler	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
125	1:16.03	L	F	Zane Kroon	12	AGAQ OBD	13/02/2026	Winelands SL Fin - February 2026 - cc
126	1:16.04	L	P	Mia Mostert	12	AWIN TSH	29/03/2026	SA Level 2 Regional Age Group Cham
127	1:16.15	L	P	Lilly-Mae Smith	12	SOUL EKU	04/12/2025	EGA Summer Championships 2025
128	1:16.22	L	F	Olivia Berry	12	BEST NMA	12/12/2025	NMBA Championships 2025
129	1:16.23	L	F	Amelia Lange	12	STAQ CED	06/02/2026	WCA-B Champs - 2026
130	1:16.28	L	F	Simone Zoutendyk	12	VASTR BPD	13/02/2026	NW School Championships 2026
131	1:16.43	L	F	Maya Brown	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
132*	1:16.70	L	P	Gabriella Scott	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
132*	1:16.70	L	F	Alexa Martin	12	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
134	1:16.71	L	F	Isabella Van Breda	12	BLS KK	13/02/2026	NW School Championships 2026
135	1:16.72	L	F	Kyra Du Preez	12	USC BUF	12/12/2025	NMBA Championships 2025
136	1:16.78	L	P	Emily Marais	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
137	1:16.80	L	P	Murunwa Thidiela	12	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
138	1:16.85	L	P	Mieke Steinbach	12	NC FBD	24/04/2026	SA Schools Swimming Championship
139	1:16.88	L	P	Sia Broncho	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
140	1:16.90	L	F	Kethelo Mkhize	12	USH KCD	31/03/2026	SA Level 2 Regional Age Group Cham
141	1:16.92	L	P	Isabel Smith	12	USC BUF	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			
142	1:16.96	L	P	Charlotte Olver	12	ELEC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
143	1:17.00	L	F	Mambay Banza	12	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
144	1:17.14	L	F	Alexia Tranter	12	SSISA	CPT 20/09/2025 CTA INVITATIONAL LC MEET
145*	1:17.19	L	P	Hayley Liedeman	12	SWAR	WCD 26/03/2026 SA Level 3 Regional Age Group Cham
145*	1:17.19	L	P	Jasmine Smith	12	WATR	JHB 27/11/2025 CGA Championships 2025
147	1:17.20	L	F	Engela Klopper	12	USC	BUF 28/11/2025 BCA Long Course Championships 202
148*	1:17.26	L	F	Mari Haasbroek	12	EXP	FSH 31/10/2025 NTS Level 1+2 November Age Group :
148*	1:17.26	L	F	Bela Davis-Taylor	12	INFA	NMA 30/01/2026 Infinity Gala 2026
150	1:17.27	L	F	Yolayne Aucamp	12	TNDER	FDD 03/12/2025 Free State Champs 2025
151	1:17.35	L	P	Elizabeth Dornon	BN	VASA	EKU 26/03/2026 SA Level 3 Regional Age Group Cham
152	1:17.46	L	P	Sophia Ebrahim	12	ESP	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
153	1:17.48	L	P	MACKENZIE Jansen Van Rensburg	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
154	1:17.59	L	P	Mia Pretorius	12	TINC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
155	1:17.63	L	P	Gabriella Shaw	12	CTO	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
156	1:17.67	L	P	Annabelle Van Wyk	12	LALE	GED 06/03/2026 SA Level 2 Regional Age Group Cham
157	1:17.80	L	F	Reatile Ntidi	12	NWUC	KKD 28/02/2026 NWS Last Chance 2026
158	1:17.87	L	P	Olivia Odendaal	12	HPS	FSH 10/12/2025 NTS Championships 2025
159	1:17.89	L	P	Imke Kraamwinkel	12	RFA	FSH 30/03/2026 SA Level 2 Regional Age Group Cham
160	1:17.96	L	P	Mieke Pretorius	12	CA	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
161	1:17.98	L	F	Miane Steyn	12	LEGC	ETH 15/11/2025 KZN Junior Championships 2025
162	1:18.03	L	P	Ella Arnold	12	SASE	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
163	1:18.12	L	F	Ashlynn Shaw	12	PAC	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
164	1:18.21	L	P	Kyra De Oliveira	12	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
165	1:18.22	L	P	Blye Mitchell	12	ELEC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
166	1:18.25	L	P	Nduvho Rabambi	12	BULS	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
167	1:18.35	L	P	Astrid Saul	12	BLMA	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
168	1:18.39	L	P	Mufaro Kachisi	12	WSTV	ETH 26/03/2026 SA Level 3 Regional Age Group Chan
169	1:18.42	L	P	Emma Arendse	12	MANT	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
170	1:18.43	L	F	Klara Ochse	12	PLAY	GED 21/02/2026 Swartland Invitational Gala 2026
171	1:18.45	L	F	Mieke Moolman	12	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
172*	1:18.49	L	P	Gianna Onkruid	12	UWCA	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
172*	1:18.49	L	F	Kayla Pieterse	12	AOLY	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
174	1:18.52	L	F	Phoebe Josiah	12	PSCP	UMD 15/11/2025 KZN Junior Championships 2025
175	1:18.60	L	P	Lua Heyns	12	DDA	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
176	1:18.64	L	F	Suriè-Rose Potgieter	12	TYGE	CPT 06/02/2026 WCA-B Champs - 2026
177	1:18.65	L	F	Jane Tredoux	12	BLNE	MAN 03/12/2025 Free State Champs 2025
178	1:18.75	L	F	Daniella Louw	12	BLOT	MAN 07/11/2025 Otters Prestige Gala 2025
179	1:18.81	L	P	Nika Loots	12	PELIC	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
180	1:18.82	L	F	Emma Du Toit	12	BLOT	MAN 03/12/2025 Free State Champs 2025
181	1:19.03	L	P	Leah Schemel	12	HARL	BUF 09/04/2026 SA Level 3 Regional Age Group Chan
182	1:19.09	L	P	Amani Sausi	12	AZON	ETH 26/03/2026 SA Level 3 Regional Age Group Chan
183	1:19.11	L	F	Rebecca Verster	12	CA	EKU 31/01/2026 EGA Last Chance Gala 2026
184	1:19.12	L	P	Mia (B) Venter	12	AWIN	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
185	1:19.15	L	F	Rachel Talanda	12	HDAQ	MPD 28/11/2025 Limpopo Champs 2025
186	1:19.23	L	P	Amber Gewer	12	MDOL	JHB 26/03/2026 SA Level 3 Regional Age Group Chan
187	1:19.24	L	F	Thalia Breedt	12	KSC	EZD 05/12/2025 Mpumalanga Championships 2025
188	1:19.26	L	F	Danika Brynard	12	STSC	KCD 07/02/2026 KCDA Age Group 5 2026
189	1:19.29	L	F	Leila Burden	12	CASC	CPT 06/02/2026 WCA-B Champs - 2026
190	1:19.42	L	P	Milea Louw	12	TYGE	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
191	1:19.45	L	F	Adison Gericke	12	USC	BUF 12/12/2025 NMBA Championships 2025
192	1:19.49	L	P	Bukata Mwanza	12	ESP	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
193	1:19.50	L S	P	Holly Couzens	12	WSTV	ETH 18/12/2025 KZN Premier Provincial Championship
194*	1:19.61	L	P	Elmi Koen	12	ESA	GED 06/03/2026 SA Level 2 Regional Age Group Cham
194*	1:19.61	L	F	Luze Potgieter	12	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
196	1:19.66	L	F	Erin Shekel	12	CYBE	CPT 29/11/2025 CTA B CHAMPS 2025
197	1:19.68	L	P	Milla Swart	12	OLDE	JHB 26/03/2026 SA Level 3 Regional Age Group Chan
198	1:19.91	L	F	Georgia Morte	12	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
199*	1:19.94	L	F	Emma McCallum	12	USC	BUF 12/12/2025 NMBA Championships 2025
199*	1:19.94	L	P	Lynette Rust	12	RFA	FSH 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			
201	1:19.97	L	P	Melody Coetzee	12	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
202	1:19.98	L	F	Klara Barkhuysen	12	ASAC CPT	06/02/2026 WCA-B Champs - 2026
203	1:19.99	L	F	Lienke Bester	12	HREF BP	06/12/2025 NWS Championships 2025
204	1:20.00	L	F	Leanke Loots	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
205	1:20.08	L	P	Shalom Mtileni	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
206	1:20.18	L	P	Darshana Pillay	12	MDOL JHB	27/11/2025 CGA Championships 2025
207	1:20.20	L	F	Lia Pretorius	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
208	1:20.21	L	F	Riandi Muller	12	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
209	1:20.22	L	P	Mpho Kutumane	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
210	1:20.23	L	F	Annabel Botha	12	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
211	1:20.34	L	F	Elmine Opperman	12	KTS	25/10/2025 FLAMINGO & GOODHOPE GALA 202
212*	1:20.35	L	P	Mika Pelser	12	OLDE JHB	27/11/2025 CGA Championships 2025
212*	1:20.35	L	F	Abigail Haupt	12	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
214	1:20.36	L	P	Lily Van Zyl	12	ESA CED	04/12/2025 Western Cape LC-A Championship 20
215	1:20.44	L	F	Razaanah Essex	12	RETR CPT	29/11/2025 CTA B CHAMPS 2025
216	1:20.46	L	P	Catherine Couch	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
217	1:20.51	L	P	Lily Brown	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
218	1:20.53	L	F	Inge Jv Vuuren	12	SS MPD	28/11/2025 Limpopo Champs 2025
219*	1:20.65	L	P	Jolie Chabilall	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
219*	1:20.65	L	P	Lethabo Rikhotso	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
221	1:20.67	L	F	Kendre Lynch	12	SWIM1 JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
222	1:20.73	L	P	Emma Vorster	12	HPS FSH	10/12/2025 NTS Championships 2025
223	1:20.81	L	F	Lienke Rossouw	12	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
224	1:20.91	L	P	Leané Bruwer	12	SWAR WCD	04/12/2025 Western Cape LC-A Championship 20
225	1:21.22	L	F	Mika Philander	12	SAAW CPT	29/11/2025 CTA B CHAMPS 2025
226	1:21.24	L S	F	Georgia Steyn	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
227	1:21.25	L	P	Zandri Sheepers	12	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
228	1:21.31	L	F	Jaunté Duvenage	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
229	1:21.44	L	P	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
230	1:21.46	L	P	Pradhia Singh	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
231	1:21.51	L	F	Hayley Downs	12	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
232	1:21.64	L	F	Bianca Van der Westhuizen	12	EVO CPT	21/02/2026 Swartland Invitational Gala 2026
233	1:21.73	L	P	Aiva Van der Zandt	12	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
234	1:21.81	L	F	Mikayla De Witte	12	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
235	1:21.84	L	P	Zani Hager	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
236	1:21.85	L	P	Vida Olivier	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
237	1:21.99	L	P	Alyssa Bosch	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
238	1:22.04	L	P	Isabelle de Beer	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
239	1:22.09	L	F	Tanya Loots	12	TYGE CPT	06/02/2026 WCA-B Champs - 2026
240	1:22.12	L	P	Amber Wylie	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
241	1:22.14	L	F	Olivia Joubert	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
242	1:22.25	L	P	Kyla Coetzee	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
243*	1:22.26	L	F	Tebogo Machaba	12	PER JHB	14/02/2026 CGA Last Chance
243*	1:22.26	L	P	Maria De Klerk	12	BS LLD	03/12/2025 Free State Champs 2025
245	1:22.36	L	P	Oarerata Modiole	12	TRAZ FSH	29/03/2026 SA Level 2 Regional Age Group Cham
246	1:22.41	L	F	Eliana Woldemariam	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
247	1:22.42	L	F	Lebogang Maredi	12	SS MPD	28/11/2025 Limpopo Champs 2025
248	1:22.45	L	F	Emma Gutsche	12	POLSC CCD	31/01/2026 Limpopo School Champs & Limpopo A
249	1:22.68	L	P	Ella Tarr	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
250	1:22.83	L	F	Maya Chelin	12	H2O EKU	31/01/2026 EGA Last Chance Gala 2026
251	1:22.94	L	F	Kirsten Schnehage	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
252	1:23.00	L	F	Cari Kriel	12	LALE CED	06/02/2026 WCA-B Champs - 2026
253	1:23.12	L	F	Wyllow Halse	12	USC BUF	28/11/2025 BCA Long Course Championships 202
254	1:23.15	L	F	Kelsey Sloan	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
255	1:23.17	L	F	Stella van Staden	12	CENP BUF	14/02/2026 BCSA School Trials 2026
256	1:23.19	L	F	Rouxlé Sauer	12	POTC KKD	06/12/2025 NWS Championships 2025
257	1:23.22	L	F	Alae Loots	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
258	1:23.30	L	F	Emily Johnson	12	ANAX CPT	29/11/2025 CTA B CHAMPS 2025
259	1:23.32	L	F	Thea-Mari Fonternel	12	EGA MAN	23/01/2026 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			
260	1:23.51	L	P	Amy Cloete	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
261	1:23.61	L	F	Leah Vos	12	UNIU EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
262*	1:23.64	L	P	Rachel Johnson	12	BARA ECU	04/12/2025 EGA Summer Championships 2025
262*	1:23.64	L	F	Katie Jacobs	12	STSC KCD	06/12/2025 Stingrays Champs 2025
264	1:23.66	L	P	Marlien Nell	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
265	1:23.70	L	P	Lacey Hodgkinson	12	SWIFT ECU	29/03/2026 SA Level 2 Regional Age Group Cham
266	1:23.72	L	P	Alexia Botha	12	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
267	1:23.77	L	F	Amaris Kirchner	12	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
268	1:24.02	L	P	Mione Fischer	12	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
269	1:24.10	L	F	Sinakhokonke Bhengu	12	PSCP UMD	30/03/2026 KZNA Level 1 Championships
270	1:24.11	L	P	Madison Jarrard	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
271	1:24.34	L	F	Ilanca Smuts	12	PPARK BP	13/02/2026 NW School Championships 2026
272	1:24.41	L	P	Baylee-Rae Duffield	12	CRSC JHB	27/11/2025 CGA Championships 2025
273	1:24.47	L	P	Britney Vermeulen	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
274	1:24.48	L	F	Mia De Lange	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
275	1:24.53	L	F	Marzané Fourie	12	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
276	1:24.54	L	F	Elma Delpont	12	BLSS MAN	03/12/2025 Free State Champs 2025
277	1:24.55	L	F	Zanita Khamanga	12	LEGC ETH	30/03/2026 KZNA Level 1 Championships
278	1:24.65	L	P	Rachel Saltzman	12	ESTR ECU	29/03/2026 SA Level 2 Regional Age Group Cham
279	1:24.74	L	P	Kayla Wessels	12	BLOT MAN	03/12/2025 Free State Champs 2025
280	1:24.75	L	F	Anneske Smith	12	KTS	07/02/2026 NC SPRINTS 2026
281	1:24.78	L	P	Otlile Molamu	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
282	1:24.88	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
283	1:24.93	L	F	Tayla Eden	12	TRAZ TSH	31/10/2025 NTS Level 1+2 November Age Group :
284	1:24.96	L	F	Annique Bester	12	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
285	1:25.04	L	P	Kagiso Motuku	12	ESP ECU	29/03/2026 SA Level 2 Regional Age Group Cham
286	1:25.11	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025 Free State Champs 2025
287	1:25.16	L	P	Caitlin Byliefeldt	12	MAKO ECU	04/12/2025 EGA Summer Championships 2025
288	1:25.24	L	F	Ashley Du Randt	12	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
289	1:25.38	L	P	Mariandi Bredenkamp	12	BS LLD	03/12/2025 Free State Champs 2025
290	1:25.39	L	F	Lara Engels	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
291	1:25.42	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
292	1:25.43	L	F	Ale Mentz	12	KTS	14/02/2026 KALAHARI CLASSIC 2026
293	1:25.44	L	P	Araiya Naidoo	12	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
294	1:25.47	L	P	Ava Stevens	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Cham
295	1:25.56	L	F	Lusanele Qusheka	12	BEST NMA	19/07/2025 1st A League Gala 2025
296	1:25.57	L	P	Mari Sterne	12	STAQ CED	06/03/2026 SA Level 2 Regional Age Group Cham
297	1:25.59	L	F	Amelia Van Lill	12	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
298	1:25.61	L	P	Ava Du Preez	12	BEAV ETH	31/03/2026 SA Level 2 Regional Age Group Cham
299	1:25.72	L	F	Gcinizwi Dom	12	HPPS BUF	14/02/2026 BCSA School Trials 2026
300	1:25.78	L	P	Annabelle Els	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
301	1:25.88	L	F	Anchen Schoeman	12	BS LLD	03/12/2025 Free State Champs 2025
302	1:26.07	L	P	Michaela Kröger	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
303	1:26.23	L	P	Emily Fryer	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
304	1:26.29	L	F	Helana Pretorius	12	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
305	1:26.34	L	F	Leah Kotze	12	BULS MAN	24/10/2025 Neptunes Gala
306	1:26.41	L	F	Anna Charlton	12	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
307	1:26.85	L	P	Miele' Loftus	12	BULS MAN	03/12/2025 Free State Champs 2025
308	1:27.02	L	F	Ava Candiotes	12	GHS BPD	13/02/2026 NW School Championships 2026
309	1:27.03	L	F	Imtihaal Abrahams	12	WALM CPT	06/02/2026 WCA-B Champs - 2026
310	1:27.04	L	F	Annabel Marais	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2t
311	1:27.13	L	F	Abigail Wilson	12	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
312	1:27.25	L	F	Tshilidzi Rakhumba	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2t
313	1:27.28	L	F	Beatrisa Kotkljar	12	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
314	1:27.39	L	P	Ava Gordon	12	SWIFT ECU	04/12/2025 EGA Summer Championships 2025
315	1:27.50	L	F	Nikita Erasmus	12	VASTR BPD	13/02/2026 NW School Championships 2026
316	1:27.72	L	F	Carla Swart	12	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
317	1:27.73	L	F	Hayleigh Roux	12	VREDE TMD	14/11/2025 Valsrivier Gala
318	1:27.78	L	P	Reese Barnsley	12	PER 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				
319	1:27.83	L	P	Emily Greffrath	12	BEAV	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
320	1:27.84	L	F	Cato Erasmus	12	BETH	FDD	10/10/2025 Super Seals Annual Gala
321	1:28.03	L	F	Ilé Fourie	12	SS	MPD	28/11/2025 Limpopo Champs 2025
322	1:28.08	L	F	Milly Kriek	12	BEARS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
323	1:28.10	L	P	Sisanda Msomi	12	USH	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
324	1:28.32	L	F	Neri Upton	12	BLOT	MAN	05/09/2025 Bullsharks Gala
325	1:28.43	L	P	Sophia Katzke	12	PER	JHB	27/11/2025 CGA Championships 2025
326	1:28.53	L	F	Motheo Leshilo	12	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
327	1:28.57	L	F	Emily Black	12	HTSA	CPT	29/11/2025 CTA B CHAMPS 2025
328	1:28.59	L	P	Beersheba Negash	12	BARA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
329	1:28.74	L	F	Lehanri Cronje	12	NSAD	EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
330	1:28.75	L	F	Jade Keys	12	WAC	EDD	22/11/2025 Eden LC Champs 2025
331	1:28.84	L	F	Gemma Kenning	12	MAKO	EKU	28/02/2026 AG Level 1 Regional Competition 202f
332	1:28.87	L	F	Reabetswe Raphuti	12	GHS	BPD	13/02/2026 NW School Championships 2026
333	1:28.95	L	F	Skylin Koupis	12	BLOT	MAN	23/08/2025 KOVSIE GALA
334	1:29.02	L	F	Kayla Coetzee	12	VALS	FDD	07/11/2025 Otters Prestige Gala 2025
335	1:29.08	L	F	Nina Murray	12	DDA	FSH	28/02/2026 AG Level 1 Regional Competition 202f
336	1:29.47	L	F	Zete Adonis	12	PAQU	GED	06/02/2026 WCA-B Champs - 2026
337	1:29.50	L	P	Emma Botha	12	AASC	EZD	29/03/2026 SA Level 2 Regional Age Group Cham
338	1:29.61	L	P	Lize-Mari Cloete	12	BS	LLD	03/12/2025 Free State Champs 2025
339	1:29.75	L	P	Danelle Louw	12	BULS	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
340	1:29.87	L	F	Oreneile Modimola	12	NGU	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
341	1:29.89	L	F	Ella Silke	12	LALE	GED	06/02/2026 WCA-B Champs - 2026
342	1:29.96	L	F	Kuyandokuhle Mdlouu	12	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
343	1:30.01	L	P	Adelle Luttig	12	UPSK	ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
344	1:30.08	L	F	Mary-Lee McMinn	12	TCA	EKU	20/09/2025 EGA Summer 1 2025
345	1:30.14	L	F	Humaira Doha	12	MARL	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
346	1:30.37	L	F	Madison Abrahams	12	DRGN	JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
347	1:30.42	L	F	Ruvarashe Karibata	12	OHAN	ILD	15/11/2025 KZN Junior Championships 2025
348	1:30.50	L	P	Isabella Purdon	12	SWIM1	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
349	1:30.64	L	F	Lene Brecher	12	PSA	ZLD	30/03/2026 KZNA Level 1 Championships
350	1:31.15	L	F	Emily Bestbier	12	WAC	EDD	22/11/2025 Eden LC Champs 2025
351	1:31.20	L	F	Kaitlyn Curtis	12	BLUO	UGD	06/10/2025 Seagulls Winter Championships 2025
352	1:31.21	L	F	Emily Harris	12	SASE	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
353*	1:31.56	L	F	Mia Schraader	12	SOUL	EKU	28/02/2026 AG Level 1 Regional Competition 202f
353*	1:31.56	L	F	Rita Rouillard	12	PSA	ZLD	30/03/2026 KZNA Level 1 Championships
355	1:31.64	L	F	Mia Erasmus	12	DORE	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
356	1:31.76	L	F	Isabelle Van Rooyen	12	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
357	1:31.77	L	P	Emma Maritz	12	BLUO	UGD	31/03/2026 SA Level 2 Regional Age Group Cham
358	1:31.89	L	F	Islay-Rose Strever	12	UNIC	CCD	31/01/2026 Limpopo School Champs & Limpopo A
359	1:32.12	L	F	Sofia Mohamed	12	ATLA	JHB	28/02/2026 AG Level 1 Regional Competition 202f
360	1:32.17	L	F	Tshegofatso Kwadjo	12	TUKS	FSH	28/02/2026 AG Level 1 Regional Competition 202f
361	1:32.27	L	F	Emme Wessels	12	BETH	FDD	26/09/2025 Pelicans Gala..
362	1:32.29	L	F	Mari-Hane Visser	12	KALA		21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
363	1:32.43	L	F	Dané Combrinck	12	TUKS	FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
364	1:32.47	L	P	Liane Jordaan	12	UPSK	ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
365	1:32.60	L	P	Mika Vd Merwe	12	AWSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
366	1:32.73	L	F	Leah Brand	12	KNYA	EDD	22/11/2025 Eden LC Champs 2025
367	1:32.76	L	P	Juanika White	12	SWIMS	EKU	04/12/2025 EGA Summer Championships 2025
368	1:33.15	L	P	Daniella-Mohapi Lebogo	12	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
369	1:33.67	L	F	Suraya Badat	12	SEAL	UMD	06/10/2025 Seagulls Winter Championships 2025
370	1:33.71	L	F	Sophia Lamprecht	12	BARR	CPT	29/11/2025 CTA B CHAMPS 2025
371	1:33.72	L	F	Amani Alli	12	ATLA	JHB	28/02/2026 AG Level 1 Regional Competition 202f
372*	1:33.96	L	F	Saige Le Roux	12	BAS	EKU	31/01/2026 EGA Last Chance Gala 2026
372*	1:33.96	L	P	Hannah Rosholt	12	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
374	1:34.10	L	F	Makayla Mbongeh	12	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
375	1:34.22	L	F	Nicola Johl	12	SWISA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
376	1:34.66	L	P	Nabiha Valli	12	MDOL	JHB	27/11/2025 CGA Championships 2025
377	1:34.82	L	F	Summer Coetser	12	SGUL	ETH	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			
378	1:34.86	L	F	Amy Palmer	12	WEST CPT	21/02/2026 Swartland Invitational Gala 2026
379	1:35.01	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 2026
380	1:35.34	L	F	Codi May	12	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
381	1:35.35	L	F	Kharlyn Gysman	12	CAMPB BUF	14/02/2026 BCSA School Trials 2026
382	1:35.64	L	F	Kenzie Murugan	12	STSC KCD	31/01/2026 uShaka Champs 2026
383	1:36.04	L	F	Leah Naude	12	BETH FDD	28/02/2026 FSA LEVEL 1 2026
384	1:36.13	L	F	Dita Schaal	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
385	1:36.42	L	F	Lily Jones	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
386	1:36.53	L	F	Marné Truter	12	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
387	1:36.92	L	F	Kamila Mohapi	12	ESTR EKU	20/09/2025 EGA Summer 1 2025
388	1:36.99	L	F	Elné Roets	12	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
389	1:37.10	L	F	Dava Symes	12	CHSA CPT	06/02/2026 WCA-B Champs - 2026
390	1:37.81	L	F	Aishah Bingudza	12	NGU TSH	28/02/2026 AG Level 1 Regional Competition 2026
391	1:37.82	L	F	Zoe Danha	12	CSA EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2026
392	1:37.92	L	F	Alanah Slabbert	12	HAAG UTD	21/02/2026 Uthukela District Gala 5
393	1:37.96	L	F	Jennah Collen	12	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
394	1:38.38	L	F	Lesedi MPOBANE	12	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
395	1:38.39	L	F	Ella De Nobrega	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
396	1:38.44	L	F	Ariya Ahir	12	AQUA UTD	21/02/2026 Uthukela District Gala 5
397	1:39.05	L	F	Zainab Spruit	12	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
398	1:39.19	L	F	Kyra Beissner	12	TCA EKU	28/02/2026 AG Level 1 Regional Competition 2026
399	1:39.51	L	P	Faythe Evans	12	RACE JHB	27/11/2025 CGA Championships 2025
400	1:39.63	L	F	Etlí Van Niekerk	12	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
401	1:39.80	L	F	Emma Rees-Gibbs	12	PGAC EKU	31/01/2026 EGA Last Chance Gala 2026
402	1:39.92	L	F	Phiyayinkosi Msuthu	12	HARL BUF	28/11/2025 BCA Long Course Championships 2026
403	1:39.94	L	F	Mila De Witt	12	HTSA CPT	06/02/2026 WCA-B Champs - 2026
404	1:40.28	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025 Seagulls Winter Championships 2025
405	1:40.67	L	F	Moneoa Seleke	12	PAC TSH	13/02/2026 NTS Level 1+2 February Age Group 2026
406	1:41.03	L	F	Alexandria Joubert-Winn	12	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
407	1:41.27	L	F	Tayla du Toit	12	FAAC	23/08/2025 KOVSIE GALA
408	1:41.66	L	F	Emma Ku	12	MDOL JHB	14/02/2026 CGA Last Chance
409	1:42.09	L	F	Mikayla Hanneman	12	GHS BPD	13/02/2026 NW School Championships 2026
410	1:42.27	L	F	Megan Vivier	12	KSSC FBD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
411	1:43.57	L	F	Nqobile Kakana	12	LEBII BP	13/02/2026 NW School Championships 2026
412	1:43.64	L	F	Lizé Labuschagne	12	TASC MPD	28/11/2025 Limpopo Champs 2025
413	1:43.78	L	F	Anke Pretorius	12	STEL RMD	13/02/2026 NW School Championships 2026
414	1:43.99	L	F	Kim Van Reenan	12	STSC KCD	06/12/2025 Stingrays Champs 2025
415	1:44.14	L	P	Mphoentle Mmbadi	12	JAQ EKU	04/12/2025 EGA Summer Championships 2025
416	1:44.60	L	F	Emily Muijs	12	STAQ CED	09/10/2025 44th Freda Barnard Invitational Gala
417	1:44.71	L	F	Tshegofa Tau	12	CPSC TSH	28/02/2026 AG Level 1 Regional Competition 2026
418	1:45.80	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026 FSA LEVEL 1 2026
419	1:46.59	L	F	Refiloe Senyatsi	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
420	1:48.99	L	F	Reneilwe Tsunke	12	BLOT MAN	03/12/2025 Free State Champs 2025
421	1:49.63	L	F	Mia du Plessis	12	RBOT BPD	06/12/2025 NWS Championships 2025
422	1:49.70	L	F	Allimone Coetzer	12	TASC MPD	28/11/2025 Limpopo Champs 2025
423	1:50.42	L	F	Simthandile Khumalo	12	SHARP UTD	30/03/2026 KZNA Level 1 Championships
424	1:51.66	L	F	Helizna Schoeman	12	BETH FDD	14/11/2025 Valsrivier Gala
425	1:52.66	L S	F	Carli Pienaar	12	CLA WCD	04/12/2025 Western Cape LC-A Championship 2026
426	1:53.24	L	F	Holly Woolmer	12	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
427	1:53.32	L	F	Neo Chomba	12	BARA EKU	28/02/2026 AG Level 1 Regional Competition 2026
428	1:54.74	L	F	Mahlogonolo Phukubje	12	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
429	1:55.81	L	F	Jana Pienaar	12	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
430	1:57.51	L	F	Bohlale Mokoteli	12	ESP EKU	28/02/2026 AG Level 1 Regional Competition 2026
431	1:58.10	L	F	Gabby Claassen	12	PEAS NMA	28/06/2025 PEA Winter Gala 2025
432	1:58.40	L	F	Loago Mmoloke	12	MCSP BPD	13/02/2026 NW School Championships 2026
433	2:03.38	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	21/02/2026 AGE GROUP 6 UPT 2026 - copied
434	2:03.39	L	F	Emma Moothoosamy	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
435	2:04.90	L	F	Hayli Loubser	12	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
436	2:05.76	L	F	Mia Lessing	12	BETH FDD	28/02/2026 FSA LEVEL 1 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				
437	2:07.95 L	F	Onalerona Masoabi	12	PELIC MAN	10/10/2025	Super Seals Annual Gala	
438	2:09.68 L	F	Elizabeth Calitz	12	CUHE ØBD	09/10/2025	44th Freda Barnard Invitational Gala	
439	2:10.90 L	F	Summer Bosch	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025	
<b>Women 11-12 200 Free</b>								
1	2:16.00 L	F	Sage Lindsay	12	CA EKU	21/03/2026	Sa National JNR Age Group Champs-	
2	2:16.99 L	F	Olivia Geldart	12	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-	
3	2:17.20 L	F	Ella Johnson	12	CTO CPT	21/03/2026	Sa National JNR Age Group Champs-	
4	2:23.37 L	P	Demi Vorster	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
5	2:23.48 L	P	Grace Johns	12	OHAN HLD	21/03/2026	Sa National JNR Age Group Champs-	
6	2:24.91 L	P	Alexi Claassen	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
7	2:27.95 L	F	Lily Bailes	12	CHSA CPT	28/02/2026	Eastern Cape School Provincial Trials	
8	2:28.02 L	F	Hayden Perrins	12	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc	
9	2:28.68 L	P	Emily Daniels	12	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-	
10	2:29.25 L	F	Keyla Douglas	12	ROA EDD	09/04/2026	SA Level 3 Regional Age Group Chan	
11	2:29.59 L	F	Alexi Dandoulakis	12	CA EKU	26/03/2026	SA Level 3 Regional Age Group Chan	
12	2:29.60 L	F	Neliza Ojwach	12	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan	
13	2:29.80 L	F	Miané Prinsloo	12	ACAQ CCD	26/03/2026	SA Level 3 Regional Age Group Chan	
14	2:30.08 L	F	Arabella Symington	12	ACES ETH	18/12/2025	KZN Premier Provincial Championship	
15	2:30.18 L	P	Leah Dabrowski	12	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20	
16	2:30.26 L	F	Zara Levi	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
17	2:30.34 L	F	Annebelle Botha	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
18	2:30.40 L	P	Ashley Cilliers	12	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-	
19	2:30.70 L	F	Lheané Du Plessis	12	FISH EDD	09/04/2026	SA Level 3 Regional Age Group Chan	
20	2:30.90 L	F	Hannah Raphaela Morgado	12	CSA EZD	26/03/2026	SA Level 3 Regional Age Group Chan	
21	2:30.94 L	F	Caro Bishop	12	VINE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet	
22	2:31.02 L	F	Mila Nel	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan	
23	2:32.18 L	F	Olivia Normington	12	XCEL CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
24	2:32.68 L	P	Cayden Parfitt	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-	
25	2:32.75 L	F	Lisa Le Roux	12	BLOT MAN	03/12/2025	Free State Champs 2025	
26	2:32.80 L	F	Pia Swanepoel	12	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
27	2:33.49 L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
28	2:33.82 L	F	Hayley Greyvenstein	12	USC BUF	30/01/2026	Infinity Gala 2026	
29	2:34.81 L	P	Tatum Adams	12	PAQU CED	04/12/2025	Western Cape LC-A Championship 20	
30	2:34.94 L	F	Mckenzie Dempsey	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan	
31	2:35.08 L	F	Emma Von Mollendorff	12	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan	
32	2:35.52 L	F	Rebekka Paul	12	WSTV ETH	21/02/2026	KZN Schools Trials 2026	
33	2:36.04 L	F	Amy-Lee Wood	12	CA EKU	22/11/2025	EGA Summer 3 & 4	
34	2:36.07 L	F	Emma Oosthuizen	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
35	2:36.39 L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20	
36	2:36.86 L	F	Anzel Smit	12	EXP TSH	26/03/2026	SA Level 3 Regional Age Group Chan	
37	2:36.90 L	F	Naledi Makhanya	12	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan	
38*	2:37.01 L	F	Kate Pieterse	12	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan	
38*	2:37.01 L	P	Morgan Burstein	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan	
40	2:37.04 L	F	Courtney Grant	12	ACES ETH	21/02/2026	KZN Schools Trials 2026	
41	2:37.22 L	P	Lizanté Bam	12	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
42*	2:37.63 L	P	Jana Serdyn	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan	
42*	2:37.63 L	P	Mila Geldenhuys	12	ACAQ CCD	26/03/2026	SA Level 3 Regional Age Group Chan	
44	2:37.71 L	F	Colleen McQueen	12	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
45	2:38.09 L	P	Gianna Olivier	12	PAQU CED	09/04/2026	SA Level 3 Regional Age Group Chan	
46	2:38.42 L	F	Aphelele Shange	12	USHPM UMD	21/02/2026	KZN Schools Trials 2026	
47	2:38.46 L	P	Sophie Chiang	12	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
48	2:38.63 L	F	Ella Niven	12	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan	
49	2:39.36 L	F	Mariane Labuschagne	12	FISH EDD	22/11/2025	Eden LC Champs 2025	
50	2:39.55 L	F	Kyla Short	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
51	2:39.98 L	F	Gabriella Glass	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
52	2:40.22 L	F	Elke Coetsee	12	FISH EDD	09/10/2025	44th Freda Barnard Invitational Gala	
53	2:40.29 L	P	Emma Ranger	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan	
54	2:40.39 L	P	Alexa Kuhn	12	CASC CPT	04/12/2025	Western Cape LC-A Championship 20	
55	2:40.91 L	P	Esther Lubbe	12	BEST NMA	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			
56	2:40.94	L	P	Zara Komani	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
57	2:40.95	L	P	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
58	2:41.10	L	F	Willow Coleman	12	SEAL UMD	21/02/2026 KZN Schools Trials 2026
59	2:41.30	L	F	Kaylie Van der Linde	12	VHD ZLD	31/01/2026 uShaka Champs 2026
60	2:41.74	L	F	Bela Davis-Taylor	12	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
61	2:41.77	L	P	Skyler Muller	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
62	2:41.81	L	P	Jaime-Lynn Vermeulen	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
63	2:41.92	L	F	Lily Brown	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
64	2:42.13	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
65	2:42.18	L	P	Elle Lingerfelder	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
66	2:42.30	L	P	Mackenzi Dart	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
67	2:42.69	L	F	Gabriella Shaw	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
68	2:43.06	L	F	Gabriella Scott	12	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
69	2:43.17	L	P	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
70	2:43.33	L	F	Beulah vd Merwe	12	MCSP BPD	13/02/2026 NW School Championships 2026
71	2:43.50	L	F	Nicola Nysschen	12	KTS	26/03/2026 SA Level 3 Regional Age Group Chan
72*	2:43.71	L	F	Maria Geyser	12	ELRAS WBD	28/11/2025 Limpopo Champs 2025
72*	2:43.71	L	P	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
74	2:44.04	L	F	Amelia Lange	12	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
75	2:44.12	L	F	Naomi Mahlangu	12	BLMA CPT	22/11/2025 Swartland Prestige Gala 2025
76	2:44.18	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
77	2:44.22	L	P	Emma Roets	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
78	2:44.52	L	P	Kyra Du Preez	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
79	2:44.65	L	F	Rachel De Fleuriot	12	AADUB ETH	31/01/2026 uShaka Champs 2026
80	2:45.11	L	F	Marli Strydom	12	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
81	2:45.29	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	21/02/2026 KZN Schools Trials 2026
82	2:45.65	L	F	Kayden Jack	12	PER JHB	27/11/2025 CGA Championships 2025
83	2:45.68	L	F	Khloe Mesquita	12	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
84	2:45.90	L	F	Yamakhuze Loni	12	INFA NMA	30/01/2026 Infinity Gala 2026
85	2:45.92	L	F	Mienke Kemp	12	TNDER FDD	30/03/2026 SA Level 2 Regional Age Group Cham
86	2:46.02	L	P	Jeanine Goosen	12	BLNE MAN	26/03/2026 SA Level 3 Regional Age Group Chan
87	2:46.40	L	F	Olivia Berry	12	BEST NMA	30/01/2026 Infinity Gala 2026
88	2:46.66	L	P	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
89	2:46.69	L	P	Harley Knudsen	12	PGAC ECU	26/03/2026 SA Level 3 Regional Age Group Chan
90	2:46.87	L	P	Isabella Van Breda	12	NWUC KKD	26/03/2026 SA Level 3 Regional Age Group Chan
91	2:46.89	L	F	Isabella Knight	12	WATR JHB	27/11/2025 CGA Championships 2025
92	2:46.90	L	P	Sophie Chong	12	CYBE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
93	2:46.92	L	P	Luze Potgieter	12	TUKS TSH	10/12/2025 NTS Championships 2025
94	2:46.99	L	F	Hayley Liedeman	12	SWAR WCD	06/02/2026 WCA-B Champs - 2026
95	2:47.29	L	P	Tiisetso Makhatho	12	ESP ECU	26/03/2026 SA Level 3 Regional Age Group Chan
96	2:47.51	L	F	Alexia Tranter	12	SSISA CPT	20/09/2025 CTA INVITATIONAL LC MEET
97	2:47.53	L	F	Mamoso Ramokgopa	12	TKS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
98	2:47.56	L	F	Ulwando Khuzwayo	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
99	2:47.71	L	F	Zen�y De Beer	12	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
100	2:47.82	L	F	Catherine Couch	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
101	2:47.87	L	P	Isabel Smith	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
102	2:48.01	L	F	Alexa Martin	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
103	2:48.06	L	F	Scarlett Meiring	12	INFA NMA	30/01/2026 Infinity Gala 2026
104	2:48.19	L	P	Ymeri Wilken	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
105	2:48.21	L	F	Layla Palframan	12	SEAL UMD	31/01/2026 uShaka Champs 2026
106	2:48.31	L	F	Janke Bresler	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
107	2:48.36	L	P	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
108*	2:48.38	L	P	Emma Arendse	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
108*	2:48.38	L	F	Lika Baird	12	GHS BPD	13/02/2026 NW School Championships 2026
110	2:48.39	L	F	Mufaro Kachisi	12	WSTV ETH	26/03/2026 SA Level 3 Regional Age Group Chan
111	2:48.69	L	P	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
112	2:48.93	L	F	Yolayne Aucamp	12	TNDER FDD	14/11/2025 Valsrivier Gala
113	2:49.13	L	F	Jessica Caldeira	12	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
114	2:49.35	L	P	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	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			
115	2:49.49	L	P	Olivia Odendaal	12	HPS	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
116	2:49.50	L	F	Zane Kroon	12	AGAQ	QBD 22/11/2025 Swartland Prestige Gala 2025
117	2:49.53	L	P	Leila Burden	12	CASC	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
118	2:49.67	L	P	Lily Van Zyl	12	ESA	CED 04/12/2025 Western Cape LC-A Championship 20
119	2:49.74	L	P	Amber Wylie	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
120	2:49.79	L	F	Lexi Digovich	12	AWSC	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
121	2:49.96	L	F	Annabelle Van Wyk	12	LALE	CED 06/03/2026 SA Level 2 Regional Age Group Cham
122	2:50.03	L	F	Emily Marais	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
123	2:50.17	L	F	Sydney Kuhn	12	ELEC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
124	2:50.18	L	F	Isabel Helberg	12	MDOL	JHB 27/11/2025 CGA Championships 2025
125	2:50.23	L	F	Paige Oliphant	12	PAC	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
126	2:50.33	L	F	Mari Haasbroek	12	EXP	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
127	2:50.58	L	F	Mieke Pretorius	12	CA	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
128	2:50.59	L	P	Maya Brown	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
129	2:50.68	L	F	Lienke Bester	12	GHS	BPD 13/02/2026 NW School Championships 2026
130	2:50.75	L	F	Janel Van der Merwe	12	UNI	EZD 30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
131	2:50.84	L	P	Imke Kraamwinkel	12	RFA	FSH 30/03/2026 SA Level 2 Regional Age Group Cham
132	2:50.86	L	P	Lisan Joubert	12	JOIEC	30/03/2026 SA Level 2 Regional Age Group Cham
133	2:50.88	L	F	Izelda Meyer	12	VHD	ZLD 31/03/2026 SA Level 2 Regional Age Group Cham
134	2:50.89	L	F	Lianka Spies	12	GHS	BPD 13/02/2026 NW School Championships 2026
135	2:50.94	L	F	Lia Pretorius	12	BLUO	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
136	2:50.99	L	F	Mia Mostert	12	AWIN	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
137	2:51.08	L	F	Emma Gutsche	12	POLSC	CCD 28/11/2025 Limpopo Champs 2025
138	2:51.09	L	F	Erin Shekel	12	CYBE	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
139	2:51.17	L	F	Engela Klopper	12	USC	BUF 28/11/2025 BCA Long Course Championships 202
140	2:51.31	L	P	Mercedes Jaftha	12	MANT	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
141	2:51.56	L	F	Nika Loots	12	PELIC	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
142	2:51.67	L	F	Simone Zoutendyk	12	RBOT	BPD 06/12/2025 NWS Championships 2025
143	2:51.69	L	P	Aria Benade	12	SAAW	CPT 04/12/2025 Western Cape LC-A Championship 20
144	2:52.20	L	P	Emma Du Toit	12	BLOT	MAN 03/12/2025 Free State Champs 2025
145	2:52.22	L	F	Lua Heyns	12	DDA	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
146	2:52.47	L	P	Lexi Abrahamse	12	VINE	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
147	2:52.61	L	F	Mambay Banza	12	UNI	EZD 10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
148	2:52.62	L	F	Leanke Loots	12	KNYA	EDD 08/11/2025 EDEN 3rd A-League Gala 2025
149	2:52.70	L	F	Annabelle Ras	12	CASC	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
150	2:52.95	L	P	Emma McCallum	12	USC	BUF 06/03/2026 SA Level 2 Regional Age Group Cham
151	2:53.44	L	F	Puleng Masemene	12	ELEC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
152	2:53.51	L	P	Milea Louw	12	TYGE	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
153	2:53.64	L	F	Lize Beyers	12	AGAQ	QBD 09/10/2025 44th Freda Barnard Invitational Gala
154	2:53.76	L	P	Lily Marais	12	FISH	EDD 04/12/2025 Western Cape LC-A Championship 20
155	2:54.26	L	F	Lea Dornbrack	12	WELL	CED 22/11/2025 Swartland Prestige Gala 2025
156	2:54.29	L	F	Kendre Lynch	12	SWIM1	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
157	2:54.34	L	F	Miane Steyn	12	LEGC	ETH 15/11/2025 KZN Junior Championships 2025
158	2:54.41	L	F	Klara Ochse	12	PLAY	CED 13/02/2026 Winelands SL Fin - February 2026 - cc
159	2:54.58	L	F	Nissi Mtetwa	12	PAC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
160	2:54.67	L	F	Morgan Booysen	12	PSCP	UMD 15/11/2025 KZN Junior Championships 2025
161	2:54.71	L	P	Leané Bruwer	12	SWAR	WCD 26/03/2026 SA Level 3 Regional Age Group Chan
162	2:54.93	L	F	Elmine Opperman	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
163	2:54.94	L	F	Adison Gericke	12	USC	BUF 28/11/2025 BCA Long Course Championships 202
164	2:55.07	L	F	Jaunté Duvenage	12	LPTBO	CCD 31/01/2026 Limpopo School Champs & Limpopo A
165	2:55.08	L	F	Elizabeth Dornon	BN	VASA	EKU 31/01/2026 EGA Last Chance Gala 2026
166	2:55.12	L	P	Kari Nel	12	TUKS	FSH 10/12/2025 NTS Championships 2025
167	2:55.15	L	P	Kethelo Mkhize	12	USH	KCD 31/03/2026 SA Level 2 Regional Age Group Cham
168	2:55.31	L	F	Suriè-Rose Potgieter	12	TYGE	CPT 06/02/2026 WCA-B Champs - 2026
169	2:55.44	L	F	Georgia Steyn	12	SEAL	UMD 09/07/2025 TYR Prestige Tournament 2025
170	2:55.65	L	F	Rebecca Verster	12	CA	EKU 31/01/2026 EGA Last Chance Gala 2026
171	2:55.86	L	P	Lea Noble	12	BLMA	CPT 04/12/2025 Western Cape LC-A Championship 20
172	2:55.92	L	F	Mika Philander	12	SAAW	CPT 29/11/2025 CTA B CHAMPS 2025
173	2:55.97	L	P	Astrid Saul	12	BLMA	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			
174	2:56.32	L	F	Blye Mitchell	12	ELEC	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
175	2:56.71	L	F	Sia Broncho	12	PER	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
176	2:57.03	L	P	Nduvho Rabambi	12	BULS	MAN 03/12/2025 Free State Champs 2025
177	2:57.20	L	F	Melody Coetzee	12	CYBE	CPT 29/11/2025 CTA B CHAMPS 2025
178	2:57.29	L	F	Rouxlé Sauer	12	BLS	KK 13/02/2026 NW School Championships 2026
179	2:57.41	L	F	Charlotte Olver	12	ELEC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
180	2:57.53	L	F	Tenley Fowler	12	AZON	ETH 09/07/2025 TYR Prestige Tournament 2025
181*	2:57.63	L	P	Danika Brynard	12	STSC	KCD 31/03/2026 SA Level 2 Regional Age Group Cham
181*	2:57.63	L	F	Eliana Woldemariam	12	TUKS	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
183	2:58.11	L	F	Klara Barkhuysen	12	ASAC	CPT 06/02/2026 WCA-B Champs - 2026
184	2:58.20	L	P	Amani Sausi	12	AZON	ETH 26/03/2026 SA Level 3 Regional Age Group Cham
185	2:58.21	L	F	Razaanah Essex	12	RETR	CPT 06/02/2026 WCA-B Champs - 2026
186	2:58.34	L	F	Abigail Haupt	12	TUKS	FSH 31/10/2025 NTS Level 1+2 November Age Group :
187	2:58.41	L	F	Maya Chelin	12	H2O	EKU 31/01/2026 EGA Last Chance Gala 2026
188	2:58.59	L	F	Wyllow Halse	12	USC	BUF 28/11/2025 BCA Long Course Championships 202
189	2:58.75	L	F	Kari Moolman	12	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
190	2:58.77	L	F	Tyla Abel	12	UNI	EZD 16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
191	2:58.97	L	P	Gianna Onkruid	12	UWCA	CPT 04/12/2025 Western Cape LC-A Championship 20
192	2:59.10	L	F	Emma Gibson-Taylor	12	AZON	ETH 03/10/2025 Curro AquaElite Gala
193	2:59.38	L	P	Nienke Eksteen	12	VALS	FDD 30/03/2026 SA Level 2 Regional Age Group Cham
194	2:59.50	L	P	Mihanka vd Bank	12	CUHE	QBD 06/03/2026 SA Level 2 Regional Age Group Cham
195	2:59.60	L	F	Sinakhokonke Bhengu	12	PSCP	UMD 30/03/2026 KZNA Level 1 Championships
196	2:59.72	L	P	Isabelle de Beer	12	HREF	BP 30/03/2026 SA Level 2 Regional Age Group Cham
197	3:00.06	L	F	Alyssa Bosch	12	BARR	CPT 06/02/2026 WCA-B Champs - 2026
198	3:00.17	L	F	Murunwa Thidiela	12	MAKO	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
199	3:00.34	L	F	Darshana Pillay	12	MDOL	JHB 14/02/2026 CGA Last Chance
200	3:00.35	L	F	Ashlynn Shaw	12	PAC	FSH 17/10/2025 NTS Level 3+ October Age Group Gal:
201	3:00.47	L	F	Cari Kriel	12	LALE	GED 06/02/2026 WCA-B Champs - 2026
202	3:00.64	L	F	Thalia Breedt	12	KSC	EZD 05/12/2025 Mpumalanga Championships 2025
203*	3:00.67	L	F	Tebogo Machaba	12	PER	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
203*	3:00.67	L	F	Jane Tredoux	12	BLNE	MAN 03/12/2025 Free State Champs 2025
205	3:00.68	L	F	Lynette Rust	12	RFA	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
206	3:00.92	L	P	Tanya Loots	12	TYGE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
207	3:00.99	L	P	Ella Tarr	12	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
208	3:01.02	L	F	Sia Lemmer	12	ESA	GED 13/02/2026 Winelands SL Fin - February 2026 - cc
209	3:01.25	L	F	Mikayla De Witte	12	CASC	CPT 13/02/2026 Winelands SL Fin - February 2026 - cc
210	3:01.45	L	P	Ava Du Preez	12	BEAV	ETH 31/03/2026 SA Level 2 Regional Age Group Cham
211	3:01.84	L	P	Marlien Nell	12	HREF	BP 30/03/2026 SA Level 2 Regional Age Group Cham
212	3:01.92	L	F	Olivia Joubert	12	PER	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
213	3:01.98	L	P	Pradhia Singh	12	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
214	3:02.01	L	F	Aiva Van der Zandt	12	VASTR	BPD 13/02/2026 NW School Championships 2026
215	3:02.02	L	F	Zani Hager	12	ESA	GED 06/02/2026 WCA-B Champs - 2026
216	3:02.16	L	P	Kaitlyn Curtis	12	BLUO	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
217	3:02.23	L	F	Katie Jacobs	12	STSC	KCD 22/11/2025 KCDA Age Group 3 2025
218	3:02.25	L	P	Reatile Ntidi	12	NWUC	KKD 06/12/2025 NWS Championships 2025
219	3:02.36	L	F	Riandi Muller	12	INFA	NMA 12/12/2025 NMBA Championships 2025
220	3:02.42	L	F	Skylin Koupis	12	BLOT	MAN 10/10/2025 Super Seals Annual Gala
221	3:02.67	L	F	Mpho Kutumane	12	UWCA	CPT 06/02/2026 WCA-B Champs - 2026
222	3:02.98	L	P	Michaela Kröger	12	BARR	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
223	3:03.02	L	F	Ella Arnold	12	SASE	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
224	3:03.50	L	P	Maria De Klerk	12	BS	LLD 03/12/2025 Free State Champs 2025
225	3:03.75	L	F	Bukata Mwanza	12	ESP	EKU 31/01/2026 EGA Last Chance Gala 2026
226	3:03.95	L	F	Ava Maritz	12	SEAL	UMD 31/01/2026 uShaka Champs 2026
227	3:04.27	L	F	Caitlin Byliefeldt	12	MAKO	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
228	3:04.62	L	P	Stella van Staden	12	AQUA	BUF 09/04/2026 SA Level 3 Regional Age Group Cham
229	3:05.33	L	P	Annabelle Els	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
230	3:05.50	L	P	Alexia Botha	12	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
231	3:05.60	L	F	Amber Gewer	12	MDOL	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
232	3:05.73	L	F	Inge Jv Vuuren	12	SS	MPD 28/11/2025 Limpopo 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				
233	3:05.74	L	P	Roxanne Hautmann	12	RBUR	BPD	30/03/2026 SA Level 2 Regional Age Group Cham
234	3:05.82	L	P	Ilanca Smuts	12	RBOT	BPD	06/12/2025 NWS Championships 2025
235	3:05.91	L	F	Hayley Downs	12	MDOL	JHB	14/02/2026 CGA Last Chance
236	3:06.16	L	F	Neri Upton	12	BLOT	MAN	24/10/2025 Neptunes Gala
237	3:06.86	L	F	Ashley Du Randt	12	TYGE	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
238	3:07.21	L	F	Baylee-Rae Duffield	12	CRSC	JHB	27/11/2025 CGA Championships 2025
239	3:07.40	L	F	Aruana Van Der Westhuizen	12	PELIC	MAN	12/12/2025 NMBA Championships 2025
240	3:07.48	L S	P	Rachel Johnson	12	BARA	EKU	04/12/2025 EGA Summer Championships 2025
241	3:07.53	L S	F	Jolie Chabilall	12	CASC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
242	3:07.62	L	F	Lethabo Rikhotso	12	WATR	JHB	14/02/2026 CGA Last Chance
243	3:07.63	L	F	Phoebe Josiah	12	PSCP	UMD	09/07/2025 TYR Prestige Tournament 2025
244	3:08.00	L	F	Ava Candiotes	12	GHS	BPD	13/02/2026 NW School Championships 2026
245	3:08.14	L	F	Rebecca Symon	12	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
246	3:08.66	L	F	Amy Cloete	12	UWCA	CPT	06/02/2026 WCA-B Champs - 2026
247	3:08.67	L	F	Emily Johnson	12	ANAX	CPT	29/11/2025 CTA B CHAMPS 2025
248	3:08.88	L	F	Lehanri Cronje	12	NSAD	EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
249	3:09.03	L	F	Emily Fryer	12	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
250	3:09.16	L	F	Amelia Van Lill	12	CLA	WCD	06/02/2026 WCA-B Champs - 2026
251	3:09.20	L	F	Dané Combrinck	12	TUKS	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
252	3:09.23	L	F	Lara Engels	12	CASC	CPT	20/09/2025 CTA INVITATIONAL LC MEET
253	3:09.26	L	F	Georgia Morte	12	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
254	3:09.51	L	F	Mika Pelser	12	OLDE	JHB	27/11/2025 CGA Championships 2025
255*	3:09.56	L S	F	Kirsten Schnehage	12	VINE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
255*	3:09.56	L	F	Anneske Smith	12	KTS		07/02/2026 NC SPRINTS 2026
257	3:10.30	L	F	Kagiso Motuku	12	ESP	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
258*	3:10.33	L	F	Sophia Ebrahim	12	ESP	EKU	22/11/2025 EGA Summer 3 & 4
258*	3:10.33	L	F	Carla Swart	12	ASAC	CPT	06/02/2026 WCA-B Champs - 2026
260	3:10.38	L S	F	Beatrisa Kotkljar	12	CYBE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
261	3:10.74	L	F	Jade Keys	12	WAC	EDD	30/01/2026 Infinity Gala 2026
262	3:10.93	L	F	Flora Vinikoor	12	AQDO	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
263	3:11.03	L	F	Lusanele Qusheka	12	BEST	NMA	16/08/2025 2nd A League Gala 2025
264	3:11.69	L	F	Cato Erasmus	12	BETH	FDD	07/11/2025 Otters Prestige Gala 2025
265	3:11.70	L	F	Helana Pretorius	12	SWAR	WCD	21/02/2026 Swartland Invitational Gala 2026
266	3:11.80	L	P	Mariandi Bredenkamp	12	BS	LLD	03/12/2025 Free State Champs 2025
267	3:12.18	L S	P	Kelsey Sloan	12	CA	EKU	04/12/2025 EGA Summer Championships 2025
268	3:13.15	L	F	Emily Greffrath	12	BEAV	ETH	31/01/2026 uShaka Champs 2026
269	3:13.96	L	F	Sisanda Msomi	12	USH	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
270	3:14.18	L	F	Rachel Talanda	12	HDAQ	MPD	28/11/2025 Limpopo Champs 2025
271*	3:14.31	L S	P	Lacey Hodgkinson	12	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
271*	3:14.31	L	F	Anchen Schoeman	12	BS	LLD	24/10/2025 Neptunes Gala
273	3:14.45	L	F	Ella Silke	12	LALE	GED	06/02/2026 WCA-B Champs - 2026
274	3:14.58	L	F	Mari-Hane Visser	12	KALA		17/01/2026 AGE GROUP 5 KATHU 2026
275	3:14.77	L	P	Vida Olivier	12	BLNE	MAN	03/12/2025 Free State Champs 2025
276	3:15.14	L	F	Hayleigh Roux	12	VREDE	TMD	03/12/2025 Free State Champs 2025
277	3:15.18	L	F	Elma Delpert	12	BLSS	MAN	03/12/2025 Free State Champs 2025
278	3:15.54	L	F	Ruvarashe Karibata	12	OHAN	ILD	15/11/2025 KZN Junior Championships 2025
279	x3:15.67	L	F	Abigail Wilson	12	CASC	CPT	06/02/2026 WCA-B Champs - 2026
280	3:15.70	L	P	Elmi Koen	12	ESA	GED	04/12/2025 Western Cape LC-A Championship 20
281	3:15.82	L	F	Leah Brand	12	KNYA	EDD	25/10/2025 Zasu 1st League OYDC 2025-26
282	3:15.95	L	F	Nina Murray	12	DDA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
283	3:16.72	L	P	Ale Mentz	12	KTS		30/03/2026 SA Level 2 Regional Age Group Cham
284	3:16.96	L	F	Miele' Loftus	12	BULS	MAN	07/11/2025 Otters Prestige Gala 2025
285	3:18.29	L	F	Milla Swart	12	OLDE	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
286	3:18.47	L	F	Isabella Purdon	12	SWIM1	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
287	3:18.50	L	F	Summer Coetser	12	SGUL	ETH	30/03/2026 KZNA Level 1 Championships
288	3:19.29	L	F	Ava Stevens	12	USC	BUF	28/11/2025 BCA Long Course Championships 202
289	3:19.59	L S	P	Ava Gordon	12	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
290	3:20.23	L	F	Kayla Coetzee	12	VALS	FDD	03/12/2025 Free State Champs 2025
291	3:20.34	L S	F	Emily Black	12	HTSA	CPT	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			
292	3:20.55	L	F	Otile Molamu	12	TUKS FSH	03/10/2025 Curro AquaElite Gala
293	3:20.81	L	F	Motheo Leshilo	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
294	3:21.02	L	F	Emma Botha	12	AASC EZD	29/03/2026 SA Level 2 Regional Age Group Cham
295	3:21.17	L	F	Beersheba Negash	12	BARA EKV	29/03/2026 SA Level 2 Regional Age Group Cham
296	3:21.38	L	F	Zete Adonis	12	PAQU CED	13/02/2026 Winelands SL Fin - February 2026 - cc
297	3:21.43	L	F	Mika Vd Merwe	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
298	3:21.68	L	F	Mianke Lubbe	12	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
299	3:22.95	L	F	Danelle Louw	12	BULS MAN	31/10/2025 Mangaung Gala
300	3:23.61	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 202
301	3:24.18	L	F	Emme Wessels	12	BETH FDD	26/09/2025 Pelicans Gala..
302	3:24.77	L	F	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
303	3:25.11	L S	P	Juanika White	12	SWIMS EKV	04/12/2025 EGA Summer Championships 2025
304	3:27.17	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
305	3:27.29	L	F	Kayla Wessels	12	BLOT MAN	24/10/2025 Neptunes Gala
306	3:27.31	L	F	Humaira Doha	12	MARL CPT	09/10/2025 44th Freda Barnard Invitational Gala
307*	3:27.74	L S	P	Kamila Mohapi	12	ESTR EKV	04/12/2025 EGA Summer Championships 2025
307*	3:27.74	L	F	Emily Bestbier	12	WAC EDD	22/11/2025 Eden LC Champs 2025
309	3:28.64	L	F	Faythe Evans	12	RACE JHB	14/02/2026 CGA Last Chance
310	3:29.18	L	F	Tshegofatso Kwadjo	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
311	3:29.60	L	F	Dita Schaal	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
312	3:29.99	L	F	Milly Kriek	12	BEARS FSH	31/10/2025 NTS Level 1+2 November Age Group :
313	3:31.33	L	F	Lily Jones	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
314	3:31.98	L	F	Saige Le Roux	12	BAS EKV	22/11/2025 EGA Summer 3 & 4
315	3:32.35	L	F	Etti Van Niekerk	12	CSA EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
316	3:32.80	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
317	3:33.05	L	F	Ella De Nobrega	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
318	3:33.77	L	F	Adelle Luttig	12	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
319	3:33.86	L	F	Elné Roets	12	GHWK	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
320	3:34.26	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
321	3:34.58	L	F	Emma Rees-Gibbs	12	PGAC EKV	28/02/2026 AG Level 1 Regional Competition 2026
322	3:34.63	L	F	Marizel Prinsloo	12	BS LLD	10/10/2025 Super Seals Annual Gala
323	3:34.69	L	F	Gemma Kenning	12	MAKO EKV	31/01/2026 EGA Last Chance Gala 2026
324	3:36.32	L	F	Nabiha Valli	12	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
325	3:38.34	L	F	Mila De Witt	12	HTSA CPT	06/02/2026 WCA-B Champs - 2026
326	3:43.11	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026 FSA LEVEL 1 2026
327	3:44.48	L	F	Zandri Scheepers	12	VHD ZLD	08/11/2025 UThukela Age Group Gala 2
328	3:46.48	L	F	Simthandile Khumalo	12	SHARP UTD	30/03/2026 KZNA Level 1 Championships
329	3:47.33	L	F	Shekinah Ikedachi	12	MANT CPT	06/02/2026 WCA-B Champs - 2026
330	3:51.65	L	F	Kyra Beissner	12	TCA EKV	31/01/2026 EGA Last Chance Gala 2026
331	4:03.17	L S	F	Carli Pienaar	12	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
332	4:03.40	L	F	Daniella-Mohapi Lebogo	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
333	4:11.50	L	P	Nqobile Kakana	12	RBUR BPD	06/12/2025 NWS Championships 2025
334	4:20.61	L	F	Neo Chomba	12	BARA EKV	22/11/2025 EGA Summer 3 & 4

### Women 11-12 400 Free

1	4:51.07	L	F	Sage Lindsay	12	CA EKV	21/03/2026 Sa National JNR Age Group Champs-;
2	4:54.28	L	F	Ella Johnson	12	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
3	4:56.17	L	F	Demi Vorster	12	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
4	4:59.39	L	F	Alexi Claassen	12	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
5	5:01.71	L	F	Grace Johns	12	OHAN ILD	21/03/2026 Sa National JNR Age Group Champs-;
6	5:12.83	L	F	Lily Bailes	12	INFA NMA	12/12/2025 NMBA Championships 2025
7	5:13.05	L	F	Arabella Symington	12	ACES ETH	21/03/2026 Sa National JNR Age Group Champs-;
8	5:13.19	L	F	Olivia Normington	12	XCEL CPT	09/04/2026 SA Level 3 Regional Age Group Chan
9	5:13.57	L	F	Zara Levi	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
10	5:15.77	L	F	Hayden Perrins	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
11	5:15.81	L	F	Mila Nel	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
12	5:17.41	L	F	Lheané Du Plessis	12	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
13	5:17.47	L	F	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
14	5:18.71	L	F	Annebelle Botha	12	PER JHB	27/11/2025 CGA Championships 2025
15	5:18.85	L	F	Courtney Grant	12	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				
16	5:19.96	L	F	Miané Prinsloo	12	ACAA	CCD	26/03/2026 SA Level 3 Regional Age Group Chan
17	5:20.01	L	F	Amy-Lee Wood	12	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
18	5:23.42	L	F	Hannah Raphaela Morgado	12	CSA	EZD	26/03/2026 SA Level 3 Regional Age Group Chan
19	5:23.54	L	F	Neliza Ojwach	12	SEAL	UMD	18/12/2025 KZN Premier Provincial Championship
20	5:25.28	L	F	Alexi Dandoulakis	12	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
21	5:25.53	L	F	Emily Daniels	12	XCEL	CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
22	5:25.88	L	F	Bianca Van Jaarsveld	12	TYGE	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	5:27.07	L	F	Colleen McQueen	12	BLSS	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
24	5:27.19	L	F	Morgan Burstein	12	TUKS	TSH	26/03/2026 SA Level 3 Regional Age Group Chan
25	5:27.37	L	F	Pia Swanepoel	12	ASAC	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
26	5:28.15	L	F	Rebekka Paul	12	WSTV	ETH	21/02/2026 KZN Schools Trials 2026
27	5:28.49	L	F	Jessica Caldeira	12	MDOL	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
28	5:29.36	L	F	Mila Geldenhuys	12	ACAA	CCD	26/03/2026 SA Level 3 Regional Age Group Chan
29	5:29.40	L	F	Lizanté Bam	12	BLSS	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
30	5:29.79	L	F	Leah Dabrowski	12	BLMA	CPT	04/12/2025 Western Cape LC-A Championship 20
31	5:30.05	L	F	Kyla Short	12	MDOL	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
32	5:30.10	L	F	Gianna Olivier	12	PAQU	GED	04/12/2025 Western Cape LC-A Championship 20
33	5:30.47	L	F	Saskia Gilligan	12	BLMA	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
34	5:30.52	L	F	Tatum Adams	12	PAQU	GED	04/12/2025 Western Cape LC-A Championship 20
35	5:30.74	L	F	Mckenzie Dempsey	12	AZON	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
36	5:35.73	L	F	Anzel Smit	12	EXP	TSH	26/03/2026 SA Level 3 Regional Age Group Chan
37	5:37.13	L	F	Esther Lubbe	12	BEST	NMA	09/04/2026 SA Level 3 Regional Age Group Chan
38	5:37.91	L	F	Alexa Kuhn	12	CASC	CPT	04/12/2025 Western Cape LC-A Championship 20
39	5:38.48	L	F	Kate Pieterse	12	PEAS	NMA	09/04/2026 SA Level 3 Regional Age Group Chan
40	5:39.23	L	F	Naledi Makhanya	12	KLOO	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
41	5:39.63	L	F	Skyler Muller	12	SPS	BUF	14/02/2026 BCSEA School Trials 2026
42	5:40.66	L	F	Sophie Chong	12	CYBE	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
43	5:41.00	L	F	Maria Geyser	12	ELRAS	WBD	28/11/2025 Limpopo Champs 2025
44	5:41.26	L	F	Ella Niven	12	UNI	EZD	26/03/2026 SA Level 3 Regional Age Group Chan
45	5:41.83	L	F	Zia-Bella Engelbrecht	12	HTSA	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
46	5:42.66	L	F	Emma Arendse	12	MANT	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
47	5:43.86	L	F	Mackenzi Dart	12	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Chan
48	5:44.20	L S	F	Cayden Parfitt	12	CASC	CPT	01/11/2025 CTA District A CHAMPS 2025
49	5:44.83	L	F	Olivia Berry	12	BEST	NMA	30/01/2026 Infinity Gala 2026
50	5:45.04	L	F	Mariane Labuschagne	12	FISH	EDD	04/12/2025 Western Cape LC-A Championship 20
51	5:45.13	L	F	Rachel De Fleuriot	12	AADUB	ETH	18/12/2025 KZN Premier Provincial Championship
52	5:45.56	L	F	Emma Ranger	12	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Chan
53	5:46.07	L	F	Jaime-Lynn Vermeulen	12	HARL	BUF	24/01/2026 BCA January Age Group Gala 2026
54	5:47.12	L S	F	Alexia Tranter	12	SSISA	CPT	01/11/2025 CTA District A CHAMPS 2025
55	5:47.92	L	F	Olivia Odendaal	12	HPS	TSH	14/11/2025 NTS Level 3+ November Age Group G
56	5:48.39	L	F	Willow Coleman	12	SEAL	UMD	21/02/2026 KZN Schools Trials 2026
57	5:49.12	L	F	Emma Roets	12	TUKS	TSH	26/03/2026 SA Level 3 Regional Age Group Chan
58	5:49.37	L	F	Elke Coetsee	12	FISH	EDD	09/10/2025 44th Freda Barnard Invitational Gala
59	5:49.40	L	F	Zara Komani	12	WATR	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
60	5:51.24	L	F	Nicola Nysschen	12	KTS		26/03/2026 SA Level 3 Regional Age Group Chan
61	5:51.31	L	F	Mufaro Kachisi	12	WSTV	ETH	21/02/2026 KZN Schools Trials 2026
62	5:52.91	L	F	Marli Strydom	12	QSSC	CPT	04/12/2025 Western Cape LC-A Championship 20
63	5:53.16	L	F	Ashlynn Shaw	12	PAC	TSH	27/02/2026 NTS Level 3+ February Age Group Ga
64	5:53.70	L	F	Lisa Le Roux	12	BLOT	MAN	26/09/2025 Pelicans Gala..
65	5:54.43	L	F	Zenéy De Beer	12	CSA	EZD	26/03/2026 SA Level 3 Regional Age Group Chan
66	5:54.90	L	F	Jeanine Goosen	12	BLNE	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
67	5:54.96	L	F	Paige Oliphant	12	PAC	TSH	27/02/2026 NTS Level 3+ February Age Group Ga
68	5:56.67	L	F	Milea Louw	12	TYGE	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
69	5:57.25	L	F	Gabriella Shaw	12	CTO	CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
70	5:57.38	L	F	Naomi Mahlangu	12	BLMA	CPT	22/11/2025 Swartland Prestige Gala 2025
71	5:57.45	L	F	Lienke Bester	12	GHS	BPD	13/02/2026 NW School Championships 2026
72	5:57.95	L	F	Jorja Adelaine	12	AA	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
73	5:58.11	L	F	Annabelle Ras	12	CASC	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
74	5:58.38	L	F	Bianca Van der Westhuizen	12	EVO	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			
75	5:58.48	L	F	Yamakhuze Loni	12	INFA NMA	20/09/2025 3rd A League Gala 2025
76	5:59.19	L	F	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
77	5:59.71	L	F	Gabriella Scott	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
78	6:00.52	L	F	Emma Du Toit	12	BLOT MAN	26/09/2025 Pelicans Gala..
79	6:02.17	L	F	Mieke Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
80	6:02.24	L	F	Elizabeth Dornon	BN	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
81	6:02.62	L	F	Mieke Pretorius	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
82	6:03.53	L	F	Mamoso Ramokgopa	12	TPS BPD	31/01/2026 Limpopo School Champs & Limpopo A
83	6:03.84	L	F	Scarlett Meiring	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
84	6:06.26	L	F	Emma Gutsche	12	POLSC CCD	31/01/2026 Limpopo School Champs & Limpopo A
85	6:08.87	L	F	Leanke Loots	12	KNYA EDD	14/02/2026 EDEN 5th A-League Gala 2026
86	6:10.97	L	F	Mieke Steinbach	12	NWUC KKD	06/12/2025 NWS Championships 2025
87	6:11.13	L	F	Leané Bruwer	12	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Chan
88	6:12.32	L	F	Wyllow Halse	12	CAMBP BUF	14/02/2026 BCSEA School Trials 2026
89	6:12.98	L	F	Simone Zoutendyk	12	RBOT BPD	06/12/2025 NWS Championships 2025
90	6:13.00	L	F	Ella Arnold	12	SASE JHB	14/02/2026 CGA Last Chance
91	6:13.12	L	F	Isabel Helberg	12	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
92	6:13.57	L	F	Georgia Steyn	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
93	6:13.89	L	F	Melody Coetzee	12	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
94	6:13.97	L	F	Maya Brown	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
95	6:14.55	L	F	Tiisetso Makhatho	12	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
96	6:15.24	L	F	Emma McCallum	12	USC BUF	28/11/2025 BCA Long Course Championships 202
97	6:15.61	L	F	Lize Beyers	12	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
98	6:16.34	L	F	Gabriella Glass	12	SAAW CPT	22/11/2025 Swartland Prestige Gala 2025
99	6:16.77	L	F	Eliana Woldemariam	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
100	6:17.77	L	F	Tebogo Machaba	12	PER JHB	14/02/2026 CGA Last Chance
101	6:20.87	L	F	Pradhia Singh	12	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
102	6:22.26	L	F	Adison Gericke	12	USC BUF	24/01/2026 BCA January Age Group Gala 2026
103	6:22.34	L	F	Nika Loots	12	PELIC MAN	24/10/2025 Neptunes Gala
104	6:22.86	L	F	Lianka Spies	12	HARB BPD	10/10/2025 Super Seals Annual Gala
105	6:23.12	L	F	Nduvho Rabambi	12	BULS MAN	03/12/2025 Free State Champs 2025
106	6:23.57	L	F	Aria Benade	12	SAAW CPT	20/09/2025 CTA INVITATIONAL LC MEET
107	6:24.47	L	F	Suriè-Rose Potgieter	12	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
108	6:26.69	L	F	Amber Wylie	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
109	6:27.20	L	F	Lynette Rust	12	RFA FSH	13/02/2026 NTS Level 1+2 February Age Group 2I
110	6:28.57	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
111	6:28.80	L	F	Mika Philander	12	SAAW CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
112	6:29.86	L	F	Jane Tredoux	12	BLNE MAN	03/12/2025 Free State Champs 2025
113	6:30.64	L	F	Alyssa Bosch	12	BARR CPT	22/11/2025 Swartland Prestige Gala 2025
114	6:31.07	L	F	Rouxlé Sauer	12	POTC KKD	06/12/2025 NWS Championships 2025
115	6:32.73	L	F	Mpho Kutumane	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
116	6:34.24	L	F	Aruana Van Der Westhuizen	12	PELIC MAN	12/12/2025 NMBA Championships 2025
117	6:35.12	L	F	Annabelle Els	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
118	6:35.34	L	F	Marlien Nell	12	HREF BP	06/12/2025 NWS Championships 2025
119	6:35.46	L	F	Gianna Onkruid	12	UWCA CPT	28/06/2025 PEA Winter Gala 2025
120	6:37.24	L	F	Kagiso Motuku	12	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
121	6:37.52	L	F	Shalom Mtleni	12	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
122	6:38.70	L	F	Elmine Opperman	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
123	6:39.75	L	F	Maya Chelin	12	H2O EKU	22/11/2025 EGA Summer 3 & 4
124	6:42.79	L	F	Lisan Joubert	12	JOIEC	21/11/2025 AGE GROUP 2 & 3 UPT
125	6:43.61	L	F	Bukata Mwanza	12	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
126	6:44.14	L	F	Elma Delpont	12	BLSS MAN	03/12/2025 Free State Champs 2025
127	6:45.16	L	F	Reatile Ntidi	12	NWUC KKD	06/12/2025 NWS Championships 2025
128	6:49.47	L	F	Lusanele Qusheka	12	BEST NMA	30/01/2026 Infinity Gala 2026
129	6:49.80	L	F	Rebecca Symon	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
130	6:57.65	L	F	Vida Olivier	12	BLNE MAN	24/10/2025 Neptunes Gala
131	6:58.65	L	F	Alexia Botha	12	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
132	6:59.67	L	F	Isabelle de Beer	12	HREF BP	06/12/2025 NWS Championships 2025
133	7:03.78	L	F	Ale Mentz	12	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				
134	7:06.81	L	F	Emily Fryer	12	TUKS FSH	31/10/2025	NTS Level 1+2 November Age Group :
135	7:12.47	L	F	Mari-Hane Visser	12	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
136	7:15.96	L	F	Kayla Wessels	12	BLOT MAN	14/02/2026	MA LAST CHANCE GALA
137	7:17.98	L	F	Otile Molamu	12	TUKS FSH	31/10/2025	NTS Level 1+2 November Age Group :
138	7:19.79	L	F	Leah Vos	12	UNIU EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
139	7:20.30	L	F	Sophia Ebrahim	12	ESP EKU	22/11/2025	EGA Summer 3 & 4
140	7:24.52	L	F	Etti Van Niekerk	12	CSA EZD	16/01/2026	MP AGE GROUP 4 - 16-17 JANUARY
141	7:38.39	L	F	Sophia Lamprecht	12	BARR CPT	09/10/2025	44th Freda Barnard Invitational Gala
142	7:44.75	L	F	Liane Jordaan	12	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
143	7:45.05	L	F	Anneske Smith	12	KTS	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
144	7:54.36	L	F	Adelle Luttig	12	UPSK ZMD	21/11/2025	AGE GROUP 2 & 3 UPT
<b>Women 11-12 800 Free</b>								
1	10:09.06	L	F	Ella Johnson	12	CTO CPT	21/03/2026	Sa National JNR Age Group Champs-:
2	10:15.83	L	F	Demi Vorster	12	TUKS FSH	21/03/2026	Sa National JNR Age Group Champs-:
3	10:26.40	L	F	Grace Johns	12	OHAN ILD	21/03/2026	Sa National JNR Age Group Champs-:
4	10:51.69	L	F	Arabella Symington	12	ACES ETH	21/03/2026	Sa National JNR Age Group Champs-:
5	10:53.03	L	F	Alexi Claassen	12	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
6	11:02.51	L	F	Olivia Normington	12	XCEL CPT	20/09/2025	CTA INVITATIONAL LC MEET
7	11:16.82	L	F	Courtney Grant	12	ACES ETH	18/12/2025	KZN Premier Provincial Championship
8	11:17.58	L	F	Gianna Olivier	12	PAQU CED	04/12/2025	Western Cape LC-A Championship 20
9	11:33.76	L	F	Lheané Du Plessis	12	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
10	11:42.19	L	F	Morgan Burstein	12	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
11	11:46.29	L	F	Hannah Raphaela Morgado	12	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
12	11:49.93	L	F	Saskia Gilligan	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
13	11:50.62	L	F	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
14	11:54.69	L	F	Mackenzi Dart	12	USC BUF	28/11/2025	BCA Long Course Championships 202
15	11:54.96	L	F	Olivia Odendaal	12	HPS FSH	17/10/2025	NTS Level 3+ October Age Group Gal
16	12:00.30	L	F	Emma Roets	12	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
17	12:00.48	L	F	Kyla Short	12	MDOL JHB	27/11/2025	CGA Championships 2025
18	12:08.38	L	F	Olivia Berry	12	BEST NMA	15/11/2025	5th A League Gala 2025
19	12:09.85	L	F	Keyla Douglas	12	ROA EDD	25/10/2025	Zasu 1st League OYDC 2025-26
20	12:11.69	L	F	Esther Lubbe	12	BEST NMA	20/09/2025	3rd A League Gala 2025
21	12:18.48	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	20/09/2025	CTA INVITATIONAL LC MEET
22	12:27.04	L	F	Jaime-Lynn Vermeulen	12	HARL BUF	28/11/2025	BCA Long Course Championships 202
23	12:27.05	L	F	Yolayne Aucamp	12	TNDER FDD	11/10/2025	EGA Summer 2
24	12:35.46	L	F	Lize Beyers	12	AGAQ QBD	22/11/2025	Swartland Prestige Gala 2025
25	12:47.39	L	F	Skyler Muller	12	HARL BUF	28/11/2025	BCA Long Course Championships 202
26	12:49.26	L	F	Emma Du Toit	12	BLOT MAN	24/10/2025	Neptunes Gala
27	13:49.95	L	F	Emma McCallum	12	USC BUF	28/11/2025	BCA Long Course Championships 202
28	16:00.68	L	F	Sophia Lamprecht	12	BARR CPT	22/11/2025	Swartland Prestige Gala 2025
<b>Women 11-12 1000 Free</b>								
1	16:08.00	L	F	Arabella Symington	12	ACES ETH	23/11/2025	Capital K Open Water Swim Meet 202:
2	16:13.00	L	F	Grace Johns	12	OHAN ILD	23/11/2025	Capital K Open Water Swim Meet 202:
3	17:38.00	L	F	Mckenzie Dempsey	12	AZON ETH	23/11/2025	Capital K Open Water Swim Meet 202:
4	18:09.00	L	F	Rachel De Fleuriot	12	AADUB ETH	23/11/2025	Capital K Open Water Swim Meet 202:
5	19:38.00	L	F	Ava Maritz	12	SEAL UMD	23/11/2025	Capital K Open Water Swim Meet 202:
6	21:15.00	L	F	Georgia Steyn	12	SEAL UMD	23/11/2025	Capital K Open Water Swim Meet 202:
7	21:17.00	L	F	Mufaro Kachisi	12	WSTV ETH	23/11/2025	Capital K Open Water Swim Meet 202:
8	22:00.00	L	F	Phoebe Josiah	12	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202:
9	22:48.00	L	F	Morgan Booysen	12	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202:
10	23:11.00	L	F	Ava Du Preez	12	BEAV ETH	23/11/2025	Capital K Open Water Swim Meet 202:
11	27:50.00	L	F	Emily Greffrath	12	BEAV ETH	23/11/2025	Capital K Open Water Swim Meet 202:
<b>Women 11-12 1500 Free</b>								
1	19:17.44	L	F	Ella Johnson	12	CTO CPT	21/03/2026	Sa National JNR Age Group Champs-:
2	19:54.03	L	F	Demi Vorster	12	TUKS FSH	21/03/2026	Sa National JNR Age Group Champs-:
3	21:11.09	L	O	Zara Levi	12	CTO CPT	16/11/2025	CTA OWS - Series 2
4	21:42.31	L	O	Gabriella Shaw	12	CTO CPT	16/11/2025	CTA OWS - Series 2
5	21:58.66	L S	F	Colleen McQueen	12	BLSS 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			
6	22:29.24	L	F	Olivia Odendaal	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
7	22:48.12	L	O	Lily Brown	12	CTO CPT	16/11/2025 CTA OWS - Series 2
8	23:13.77	L	O	Aria Benade	12	SAAW CPT	14/12/2025 CTA OWS - Series 4
9	23:24.98	L	F	Mackenzi Dart	12	USC BUF	28/11/2025 BCA Long Course Championships 202
10	23:28.33	L	F	Keyla Douglas	12	ROA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
11	23:28.37	L	O	Catherine Sebastian	12	MANT CPT	16/11/2025 CTA OWS - Series 2
12	24:54.96	L	O	Hannah Raphaela Morgado	12	CSA EZD	09/11/2025 MPUMALANGA OPEN WATER 9 NOV
13	25:25.00	L	F	Kyla Short	12	MDOL JHB	06/12/2025 Primeview #2 2025
14	25:49.55	L	F	Lienke Bester	12	HREF BP	15/11/2025 NWS Age Group 3 2025
15	26:21.00	L	O	Gabriella Glass	12	SAAW CPT	10/01/2026 WCA Open Water Champions
16	27:30.77	L	F	Isabella Purdon	12	SWIM1 JHB	27/11/2025 CGA Championships 2025
17	30:32.00	L	O	Janke Bresler	12	TUKS FSH	12/10/2025 Manyaka OW Sprint 2025
18	32:31.00	L	O	Suraya Badat	12	AA JHB	12/10/2025 Manyaka OW Sprint 2025
19	34:37.00	L	O	Ava Candiotes	12	HREF BPD	12/10/2025 Manyaka OW Sprint 2025
20	35:06.00	L	F	Sia Broncho	12	PER JHB	06/12/2025 Primeview #2 2025
21	35:35.00	L	O	Nabiha Valli	12	MDOL JHB	12/10/2025 Manyaka OW Sprint 2025
<b>Women 11-12 3000 Free</b>							
1	48:36.06	L	O	Pia Swanepoel	12	ASAC CPT	10/01/2026 WCA Open Water Champions
2	49:35.00	L	F	Courtney Grant	12	ACES ETH	23/11/2025 Capital K Open Water Swim Meet 202
3	51:41.48	L	O	Ella Johnson	12	CTO CPT	16/11/2025 CTA OWS - Series 2
4	51:45.00	L	F	Kyla Short	12	MDOL JHB	06/12/2025 Primeview #2 2025
5	55:20.00	L	F	Amy-Lee Wood	12	CA EKU	02/11/2025 Primeview #1 2025
6	55:49.00	L	O	Lusanele Qusheka	12	BEST NMA	18/01/2026 NMBA OWS Championships 2026
7	59:29.00	L	O	Kenzie Adelaine	12	AA JHB	12/10/2025 Manyaka OW Sprint 2025
8	1:00:05.24	L	O	Alexa Kuhn	12	CASC CPT	16/11/2025 CTA OWS - Series 2
9	1:00:06.00	L	F	Mieke Pretorius	12	CA EKU	02/11/2025 Primeview #1 2025
10	1:00:13.92	L	O	Esther Lubbe	12	BEST NMA	30/11/2025 EC Swim Series OWS Round 2 2025
11	1:02:10.00	L	O	Jorja Adelaine	12	AA JHB	12/10/2025 Manyaka OW Sprint 2025
12	1:03:12.00	L	F	Kendre Lynch	12	SWIM1 JHB	02/11/2025 Primeview #1 2025
13	1:03:42.00	L	F	Aruana Van Der Westhuizen	12	PELIC MAN	17/01/2026 Gariep Open 2026
14	1:05:50.35	L	O	Bianca Van Jaarsveld	12	TYGE CPT	16/11/2025 CTA OWS - Series 2
15	1:10:40.49	L	O	Eva Capri	12	ASAC CPT	16/11/2025 CTA OWS - Series 2
16	1:10:42.00	L	F	Sia Broncho	12	PER JHB	06/12/2025 Primeview #2 2025
<b>Women 11-12 50 Back</b>							
1	33.12	L	F	Sage Lindsay	12	CA EKU	21/03/2026 Sa National JNR Age Group Champs-
2	33.35	L	F	Elke Coetsee	12	FISH EDD	21/03/2026 Sa National JNR Age Group Champs-
3	33.41	L	F	Emily Daniels	12	WCS	24/04/2026 SA Schools Swimming Championship
4	33.59	L	F	Leah Dabrowski	12	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-
5	34.27	L	F	Olivia Geldart	12	INFA NMA	28/06/2025 PEA Winter Gala 2025
6	34.56	L	F	Lily Bailes	12	NMBA NM	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
7	34.86	L	F	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
8	35.08	L	P	Bela Davis-Taylor	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
9	35.19	L	F	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
10	35.57	L	F	Kaylie Van der Linde	12	VHD ZLD	26/03/2026 SA Level 3 Regional Age Group Chan
11	35.61	L	P	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-
12	35.95	L	P	Bianca Van Jaarsveld	12	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
13	35.96	L	P	Alexi Claassen	12	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-
14	36.39	L	F	Layla Palframan	12	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
15*	36.48	L	P	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
15*	36.48	L	P	Grace Johns	12	OHAN ILD	21/03/2026 Sa National JNR Age Group Champs-
17	36.56	L	F	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
18	36.63	L	F	Lize Beyers	12	AGAQ OBD	09/04/2026 SA Level 3 Regional Age Group Chan
19	36.76	L	P	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
20	36.83	L	P	Lisa Le Roux	12	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
21	36.84	L	F	Naledi Makhanya	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
22	36.88	L	F	Scarlett Meiring	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
23	36.89	L	P	Lilly-Mae Smith	12	SOUL EKU	04/12/2025 EGA Summer Championships 2025
24	37.08	L	F	Neri Upton	12	BLOT MAN	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			
25	37.22	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
26	37.32	L	P	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
27	37.43	L	F	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
28	37.44	L	F	Mackenzi Dart	12	USC BUF	12/12/2025 NMBA Championships 2025
29	37.45	L	P	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
30*	37.57	L	F	Demi Vorster	12	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
30*	37.57	L	F	Neliza Ojwach	12	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
32	37.58	L	P	Emma Roets	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
33	37.67	L	P	Lienke Bester	12	NC FBD	24/04/2026 SA Schools Swimming Championship
34	37.80	L	F	Courtney Grant	12	ACES ETH	21/02/2026 KZN Schools Trials 2026
35	37.81	L	F	Lizanté Bam	12	FSS	24/04/2026 SA Schools Swimming Championship
36	37.82	L	F	Hayden Perrins	12	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
37	37.87	L	P	Ella Niven	12	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
38	38.01	L	P	Khloe Mesquita	12	WCS	24/04/2026 SA Schools Swimming Championship
39	38.05	L	F	Sophie Chiang	12	WATR JHB	27/11/2025 CGA Championships 2025
40	38.06	L	F	Mila Nel	12	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
41	38.07	L	F	Taya Thompson	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
42	38.08	L	P	Lea Noble	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
43	38.14	L	P	Jeanine Goosen	12	BLNE MAN	26/03/2026 SA Level 3 Regional Age Group Chan
44	38.22	L	F	Hayley Greyvenstein	12	USC BUF	12/12/2025 NMBA Championships 2025
45	38.23	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
46	38.24	L	F	Jana Serdyn	12	INFA NMA	30/01/2026 Infinity Gala 2026
47	38.31	L	F	Lea Dornbrack	12	WELL CED	22/11/2025 Swartland Prestige Gala 2025
48	38.35	L S	F	Alexia Tranter	12	SSISA CPT	01/11/2025 CTA District A CHAMPS 2025
49	38.37	L	F	Gabriella Glass	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
50	38.39	L	P	Makayla Stoltz	12	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
51	38.42	L	P	Alexa Kuhn	12	CASC CPT	26/03/2026 SA Level 3 Regional Age Group Chan
52	38.47	L	F	Zenély De Beer	12	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
53	38.48	L	F	Amber Gewer	12	MDOL JHB	27/11/2025 CGA Championships 2025
54	38.49	L	F	Lianka Spies	12	HARB BPD	26/03/2026 SA Level 3 Regional Age Group Chan
55	38.58	L	F	Naomi Mahlangu	12	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
56	38.61	L	F	Kyla Short	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
57	38.69	L	P	Tatum Adams	12	PAQU CED	04/12/2025 Western Cape LC-A Championship 20
58	38.78	L	F	Beulah vd Merwe	12	MCSP BPD	13/02/2026 NW School Championships 2026
59	38.80	L	P	Charlotte Olver	12	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
60	38.83	L	F	Jolie Chabilall	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
61*	39.04	L	F	Jaime-Lynn Vermeulen	12	HARL BUF	28/02/2026 Eastern Cape School Provincial Trials
61*	39.04	L	F	Mari Haasbroek	12	EXP TSH	05/12/2025 2025 The Tshwane Mayor's Gala
63	39.07	L	P	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
64	39.12	L	F	Holly Couzens	12	WSTV ETH	18/12/2025 KZN Premier Provincial Championship
65	39.18	L	F	Mia (B) Venter	12	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
66	39.19	L	P	Elle Lingerfelder	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
67	39.24	L	P	Harley Knudsen	12	PGAC EKU	04/12/2025 EGA Summer Championships 2025
68	39.25	L	F	Hannah Stearn	12	INFA NMA	28/06/2025 PEA Winter Gala 2025
69	39.30	L	P	Sia Lemmer	12	ESA CED	04/12/2025 Western Cape LC-A Championship 20
70	39.36	L	P	Amy-Lee Wood	12	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
71	39.39	L	P	Willow Coleman	12	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
72	39.40	L	F	Hannah Raphaela Morgado	12	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
73	39.43	L	P	Mila Geldenhuys	12	ACAQ CCD	26/03/2026 SA Level 3 Regional Age Group Chan
74	39.45	L	P	Carli Stoop	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
75	39.46	L	F	Rebecca Symon	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
76	39.49	L	F	Olivia Normington	12	XCEL CPT	21/02/2026 Swartland Invitational Gala 2026
77	39.51	L	F	Mufaro Kachisi	12	WSTV ETH	21/02/2026 KZN Schools Trials 2026
78	39.55	L	P	Amani Sausi	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
79	39.59	L	P	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
80*	39.61	L	F	Simone Zoutendyk	12	RBOT BPD	06/12/2025 NWS Championships 2025
80*	39.61	L	P	Mariane Labuschagne	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
82	39.64	L	F	Lia Pretorius	12	BLUO UGD	21/02/2026 KZN Schools Trials 2026
83	39.65	L	F	Aiva Van der Zandt	12	STAR BPD	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					
84	39.67	L	F	Alexa Martin	12	SGUL	ETH	06/10/2025	Seagulls Winter Championships 2025
85	39.68	L	P	Lika Baird	12	NC	FBD	24/04/2026	SA Schools Swimming Championship
86	39.69	L	P	Miane Bendeman	12	LP	CCD	24/04/2026	SA Schools Swimming Championship
87	39.74	L	F	Kendre Lynch	12	SWIM1	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
88	39.76	L	P	Zara Komani	12	WATR	JHB	26/03/2026	SA Level 3 Regional Age Group Chan
89	39.83	L	P	Zia-Bella Engelbrecht	12	HTSA	CPT	09/04/2026	SA Level 3 Regional Age Group Chan
90	39.85	L	F	Thalia Breedt	12	KPA	EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
91	39.86	L	F	Rachel Talanda	12	HDAQ	MPD	28/11/2025	Limpopo Champs 2025
92*	39.87	L	F	Paige Lewis	12	MGSC	UGD	21/02/2026	KZN Schools Trials 2026
92*	39.87	L	F	Skyla Nadauld	12	BLUO	UGD	21/02/2026	KZN Schools Trials 2026
94	39.89	L	P	Lefei Li	12	WATR	JHB	21/03/2026	Sa National JNR Age Group Champs-
95	39.91	L	P	Colleen McQueen	12	BLSS	MAN	26/03/2026	SA Level 3 Regional Age Group Chan
96	39.93	L	P	Miané Prinsloo	12	ACAA	CCD	26/03/2026	SA Level 3 Regional Age Group Chan
97	39.94	L	P	Paige Oliphant	12	PAC	FSH	10/12/2025	NTS Championships 2025
98	39.97	L	F	Tenley Fowler	12	AZON	ETH	09/07/2025	TYR Prestige Tournament 2025
99	40.07	L	F	Isabella Knight	12	WATR	JHB	27/11/2025	CGA Championships 2025
100	40.29	L	F	Ulwando Khuzwayo	12	BLUO	UGD	21/02/2026	KZN Schools Trials 2026
101*	40.34	L	F	Mckenzie Dempsey	12	AZON	ETH	15/11/2025	KZN Junior Championships 2025
101*	40.34	L	F	Leah Kotze	12	BULS	MAN	03/12/2025	Free State Champs 2025
103	40.37	L	F	Kayla Pieterse	12	AOLY	FSH	05/12/2025	2025 The Tshwane Mayor's Gala
104	40.38	L	P	Kayden Jack	12	PER	JHB	26/03/2026	SA Level 3 Regional Age Group Chan
105	40.43	L	P	Emma Oosthuizen	12	AA	JHB	26/03/2026	SA Level 3 Regional Age Group Chan
106	40.44	L	P	Darshana Pillay	12	MDOL	JHB	27/11/2025	CGA Championships 2025
107	40.45	L	F	Leila Burden	12	CASC	CPT	06/02/2026	WCA-B Champs - 2026
108	40.52	L	P	Sophia Ebrahim	12	ESP	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
109	40.60	L	F	Maria De Klerk	12	BS	LLD	14/11/2025	Valsrivier Gala
110	40.61	L	P	Rouxlé Sauer	12	POTC	KKD	30/03/2026	SA Level 2 Regional Age Group Cham
111	40.63	L	F	Inge Jv Vuuren	12	SS	MPD	28/11/2025	Limpopo Champs 2025
112	40.70	L	F	Annabelle Ras	12	CASC	CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
113	40.79	L	F	Annabelle Van Wyk	12	LALE	CED	06/03/2026	SA Level 2 Regional Age Group Cham
114	40.80	L	F	Aria Benade	12	SAAW	CPT	22/11/2025	Swartland Prestige Gala 2025
115	40.95	L	F	Rebecca Sam	12	HPS	FSH	17/10/2025	NTS Level 3+ October Age Group Gal
116	40.97	L	P	Morgan Burstein	12	TUKS	FSH	10/12/2025	NTS Championships 2025
117	40.98	L	F	Miane Steyn	12	LEGC	ETH	15/11/2025	KZN Junior Championships 2025
118	40.99	L	F	Imke Kraamwinkel	12	RFA	FSH	13/02/2026	NTS Level 1+2 February Age Group 2f
119*	41.04	L	F	Emma Gibson-Taylor	12	AZON	ETH	15/11/2025	KZN Junior Championships 2025
119*	41.04	L	P	Gia Warby	12	TRAZ	FSH	29/03/2026	SA Level 2 Regional Age Group Cham
121	41.05	L	F	Isabelle de Beer	12	HREF	BP	30/03/2026	SA Level 2 Regional Age Group Cham
122	41.07	L	P	Zani Hager	12	ESA	CED	06/03/2026	SA Level 2 Regional Age Group Cham
123	41.17	L	F	Elizabeth Dornon	BN	VASA	EKU	22/11/2025	EGA Summer 3 & 4
124	41.18	L	F	Klara Ochse	12	PLAY	CED	21/02/2026	Swartland Invitational Gala 2026
125	41.22	L	P	Leah Vos	12	UNIU	EZD	29/03/2026	SA Level 2 Regional Age Group Cham
126	41.23	L	F	Mia Erasmus	12	DORE	JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
127*	41.32	L	P	Bukata Mwanza	12	ESP	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
127*	41.32	L	F	Melody Coetzee	12	CYBE	CPT	29/11/2025	CTA B CHAMPS 2025
129	41.33	L	F	Morgan Booyesen	12	PSCP	UMD	06/10/2025	Seagulls Winter Championships 2025
130*	41.34	L	F	Razaanah Essex	12	RETR	CPT	06/02/2026	WCA-B Champs - 2026
130*	41.34	L	F	Daniella Louw	12	BLOT	MAN	24/10/2025	Neptunes Gala
132	41.35	L	F	Bianca Van der Westhuizen	12	EVO	CPT	22/11/2025	Swartland Prestige Gala 2025
133*	41.38	L S	F	Zara Levi	12	CTO	CPT	01/11/2025	CTA District A CHAMPS 2025
133*	41.38	L	F	Leané Bruwer	12	SWAR	WCD	22/11/2025	Swartland Prestige Gala 2025
135*	41.39	L	F	Emma Du Toit	12	BLOT	MAN	03/12/2025	Free State Champs 2025
135*	41.39	L	F	Yamakhuze Loni	12	INFA	NMA	30/08/2025	Madibaz Swim Meet 2025
137	41.42	L	F	Ava Maritz	12	SEAL	UMD	31/01/2026	uShaka Champs 2026
138	41.43	L	P	Tiisetso Makhatho	12	ESP	EKU	26/03/2026	SA Level 3 Regional Age Group Chan
139*	41.44	L	F	Tatum Janse Van Rensburg	12	ACSA	ETH	15/11/2025	KZN Junior Championships 2025
139*	41.44	L	F	Chloe Pohlmann	12	CPPS	NMA	14/03/2026	Level 1 District Age Group Gala 2026
141*	41.49	L	P	Ella Arnold	12	SASE	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
141*	41.49	L	P	Sofia Lacovig	12	LALE	CED	04/12/2025	Western Cape LC-A Championship 20

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
143*	41.50	L	F	Janel Van der Merwe	12	UNI EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
143*	41.50	L	F	Nicola Nysschen	12	KTS	18/10/2025	AGE GROUP 1 KATHU 2025
145*	41.56	L	F	Georgia Steyn	12	SEAL UMD	31/03/2026	SA Level 2 Regional Age Group Cham
145*	41.56	L	P	Milea Louw	12	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Cham
145*	41.56	L	P	Kari Nel	12	TUKS FSH	10/12/2025	NTS Championships 2025
148	41.59	L	F	Zane Kroon	12	AGAQ OBD	22/11/2025	Swartland Prestige Gala 2025
149	41.61	L	F	Sophie Chong	12	CYBE CPT	29/11/2025	CTA B CHAMPS 2025
150	41.64	L	P	Elmine Opperman	12	NC FBD	24/04/2026	SA Schools Swimming Championship
151*	41.66	L	P	Abigail Wilson	12	CASC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
151*	41.66	L	P	Mia Pretorius	12	TINC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
153	41.69	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025	Free State Champs 2025
154*	41.71	L	F	Hayley Liedeman	12	SWAR WCD	06/02/2026	WCA-B Champs - 2026
154*	41.71	L	P	Lily Marais	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
156	41.74	L	F	Kyra Du Preez	12	USC BUF	12/12/2025	NMBA Championships 2025
157	41.76	L	P	Isabel Helberg	12	MDOL JHB	27/11/2025	CGA Championships 2025
158*	41.79	L	F	Mia Mostert	12	AWIN FSH	05/12/2025	2025 The Tshwane Mayor's Gala
158*	41.79	L	P	Lheané Du Plessis	12	FISH EDD	09/04/2026	SA Level 3 Regional Age Group Cham
160	41.87	L	P	Adison Gericke	12	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
161	41.88	L	P	Mamoso Ramokgopa	12	LP CCD	24/04/2026	SA Schools Swimming Championship
162*	41.90	L	F	Araiya Naidoo	12	USC BUF	24/01/2026	BCA January Age Group Gala 2026
162*	41.90	L	P	Dané Combrinck	12	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
164	41.93	L	P	Rebecca Verster	12	CA ECU	04/12/2025	EGA Summer Championships 2025
165	41.94	L	F	Kyla Coetzee	12	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
166	41.97	L	P	Janke Bresler	12	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
167	42.03	L	F	Mione Fischer	12	DDA FSH	23/01/2026	2026 NTS Sprint Gala
168	42.12	L	F	Marlien Nell	12	HREF BP	30/03/2026	SA Level 2 Regional Age Group Cham
169	42.13	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
170	42.14	L	F	Phoebe Josiah	12	PSCP UMD	15/11/2025	KZN Junior Championships 2025
171	42.16	L	F	Skyler Muller	12	HARL BUF	24/01/2026	BCA January Age Group Gala 2026
172	42.19	L	P	Elmi Koen	12	ESA CED	04/12/2025	Western Cape LC-A Championship 20
173	42.22	L	F	Lua Heyns	12	DDA FSH	31/10/2025	NTS Level 1+2 November Age Group :
174	42.33	L	P	Madison Jarrard	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
175	42.34	L	F	Stella van Staden	12	AQUA BUF	28/02/2026	Eastern Cape School Provincial Trials
176	42.35	L	F	Anneske Smith	12	KTS	17/01/2026	AGE GROUP 5 KATHU 2026
177	42.38	L	F	Sia Broncho	12	PER JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
178	42.39	L	P	Catherine Couch	12	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
179	42.44	L	P	Kyra De Oliveira	12	WATR JHB	27/11/2025	CGA Championships 2025
180	42.50	L	P	Olivia Odendaal	12	HPS FSH	26/03/2026	SA Level 3 Regional Age Group Cham
181	42.51	L	F	Rachel Saltzman	12	ESTR ECU	21/02/2026	EGA Lets Sprint Gala 2026
182	42.56	L	P	Jade Keys	12	WAC EDD	06/03/2026	SA Level 2 Regional Age Group Cham
183	42.57	L	F	Skylin Koupis	12	BLOT MAN	03/10/2025	Curro AquaElite Gala
184	42.66	L	F	Esther Lubbe	12	BEST NMA	28/06/2025	PEA Winter Gala 2025
185*	42.72	L	F	Lusanele Qusheka	12	BEST NMA	28/06/2025	PEA Winter Gala 2025
185*	42.72	L	F	Lienke Rossouw	12	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc
187	42.79	L	P	Mercedes Jafftha	12	MANT CPT	06/03/2026	SA Level 2 Regional Age Group Cham
188	42.89	L	F	Saige Coetzee-Jennings	12	SUMW NMA	14/03/2026	Level 1 District Age Group Gala 2026
189	42.90	L	F	Gianna Olivier	12	PAQU CED	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
190	42.92	L	F	Jane Tredoux	12	BLNE MAN	30/03/2026	SA Level 2 Regional Age Group Cham
191	42.98	L	F	Mieke Steinbach	12	MLF KK	13/02/2026	NW School Championships 2026
192	43.00	L	P	Gabriella Shaw	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
193	43.02	L	P	Rachel Johnson	12	BARA ECU	04/12/2025	EGA Summer Championships 2025
194*	43.07	L	F	Anzel Smit	12	EXP FSH	23/01/2026	2026 NTS Sprint Gala
194*	43.07	L	P	Emily Marais	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
196	43.18	L	F	Mienke Kemp	12	TNDER FDD	03/12/2025	Free State Champs 2025
197	43.23	L	F	Mieke Moolman	12	UNI EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
198	43.27	L	F	Mariandi Bredenkamp	12	BS LLD	24/10/2025	Neptunes Gala
199	43.29	L	P	Nissi Mtetwa	12	PAC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
200	43.35	L	F	Tyla Abel	12	UNIU EZD	16/01/2026	MP AGE GROUP 4 - 16-17 JANUARY
201	43.54	L	F	Olivia Berry	12	BEST NMA	28/06/2025	PEA Winter 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			
202	43.62	L	F	Gcinizwi Dom	12	HPPS BUF	14/02/2026 BCSA School Trials 2026
203	43.66	L	F	Sinakhokonke Bhengu	12	PSCP UMD	15/11/2025 KZN Junior Championships 2025
204*	43.67	L	F	Mika Pelsler	12	OLDE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
204*	43.67	L	F	Kamila Mohapi	12	ESTR EKU	22/11/2025 EGA Summer 3 & 4
206*	43.68	L	F	Emily Black	12	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
206*	43.68	L	P	Nika Loots	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
208	43.72	L	F	Oarerata Modiole	12	TRAZ FSH	23/01/2026 2026 NTS Sprint Gala
209	43.75	L	F	Emily Greffrath	12	BEAV ETH	31/01/2026 uShaka Champs 2026
210	43.78	L	P	Pradhia Singh	12	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
211	43.79	L	F	Nduvho Rabambi	12	BULS MAN	24/10/2025 Neptunes Gala
212	43.81	L	F	Isabelle Van Rooyen	12	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
213	43.87	L	F	Anniqwe Bester	12	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
214	43.93	L	P	Lethabo Rikhotso	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
215	43.95	L	F	Cato Erasmus	12	BETH FDD	14/11/2025 Valsrivier Gala
216	44.01	L	F	Kharlyn Gysman	12	CAMPB BUF	28/02/2026 Eastern Cape School Provincial Trials
217	44.13	L	P	Astrid Saul	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
218	44.16	L	F	Puleng Masemene	12	ELEC FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
219	44.17	L	P	Lea Cilliers	12	FSS	24/04/2026 SA Schools Swimming Championship
220	44.20	L	P	Isabella Purdon	12	SWIM1 JHB	29/03/2026 SA Level 2 Regional Age Group Cham
221	44.21	L	F	Anine Fourie	12	SUN NMA	14/03/2026 Level 1 District Age Group Gala 2026
222	44.30	L	F	Mikayla De Witte	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
223	44.40	L	F	Adrianne Meiring	12	PEAS NMA	12/12/2025 NMBA Championships 2025
224	44.47	L	P	Otiile Molamu	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
225	44.56	L	F	Jaunté Duvenage	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
226	44.57	L	F	Hayleigh Roux	12	VREDE FMD	03/12/2025 Free State Champs 2025
227	44.60	L	F	Tshilidzi Rakhumba	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
228	44.62	L	P	Jasmine Smith	12	WATR JHB	27/11/2025 CGA Championships 2025
229*	44.63	L	F	Ava Candiotes	12	GHS BPD	13/02/2026 NW School Championships 2026
229*	44.63	L	F	Yolayne Aucamp	12	TNDER FDD	05/09/2025 Bullsharks Gala
231	44.68	L	F	Reatile Ntidi	12	PCS KK	13/02/2026 NW School Championships 2026
232	44.69	L	P	Murunwa Thidiela	12	MAKO EKU	04/12/2025 EGA Summer Championships 2025
233	44.71	L	F	Britney Vermeulen	12	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
234	44.77	L	P	Lisan Joubert	12	JOIEC	30/03/2026 SA Level 2 Regional Age Group Cham
235	44.79	L	F	Vida Olivier	12	BLNE MAN	03/12/2025 Free State Champs 2025
236	44.82	L	F	Eliana Woldemariam	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
237	44.83	L	F	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
238	44.86	L	F	Annabel Botha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
239	44.89	L	F	Ruvarashe Karibata	12	OHAN ILD	15/11/2025 KZN Junior Championships 2025
240*	44.90	L	F	Emma McCallum	12	USC BUF	24/01/2026 BCA January Age Group Gala 2026
240*	44.90	L	F	Alyssa Bosch	12	BARR CPT	22/11/2025 Swartland Prestige Gala 2025
240*	44.90	L	P	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
243	45.05	L	P	Myra Bailey	12	RACE JHB	27/11/2025 CGA Championships 2025
244	45.10	L	F	Danika Brynard	12	STSC KCD	07/02/2026 KCDA Age Group 5 2026
245	45.12	L	F	Shekinah Ikedachi	12	MANT CPT	29/11/2025 CTA B CHAMPS 2025
246	45.15	L	F	Engela Klopper	12	USC BUF	28/11/2025 BCA Long Course Championships 202
247	45.25	L	F	Humaira Doha	12	MARL CPT	06/02/2026 WCA-B Champs - 2026
248*	45.26	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
248*	45.26	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
250*	45.28	L	P	Mambay Banza	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
250*	45.28	L	P	Amy Cloete	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
252	45.34	L	F	Anchen Schoeman	12	BS LLD	03/12/2025 Free State Champs 2025
253	45.40	L	P	Nienke Eksteen	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
254	45.42	L	F	Shalom Mtileni	12	UNIU EZD	09/01/2026 2026 Grand Prix Invitation Swimming f
255	45.48	L	F	Gianna Onkruid	12	UWCA CPT	28/06/2025 PEA Winter Gala 2025
256	45.59	L	P	Emily Bestbier	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
257*	45.60	L	P	Suriè-Rose Potgieter	12	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
257*	45.60	L	F	Ymeri Wilken	12	VALS FDD	03/12/2025 Free State Champs 2025
259	45.64	L	P	Michaela Kröger	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
260	45.66	L	F	Zandri Scheepers	12	VHD ZLD	31/01/2026 uShaka 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			
261	45.71	L	P	Beersheba Negash	12	BARA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
262	45.73	L	P	Danelle Louw	12	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
263	45.75	L	F	Ale Mentz	12	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
264	45.76	L	P	Georgia Morte	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
265	45.78	L	F	Gemma Kenning	12	MAKO EKU	22/11/2025 EGA Summer 3 & 4
266	45.82	L	F	Tayla Eden	12	TRAZ TSH	31/10/2025 NTS Level 1+2 November Age Group :
267	45.86	L	P	Phiyayinkosi Msuthu	12	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
268	45.87	L	P	Lacey Hodgkinson	12	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
269	45.91	L	F	Izelda Meyer	12	VHD ZLD	06/12/2025 Stingrays Champs 2025
270	46.01	L	F	Mari Sterne	12	STAQ CED	09/10/2025 44th Freda Barnard Invitational Gala
271	46.04	L	F	Ava Stevens	12	USC BUF	30/01/2026 Infinity Gala 2026
272	46.05	L	F	Alexandria Joubert-Winn	12	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
273*	46.11	L	F	Riandi Muller	12	INFA NMA	30/01/2026 Infinity Gala 2026
273*	46.11	L	F	Helana Pretorius	12	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
275	46.21	L	F	Leanke Loots	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
276	46.23	L	F	Lynette Rust	12	RFA TSH	31/10/2025 NTS Level 1+2 November Age Group :
277*	46.24	L	F	Emma Arendse	12	MANT CPT	29/11/2025 CTA B CHAMPS 2025
277*	46.24	L	F	Emme Wessels	12	BETH FDD	26/09/2025 Pelicans Gala..
279	46.26	L	F	Caitlin Byliefeldt	12	MAKO EKU	22/11/2025 EGA Summer 3 & 4
280	46.31	L	F	Mia De Lange	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
281	46.43	L	P	Kagiso Motuku	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
282	46.52	L	F	Lebogang Maredi	12	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
283	46.61	L	F	Ilé Fourie	12	SS MPD	28/11/2025 Limpopo Champs 2025
284	46.70	L	F	Abigail Haupt	12	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
285	46.74	L	F	Hayley Downs	12	MDOL JHB	06/02/2026 Crusaders & CGA Night Gala
286	46.77	L	F	Lize-Mari Cloete	12	BS LLD	20/09/2025 Welkom Seals Gala
287*	46.78	L	F	Lesedi MPOBANE	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
287*	46.78	L	P	Reese Barnsley	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
289	46.79	L	F	Nina Murray	12	DDA TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
290	46.94	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
291	46.96	L	F	Leah Brand	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
292	47.00	L	F	Klara Barkhuysen	12	ASAC CPT	06/02/2026 WCA-B Champs - 2026
293	47.02	L	P	Maya Chelin	12	H2O EKU	04/12/2025 EGA Summer Championships 2025
294	47.04	L	P	Alexia Botha	12	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
295	47.12	L	F	Kayla Wessels	12	BLOT MAN	24/10/2025 Neptunes Gala
296	47.15	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
297	47.17	L	F	Milla Swart	12	OLDE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
298	47.18	L	F	Annabelle Els	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
299	47.22	L	F	Annalie Terblanche	12	GILLP NMA	14/03/2026 Level 1 District Age Group Gala 2026
300	47.36	L	F	Tebogo Machaba	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
301	47.42	L	F	Lienke Jv Niewenhuizen	12	AOLY TSH	05/12/2025 2025 The Tshwane Mayor's Gala
302	47.46	L	P	Mpho Kutumane	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
303	47.56	L	F	Suraya Badat	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
304	47.66	L	P	Mari-Hane Visser	12	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
305	47.82	L	F	Mila De Witt	12	HTSA CPT	06/02/2026 WCA-B Champs - 2026
306	47.86	L	F	Emily Harris	12	SASE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
307	47.87	L	F	Alae Loots	12	KNYA EDD	04/10/2025 EDEN 1st A-League Gala 2025
308	48.07	L	F	Etli Van Niekerk	12	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
309	48.11	L	P	Mika Vd Merwe	12	AWSC JHB	27/11/2025 CGA Championships 2025
310	48.26	L	F	Emma Ku	12	MDOL JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
311	48.30	L	F	Faythe Evans	12	RACE JHB	14/02/2026 CGA Last Chance
312	48.33	L	F	Kate Pieterse	12	PEAS NMA	12/12/2025 NMBA Championships 2025
313*	48.42	L	F	Ilanca Smuts	12	PPARK BP	13/02/2026 NW School Championships 2026
313*	48.42	L	F	Nikita Erasmus	12	RBUR BPD	31/01/2026 EGA Last Chance Gala 2026
315*	48.53	L	P	Adelle Luttig	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
315*	48.53	L	F	Motheo Leshilo	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
317	48.69	L	F	Kaitlyn Curtis	12	BLUO UGD	15/11/2025 KZN Junior Championships 2025
318	48.71	L	F	Anke Pretorius	12	STELL RMD	28/02/2026 NWS Last Chance 2026
319	48.77	L	F	Amber Wylie	12	KNYA EDD	04/10/2025 EDEN 1st A-League 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			
320	48.82	L	F	Summer Coetser	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
321	48.85	L	F	Lehanri Cronje	12	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
322	48.97	L	F	Emily Muijs	12	STAQ CED	09/10/2025 44th Freda Barnard Invitational Gala
323	49.03	L	F	Zete Adonis	12	PAQU CED	06/02/2026 WCA-B Champs - 2026
324	49.07	L	F	Lene Brecher	12	PSA ZLD	31/01/2026 uShaka Champs 2026
325	49.27	L	F	Sophia Katzke	12	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
326	49.28	L	P	Ella Tarr	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
327	49.35	L	F	Emma Botha	12	AASC EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
328	49.38	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025 Seagulls Winter Championships 2025
329	49.40	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
330	49.42	L	P	Nabiha Valli	12	MDOL JHB	27/11/2025 CGA Championships 2025
331	49.59	L	F	Amani Alli	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
332	49.84	L	P	Mia Schraader	12	SOUL EKU	04/12/2025 EGA Summer Championships 2025
333	49.92	L	F	Miele' Loftus	12	BULS MAN	20/09/2025 Welkom Seals Gala
334*	49.93	L	F	Sisanda Msomi	12	USHPM UMD	31/01/2026 uShaka Champs 2026
334*	49.93	L	F	Moneoa Seleke	12	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
336	49.96	L	F	Nicola Johl	12	SWISA TSH	23/01/2026 2026 NTS Sprint Gala
337	50.05	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
338	50.49	L	F	Tshegofatso Kwadjo	12	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
339*	50.52	L	F	Lizé Labuschagne	12	TASC MPD	28/11/2025 Limpopo Champs 2025
339*	50.52	L	F	Daniella-Mohapi Lebogo	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
341	50.61	L	F	Kuyandokuhle Mdllovu	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
342	50.71	L	F	Megan Vivier	12	KSSC FBD	29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
343	50.72	L	P	Zoe Danha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
344	50.78	L	F	Marné Truter	12	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
345	50.79	L	F	Leah Kuisis	12	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
346	50.85	L	F	Sofia Mohamed	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
347	51.09	L	F	Katie Jacobs	12	STSC KCD	01/11/2025 KCDA Age Group Gala 2 2025
348	51.15	L	F	Elma Delpont	12	BLSS MAN	03/12/2025 Free State Champs 2025
349	51.22	L	F	Alanah Slabbert	12	HAAG UTD	21/02/2026 Uthukela District Gala 5
350	51.25	L	F	Juanika White	12	SWIMS EKU	22/11/2025 EGA Summer 3 & 4
351	51.45	L	F	Elné Roets	12	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
352	51.56	L	F	Amelia vd Merwe	12	DSK BP	13/02/2026 NW School Championships 2026
353	51.75	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
354	51.86	L	F	Leah Naude	12	BETH FDD	28/02/2026 FSA LEVEL 1 2026
355	52.47	L	F	Emma Moothoosamy	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
356	52.54	L	F	Kenzie Murugan	12	STSC KCD	31/01/2026 uShaka Champs 2026
357	52.56	L	F	Emma Maritz	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
358	52.62	L	F	Saige Le Roux	12	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
359	52.77	L	F	Trinity Potgieter	12	PPARK BP	13/02/2026 NW School Championships 2026
360	53.00	L	F	Cara Lammerding	12	RFA TSH	31/10/2025 NTS Level 1+2 November Age Group :
361	53.51	L	P	Emma Rees-Gibbs	12	PGAC EKU	04/12/2025 EGA Summer Championships 2025
362	53.55	L	F	Tayla du Toit	12	FAAC	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
363	53.81	L	F	Amy Palmer	12	WEST CPT	21/02/2026 Swartland Invitational Gala 2026
364	53.83	L	F	Zainab Spruit	12	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
365	53.89	L	F	Tamary Nsabayera	12	CUR EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
366	54.00	L	F	Refiloe Senyatsi	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
367	54.49	L	F	Rushni Baron	12	GAA CPT	21/02/2026 Swartland Invitational Gala 2026
368	55.15	L	F	Holly Woolmer	12	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
369	56.17	L	F	Neo Chomba	12	BARA EKU	22/11/2025 EGA Summer 3 & 4
370	56.69	L	F	Kayla Coetzee	12	VALS FDD	14/11/2025 Valsrivier Gala
371	57.32	L	F	Nqobile Kakana	12	LEBII BP	13/02/2026 NW School Championships 2026
372	57.36	L	F	Bohlale Letseleha	12	PELIC MAN	23/01/2026 Mangaung Gala
373	57.77	L	F	Loago Mmoloke	12	MCSP BPD	13/02/2026 NW School Championships 2026
374	57.82	L	F	Tshegofa Tau	12	CPSC TSH	13/02/2026 NTS Level 1+2 February Age Group 21
375	58.26	L	P	Jana Pienaar	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
376	58.93	L	F	Helizna Schoeman	12	BETH FDD	14/11/2025 Valsrivier Gala
377	58.96	L	F	Simthandile Khumalo	12	SHARP UTD	30/03/2026 KZNA Level 1 Championships
378	59.00	L	F	Kim Van Reenan	12	STSC KCD	01/11/2025 KCDA Age Group Gala 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			
379	59.13	L	F	Bohlale Mokoteli	12	ESP EKU	28/02/2026 AG Level 1 Regional Competition 2026
380	59.53	L	F	Mia du Plessis	12	OLS BP	13/02/2026 NW School Championships 2026
381	59.60	L	F	Reneilwe Tsunke	12	BLOT MAN	28/02/2026 FSA LEVEL 1 2026
382	1:00.04	L	F	Gabby Claassen	12	PEAS NMA	28/06/2025 PEA Winter Gala 2025
383	1:00.06	L	F	Summer Bosch	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
384	1:00.40	L	F	Wakwetsima Makhubele	12	AASC EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
385	1:02.05	L	F	Elizabeth Calitz	12	CUHE OBD	13/02/2026 Winelands SL Fin - February 2026 - cc
386	1:02.09	L	F	Jaylan De Hoje	12	KSSC FBD	21/02/2026 AGE GROUP 6 KBY 2026
387	1:02.22	L	P	Kyra Beissner	12	TCA EKU	04/12/2025 EGA Summer Championships 2025
388	1:03.43	L	F	Mahlogonolo Phukubje	12	SWISA TSH	13/02/2026 NTS Level 1+2 February Age Group 21
389	1:04.25	L	F	Emke Rossouw	12	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
390	1:05.73	L	F	Onalerona Masoabi	12	PELIC MAN	26/09/2025 Pelicans Gala..
391	1:05.89	L	F	Carli Pienaar	12	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
392	1:06.67	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	31/10/2025 WASHINGTON PRESTIGE GALA 2025
393	1:07.07	L	F	Ontlametse Padi	12	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
394	1:07.91	L	F	Allimone Coetzer	12	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
395	1:07.97	L	F	Mia Lessing	12	BETH FDD	03/12/2025 Free State Champs 2025
396	1:09.43	L	F	Hayli Loubser	12	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
397	1:20.94	L	F	Melokuhle Maredi	12	NSP EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
398	1:31.88	L	F	Naledi Ramoshebi	12	PWC BP	13/02/2026 NW School Championships 2026
<b>Women 11-12 100 Back</b>							
1	1:10.48	L	F	Sage Lindsay	12	CA EKU	21/03/2026 Sa National JNR Age Group Champs-;
2	1:12.04	L	F	Elke Coetsee	12	FISH EDD	21/03/2026 Sa National JNR Age Group Champs-;
3	1:12.58	L	F	Olivia Geldart	12	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
4	1:13.23	L	F	Leah Dabrowski	12	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
5	1:13.31	L	F	Emily Daniels	12	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-;
6	1:14.15	L	F	Alexi Claassen	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
7	1:16.92	L	F	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
8	1:17.25	L	P	Lily Bailes	12	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
9	1:17.50	L	F	Grace Johns	12	OHAN ILD	21/02/2026 KZN Schools Trials 2026
10	1:18.61	L	F	Bela Davis-Taylor	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
11	1:19.15	L	P	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
12	1:19.27	L	F	Lize Beyers	12	AGAQ OBD	09/04/2026 SA Level 3 Regional Age Group Chan
13	1:19.64	L	F	Mila Nel	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
14	1:19.70	L	F	Saskia Gilligan	12	BLMA CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
15	1:20.29	L	F	Naledi Makhanya	12	KLOO ETH	21/02/2026 KZN Schools Trials 2026
16	1:20.32	L	F	Mackenzi Dart	12	USC BUF	12/12/2025 NMBA Championships 2025
17	1:20.70	L	F	Courtney Grant	12	ACES ETH	21/02/2026 KZN Schools Trials 2026
18*	1:20.72	L	F	Emma Roets	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
18*	1:20.72	L	F	Annebel Botha	12	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
20	1:20.93	L	F	Lizanté Bam	12	FSS	24/04/2026 SA Schools Swimming Championship
21	1:20.99	L	P	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
22	1:21.19	L	F	Demi Vorster	12	TUKS TSH	28/06/2025 PEA Winter Gala 2025
23	1:21.22	L	F	Cayleigh Knott	12	ASAC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
24	1:21.37	L	F	Miané Prinsloo	12	ACAQ CCD	26/03/2026 SA Level 3 Regional Age Group Chan
25	1:21.64	L	F	Cayden Parfitt	12	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
26	1:21.67	L	P	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
27	1:21.72	L	F	Lisa Le Roux	12	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
28	1:21.76	L	F	Bianca Van Jaarsveld	12	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
29	1:21.77	L	P	Hayley Greyvenstein	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
30	1:21.87	L	P	Alexa Kuhn	12	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
31	1:22.10	L	F	Scarlett Meiring	12	INFA NMA	09/10/2025 44th Freda Barnard Invitational Gala
32	1:22.14	L	F	Sophie Chiang	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
33	1:22.35	L	F	Kaylie Van der Linde	12	CASC CPT	21/02/2026 KZN Schools Trials 2026
34	1:22.47	L	F	Hayden Perrins	12	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
35	1:22.56	L	P	Nicola Nysschen	12	NC FBD	24/04/2026 SA Schools Swimming Championship
36	1:22.75	L	F	Zenély De Beer	12	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
37	1:22.86	L	F	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
38	1:23.41	L	F	Kyla Short	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2021

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
39	1:23.42	L	F	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
40	1:23.44	L	F	Alexia Tranter	12	SSISA CPT	20/09/2025 CTA INVITATIONAL LC MEET
41	1:23.70	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	14/02/2026 CTA Elite Gala (L3+)
42*	1:23.75	L	F	Willow Coleman	12	SEAL UMD	21/02/2026 KZN Schools Trials 2026
42*	1:23.75	L	F	Ella Johnson	12	CTO CPT	20/09/2025 CTA INVITATIONAL LC MEET
44	1:23.78	L	F	Lianka Spies	12	GHS BPD	13/02/2026 NW School Championships 2026
45	1:23.91	L	P	Neri Upton	12	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
46	1:23.97	L	P	Ashley Cilliers	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-
47	1:24.02	L	F	Jolie Chabilall	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
48	1:24.06	L	P	Ashlynn Shaw	12	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-
49	1:24.23	L	P	Lienke Bester	12	NC FBD	24/04/2026 SA Schools Swimming Championship
50	1:24.32	L S	P	Amy-Lee Wood	12	CA EKU	04/12/2025 EGA Summer Championships 2025
51	1:24.46	L	F	Beulah vd Merwe	12	MCSP BPD	13/02/2026 NW School Championships 2026
52	1:24.51	L	P	Makayla Stoltz	12	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
53	1:24.58	L	F	Colleen McQueen	12	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
54	1:24.65	L	F	Lea Noble	12	BLMA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
55	1:24.72	L	F	Marli Strydom	12	QSSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
56	1:24.96	L	F	Layla Palframan	12	SEAL UMD	21/02/2026 KZN Schools Trials 2026
57	1:25.04	L	P	Gabriella Glass	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
58	1:25.43	L	F	Faye Webb	12	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
59	1:25.45	L	P	Paige Oliphant	12	PAC TSH	10/12/2025 NTS Championships 2025
60	1:25.64	L	P	Holly Couzens	12	WSTV ETH	18/12/2025 KZN Premier Provincial Championship
61	1:25.69	L	F	Blye Mitchell	12	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
62	1:25.70	L	F	Hannah Raphaela Morgado	12	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
63	1:25.74	L	F	Mari Haasbroek	12	EXP TSH	05/12/2025 2025 The Tshwane Mayor's Gala
64*	1:25.79	L	F	Emma Oosthuyzen	12	AA JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
64*	1:25.79	L	F	Jaime-Lynn Vermeulen	12	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
66	1:25.92	L	F	Mia (B) Venter	12	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
67	1:26.01	L	F	Mila Geldenhuys	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
68	1:26.03	L	F	Naomi Mahlangu	12	BLMA CPT	22/11/2025 Swartland Prestige Gala 2025
69	1:26.05	L S	P	Lilly-Mae Smith	12	SOUL EKU	04/12/2025 EGA Summer Championships 2025
70	1:26.08	L	P	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
71	1:26.29	L	P	Tatum Adams	12	PAQU CED	04/12/2025 Western Cape LC-A Championship 20
72	1:26.41	L	F	Mufaro Kachisi	12	WSTV ETH	26/03/2026 SA Level 3 Regional Age Group Chan
73	1:26.42	L	F	Mckenzie Dempsey	12	AZON ETH	21/02/2026 KZN Schools Trials 2026
74	1:26.49	L	F	Harley Knudsen	12	PGAC EKU	20/09/2025 EGA Summer 1 2025
75	1:26.58	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	21/02/2026 KZN Schools Trials 2026
76	1:26.62	L	F	Morgan Burstein	12	TUKS TSH	10/12/2025 NTS Championships 2025
77	1:26.64	L	F	Rouxlé Sauer	12	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
78	1:26.66	L	P	Elle Lingerfelder	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
79	1:26.71	L	P	Taya Thompson	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
80	1:26.75	L	F	Kyra Du Preez	12	USC BUF	12/12/2025 NMBA Championships 2025
81	1:26.78	L	F	Olivia Normington	12	XCEL CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
82	1:26.83	L	F	Jeanine Goosen	12	BLNE MAN	03/12/2025 Free State Champs 2025
83	1:26.87	L	F	Amber Gewer	12	MDOL JHB	22/11/2025 EGA Summer 3 & 4
84*	1:26.95	L	P	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
84*	1:26.95	L	F	Carli Stoop	12	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
86	1:26.96	L	F	Charlotte Olver	12	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
87	1:27.08	L	P	Khloe Mesquita	12	WCS	24/04/2026 SA Schools Swimming Championship
88	1:27.10	L	P	Mamoso Ramokgopa	12	TKS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
89	1:27.12	L	F	Aria Benade	12	SAAW CPT	14/02/2026 CTA Elite Gala (L3+)
90	1:27.41	L	P	Georgia Steyn	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
91	1:27.53	L	P	Zara Komani	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
92	1:27.56	L	F	Pia Swanepoel	12	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
93	1:27.64	L	F	Simone Zoutendyk	12	RBOT BPD	06/12/2025 NWS Championships 2025
94	1:27.65	L	F	Annabelle Ras	12	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
95	1:27.68	L	F	Melody Coetzee	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
96	1:27.82	L	P	Lefei Li	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-
97	1:27.85	L	F	Lia Pretorius	12	BLUO UGD	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			
98*	1:27.94	L	F	Hayley Liedeman	12	SWAR WCD	06/02/2026 WCA-B Champs - 2026
98*	1:27.94	L	P	Milea Louw	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
100	1:27.98	L	P	Ella Niven	12	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Cham
101	1:28.17	L	P	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
102	1:28.23	L	F	Emma Du Toit	12	BLOT MAN	03/12/2025 Free State Champs 2025
103	1:28.31	L	F	Phoebe Josiah	12	PSCP UMD	21/02/2026 KZN Schools Trials 2026
104	1:28.38	L	F	Aphelele Shange	12	USHPM UMD	21/02/2026 KZN Schools Trials 2026
105	1:28.56	L	T	Ava Maritz	12	SEAL UMD	31/01/2026 uShaka Champs 2026
106	1:28.57	L	F	Darshana Pillay	12	MDOL JHB	27/11/2025 CGA Championships 2025
107	1:28.60	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
108	1:28.62	L	F	Rebecca Symon	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
109	1:28.63	L	F	Miane Steyn	12	LEGC ETH	21/02/2026 KZN Schools Trials 2026
110	1:28.70	L	F	Kendre Lynch	12	SWIM1 JHB	29/03/2026 SA Level 2 Regional Age Group Cham
111	1:28.71	L	F	Gabriella Scott	12	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
112	1:28.85	L	F	Miane Bendeman	12	SS MPD	28/11/2025 Limpopo Champs 2025
113	1:28.92	L	F	Catherine Couch	12	WATR JHB	14/02/2026 CGA Last Chance
114	1:28.93	L	F	Amani Sausi	12	AZON ETH	21/02/2026 KZN Schools Trials 2026
115	1:28.99	L	F	Alyssa Fragoso de Almeida	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
116	1:29.15	L	P	Imke Kraamwinkel	12	RFA FSH	30/03/2026 SA Level 2 Regional Age Group Cham
117	1:29.29	L	P	Zani Hager	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
118	1:29.33	L	F	Lea Dornbrack	12	WELL CED	22/11/2025 Swartland Prestige Gala 2025
119*	1:29.36	L	F	Annabelle Van Wyk	12	LALE CED	06/03/2026 SA Level 2 Regional Age Group Cham
119*	1:29.36	L	F	Rebecca Sam	12	HPS FSH	17/10/2025 NTS Level 3+ October Age Group Gala
121	1:29.44	L	F	Rebekka Paul	12	WSTV ETH	21/02/2026 KZN Schools Trials 2026
122	1:29.51	L	P	Sophia Ebrahim	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
123	1:29.54	L	P	Leila Burden	12	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
124	1:29.69	L	F	Elmine Opperman	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
125	1:29.74	L	F	Kayden Jack	12	PER JHB	14/02/2026 CGA Last Chance
126	1:29.86	L	P	Janke Bresler	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
127	1:30.03	L	P	Leané Bruwer	12	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Cham
128	1:30.09	L	F	Tenley Fowler	12	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
129	1:30.24	L	F	Rebecca Verster	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
130	1:30.27	L	F	Razaanah Essex	12	RETR CPT	06/02/2026 WCA-B Champs - 2026
131	1:30.31	L	F	Olivia Berry	12	BEST NMA	30/01/2026 Infinity Gala 2026
132	1:30.37	L	F	Elizabeth Dornon	BN	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
133	1:30.44	L	F	Alexa Martin	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
134	1:30.49	L	F	Sophie Chong	12	CYBE CPT	14/02/2026 CTA Elite Gala (L3+)
135	1:30.68	L	F	Elmi Koen	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
136	1:30.71	L	P	Lua Heyns	12	DDA FSH	26/03/2026 SA Level 3 Regional Age Group Cham
137	1:30.73	L	F	Thalia Breedt	12	KSC EZD	05/12/2025 Mpumalanga Championships 2025
138	1:30.87	L	F	Kaylee Vd Wal	12	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
139	1:30.89	L	P	Emma Arendse	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Cham
140	1:31.01	L	F	Amelia Lange	12	STAQ CED	06/02/2026 WCA-B Champs - 2026
141	1:31.05	L	F	Hannah Stearn	12	INFA NMA	12/12/2025 NMBA Championships 2025
142	1:31.09	L	F	Marlien Nell	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
143	1:31.18	L	F	Luze Potgieter	12	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gala
144	1:31.24	L	F	Neliza Ojwach	12	SEAL UMD	15/11/2025 KZN Junior Championships 2025
145	1:31.28	L	F	Isabel Helberg	12	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
146	1:31.33	L	F	Kari Nel	12	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Gala
147	1:31.48	L	P	Tiisetso Makhatho	12	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
148	1:31.49	L	F	Maria De Klerk	12	BS LLD	07/11/2025 Otters Prestige Gala 2025
149	1:31.57	L	P	Leah Vos	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
150	1:31.74	L	F	Lika Baird	12	GHS BPD	13/02/2026 NW School Championships 2026
151	1:31.90	L	P	Sia Broncho	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
152	1:31.91	L	F	Mia Mostert	12	AWIN FSH	05/12/2025 2025 The Tshwane Mayor's Gala
153	1:31.94	L	F	Lethabo Rikhotso	12	WATR JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
154	1:31.99	L	F	Inge Jv Vuuren	12	SS MPD	28/11/2025 Limpopo Champs 2025
155	1:32.01	L	P	Lheané Du Plessis	12	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Cham
156	1:32.21	L	P	Araiya Naidoo	12	USC BUF	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				
157	1:32.23	L	F	Lusanele Qusheka	12	BEST NMA	30/01/2026	Infinity Gala 2026
158	1:32.37	L	F	Jane Tredoux	12	BLNE MAN	03/12/2025	Free State Champs 2025
159	1:32.51	L	P	Gabriella Shaw	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
160	1:32.52	L	P	Lily Van Zyl	12	ESA CED	04/12/2025	Western Cape LC-A Championship 20
161	1:32.58	L	F	Lara Engels	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
162	1:32.60	L	F	Mienke Kemp	12	TNDER FDD	03/12/2025	Free State Champs 2025
163*	1:32.66	L	P	Janel Van der Merwe	12	UNI EZD	29/03/2026	SA Level 2 Regional Age Group Cham
163*	1:32.66	L	F	Daniella Louw	12	BLOT MAN	10/10/2025	Super Seals Annual Gala
165	1:32.71	L	F	Sia Lemmer	12	ESA CED	22/11/2025	Swartland Prestige Gala 2025
166	1:32.73	L	F	Erin Shekel	12	CYBE CPT	29/11/2025	CTA B CHAMPS 2025
167	1:32.90	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
168*	1:32.92	L	F	Emily Marais	12	KNYA EDD	04/10/2025	EDEN 1st A-League Gala 2025
168*	1:32.92	L	P	Olivia Odendaal	12	HPS FSH	10/12/2025	NTS Championships 2025
170	1:32.93	L	P	Madison Jarrard	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
171	1:32.97	L	F	Pradhia Singh	12	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
172	1:32.98	L	P	Jade Keys	12	WAC EDD	06/03/2026	SA Level 2 Regional Age Group Cham
173	1:33.10	L	P	Kyla Coetzee	12	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
174	1:33.19	L	F	Zane Kroon	12	AGAQ OBD	22/11/2025	Swartland Prestige Gala 2025
175	1:33.33	L	P	Kyra De Oliveira	12	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
176	1:33.35	L	F	Nissi Mtetwa	12	PAC FSH	05/12/2025	2025 The Tshwane Mayor's Gala
177	1:33.36	L	F	Esther Lubbe	12	BEST NMA	09/10/2025	44th Freda Barnard Invitational Gala
178	1:33.42	L	P	Dané Combrinck	12	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
179	1:33.52	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025	Free State Champs 2025
180	1:33.78	L	P	Ulwando Khuzwayo	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
181	1:34.00	L	F	Engela Klopper	12	USC BUF	28/11/2025	BCA Long Course Championships 202
182	1:34.15	L	P	Mia Pretorius	12	TINC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
183	1:34.18	L	F	Klara Ochse	12	PLAY CED	21/02/2026	Swartland Invitational Gala 2026
184	1:34.19	L	F	Mia Erasmus	12	DORE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
185	1:34.26	L	F	Ava Du Preez	12	BEAV ETH	31/03/2026	SA Level 2 Regional Age Group Cham
186	1:34.28	L	P	Sofia Lacovig	12	LALE CED	04/12/2025	Western Cape LC-A Championship 20
187	1:34.29	L	P	Emma Gibson-Taylor	12	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
188	1:34.33	L	F	Isabelle de Beer	12	GHS BPD	13/02/2026	NW School Championships 2026
189	1:34.61	L	F	Emily Black	12	HTSA CPT	29/11/2025	CTA B CHAMPS 2025
190	1:34.64	L	F	Leah Schemel	12	HARL BUF	28/11/2025	BCA Long Course Championships 202
191	1:34.67	L	P	Mione Fischer	12	DDA FSH	29/03/2026	SA Level 2 Regional Age Group Cham
192	1:34.80	L	F	Skylin Koupis	12	BLOT MAN	24/10/2025	Neptunes Gala
193	1:34.94	L	F	Mariandi Bredenkamp	12	BS LLD	03/12/2025	Free State Champs 2025
194	1:34.96	L	F	Bianca Van der Westhuizen	12	EVO CPT	21/02/2026	Swartland Invitational Gala 2026
195	1:35.09	L	F	Rachel Talanda	12	HDAQ MPD	28/11/2025	Limpopo Champs 2025
196	1:35.24	L	P	Lily Brown	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
197	1:35.31	L	P	Mika Pelser	12	OLDE JHB	29/03/2026	SA Level 2 Regional Age Group Cham
198	1:35.51	L	P	Lily Marais	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
199	1:35.86	L S	P	Bukata Mwanza	12	ESP EKU	04/12/2025	EGA Summer Championships 2025
200	1:35.87	L	F	Ashley Du Randt	12	TYGE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
201	1:35.97	L S	P	Mieke Pretorius	12	CA EKU	04/12/2025	EGA Summer Championships 2025
202	1:36.03	L	P	Amber Wylie	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
203	1:36.20	L	F	Mercedes Jaftha	12	MANT CPT	01/11/2025	CTA District A CHAMPS 2025
204	1:36.34	L	F	Cato Erasmus	12	BETH FDD	07/11/2025	Otters Prestige Gala 2025
205	1:36.85	L	F	Anneske Smith	12	KTS	07/02/2026	NC SPRINTS 2026
206	1:36.94	L	F	Anna Charlton	12	TRAZ FSH	05/12/2025	2025 The Tshwane Mayor's Gala
207*	1:36.95	L	F	Tanya Loots	12	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
207*	1:36.95	L	P	Murunwa Thidiela	12	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
209	1:37.05	L	F	Zandri Scheepers	12	VHD ZLD	31/01/2026	uShaka Champs 2026
210	1:37.09	L	F	Anzel Smit	12	EXP FSH	14/11/2025	NTS Level 3+ November Age Group G
211	1:37.14	L	F	Abigail Wilson	12	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
212	1:37.29	L	P	Britney Vermeulen	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
213	1:37.47	L	F	Yolayne Aucamp	12	TNDER FDD	03/12/2025	Free State Champs 2025
214	1:37.55	L	P	Reatile Ntidi	12	NWUC KKD	30/03/2026	SA Level 2 Regional Age Group Cham
215	1:37.84	L	P	Nika Loots	12	PELIC MAN	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				
216	1:37.94	L	F	Wyllow Halse	12	USC BUF	28/11/2025	BCA Long Course Championships 202
217	1:38.10	L S	P	Ava Gordon	12	SWIFT EKU	04/12/2025	EGA Summer Championships 2025
218	1:38.11	L	P	Rachel Saltzman	12	ESTR EKU	29/03/2026	SA Level 2 Regional Age Group Cham
219	1:38.34	L	F	Gianna Onkruid	12	UWCA CPT	28/06/2025	PEA Winter Gala 2025
220	1:38.35	L	P	Lea Cilliers	12	FSS	24/04/2026	SA Schools Swimming Championship
221	1:38.66	L	F	Surië-Rose Potgieter	12	TYGE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
222	1:38.78	L S	F	Alyssa Bosch	12	BARR CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
223	1:38.80	L	P	Vida Olivier	12	BLNE MAN	03/12/2025	Free State Champs 2025
224	1:38.94	L	F	Baylee-Rae Duffield	12	CRSC JHB	27/11/2025	CGA Championships 2025
225	1:38.96	L	P	Nduvho Rabambi	12	BULS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
226	1:39.02	L	F	Emily Johnson	12	ANAX CPT	29/11/2025	CTA B CHAMPS 2025
227*	1:39.08	L	F	Astrid Saul	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
227*	1:39.08	L	P	Otilie Molamu	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
229	1:39.11	L	P	Ava Stevens	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
230	1:39.18	L	P	Mambay Banza	12	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
231	1:39.21	L	F	Anchen Schoeman	12	BS LLD	03/12/2025	Free State Champs 2025
232	1:39.22	L	P	Aiva Van der Zandt	12	STAR BPD	30/03/2026	SA Level 2 Regional Age Group Cham
233	1:39.23	L	F	Tyla Abel	12	UNIU EZD	16/01/2026	MP AGE GROUP 4 - 16-17 JANUARY
234	1:39.34	L	F	Stella van Staden	12	CENP BUF	14/02/2026	BCSA School Trials 2026
235	1:39.38	L	P	Alexia Botha	12	KALA	30/03/2026	SA Level 2 Regional Age Group Cham
236*	1:39.45	L	P	Emily Bestbier	12	WAC EDD	06/03/2026	SA Level 2 Regional Age Group Cham
236*	1:39.45	L	F	Humaira Doha	12	MARL CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
238*	1:39.48	L	F	Anniqwe Bester	12	AGAQ OBD	09/10/2025	44th Freda Barnard Invitational Gala
238*	1:39.48	L S	P	Rachel Johnson	12	BARA EKU	04/12/2025	EGA Summer Championships 2025
240	1:39.49	L	F	Annabel Botha	12	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
241	1:39.61	L	F	Jasmine Smith	12	WATR JHB	27/11/2025	CGA Championships 2025
242	1:39.82	L	F	Lily Jones	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
243	1:39.83	L	P	Michaela Kröger	12	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
244	1:39.94	L	F	Lynette Rust	12	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
245	1:39.97	L	F	Myra Bailey	12	RACE JHB	27/11/2025	CGA Championships 2025
246	1:39.98	L	F	Adrienne Meiring	12	PEAS NMA	12/12/2025	NMBA Championships 2025
247	1:40.20	L	P	Isabella Purdon	12	SWIM1 JHB	29/03/2026	SA Level 2 Regional Age Group Cham
248	1:40.21	L	F	Mieke Moolman	12	UNI EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
249	1:40.34	L	F	Mikayla De Witte	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
250	1:40.44	L	F	Emily Harris	12	SASE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
251	1:40.60	L	F	Dita Schaal	12	VINE CPT	29/11/2025	CTA B CHAMPS 2025
252	1:41.06	L	P	Kari Moolman	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
253	1:41.09	L	F	Lisan Joubert	12	JOIEC	21/11/2025	AGE GROUP 2 & 3 UPT
254	1:41.12	L	F	Amy Cloete	12	UWCA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
255	1:41.19	L	F	Tshilidzi Rakhumba	12	TUKS TSH	13/02/2026	NTS Level 1+2 February Age Group 2f
256	1:41.30	L	P	Danelle Louw	12	BULS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
257	1:41.70	L	F	Isabelle Van Rooyen	12	TUKS TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
258	1:41.90	L	P	Kagiso Motuku	12	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
259	1:42.16	L	P	Eliana Woldemariam	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
260	1:42.44	L	P	Beersheba Negash	12	BARA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
261	1:42.47	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026	SA Level 2 Regional Age Group Cham
262	1:42.49	L S	P	Kamila Mohapi	12	ESTR EKU	04/12/2025	EGA Summer Championships 2025
263	1:42.58	L	P	Georgia Morte	12	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
264	1:42.65	L	F	Lexi Abrahamse	12	VINE CPT	20/09/2025	CTA INVITATIONAL LC MEET
265	1:42.74	L	P	Annabelle Els	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
266	1:42.97	L	P	Ilanca Smuts	12	RBOT BPD	06/12/2025	NWS Championships 2025
267	1:42.98	L	F	Dava Symes	12	CHSA CPT	06/02/2026	WCA-B Champs - 2026
268	1:43.21	L	F	Carla Swart	12	ASAC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
269	1:43.39	L S	P	Maya Chelin	12	H2O EKU	04/12/2025	EGA Summer Championships 2025
270	1:43.57	L	F	Milla Swart	12	OLDE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
271	1:43.64	L	F	Leah Brand	12	KNYA EDD	25/10/2025	Zasu 1st League OYDC 2025-26
272	1:43.66	L S	P	Lacey Hodgkinson	12	SWIFT EKU	04/12/2025	EGA Summer Championships 2025
273	1:43.71	L	F	Cari Kriel	12	LALE CED	06/02/2026	WCA-B Champs - 2026
274	1:43.93	L	F	Emily Greffrath	12	BEAV ETH	31/01/2026	uShaka 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			
275	1:44.16	L	F	Tebogo Machaba	12	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
276	1:44.59	L	P	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
277	1:44.91	L	F	Reese Barnsley	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
278	1:44.94	L	F	Klara Barkhuysen	12	ASAC CPT	06/02/2026 WCA-B Champs - 2026
279	1:45.37	L	F	Summer Coetser	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
280	1:45.63	L	F	Emme Wessels	12	BETH FDD	26/09/2025 Pelicans Gala..
281	1:45.67	L	F	Mpho Kutumane	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
282	1:46.06	L	F	Mika Philander	12	SAAW CPT	29/11/2025 CTA B CHAMPS 2025
283	1:46.10	L	F	Miele' Loftus	12	BULS MAN	07/11/2025 Otters Prestige Gala 2025
284	1:46.37	L	F	Etli Van Niekerk	12	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
285	1:46.49	L	F	Motheo Leshilo	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
286	1:46.70	L	F	Shekinah Ikedachi	12	MANT CPT	06/02/2026 WCA-B Champs - 2026
287	1:46.83	L	F	Ella Silke	12	LALE CED	06/02/2026 WCA-B Champs - 2026
288	1:46.88	L	P	Mari-Hane Visser	12	KALA	30/03/2026 SA Level 2 Regional Age Group Cham
289	1:47.12	L	F	Jennah Collen	12	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
290	1:47.24	L	F	Leah Naude	12	BETH FDD	28/02/2026 FSA LEVEL 1 2026
291	1:47.69	L	F	Nabiha Valli	12	MDOL JHB	27/11/2025 CGA Championships 2025
292	1:47.76	L	F	Mila De Witt	12	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
293	1:47.95	L	P	Faythe Evans	12	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
294	1:48.29	L S	P	Gemma Kenning	12	MAKO EKU	04/12/2025 EGA Summer Championships 2025
295	1:49.18	L	F	Ale Mentz	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
296	1:49.25	L	F	Lehanri Cronje	12	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
297	1:49.31	L	F	Adelle Luttig	12	UPSK ZMD	07/02/2026 NC SPRINTS 2026
298	1:49.34	L	F	Mianke Lubbe	12	GHWK	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
299	1:49.43	L	F	Elma Delport	12	BLSS MAN	07/11/2025 Otters Prestige Gala 2025
300	1:49.58	L S	P	Mia Schraader	12	SOLL EKU	04/12/2025 EGA Summer Championships 2025
301	1:50.26	L	F	Suraya Badat	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
302	1:50.32	L	F	Sophia Katzke	12	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
303	1:50.42	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	03/12/2025 Free State Champs 2025
304	1:50.76	L	F	Gcinizwi Dom	12	HPPS BUF	14/02/2026 BCSA School Trials 2026
305	1:50.80	L	F	Ella Tarr	12	SAAW CPT	21/02/2026 Swartland Invitational Gala 2026
306	1:51.37	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
307	1:51.68	L	F	Elné Roets	12	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
308	1:52.30	L	F	Nikita Erasmus	12	VASTR BPD	13/02/2026 NW School Championships 2026
309	1:53.41	L	F	Ymeri Wilken	12	VALS FDD	07/11/2025 Otters Prestige Gala 2025
310	1:53.43	L	F	Hayley Downs	12	MDOL JHB	27/11/2025 CGA Championships 2025
311	1:53.72	L	F	Emma Rees-Gibbs	12	PGAC EKU	31/01/2026 EGA Last Chance Gala 2026
312	1:53.74	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
313	1:53.87	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 202
314	1:53.91	L	F	Tshegofatso Kwadjo	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
315	1:53.93	L	P	Emma Botha	12	AASC EZD	05/12/2025 Mpumalanga Championships 2025
316	1:54.09	L	F	Phiyayinkosi Msuthu	12	HARL BUF	28/11/2025 BCA Long Course Championships 202
317	1:54.29	L	F	Kayla Wessels	12	BLOT MAN	23/01/2026 Mangaung Gala
318	1:54.32	L	F	Daniella-Mohapi Lebogo	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
319	1:54.41	L	F	Lizé Labuschagne	12	LSTZN CCD	31/01/2026 Limpopo School Champs & Limpopo A
320	1:55.04	L	F	Moneoa Seleke	12	PAC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
321	1:56.17	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025 Seagulls Winter Championships 2025
322	1:56.19	L	F	Kuyandokuhle Mdlouvu	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
323	1:56.62	L	F	Nicola Johl	12	SWISA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
324	1:57.17	L	F	Zoe Danha	12	CSA EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
325	1:57.65	L	F	Anelia Botha	12	BEARS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
326	1:57.70	L	F	Marné Truter	12	TKS WBD	28/11/2025 Limpopo Champs 2025
327	1:58.89	L	F	Emma Moothoosamy	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
328	2:00.11	L	F	Nina Murray	12	DDA FSH	03/10/2025 NTS Level 1+2 October Age Group 20
329	2:00.54	L	F	Bryani-Belle Fritz	12	HARL BUF	28/11/2025 BCA Long Course Championships 202
330	2:01.22	L	F	Mikayla Hanneman	12	GHS BPD	13/02/2026 NW School Championships 2026
331*	2:01.37	L	F	Tayla du Toit	12	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 202
331*	2:01.37	L	F	Juanika White	12	SWIMS EKU	22/11/2025 EGA Summer 3 & 4
333	2:01.76	L	F	Roxanne Hautmann	12	DSK BP	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				
334	2:01.81	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	28/06/2025	PEA Winter Gala 2025
335	2:02.06	L	F	Mphoentle Mmbadi	12	JAQ ECU	28/02/2026	AG Level 1 Regional Competition 2026
336	2:04.37	L	F	Zainab Spruit	12	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
337	2:04.73	L	F	Kayla Coetzee	12	VALS FDD	14/11/2025	Valsrivier Gala
338	2:05.08	L	F	Holly Woolmer	12	AAS JHB	20/02/2026	CGA Level 1 and Level 2 Champions
339	2:07.51	L	F	Neo Chomba	12	BARA ECU	22/11/2025	EGA Summer 3 & 4
340	2:08.69	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026	FSA LEVEL 1 2026
341	2:08.72	L	F	Mary-Lee McMin	12	TCA ECU	20/09/2025	EGA Summer 1 2025
342	2:09.92	L	F	Tshegofa Tau	12	CPSC TSH	28/02/2026	AG Level 1 Regional Competition 2026
343	2:10.65	L	F	Alanah Slabbert	12	HAAG UTD	06/12/2025	UThukela District Age Group 3
344	2:14.77	L S	P	Kyra Beissner	12	TCA ECU	04/12/2025	EGA Summer Championships 2025
345	2:15.01	L	F	Summer Bosch	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
346	2:15.67	L	P	Nqobile Kakana	12	RBUR BPD	06/12/2025	NWS Championships 2025
347	2:16.03	L	P	Jana Pienaar	12	CSA EZZ	05/12/2025	mpumalanga Championships 2025
348	2:26.33	L	F	Mahlogonolo Phukubje	12	SWISA TSH	03/10/2025	NTS Level 1+2 October Age Group 20
349	2:27.98	L	F	Onalerona Masoabi	12	PELIC MAN	24/10/2025	Neptunes Gala
350	2:37.20	L	F	Hayli Loubser	12	SWAR WCD	21/02/2026	Swartland Invitational Gala 2026
351	2:37.27	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	31/10/2025	UPINGTON PRESTIGE GALA 2025

#### Women 11-12 200 Back

1	2:32.47	L S	F	Sage Lindsay	12	CA ECU	21/03/2026	Sa National JNR Age Group Champs-2
2	2:35.14	L S	P	Alexi Claassen	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-2
3	2:37.85	L	F	Elke Coetsee	12	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
4	2:38.33	L S	F	Leah Dabrowski	12	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-2
5	2:38.59	L S	F	Emily Daniels	12	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-2
6	2:41.54	L S	F	Cayden Parfitt	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-2
7	2:44.45	L	F	Grace Johns	12	OHAN ILD	21/02/2026	KZN Schools Trials 2026
8	2:44.65	L	F	Olivia Geldart	12	ECSA BUF	24/04/2026	SA Schools Swimming Championship
9	2:45.80	L S	P	Demi Vorster	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-2
10	2:46.26	L	F	Jessica Caldeira	12	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
11	2:47.56	L S	P	Lily Bailes	12	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-2
12	2:47.65	L	F	Mila Nel	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
13	2:47.77	L	F	Tshegofatso Moabelo	12	BAS ECU	26/03/2026	SA Level 3 Regional Age Group Chan
14	2:50.79	L	F	Courtney Grant	12	ACES ETH	21/02/2026	KZN Schools Trials 2026
15	2:50.86	L	F	Miané Prinsloo	12	LP CCD	24/04/2026	SA Schools Swimming Championship
16	2:51.88	L	F	Annebelle Botha	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
17	2:52.31	L S	F	Cayleigh Knott	12	ASAC CPT	01/11/2025	CTA District A CHAMPS 2025
18	2:52.37	L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
19	2:52.68	L	F	Saskia Gilligan	12	BLMA CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
20	2:53.99	L	F	Kyla Short	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
21	2:54.36	L	F	Mackenzi Dart	12	USC BUF	12/12/2025	NMBA Championships 2025
22	2:54.77	L	F	Naledi Makhanya	12	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
23	2:55.22	L	F	Sophie Chiang	12	WATR JHB	27/11/2025	CGA Championships 2025
24	2:55.67	L S	P	Ané Venter	12	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-2
25	2:55.81	L S	F	Alexia Tranter	12	SSISA CPT	01/11/2025	CTA District A CHAMPS 2025
26	2:55.91	L	P	Alexa Kuhn	12	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
27	2:56.06	L	F	Bela Davis-Taylor	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
28	2:56.17	L	F	Aria Benade	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
29	2:56.34	L	F	Olivia Normington	12	XCEL CPT	09/04/2026	SA Level 3 Regional Age Group Chan
30	2:56.67	L	F	Lizanté Bam	12	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan
31	2:57.18	L	F	Lize Beyers	12	AGAQ QBD	09/04/2026	SA Level 3 Regional Age Group Chan
32	2:57.46	L	P	Amy-Lee Wood	12	CA ECU	26/03/2026	SA Level 3 Regional Age Group Chan
33	2:58.42	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	14/02/2026	CTA Elite Gala (L3+)
34	2:58.49	L	F	Emma Oosthuysen	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
35	2:58.59	L	F	Zenély De Beer	12	CSA EZZ	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J
36	2:58.60	L S	F	Lisa Le Roux	12	BLOT MAN	03/12/2025	Free State Champs 2025
37	2:59.09	L	P	Nicola Nysschen	12	NC FBD	24/04/2026	SA Schools Swimming Championship
38	2:59.53	L	P	Hannah Raphaela Morgado	12	MP EZZ	24/04/2026	SA Schools Swimming Championship
39	3:00.08	L	P	Lienke Bester	12	NC FBD	24/04/2026	SA Schools Swimming Championship
40	3:00.14	L	F	Colleen McQueen	12	BLSS MAN	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				
41	3:00.41	L S	F	Hayden Perrins	12	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
42	3:00.80	L	F	Gabriella Shaw	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
43	3:01.17	L	P	Naomi Mahlangu	12	BLMA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
44	3:01.28	L	P	Paige Oliphant	12	PAC FSH	10/12/2025	NTS Championships 2025
45	3:01.92	L	P	Milea Louw	12	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
46	3:01.99	L	F	Jaime-Lynn Vermeulen	12	HARL BUF	28/11/2025	BCA Long Course Championships 202
47	3:02.08	L	F	Holly Couzens	12	WSTV ETH	18/12/2025	KZN Premier Provincial Championship
48	3:02.27	L	F	Emma Roets	12	TUKS FSH	10/12/2025	NTS Championships 2025
49	3:02.33	L	F	Mila Geldenhuys	12	ACAA CCD	28/11/2025	Limopo Champs 2025
50	3:02.68	L	F	Scarlett Meiring	12	INFA NMA	12/12/2025	NMBA Championships 2025
51	3:02.83	L	F	Makayla Stoltz	12	GAU JHB	30/01/2026	Gauteng Schools Championships 202
52	3:02.87	L S	F	Annabelle Ras	12	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
53	3:03.00	L	P	Jolie Chabilall	12	CASC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
54	3:03.08	L	P	Harley Knudsen	12	PGAC EKU	04/12/2025	EGA Summer Championships 2025
55	3:03.11	L	P	Elle Lingerfelder	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
56	3:03.43	L	P	Gabriella Glass	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
57	3:03.54	L	F	Lea Noble	12	BLMA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
58	3:04.19	L	P	Zara Komani	12	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
59	3:04.27	L	F	Sydney Kuhn	12	ELEC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
60	3:04.30	L	F	Morgan Burstein	12	TUKS FSH	10/12/2025	NTS Championships 2025
61	3:04.86	L	F	Beulah vd Merwe	12	HREF BP	10/12/2025	NTS Championships 2025
62	3:05.04	L	F	Sophie Chong	12	CYBE CPT	14/02/2026	CTA Elite Gala (L3+)
63	3:05.11	L	P	Luze Potgieter	12	TUKS FSH	10/12/2025	NTS Championships 2025
64	3:06.32	L S	F	Marli Strydom	12	QSSC CPT	01/11/2025	CTA District A CHAMPS 2025
65	3:06.64	L	F	Lianka Spies	12	GHS BPD	13/02/2026	NW School Championships 2026
66	3:06.72	L	P	Taya Thompson	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
67	3:06.82	L	P	Mari Haasbroek	12	EXP FSH	26/03/2026	SA Level 3 Regional Age Group Chan
68	3:07.13	L	P	Jaime Sprong	12	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
69	3:07.50	L	F	Lia Pretorius	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
70	3:07.62	L	F	Isabella Knight	12	WATR JHB	27/11/2025	CGA Championships 2025
71	3:07.87	L	F	Bianca Van der Westhuizen	12	EVO CPT	21/02/2026	Swartland Invitational Gala 2026
72	3:07.95	L	P	Rebecca Sam	12	HPS FSH	10/12/2025	NTS Championships 2025
73	3:08.31	L	F	Rebecca Symon	12	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
74	3:08.33	L	F	Rouxlé Sauer	12	POTC KKD	30/03/2026	SA Level 2 Regional Age Group Cham
75	3:09.05	L S	F	Neri Upton	12	BLOT MAN	03/12/2025	Free State Champs 2025
76	3:10.19	L	F	Mufaro Kachisi	12	WSTV ETH	18/12/2025	KZN Premier Provincial Championship
77	3:10.24	L	F	Georgia Steyn	12	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
78	3:10.43	L	P	Lilly-Mae Smith	12	SOUL EKU	04/12/2025	EGA Summer Championships 2025
79*	3:10.72	L	F	Kyra Du Preez	12	USC BUF	12/12/2025	NMBA Championships 2025
79*	3:10.72	L	P	Olivia Odendaal	12	HPS FSH	26/03/2026	SA Level 3 Regional Age Group Chan
81	3:10.76	L	F	Catherine Couch	12	WATR JHB	14/02/2026	CGA Last Chance
82*	3:10.91	L	F	Melody Coetzee	12	CYBE CPT	29/11/2025	CTA B CHAMPS 2025
82*	3:10.91	L	F	Ella Arnold	12	SASE JHB	29/03/2026	SA Level 2 Regional Age Group Cham
84	3:11.05	L	F	Simone Zoutendyk	12	RBOT BPD	06/12/2025	NWS Championships 2025
85	3:11.07	L	F	Leané Bruwer	12	SWAR WCD	21/02/2026	Swartland Invitational Gala 2026
86	3:11.09	L	F	Imke Kraamwinkel	12	RFA FSH	13/02/2026	NTS Level 1+2 February Age Group 21
87	3:11.37	L	F	Emma McCallum	12	USC BUF	12/12/2025	NMBA Championships 2025
88	3:12.17	L	F	Ava Maritz	12	SEAL UMD	21/02/2026	KZN Schools Trials 2026
89	3:12.37	L	F	Phoebe Josiah	12	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
90	3:12.52	L	F	Lua Heyns	12	DDA FSH	27/02/2026	NTS Level 3+ February Age Group Ga
91	3:12.63	L	F	Hayley Liedeman	12	SWAR WCD	22/11/2025	Swartland Prestige Gala 2025
92	3:12.90	L	P	Willow Coleman	12	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
93	3:13.16	L	P	Gabriella Scott	12	TUKS FSH	26/03/2026	SA Level 3 Regional Age Group Chan
94	3:13.41	L	F	Lea Dornbrack	12	WELL CED	06/03/2026	SA Level 2 Regional Age Group Cham
95	3:13.48	L	P	Mieke Steinbach	12	NWUC KKD	06/12/2025	NWS Championships 2025
96	3:14.12	L	F	Darshana Pillay	12	MDOL JHB	27/11/2025	CGA Championships 2025
97	3:14.28	L	F	Khloe Mesquita	12	ANAX CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
98	3:14.32	L	F	Emma Du Toit	12	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
99	3:14.54	L	F	Kaylee Vd Wal	12	CASC 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			
100	3:14.62	L	F	Razaanah Essex	12	RETR CPT	06/02/2026 WCA-B Champs - 2026
101	3:14.91	L	F	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
102	3:15.79	L	F	Emily Marais	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
103	3:16.10	L	F	Mia Mostert	12	AWIN TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
104	3:16.20	L	F	Marlien Nell	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
105	3:16.31	L	F	Leila Burden	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
106	3:16.32	L	F	Elmi Koen	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
107	3:16.62	L	P	Elizabeth Dornon	BN	VASA EKV	26/03/2026 SA Level 3 Regional Age Group Chan
108	3:17.26	L	F	Isabel Helberg	12	MDOL JHB	27/11/2025 CGA Championships 2025
109	3:17.86	L	F	Jane Tredoux	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
110	3:18.40	L	F	Mienke Kemp	12	TNDER FDD	14/11/2025 Valsrivier Gala
111	3:18.65	L	F	Thalia Breedt	12	KSC EZD	05/12/2025 Mpumalanga Championships 2025
112	3:18.95	L	F	Elmine Opperman	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
113	3:19.10	L S	F	Marizel Prinsloo	12	BS LLD	03/12/2025 Free State Champs 2025
114	3:20.00	L	F	Puleng Masemene	12	ELEC TSH	13/02/2026 NTS Level 1+2 February Age Group 2I
115	3:20.04	L	F	Isabelle de Beer	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
116	3:20.25	L	F	Esther Lubbe	12	BEST NMA	18/10/2025 4th A League Gala 2025
117	3:20.38	L	F	Leah Vos	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
118	3:20.73	L S	F	Pradhia Singh	12	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
119	3:20.74	L	F	Tatum Adams	12	PAQU CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
120	3:20.93	L	F	Olivia Berry	12	BEST NMA	12/12/2025 NMBA Championships 2025
121	3:21.31	L	F	Nika Loots	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
122	3:21.47	L	F	Jeanine Goosen	12	BLNE MAN	24/10/2025 Neptunes Gala
123	3:21.81	L	P	Lheané Du Plessis	12	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
124	3:22.13	L	F	Janel Van der Merwe	12	UNI EZD	29/03/2026 SA Level 2 Regional Age Group Cham
125	3:22.20	L	F	Dané Combrinck	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
126	3:22.88	L	F	Isabelle Van Rooyen	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
127	3:23.04	L	F	Lusanele Qusheka	12	BEST NMA	28/06/2025 PEA Winter Gala 2025
128	3:23.13	L	F	Adison Gericke	12	USC BUF	28/11/2025 BCA Long Course Championships 202
129	3:23.34	L	F	Tenley Fowler	12	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
130	3:23.76	L	P	Tiisetso Makhatho	12	ESP EKV	26/03/2026 SA Level 3 Regional Age Group Chan
131	3:24.11	L	F	Charlotte Olver	12	ELEC TSH	03/10/2025 NTS Level 1+2 October Age Group 20
132	3:24.98	L	P	Jade Keys	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
133	3:25.85	L	F	Annabelle Els	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
134	3:27.17	L	F	Nissi Mtetwa	12	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
135	3:27.63	L	F	Michaela Kröger	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
136	3:27.89	L S	F	Anchen Schoeman	12	BS LLD	03/12/2025 Free State Champs 2025
137	3:28.21	L	F	Sophia Ebrahim	12	ESP EKV	29/03/2026 SA Level 2 Regional Age Group Cham
138	3:28.62	L	F	Mia Pretorius	12	TINC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
139	3:28.71	L	F	Murunwa Thidiela	12	MAKO EKV	29/03/2026 SA Level 2 Regional Age Group Cham
140	3:28.86	L	F	Bukata Mwanza	12	ESP EKV	22/11/2025 EGA Summer 3 & 4
141	3:29.09	L	P	Nduvho Rabambi	12	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
142	3:29.13	L	F	Isabella Purdon	12	SWIM1 JHB	29/03/2026 SA Level 2 Regional Age Group Cham
143	3:29.44	L	P	Lika Baird	12	HREF BP	06/12/2025 NWS Championships 2025
144	3:29.54	L	F	Sia Broncho	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
145	3:29.83	L	F	Mieke Pretorius	12	CA EKV	31/01/2026 EGA Last Chance Gala 2026
146	3:29.95	L	F	Alyssa Bosch	12	BARR CPT	06/02/2026 WCA-B Champs - 2026
147	3:30.25	L	F	Emma Arendse	12	MANT CPT	28/06/2025 PEA Winter Gala 2025
148	3:30.46	L	F	Mione Fischer	12	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
149	3:30.63	L	F	Maya Chelin	12	H2O EKV	29/03/2026 SA Level 2 Regional Age Group Cham
150	3:30.74	L	F	Emily Black	12	HTSA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
151	3:30.79	L	F	Otlile Molamu	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2I
152	3:31.07	L	F	Dita Schaal	12	VINE CPT	29/11/2025 CTA B CHAMPS 2025
153	3:31.49	L	F	Amy Cloete	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
154	3:31.64	L	F	Emily Johnson	12	ANAX CPT	29/11/2025 CTA B CHAMPS 2025
155	3:32.10	L	F	Amani Sausi	12	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
156	3:32.40	L	F	Ava Stevens	12	USC BUF	30/01/2026 Infinity Gala 2026
157	3:32.95	L	F	Ava Candiotés	12	GHS BPD	13/02/2026 NW School Championships 2026
158	3:33.06	L	F	Baylee-Rae Duffield	12	CRSC 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			
159	3:33.69	L	F	Anneske Smith	12	KTS	07/02/2026 NC SPRINTS 2026
160	3:33.89	L	F	Ashley Du Randt	12	TYGE CPT	06/02/2026 WCA-B Champs - 2026
161	3:35.15	L	F	Lisan Joubert	12	JOIEC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
162	3:35.30	L	P	Adrianne Meiring	12	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
163	3:35.45	L	F	Lethabo Rikhotso	12	WATR JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
164	3:35.85	L	F	Humaira Doha	12	MARL CPT	09/10/2025 44th Freda Barnard Invitational Gala
165	3:36.30	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
166	3:36.81	L	F	Leah Brand	12	KNYA EDD	04/10/2025 EDEN 1st A-League Gala 2025
167	3:37.23	L	F	Tebogo Machaba	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
168	3:38.24	L S	F	Beatrisa Kotkljar	12	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
169	3:38.25	L	P	Amber Wylie	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
170	3:38.92	L	P	Reatile Ntidi	12	NWUC KKD	06/12/2025 NWS Championships 2025
171	3:38.93	L	F	Tshilidzi Rakhumba	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
172	3:39.31	L	F	Lacey Hodgkinson	12	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
173	3:40.25	L	P	Kamila Mohapi	12	ESTR EKU	04/12/2025 EGA Summer Championships 2025
174	3:40.60	L	F	Etli Van Niekerk	12	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
175*	3:41.12	L	F	Eliana Woldemariam	12	TUKS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
175*	3:41.12	L	P	Rachel Saltzman	12	ESTR EKU	04/12/2025 EGA Summer Championships 2025
177	3:41.40	L	F	Beersheba Negash	12	BARA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
178	3:41.66	L S	F	Danelle Louw	12	BULS MAN	03/12/2025 Free State Champs 2025
179	3:42.41	L	P	Mika Philander	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
180	3:42.59	L	F	Kagiso Motuku	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
181	3:43.79	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
182	3:43.95	L	P	Ilanca Smuts	12	RBOT BPD	06/12/2025 NWS Championships 2025
183	3:44.82	L	F	Motheo Leshilo	12	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
184	3:46.85	L	F	Gemma Kenning	12	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
185	3:46.96	L	F	Emily Bestbier	12	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
186	3:48.03	L	F	Mila De Witt	12	HTSA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
187	3:48.19	L	F	Nina Murray	12	DDA FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
188	3:51.49	L	F	Rachel Johnson	12	BARA EKU	22/11/2025 EGA Summer 3 & 4
189	3:55.75	L	F	Hayley Downs	12	MDOL JHB	27/11/2025 CGA Championships 2025
190	3:56.92	L	F	Lehanri Cronje	12	NSAD EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
191	3:57.61	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
192	3:58.12	L S	F	Ella De Nobrega	12	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
193	4:03.24	L	F	Isla Brennan	12	TRAZ FSH	03/10/2025 NTS Level 1+2 October Age Group 20
194	4:12.42	L	F	Adelle Luttig	12	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
195	4:18.66	L	F	Sophia Lamprecht	12	BARR CPT	22/11/2025 Swartland Prestige Gala 2025
196	4:19.33	L	F	Aruana Van Der Westhuizen	12	PELIC MAN	26/09/2025 Pelicans Gala..
197	4:20.30	L	P	Reabetswe Raphuti	12	HARB BPD	06/12/2025 NWS Championships 2025
198	4:38.69	L	F	Neo Chomba	12	BARA EKU	11/10/2025 EGA Summer 2
199	4:55.28	L	F	Bohlale Letseleha	12	PELIC MAN	23/01/2026 Mangaung Gala
200	5:08.01	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi

#### Women 11-12 50 Breast

1	36.49	L	F	Olivia Geldart	12	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-2
2	36.82	L	F	Ella Johnson	12	CTO CPT	21/03/2026 Sa National JNR Age Group Champs-2
3	36.91	L	F	Morgan Booysen	12	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
4	37.32	L	F	Skyla Nadauld	12	BLUO UGD	26/03/2026 SA Level 3 Regional Age Group Chan
5	37.91	L	F	Makayla Stoltz	12	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
6	37.96	L	F	Lheané Du Plessis	12	EDEN ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
7	38.26	L	P	Jessica Steyn	12	ASA HLD	21/03/2026 Sa National JNR Age Group Champs-2
8	38.46	L	P	Kayla Coetzee	12	VALS FDD	26/03/2026 SA Level 3 Regional Age Group Chan
9	38.76	L	F	Ashlynn Shaw	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
10	38.89	L	F	Mambay Banza	12	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
11	39.14	L	F	Aria Benade	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
12	39.19	L	P	Ashley Cilliers	12	WATR JHB	27/11/2025 CGA Championships 2025
13	39.33	L	F	Elke Coetsee	12	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
14	39.61	L	F	Hannah Stearn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
15	39.78	L	P	Zara Levi	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
16	39.81	L	F	Lefei Li	12	WATR 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			
17	40.09	L	P	Gianna Olivier	12	WCS	24/04/2026 SA Schools Swimming Championship
18	40.11	L	F	Miane Bendeman	12	LP CCD	24/04/2026 SA Schools Swimming Championship
19	40.12	L	F	Marli Strydom	12	WCS	24/04/2026 SA Schools Swimming Championship
20	40.18	L	P	Tenley Fowler	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
21	40.28	L	P	Isabella Knight	12	WATR JHB	27/11/2025 CGA Championships 2025
22	40.30	L	F	Lexi Abrahamse	12	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	40.42	L	F	Kari Nel	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
24	40.46	L	P	Leah Dabrowski	12	WCS	24/04/2026 SA Schools Swimming Championship
25	40.66	L	F	Lea Cilliers	12	FSS	24/04/2026 SA Schools Swimming Championship
26	40.75	L	P	Gianna Onkruid	12	UWCA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
27	40.82	L	F	Ava Du Preez	12	BEAV ETH	21/02/2026 KZN Schools Trials 2026
28*	40.83	L	F	Emma Von Mollendorff	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
28*	40.83	L	F	Pia Swanepoel	12	WCS	24/04/2026 SA Schools Swimming Championship
30	41.02	L	F	Amber Gewer	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
31	41.03	L	F	Hayley Greyvenstein	12	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
32	41.15	L	F	Caro Bishop	12	VINE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
33	41.21	L	F	Jana Serdyn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
34	41.23	L	P	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
35	41.24	L	F	Elizabeth Dornon	BN	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
36	41.44	L	P	Olivia Normington	12	XCEL CPT	09/04/2026 SA Level 3 Regional Age Group Chan
37	41.46	L	P	Annebelle Botha	12	PER JHB	27/11/2025 CGA Championships 2025
38	41.62	L	F	Lisa Le Roux	12	BLOT MAN	03/12/2025 Free State Champs 2025
39	41.85	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
40	41.92	L	P	Ella Niven	12	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
41	41.94	L	F	Anzel Smit	12	EXP FSH	27/02/2026 NTS Level 3+ February Age Group Ga
42	41.97	L	F	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
43	42.04	L	F	Milla Swart	12	OLDE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
44	42.20	L	F	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
45	42.22	L	F	Miané Prinsloo	12	ACAA CCD	28/11/2025 Limpopo Champs 2025
46	42.26	L	P	Annabelle Ras	12	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
47	42.37	L	F	Lily Bailes	12	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
48	42.43	L	P	Leah Schemel	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
49	42.45	L	F	Alexa Martin	12	SGUL ETH	03/10/2025 Curro AquaElite Gala
50	42.50	L	F	Alexi Dandoulakis	12	CA EKU	22/11/2025 EGA Summer 3 & 4
51	42.56	L	F	Neliza Ojwach	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
52	42.64	L	P	Ymeri Wilken	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
53	42.67	L	F	Zane Kroon	12	AGAQ OBD	13/02/2026 Winelands SL Fin - February 2026 - cc
54	42.77	L	F	Izelda Meyer	12	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
55	42.82	L	F	Jasmine Smith	12	WATR JHB	27/11/2025 CGA Championships 2025
56	42.86	L	F	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
57	42.91	L	F	Sophia Katzke	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
58	42.94	L	F	Emma Vorster	12	HPS FSH	10/12/2025 NTS Championships 2025
59	42.96	L	P	Cayleigh Knott	12	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
60	43.02	L	P	Rebecca Sam	12	HPS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
61*	43.16	L	P	Kyra De Oliveira	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
61*	43.16	L	F	Emily Muijs	12	STAQ CED	06/03/2026 SA Level 2 Regional Age Group Cham
63	43.18	L	F	Kyra Du Preez	12	USC BUF	24/01/2026 BCA January Age Group Gala 2026
64	43.20	L	F	Alexi Claassen	12	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
65	43.26	L	F	Sophie Chiang	12	WATR JHB	27/11/2025 CGA Championships 2025
66	43.32	L	P	Colleen McQueen	12	BLSS MAN	03/12/2025 Free State Champs 2025
67	43.57	L	F	Chloe Pohlmann	12	CPPS NMA	14/03/2026 Level 1 District Age Group Gala 2026
68	43.62	L	F	Kaylie Van der Linde	12	VHD ZLD	31/01/2026 uShaka Champs 2026
69	43.67	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
70	43.78	L	P	Isabel Smith	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
71	43.79	L	F	Abigail Wilson	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
72	43.80	L	F	Aphelele Shange	12	USHPM UMD	09/07/2025 TYR Prestige Tournament 2025
73	43.87	L	P	Mika Pelser	12	OLDE JHB	27/11/2025 CGA Championships 2025
74*	43.88	L	F	Elle Lingerfelder	12	AA JHB	27/11/2025 CGA Championships 2025
74*	43.88	L	P	Ella Arnold	12	SASE 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			
76*	43.92	L	F	Ella Tarr	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
76*	43.92	L	F	Kaylee Els	12	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
78	43.96	L	P	Luze Potgieter	12	TUKS FSH	10/12/2025 NTS Championships 2025
79	43.97	L	F	Mariane Labuschagne	12	FISH EDD	22/11/2025 Eden LC Champs 2025
80	43.98	L	P	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-
81	44.04	L	P	Kenzie Adelaine	12	AA JHB	27/11/2025 CGA Championships 2025
82	44.13	L	F	Sydney Kuhn	12	ELEC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
83	44.17	L	P	Simone Zoutendyk	12	RBOT BPD	26/03/2026 SA Level 3 Regional Age Group Chan
84	44.27	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
85	44.28	L	F	Bukata Mwanza	12	ESP ECU	31/01/2026 EGA Last Chance Gala 2026
86	44.32	L	P	Mienke Kemp	12	TNDER FDD	30/03/2026 SA Level 2 Regional Age Group Cham
87	44.35	L	F	Skyler Muller	12	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
88	44.39	L	P	Emma Ranger	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
89	44.49	L	P	Oarerata Modiole	12	TRAZ FSH	29/03/2026 SA Level 2 Regional Age Group Cham
90	44.51	L	F	Phoebe Josiah	12	PSCP UMD	15/11/2025 KZN Junior Championships 2025
91	44.55	L	P	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
92	44.56	L	P	Emma Roets	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
93	44.57	L	F	Caitlin Byliefeldt	12	MAKO ECU	22/11/2025 EGA Summer 3 & 4
94	44.64	L	F	Myra Bailey	12	RACE JHB	27/11/2025 CGA Championships 2025
95	44.65	L	F	Sia Lemmer	12	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
96	44.72	L	F	Sophia Ebrahim	12	ESP ECU	29/03/2026 SA Level 2 Regional Age Group Cham
97	44.75	L	F	Rachel De Fleuriot	12	AADUB ETH	31/01/2026 uShaka Champs 2026
98	44.76	L	F	Neri Upton	12	BLOT MAN	03/12/2025 Free State Champs 2025
99	44.82	L	F	Mercedes Jaftha	12	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
100	44.87	L	P	Gia Warby	12	TRAZ FSH	29/03/2026 SA Level 2 Regional Age Group Cham
101	45.10	L	P	Mieke Steinbach	12	NWUC KKD	06/12/2025 NWS Championships 2025
102	45.12	L	P	Zani Hager	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
103	45.13	L	P	Emily Fryer	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
104	45.22	L	P	Lily Marais	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
105	45.23	L	P	Isabella Van Breda	12	NWUC KKD	06/12/2025 NWS Championships 2025
106*	45.24	L	P	Gabriella Glass	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
106*	45.24	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	04/12/2025 Western Cape LC-A Championship 20
108	45.25	L	P	Madison Jarrard	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
109*	45.26	L	F	Emma Gutsche	12	POLSC CCD	31/01/2026 Limpopo School Champs & Limpopo A
109*	45.26	L	P	Ava Stevens	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
111*	45.30	L	F	Hayden Perrins	12	CASC CPT	28/06/2025 PEA Winter Gala 2025
111*	45.30	L	P	Lize Beyers	12	AGAQ OBD	09/04/2026 SA Level 3 Regional Age Group Chan
113*	45.31	L	P	Arabella Symington	12	ACES ETH	18/12/2025 KZN Premier Provincial Championship
113*	45.31	L	P	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
115*	45.32	L	F	Amelia Van Lill	12	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
115*	45.32	L	F	Olivia Berry	12	BEST NMA	15/11/2025 5th A League Gala 2025
117	45.35	L	F	Bianca Van Jaarsveld	12	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
118	45.42	L	F	Adelle Luttig	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
119	45.43	L	P	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
120	45.48	L	F	Isabelle de Beer	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
121	45.50	L	P	Catherine Couch	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
122	45.58	L	F	Ava Maritz	12	SEAL UMD	31/01/2026 uShaka Champs 2026
123	45.59	L	F	Janel Van der Merwe	12	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
124	45.60	L	F	Amelia Lange	12	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
125	45.63	L	F	Jaime Sprong	12	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
126	45.70	L	P	Esther Lubbe	12	BEST NMA	09/04/2026 SA Level 3 Regional Age Group Chan
127	45.74	L	F	Willow Coleman	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
128	45.88	L	F	Reatile Ntidi	12	PCS KK	13/02/2026 NW School Championships 2026
129	45.89	L	P	Emma Arendse	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
130	45.95	L	F	Abigail Haupt	12	TUKS FSH	23/01/2026 2026 NTS Sprint Gala
131	46.00	L	F	Jaime-Lynn Vermeulen	12	GPS EDD	14/02/2026 BCSEA School Trials 2026
132	46.03	L	P	Leah Vos	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
133	46.05	L	P	Emma Gibson-Taylor	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
134	46.11	L	F	Roxanne Hautmann	12	RBUR BPD	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					
135	46.13	L	F	Baylee-Rae Duffield	12	CRSC	JHB	28/02/2026	CGA Challenge
136	46.21	L	F	Mari-Hane Visser	12	KALA		14/02/2026	KALAHARI CLASSIC 2026
137	46.22	L	P	Rachel Saltzman	12	ESTR	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
138	46.25	L	F	Tayla Eden	12	TRAZ	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
139	46.26	L	F	Klara Barkhuysen	12	ASAC	CPT	06/02/2026	WCA-B Champs - 2026
140	46.30	L	F	Demi Vorster	12	TUKS	TSH	14/11/2025	NTS Level 3+ November Age Group G
141	46.34	L	P	Mia Mostert	12	AWIN	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
142	46.36	L	F	Skylin Koupis	12	BLOT	MAN	03/10/2025	Curro AquaElite Gala
143	46.37	L	F	Nduvho Rabambi	12	BULS	MAN	30/03/2026	SA Level 2 Regional Age Group Cham
144	46.39	L	F	Saige Coetzee-Jennings	12	SUMW	NMA	14/03/2026	Level 1 District Age Group Gala 2026
145	46.45	L	F	Tiisetso Makhatho	12	ESP	EKU	31/01/2026	EGA Last Chance Gala 2026
146	46.47	L	P	Britney Vermeulen	12	PER	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
147	46.48	L	F	Kagiso Motuku	12	ESP	EKU	31/01/2026	EGA Last Chance Gala 2026
148*	46.52	L	P	Stella van Staden	12	AQUA	BUF	09/04/2026	SA Level 3 Regional Age Group Chan
148*	46.52	L	F	Amy Jacobs	12	TYGE	CPT	29/11/2025	CTA B CHAMPS 2025
148*	46.52	L	P	Annabel Marais	12	TUKS	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
151	46.56	L	P	Alyssa Bosch	12	BARR	CPT	06/03/2026	SA Level 2 Regional Age Group Cham
152	46.62	L	F	Hannah Raphaela Morgado	12	CSA	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
153	46.64	L	P	Naomi Mahlangu	12	BLMA	CPT	09/04/2026	SA Level 3 Regional Age Group Chan
154	46.65	L	F	Mamoso Ramokgopa	12	TPS	BPD	31/01/2026	Limpopo School Champs & Limpopo A
155	46.72	L	P	Kaitlyn Curtis	12	BLUO	UGD	31/03/2026	SA Level 2 Regional Age Group Cham
156	46.78	L	F	Emma Ku	12	MDOL	JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
157*	46.86	L	F	Nienke Eksteen	12	VALS	FDD	03/12/2025	Free State Champs 2025
157*	46.86	L	F	Kethelo Mkhize	12	USH	KCD	31/03/2026	SA Level 2 Regional Age Group Cham
159	46.91	L	P	Lily Van Zyl	12	ESA	CED	04/12/2025	Western Cape LC-A Championship 20
160	46.93	L	P	Lea Noble	12	ELMA	CPT	04/12/2025	Western Cape LC-A Championship 20
161	46.94	L	F	Alexia Botha	12	KALA		14/02/2026	KALAHARI CLASSIC 2026
162	46.99	L	P	Thalia Breedt	12	KSC	EZD	05/12/2025	Mpumalanga Championships 2025
163	47.02	L	F	Scarlett Meiring	12	INFA	NMA	30/01/2026	Infinity Gala 2026
164	47.07	L	P	Kelsey Sloan	12	CA	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
165	47.11	L	F	Erin Shekel	12	CYBE	CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
166*	47.18	L	P	Kyla Coetzee	12	TUKS	TSH	29/03/2026	SA Level 2 Regional Age Group Cham
166*	47.18	L	P	Rouxlé Sauer	12	POTC	KKD	30/03/2026	SA Level 2 Regional Age Group Cham
168	47.23	L	F	Riandi Muller	12	INFA	NMA	30/01/2026	Infinity Gala 2026
169	47.28	L	F	Lian Pietersen	12	FIELD	BP	13/02/2026	NW School Championships 2026
170	47.35	L	F	Mila Nel	12	TUKS	TSH	23/01/2026	2026 NTS Sprint Gala
171	47.36	L	F	Tatum Janse Van Rensburg	12	ACSA	ETH	15/11/2025	KZN Junior Championships 2025
172	47.37	L	F	Puleng Masemene	12	ELEC	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
173	47.39	L	F	Grace Johns	12	OHAN	ILD	15/11/2025	KZN Junior Championships 2025
174	47.41	L	P	Taya Thompson	12	CTO	CPT	09/04/2026	SA Level 3 Regional Age Group Chan
175	47.42	L	P	Lynette Rust	12	RFA	TSH	30/03/2026	SA Level 2 Regional Age Group Cham
176	47.44	L	F	Holly Couzens	12	WSTV	ETH	18/12/2025	KZN Premier Provincial Championship
177	47.46	L	P	Kyla Short	12	MDOL	JHB	27/11/2025	CGA Championships 2025
178	47.47	L	F	Leah Kotze	12	BULS	MAN	24/10/2025	Neptunes Gala
179*	47.55	L	P	Emma Oosthuizen	12	AA	JHB	27/11/2025	CGA Championships 2025
179*	47.55	L	F	Danika Brynard	12	STSC	KCD	31/03/2026	SA Level 2 Regional Age Group Cham
181	47.61	L	P	Georgia Steyn	12	SEAL	UMD	31/03/2026	SA Level 2 Regional Age Group Cham
182	47.63	L	F	Charlotte Olver	12	ELEC	TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
183	47.70	L	F	Miane Steyn	12	LEGC	ETH	15/11/2025	KZN Junior Championships 2025
184	47.73	L	F	Cassidy-Lea Riddin	12	SEAL	UMD	21/02/2026	KZN Schools Trials 2026
185	47.74	L	F	Mari Sterne	12	STAQ	CED	14/11/2025	Winelands SL4 November 2025 & Sch
186	47.77	L	P	Shalom Mtileni	12	UNIU	EZD	29/03/2026	SA Level 2 Regional Age Group Cham
187	47.80	L	F	Wyllow Halse	12	USC	BUF	24/01/2026	BCA January Age Group Gala 2026
188	47.82	L	P	Hayley Liedeman	12	SWAR	WCD	26/03/2026	SA Level 3 Regional Age Group Chan
189	47.91	L	F	Lienke Bester	12	HREF	BP	06/12/2025	NWS Championships 2025
190	48.07	L	F	Alexia Tranter	12	SSISA	CPT	20/09/2025	CTA INVITATIONAL LC MEET
191	48.10	L	P	Lethabo Rikhotso	12	WATR	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
192	48.11	L S	P	Kamila Mohapi	12	ESTR	EKU	04/12/2025	EGA Summer Championships 2025
193*	48.14	L	P	Faythe Evans	12	RACE	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			
193*	48.14	L	F	Carla Swart	12	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
195	48.17	L	F	Sofia Mohamed	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
196	48.19	L	F	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
197	48.21	L	F	Lisan Joubert	12	JOIEC	07/02/2026 NC SPRINTS 2026
198	48.22	L	P	Janke Bresler	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
199	48.26	L	F	Ilé Fourie	12	SS MPD	28/11/2025 Limpopo Champs 2025
200	48.28	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
201	48.29	L	F	Saige Le Roux	12	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
202	48.30	L	F	Jane Tredoux	12	BLNE MAN	03/12/2025 Free State Champs 2025
203	48.34	L	F	Lienke Rossouw	12	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
204	48.38	L	F	Tyla Abel	12	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
205	48.47	L	F	Tanya Loots	12	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
206	48.49	L	P	Leila Burden	12	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
207*	48.54	L	P	Mika Vd Merwe	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
207*	48.54	L	F	Vida Olivier	12	BLNE MAN	24/10/2025 Neptunes Gala
209	48.55	L	P	Aiva Van der Zandt	12	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
210	48.60	L	P	Lacey Hodgkinson	12	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
211	48.61	L	P	Hannah Rosholt	12	MDOL JHB	27/11/2025 CGA Championships 2025
212	48.63	L	F	Mila Geldenhuys	12	ACAQ CCD	28/11/2025 Limpopo Champs 2025
213	48.66	L	P	Georgia Morte	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
214	48.69	L	F	Anniqwe Bester	12	AGAQ QBD	09/10/2025 44th Freda Barnard Invitational Gala
215	48.70	L	F	Leanke Loots	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
216	48.76	L	P	Elmine Opperman	12	FAAC	30/03/2026 SA Level 2 Regional Age Group Cham
217*	48.84	L	F	Kirsten Schnehage	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
217*	48.84	L	F	Marizel Prinsloo	12	BS LLD	23/08/2025 KOVSIE GALA
219	48.91	L	F	Marzané Fourie	12	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
220	48.95	L	F	Maya Brown	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
221	48.96	L	F	Mia (B) Venter	12	AWIN FSH	23/01/2026 2026 NTS Sprint Gala
222	48.97	L	P	Miele' Loftus	12	BULS MAN	03/12/2025 Free State Champs 2025
223	49.03	L	F	Annabelle Els	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
224	49.05	L	F	Inge Jv Vuuren	12	SS MPD	31/01/2026 Limpopo School Champs & Limpopo A
225*	49.06	L	F	Mari Haasbroek	12	EXP FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
225*	49.06	L	F	Khartyn Gysman	12	CAMBP BUF	28/02/2026 Eastern Cape School Provincial Trials
227	49.14	L	F	Darshana Pillay	12	MDOL JHB	14/02/2026 CGA Last Chance
228	49.20	L	F	Zara Komani	12	WATR JHB	14/02/2026 CGA Last Chance
229	49.21	L	F	Mia De Lange	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
230	49.24	L	F	Mufaro Kachisi	12	WSTV ETH	06/10/2025 Seagulls Winter Championships 2025
231	49.30	L	F	Kim Van Reenan	12	STSC KCD	01/11/2025 KCDA Age Group Gala 2 2025
232	49.31	L	P	Astrid Saul	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
233	49.38	L	P	Annabelle Van Wyk	12	LALE CED	04/12/2025 Western Cape LC-A Championship 20
234	49.57	L	P	Jade Keys	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
235*	49.59	L	F	Nicola Nysschen	12	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
235*	49.59	L	F	Kayla Pieterse	12	AOLY FSH	05/12/2025 2025 The Tshwane Mayor's Gala
237	49.60	L	F	Ruvarashe Karibata	12	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
238	49.62	L	P	Leané Bruwer	12	SWAR WCD	04/12/2025 Western Cape LC-A Championship 20
239	49.66	L	F	Kate Pieterse	12	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
240	49.67	L	F	Yamakhuze Loni	12	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
241	49.75	L	F	Eliana Woldemariam	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
242	49.80	L	P	Ale Mentz	12	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
243	49.81	L	F	Lea Dornbrack	12	WELL CED	22/11/2025 Swartland Prestige Gala 2025
244	49.94	L	P	Mariandi Bredenkamp	12	BS LLD	03/12/2025 Free State Champs 2025
245	49.99	L	P	Emily Greffrath	12	BEAV ETH	31/03/2026 SA Level 2 Regional Age Group Cham
246*	50.00	L	P	Marlien Nell	12	HREF BP	06/12/2025 NWS Championships 2025
246*	50.00	L	F	Jaunté Duvenage	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
248	50.05	L	P	Maria De Klerk	12	BS LLD	03/12/2025 Free State Champs 2025
249	50.06	L	F	Jeanine Goosen	12	BLNE MAN	20/09/2025 Welkom Seals Gala
250	50.10	L	F	Razaanah Essex	12	RETR CPT	29/11/2025 CTA B CHAMPS 2025
251	50.16	L S	P	Maya Chelin	12	H2O EKU	04/12/2025 EGA Summer Championships 2025
252	50.23	L	P	Layla Palframan	12	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				
253	50.28	L	P	Beersheba Negash	12	BARA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
254	50.35	L	F	Melody Coetzee	12	CYBE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
255	50.38	L	F	Aishah Bingudza	12	NGU TSH	28/02/2026	AG Level 1 Regional Competition 2026
256	50.40	L	F	Lebogang Maredi	12	SS MPD	28/11/2025	Limpopo Champs 2025
257*	50.44	L	F	Imke Kraamwinkel	12	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
257*	50.44	L	F	Kendre Lynch	12	SWIM1 JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
259	50.49	L	F	Sinakhokonke Bhengu	12	PSCP UMD	30/03/2026	KZNA Level 1 Championships
260	50.50	L	P	Alyssa Fragoso de Almeida	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
261	50.51	L	F	Mieke Moolman	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
262	50.55	L	F	Paige Oliphant	12	PAC TSH	17/10/2025	NTS Level 3+ October Age Group Gal
263	50.59	L	P	Lianka Spies	12	HARB BPD	06/12/2025	NWS Championships 2025
264	50.71	L	F	Emily Bestbier	12	WAC EDD	14/02/2026	EDEN 5th A-League Gala 2026
265	50.74	L	F	Anneske Smith	12	KTS	07/02/2026	NW SPRINTS 2026
266	50.77	L	F	Beulah vd Merwe	12	MCSF BPD	13/02/2026	NW School Championships 2026
267	50.81	L	P	Phwayinkosi Msuthu	12	HARL BUF	06/03/2026	SA Level 2 Regional Age Group Cham
268*	50.82	L	P	Emily Black	12	HTSA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
268*	50.82	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025	BCA Long Course Championships 202
270	50.83	L	F	Surië-Rose Potgieter	12	TYGE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
271	50.88	L	F	Klara Ochse	12	PLAY CED	22/11/2025	Swartland Prestige Gala 2025
272	50.94	L	F	Mia Pretorius	12	TINC TSH	13/02/2026	NTS Level 1+2 February Age Group 2l
273	50.97	L	P	Nika Loots	12	PELIC MAN	30/03/2026	SA Level 2 Regional Age Group Cham
274	51.03	L	F	Tshilidzi Rakhumba	12	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
275	51.14	L	F	Etli Van Niekerk	12	CSA EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
276	51.17	L	F	Leah Brand	12	KNYA EDD	04/10/2025	EDEN 1st A-League Gala 2025
277	51.22	L	F	Maddie Loureiro	12	INFA NMA	28/06/2025	PEA Winter Gala 2025
278	51.40	L	F	Rita Rouillard	12	PSA ZLD	06/12/2025	Stingrays Champs 2025
279	51.44	L	F	Lika Baird	12	GHS BPD	13/02/2026	NW School Championships 2026
280	51.45	L	F	Olivia Joubert	12	PER JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
281	51.51	L	F	Liane Jordaan	12	UPSK ZMD	21/02/2026	AGE GROUP 6 UPT 2026 - copied
282	51.73	L	P	Reese Barnsley	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
283	51.74	L	F	Alae Loots	12	KNYA EDD	24/01/2026	EDEN 4th A-League Gala 2026
284*	51.77	L S	P	Rachel Johnson	12	BARA EKU	04/12/2025	EGA Summer Championships 2025
284*	51.77	L	F	Ashley Du Randt	12	TYGE CPT	01/11/2025	CTA District A CHAMPS 2025
286	51.78	L	F	Ava Candiotes	12	GHS BPD	13/02/2026	NW School Championships 2026
287	51.84	L	F	Anke Pretorius	12	STELL RMD	28/02/2026	NWS Last Chance 2026
288	51.98	L	F	Nikita Erasmus	12	VASTR BPD	13/02/2026	NW School Championships 2026
289	51.99	L	F	Marné Truter	12	LSKP WBD	31/01/2026	Limpopo School Champs & Limpopo A
290	52.00	L	F	Kenzie Murugan	12	STSC KCD	31/01/2026	uShaka Champs 2026
291	52.09	L	F	Murunwa Thidiela	12	MAKO EKU	11/10/2025	EGA Summer 2
292	52.11	L	P	Cari Kriel	12	LALE CED	06/03/2026	SA Level 2 Regional Age Group Cham
293	52.15	L	F	Lienke Jv Niewenhuizen	12	AOLY TSH	05/12/2025	2025 The Tshwane Mayor's Gala
294	52.20	L	F	Motheo Leshilo	12	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
295	52.29	L	F	Lizanté Bam	12	BLSS MAN	31/10/2025	Mangaung Gala
296	52.33	L	F	Amani Sausi	12	AZON ETH	06/10/2025	Seagulls Winter Championships 2025
297	52.41	L	F	Amoné Liebenberg	12	SS MPD	28/11/2025	Limpopo Champs 2025
298*	52.46	L	F	Emma Botha	12	AASC EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
298*	52.46	L	F	Lene Brecher	12	PSA ZLD	31/01/2026	uShaka Champs 2026
300	52.70	L	P	Hayley Downs	12	MDOL JHB	27/11/2025	CGA Championships 2025
301	52.79	L	P	Daniella-Mohapi Lebogo	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
302	52.98	L	F	Amber Wylie	12	KNYA EDD	08/11/2025	EDEN 3rd A-League Gala 2025
303	53.16	L	P	Lexi Digovich	12	AWSC JHB	27/11/2025	CGA Championships 2025
304	53.17	L	F	Daniella Louw	12	BLOT MAN	24/10/2025	Neptunes Gala
305	53.25	L	P	Kayla Wessels	12	BLOT MAN	03/12/2025	Free State Champs 2025
306	53.26	L	F	Madison Abrahams	12	DRGN JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
307	53.36	L	P	Sisanda Msomi	12	USH KCD	31/03/2026	SA Level 2 Regional Age Group Cham
308	53.42	L	F	Adrienne Meiring	12	PEAS NMA	30/01/2026	Infinity Gala 2026
309	53.45	L	P	Emma Maritz	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
310	53.50	L S	P	Gemma Kenning	12	MAKO EKU	04/12/2025	EGA Summer Championships 2025
311*	53.55	L	P	Lusanele Qusheka	12	BEST NMA	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			
311*	53.55	L	F	Zete Adonis	12	PAQU	GED 06/02/2026 WCA-B Champs - 2026
313	53.57	L	F	Rebekka Paul	12	WSTV	ETH 15/11/2025 KZN Junior Championships 2025
314	53.59	L S	P	Ava Gordon	12	SWIFT	EKU 04/12/2025 EGA Summer Championships 2025
315	53.68	L	F	Katie Jacobs	12	STSC	KCD 01/11/2025 KCDA Age Group Gala 2 2025
316	53.83	L	F	Islay-Rose Strever	12	UNIC	CCD 31/01/2026 Limpopo School Champs & Limpopo A
317	53.96	L	F	Nina Murray	12	DDA	FSH 23/01/2026 2026 NTS Sprint Gala
318	54.01	L	P	Dané Combrinck	12	TUKS	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
319	54.03	L	F	Moneoa Seleke	12	PAC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
320	54.05	L	F	Neo Chomba	12	BARA	EKU 11/10/2025 EGA Summer 2
321	54.42	L	F	Amy Cloete	12	UWCA	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
322	54.47	L	F	Milea Louw	12	TYGE	CPT 09/10/2025 44th Freda Barnard Invitational Gala
323	54.49	L	F	Helana Pretorius	12	SWAR	WCD 22/11/2025 Swartland Prestige Gala 2025
324	54.56	L	F	Summer Coetser	12	SGUL	ETH 06/10/2025 Seagulls Winter Championships 2025
325	54.63	L	F	Lara Engels	12	CASC	CPT 20/09/2025 CTA INVITATIONAL LC MEET
326	54.74	L	F	Zanita Khamanga	12	LEGC	ETH 30/03/2026 KZNA Level 1 Championships
327	54.94	L	F	Mione Fischer	12	DDA	FSH 23/01/2026 2026 NTS Sprint Gala
328	55.00	L	F	Emma Moothoosamy	12	AAS	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
329	55.20	L	F	Emily Marais	12	KNYA	EDD 24/01/2026 EDEN 4th A-League Gala 2026
330	55.21	L	F	Rachel Talanda	12	HDAQ	MPD 27/09/2025 Limpopo Age Group 4 of 2025/26
331	55.22	L	F	Cato Erasmus	12	BETH	FDD 14/11/2025 Valsrivier Gala
332	55.36	L	F	Mpho Kutumane	12	UWCA	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
333	55.41	L	F	Trinity Potgieter	12	PPARK	BP 13/02/2026 NW School Championships 2026
334	55.43	L	F	Mikayla Hanneman	12	GHS	BPD 13/02/2026 NW School Championships 2026
335	55.51	L	F	Imtithaal Abrahams	12	WALM	CPT 06/02/2026 WCA-B Champs - 2026
336	55.56	L	F	Lily Jones	12	CASC	CPT 06/02/2026 WCA-B Champs - 2026
337	55.57	L	F	Amani Alli	12	ATLA	JHB 28/02/2026 AG Level 1 Regional Competition 202
338	55.65	L	F	Amy Palmer	12	WEST	CPT 21/02/2026 Swartland Invitational Gala 2026
339	55.79	L	P	Yolayne Aucamp	12	TNDER	FDD 03/12/2025 Free State Champs 2025
340	55.80	L	F	Kuyandokuhle Mdllovu	12	TUKS	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
341	55.85	L	F	Annabel Botha	12	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
342	55.93	L	F	Lesedi MPOBANE	12	AAS	JHB 28/02/2026 AG Level 1 Regional Competition 202
343	56.29	L	F	Lua Heyns	12	DDA	FSH 23/01/2026 2026 NTS Sprint Gala
344	56.39	L	F	Reabetswe Raphuti	12	GHS	BPD 13/02/2026 NW School Championships 2026
345	56.55	L	P	Otlile Molamu	12	TUKS	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
346	56.82	L	F	Milly Kriek	12	BEARS	FSH 28/02/2026 AG Level 1 Regional Competition 202
347	57.00	L	F	Rebecca Verster	12	CA	EKU 11/10/2025 EGA Summer 2
348	57.26	L	F	Anelia Botha	12	BEARS	FSH 03/10/2025 Swimpartners Gala (Blue vs White) Oc
349	57.27	L	P	Ilanca Smuts	12	RBOT	BPD 06/12/2025 NWS Championships 2025
350	57.30	L	F	Tshegofatso Kwadjo	12	TUKS	FSH 28/02/2026 AG Level 1 Regional Competition 202
351	57.37	L	F	Lize-Mari Cloete	12	BS	LLD 20/09/2025 Welkom Seals Gala
352	57.50	L	F	Reneilwe Tsunke	12	BLOT	MAN 03/12/2025 Free State Champs 2025
353	57.75	L	F	Oreneile Modimola	12	NGU	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
354	57.79	L	F	Codi May	12	RETR	CPT 22/11/2025 Swartland Prestige Gala 2025
355	57.88	L	P	Lehanri Cronje	12	NSAD	EZD 05/12/2025 Mpumalanga Championships 2025
356	57.91	L	F	Annalie Terblanche	12	GILLP	NMA 14/03/2026 Level 1 District Age Group Gala 2026
357	57.93	L	F	Holly Woolmer	12	AAS	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
358	57.94	L	F	Dita Schaal	12	VINE	CPT 29/11/2025 CTA B CHAMPS 2025
359	58.15	L	F	Anchen Schoeman	12	BS	LLD 24/10/2025 Neptunes Gala
360	58.26	L	F	Amaris Kirchner	12	WAC	EDD 14/02/2026 EDEN 5th A-League Gala 2026
361	58.58	L S	P	Mia Schraader	12	SOUL	EKU 04/12/2025 EGA Summer Championships 2025
362	58.70	L	F	Zoe Danha	12	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
363	58.89	L	F	Megan Vivier	12	KSSC	FBD 29/11/2025 AGE GROUP 4 KBY 2025 - copied - c
364	58.94	L	F	Emke Rossouw	12	WAC	EDD 14/02/2026 EDEN 5th A-League Gala 2026
365	59.14	L	F	Nicola Johl	12	SWISA	FSH 13/02/2026 NTS Level 1+2 February Age Group 2t
366	59.51	L	F	Tamary Nsabuyera	12	CUR	EZD 28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
367	59.53	L	F	Michaela Kröger	12	BARR	CPT 09/10/2025 44th Freda Barnard Invitational Gala
368	59.67	L	F	Humaira Doha	12	MARL	CPT 09/10/2025 44th Freda Barnard Invitational Gala
369	59.96	L	P	Danelle Louw	12	BULS	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
370	1:00.18	L	F	Nqobile Kakana	12	LEBII	BP 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				
371	1:00.35	L	F	Isabelle Van Rooyen	12	TUKS FSH	03/10/2025	NTS Level 1+2 October Age Group 20
372	1:00.55	L	F	Suraya Badat	12	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
373	1:00.76	L	F	Lizé Labuschagne	12	TASC MPD	28/11/2025	Limpopo Champs 2025
374	1:00.97	L	F	Ariya Ahir	12	AQUA UTD	21/02/2026	Uthukela District Gala 5
375	1:01.03	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025	CTA B CHAMPS 2025
376	1:01.09	L	P	Nabiha Valli	12	MDOL JHB	27/11/2025	CGA Championships 2025
377	1:01.22	L	F	Alanah Slabbert	12	HAAG UTD	31/01/2026	UThukela District Gala 4
378	1:01.37	L	F	Simthandile Khumalo	12	SHARP UTD	21/02/2026	Uthukela District Gala 5
379	1:01.38	L	P	Jana Pienaar	12	CSA EZD	05/12/2025	Mpumalanga Championships 2025
380	1:01.60	L S	P	Mphoentle Mmbadi	12	JAQ EKU	04/12/2025	EGA Summer Championships 2025
381	1:01.71	L	F	Helizna Schoeman	12	BETH FDD	14/11/2025	Valsrivier Gala
382	1:02.16	L	F	Mianke Lubbe	12	GHWK	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
383	1:02.26	L	F	Elné Roets	12	GHWK	18/10/2025	AGE GROUP 1 KIMBERLEY 2025
384	1:02.37	L	F	Ontlametse Padi	12	TUKS FSH	23/01/2026	2026 NTS Sprint Gala
385	1:02.79	L	F	Allimone Coetzer	12	TASC MPD	28/11/2025	Limpopo Champs 2025
386	1:02.84	L	F	Mahlogonolo Phukubje	12	SWISA FSH	28/02/2026	AG Level 1 Regional Competition 2026
387	1:02.91	L	F	Mila De Witt	12	HTSA CPT	29/11/2025	CTA B CHAMPS 2025
388	1:03.44	L	F	Elizabeth Calitz	12	CUHE OBD	09/10/2025	44th Freda Barnard Invitational Gala
389	1:03.65	L	F	Harley Knudsen	12	PGAC EKU	22/11/2025	EGA Summer 3 & 4
390	1:04.88	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	21/02/2026	AGE GROUP 6 UPT 2026 - copied
391*	1:05.15	L	F	Leah Naude	12	BETH FDD	28/02/2026	FSA LEVEL 1 2026
391*	1:05.15	L	F	Mia du Plessis	12	OLS BP	13/02/2026	NW School Championships 2026
393	1:05.41	L	F	Rushni Baron	12	GAA CPT	21/02/2026	Swartland Invitational Gala 2026
394	1:06.67	L	F	Bohlale Mokoteli	12	ESP EKU	28/02/2026	AG Level 1 Regional Competition 2026
395	1:07.84	L	F	Tshegofa Tau	12	CPSC FSH	23/01/2026	2026 NTS Sprint Gala
396	1:09.62	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026	FSA LEVEL 1 2026
397	1:09.63	L	F	Tayla du Toit	12	FAAC	25/10/2025	FLAMINGO & GOODHOPE GALA 202
398	1:10.50	L	F	Refiloe Senyatsi	12	ATLA JHB	28/02/2026	AG Level 1 Regional Competition 2026
399	1:10.86	L S	P	Juanika White	12	SWIMS EKU	04/12/2025	EGA Summer Championships 2025
400	1:11.02	L	F	Zainab Spruit	12	WEST CPT	22/11/2025	Swartland Prestige Gala 2025
401	1:11.33	L	F	Gabby Claassen	12	PEAS NMA	28/06/2025	PEA Winter Gala 2025
402	1:12.75	L	F	Shekinah Ikedachi	12	MANT CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
403	1:12.93	L	F	Onalerona Masoabi	12	PELIC MAN	10/10/2025	Super Seals Annual Gala
404	1:18.91	L	F	Emma Rees-Gibbs	12	PGAC EKU	22/11/2025	EGA Summer 3 & 4
405	1:25.95	L	F	Hayli Loubser	12	SWAR WCD	21/02/2026	Swartland Invitational Gala 2026
406	1:30.93	L	F	Mia Lessing	12	BETH FDD	28/02/2026	FSA LEVEL 1 2026
407	1:38.29	L	F	Carli Pienaar	12	WCA CPT	29/03/2026	2026 National Champs for Physically&

#### Women 11-12 100 Breast

1	1:19.62	L	F	Ella Johnson	12	CTO CPT	21/03/2026	Sa National JNR Age Group Champs-;
2	1:24.12	L	P	Jessica Steyn	12	ASA ILD	21/03/2026	Sa National JNR Age Group Champs-;
3	1:24.60	L	F	Miane Bendeman	12	LP CCD	24/04/2026	SA Schools Swimming Championship
4	1:25.19	L	F	Aria Benade	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
5	1:25.91	L	F	Olivia Geldart	12	INFA NMA	12/12/2025	NMBA Championships 2025
6	1:25.96	L	F	Ashley Cilliers	12	WATR JHB	14/02/2026	CGA Last Chance
7	1:26.04	L	F	Gianna Olivier	12	WCS	24/04/2026	SA Schools Swimming Championship
8	1:26.11	L	F	Makayla Stoltz	12	PER JHB	26/03/2026	SA Level 3 Regional Age Group Chan
9	1:26.61	L	F	Zara Levi	12	CTO CPT	09/04/2026	SA Level 3 Regional Age Group Chan
10	1:26.94	L	F	Elke Coetsee	12	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
11	1:27.03	L	F	Lexi Abrahamse	12	VINE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
12	1:27.15	L	P	Lefei Li	12	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-;
13	1:27.29	L S	P	Ashlynn Shaw	12	PAC FSH	10/12/2025	NTS Championships 2025
14	1:27.46	L	F	Annebel Botha	12	PER JHB	26/03/2026	SA Level 3 Regional Age Group Chan
15	1:27.98	L	F	Marli Strydom	12	WCS	24/04/2026	SA Schools Swimming Championship
16*	1:28.36	L	P	Ané Venter	12	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-;
16*	1:28.36	L	F	Skyla Nadauld	12	BLUO UGD	26/03/2026	SA Level 3 Regional Age Group Chan
18	1:28.75	L	F	Kayla Coetzee	12	VALS FDD	26/03/2026	SA Level 3 Regional Age Group Chan
19	1:29.13	L	F	Mambay Banza	12	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
20	1:29.37	L	F	Hayley Greyvenstein	12	USC BUF	30/01/2026	Infinity Gala 2026
21	1:29.43	L	F	Lea Cilliers	12	FSS	24/04/2026	SA Schools Swimming 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					
22	1:29.88	L	F	Elizabeth Dornon	BN	VASA EKU	26/03/2026	SA Level 3 Regional	Age Group Chan
23	1:29.99	L	F	Annabelle Ras	12	CASC CPT	09/04/2026	SA Level 3 Regional	Age Group Chan
24	1:30.43	L	P	Kari Nel	12	TUKS TSH	26/03/2026	SA Level 3 Regional	Age Group Chan
25	1:30.45	L	F	Isabella Knight	12	WATR JHB	14/02/2026	CGA Last Chance	
26	1:30.51	L	F	Neliza Ojwach	12	GAU JHB	24/04/2026	SA Schools Swimming	Championship
27	1:30.52	L S	F	Cayleigh Knott	12	ASAC CPT	01/11/2025	CTA District A	CHAMPS 2025
28	1:30.69	L	F	Lheané Du Plessis	12	FISH EDD	09/04/2026	SA Level 3 Regional	Age Group Chan
29	1:30.70	L	F	Olivia Normington	12	XCEL CPT	09/04/2026	SA Level 3 Regional	Age Group Chan
30	1:31.49	L	F	Miané Prinsloo	12	ACAA CCD	26/03/2026	SA Level 3 Regional	Age Group Chan
31	1:31.51	L	F	Colleen McQueen	12	BLSS MAN	26/03/2026	SA Level 3 Regional	Age Group Chan
32	1:31.77	L S	F	Gianna Onkruid	12	UWCA CPT	01/11/2025	CTA District A	CHAMPS 2025
33	1:32.13	L	F	Thea-Mari Fonternel	12	EGA MAN	30/03/2026	SA Level 2 Regional	Age Group Cham
34	1:32.21	L	P	Leah Dabrowski	12	BLMA CPT	04/12/2025	Western Cape LC-A	Championship 20
35	1:32.43	L	F	Ella Arnold	12	SASE JHB	29/03/2026	SA Level 2 Regional	Age Group Cham
36	1:32.50	L	P	Rebecca Sam	12	HPS TSH	26/03/2026	SA Level 3 Regional	Age Group Chan
37	1:32.86	L	F	Sophie Chiang	12	WATR JHB	26/03/2026	SA Level 3 Regional	Age Group Chan
38	1:33.01	L	P	Alexi Dandoulakis	12	CA EKU	26/03/2026	SA Level 3 Regional	Age Group Chan
39	1:33.18	L	F	Ava Du Preez	12	BEAV ETH	21/02/2026	KZN Schools Trials	2026
40	1:33.38	L	F	Lisa Le Roux	12	BLOT MAN	26/03/2026	SA Level 3 Regional	Age Group Chan
41	1:33.61	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	06/03/2026	SA Level 2 Regional	Age Group Cham
42*	1:33.64	L	P	Pia Swanepoel	12	ASAC CPT	09/04/2026	SA Level 3 Regional	Age Group Chan
42*	1:33.64	L	F	Milla Swart	12	OLDE JHB	27/11/2025	CGA Championships	2025
44	1:33.93	L	F	Anzel Smit	12	GAU JHB	30/01/2026	Gauteng Schools	Championships 2026
45	1:34.19	L	F	Emma Von Mollendorff	12	KLOO ETH	21/02/2026	KZN Schools Trials	2026
46	1:34.34	L	P	Leah Schemel	12	HARL BUF	09/04/2026	SA Level 3 Regional	Age Group Chan
47	1:34.58	L	F	Grace Johns	12	OHAN ILD	31/01/2026	uShaka Champs	2026
48	1:34.60	L	P	Ymeri Wilken	12	VALS FDD	30/03/2026	SA Level 2 Regional	Age Group Cham
49	1:34.62	L	F	Skyler Muller	12	BCA BUF	10/01/2026	NMBA INTER-DISTRICT	PRESTIGE C
50	1:34.74	L S	P	Luze Potgieter	12	TUKS TSH	10/12/2025	NTS Championships	2025
51	1:34.90	L	F	Jasmine Smith	12	WATR JHB	14/02/2026	CGA Last Chance	
52*	1:35.06	L	P	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026	SA Level 3 Regional	Age Group Chan
52*	1:35.06	L	F	Aphelele Shange	12	USHPM UMD	31/01/2026	uShaka Champs	2026
54*	1:35.32	L	P	Kyra Du Preez	12	USC BUF	09/04/2026	SA Level 3 Regional	Age Group Chan
54*	1:35.32	L	F	Jana Serdyn	12	INFA NMA	30/01/2026	Infinity Gala	2026
56	1:35.54	L	P	Hannah Stearn	12	INFA NMA	09/04/2026	SA Level 3 Regional	Age Group Chan
57	1:35.73	L	P	Ella Niven	12	UNI EZD	26/03/2026	SA Level 3 Regional	Age Group Chan
58	1:35.86	L	F	Sophia Katzke	12	PER JHB	29/03/2026	SA Level 2 Regional	Age Group Cham
59	1:35.96	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025	Western Cape LC-A	Championship 20
60	1:36.04	L	F	Emily Muijs	12	STAQ CED	06/03/2026	SA Level 2 Regional	Age Group Cham
61	1:36.17	L	F	Dine Vd Wal	12	CASC CPT	17/01/2026	CTA BRIAN BUTTON	Qualifying Meet
62	1:36.20	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	14/02/2026	CTA Elite Gala (L3+)	
63	1:36.50	L	P	Ava Stevens	12	USC BUF	09/04/2026	SA Level 3 Regional	Age Group Chan
64	1:36.51	L	F	Catherine Sebastian	12	MANT CPT	14/02/2026	CTA Elite Gala (L3+)	
65	1:36.68	L	F	Mieke Steinbach	12	NWUC KKD	28/02/2026	NWS Last Chance	2026
66	1:36.89	L	P	Stella van Staden	12	AQUA BUF	09/04/2026	SA Level 3 Regional	Age Group Chan
67	1:36.91	L	F	Morgan Booysen	12	PSCP UMD	15/11/2025	KZN Junior Championships	2025
68	1:37.03	L	F	Tenley Fowler	12	AZON ETH	03/10/2025	Curro AquaElite	Gala
69	1:37.15	L	F	Oarerata Modiole	12	TRAZ TSH	29/03/2026	SA Level 2 Regional	Age Group Cham
70	1:37.20	L	F	Zane Kroon	12	AGAQ OBD	13/02/2026	Winelands SL Fin -	February 2026 - cc
71	1:37.28	L	P	Emma Arendse	12	WCS	24/04/2026	SA Schools Swimming	Championship
72	1:37.29	L	P	Mercedes Jaftha	12	MANT CPT	06/03/2026	SA Level 2 Regional	Age Group Cham
73	1:37.34	L	F	Chloe Pohlmann	12	CPPS NMA	14/03/2026	Level 1 District	Age Group Gala 2026
74	1:37.35	L	F	Myra Bailey	12	RACE JHB	27/11/2025	CGA Championships	2025
75	1:37.58	L	P	Amelia Van Lill	12	CLA WCD	06/03/2026	SA Level 2 Regional	Age Group Cham
76	1:37.59	L	F	Elle Lingerfelder	12	AA JHB	27/11/2025	CGA Championships	2025
77	1:37.61	L	P	Simone Zoutendyk	12	RBOT BPD	26/03/2026	SA Level 3 Regional	Age Group Chan
78	1:37.66	L	F	Emily Daniels	12	XCEL CPT	21/02/2026	Swartland Invitational	Gala 2026
79	1:37.89	L	F	Emma Ranger	12	USC BUF	28/11/2025	BCA Long Course	Championships 202
80	1:37.91	L	F	Isabella Van Breda	12	BLS KK	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				
81	1:37.97	L	F	Izelda Meyer	12	VHD ZLD	31/03/2026	SA Level 2 Regional Age Group Cham
82	1:37.98	L	P	Esther Lubbe	12	BEST NMA	09/04/2026	SA Level 3 Regional Age Group Chan
83	1:38.03	L	P	Isabel Smith	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
84	1:38.09	L	P	Mamoso Ramokgopa	12	LP CCD	24/04/2026	SA Schools Swimming Championship
85	1:38.25	L S	F	Emma Vorster	12	HPS TSH	10/12/2025	NTS Championships 2025
86	1:38.37	L	F	Mika Pelser	12	OLDE JHB	27/11/2025	CGA Championships 2025
87	1:38.44	L	F	Abigail Haupt	12	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
88	1:38.45	L	P	Madison Jarrard	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
89*	1:38.46	L	F	Puleng Masemene	12	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
89*	1:38.46	L	P	Abigail Wilson	12	WCS	24/04/2026	SA Schools Swimming Championship
91	1:38.47	L	P	Sydney Kuhn	12	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
92	1:38.52	L	F	Alexa Martin	12	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
93	1:38.59	L	F	Jorja Adelaine	12	AA JHB	14/02/2026	CGA Last Chance
94	1:38.60	L	F	Lily Bailes	12	INFA NMA	28/06/2025	PEA Winter Gala 2025
95	1:38.65	L	P	Amber Gewer	12	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
96	1:38.71	L	F	Emma Gutsche	12	POLSC CCD	28/11/2025	Limpopo Champs 2025
97	1:38.76	L	F	Baylee-Rae Duffield	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
98	1:38.78	L	P	Gabriella Glass	12	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
99	1:38.84	L	F	Kaitlyn Curtis	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
100	1:39.15	L	F	Neri Upton	12	BLOT MAN	23/01/2026	Mangaung Gala
101	1:39.16	L	F	Ella Tarr	12	SAAW CPT	06/03/2026	SA Level 2 Regional Age Group Cham
102	1:39.22	L	F	Lea Noble	12	BLMA CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
103	1:39.25	L	F	Emma Gibson-Taylor	12	AZON ETH	15/11/2025	KZN Junior Championships 2025
104	1:39.35	L	F	Caitlin Byliefeldt	12	MAKO EKU	22/11/2025	EGA Summer 3 & 4
105	1:39.40	L	F	Sophie Chong	12	CYBE CPT	29/11/2025	CTA B CHAMPS 2025
106*	1:39.41	L	P	Kyra De Oliveira	12	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
106*	1:39.41	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Chan
108	1:39.64	L	F	Alexia Botha	12	KALA	30/03/2026	SA Level 2 Regional Age Group Cham
109	1:39.65	L	F	Holly Couzens	12	WSTV ETH	21/02/2026	KZN Schools Trials 2026
110	1:39.69	L	F	Hayden Perrins	12	CASC CPT	28/06/2025	PEA Winter Gala 2025
111	1:39.71	L	P	Mienke Kemp	12	TNDER FDD	30/03/2026	SA Level 2 Regional Age Group Cham
112	1:40.05	L	F	Annabelle Els	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
113	1:40.09	L	F	Mufaro Kachisi	12	WSTV ETH	26/03/2026	SA Level 3 Regional Age Group Chan
114	1:40.73	L	F	Maria Geyser	12	ELRAS WBD	28/11/2025	Limpopo Champs 2025
115	1:40.78	L	P	Charlotte Olver	12	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
116*	1:40.81	L	F	Alyssa Bosch	12	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
116*	1:40.81	L	F	Tayla Eden	12	TRAZ TSH	05/12/2025	2025 The Tshwane Mayor's Gala
118	1:41.10	L	P	Mia Mostert	12	AWIN TSH	29/03/2026	SA Level 2 Regional Age Group Cham
119	1:41.31	L	F	Amelia Lange	12	STAQ CED	06/02/2026	WCA-B Champs - 2026
120	1:41.34	L	F	Naomi Mahlangu	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
121	1:41.46	L	F	Zani Hager	12	ESA CED	06/02/2026	WCA-B Champs - 2026
122	1:41.78	L	F	Lienke Bester	12	GHS BPD	13/02/2026	NW School Championships 2026
123	1:41.85	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
124	1:41.88	L	P	Annabel Marais	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
125	1:42.11	L	F	Janel Van der Merwe	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
126	1:42.14	L	F	Lynette Rust	12	RFA TSH	30/03/2026	SA Level 2 Regional Age Group Cham
127	1:42.21	L	F	Engela Klopper	12	USC BUF	28/11/2025	BCA Long Course Championships 2026
128	1:42.23	L	P	Jeanine Goosen	12	BLNE MAN	26/03/2026	SA Level 3 Regional Age Group Chan
129	1:42.27	L	P	Mariane Labuschagne	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 2025
130	1:42.31	L	P	Kelsey Sloan	12	CA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
131	1:42.50	L	P	Shalom Mtileni	12	UNIU EZD	29/03/2026	SA Level 2 Regional Age Group Cham
132	1:42.52	L	F	Wyllow Halse	12	USC BUF	28/11/2025	BCA Long Course Championships 2026
133	1:42.59	L	F	Kaylee Vd Wal	12	CASC CPT	06/02/2026	WCA-B Champs - 2026
134	1:42.63	L	F	Anneske Smith	12	KTS	30/03/2026	SA Level 2 Regional Age Group Cham
135	1:42.64	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025	Free State Champs 2025
136	1:42.69	L	F	Pradhia Singh	12	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
137	1:42.77	L	F	Maya Brown	12	KNYA EDD	22/11/2025	Eden LC Champs 2025
138	1:42.80	L	F	Lily Marais	12	FISH EDD	22/11/2025	Eden LC Champs 2025
139	1:42.86	L	F	Sofia Mohamed	12	ATLA JHB	28/02/2026	AG Level 1 Regional Competition 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			
140	1:42.90	L	P	Lily Brown	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
141	1:42.93	L	F	Kaylee Els	12	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
142	1:43.10	L	P	Janke Bresler	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
143*	1:43.12	L	F	Demi Vorster	12	TUKS TSH	28/06/2025 PEA Winter Gala 2025
143*	1:43.12	L	F	Lize Beyers	12	AGAQ QBD	09/10/2025 44th Freda Barnard Invitational Gala
145	1:43.18	L	P	Leané Bruwer	12	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Chan
146	1:43.29	L	F	Nienke Eksteen	12	VALS FDD	03/12/2025 Free State Champs 2025
147	1:43.36	L	P	Lily Van Zyl	12	ESA CED	04/12/2025 Western Cape LC-A Championship 20
148*	1:43.42	L	P	Reatile Ntidi	12	NWUC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
148*	1:43.42	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	15/11/2025 KZN Junior Championships 2025
150	1:43.75	L	F	Zenély De Beer	12	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
151	1:43.82	L	F	Britney Vermeulen	12	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
152	1:43.85	L	F	Olivia Berry	12	BEST NMA	12/12/2025 NMBA Championships 2025
153	1:43.86	L	F	Miane Steyn	12	LEGC ETH	15/11/2025 KZN Junior Championships 2025
154	1:43.96	L	F	Ava Maritz	12	SEAL UMD	31/01/2026 uShaka Champs 2026
155	1:43.97	L	F	Lisan Joubert	12	JOIEC	30/03/2026 SA Level 2 Regional Age Group Cham
156	1:44.02	L	F	Sinakhokonke Bhengu	12	PSCP UMD	30/03/2026 KZNA Level 1 Championships
157	1:44.04	L	F	Skylin Koupis	12	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
158	1:44.10	L	F	Isabelle de Beer	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
159	1:44.15	L	F	Hayley Liedeman	12	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
160	1:44.16	L	F	Naledi Makhanya	12	KLOO ETH	31/01/2026 uShaka Champs 2026
161	1:44.24	L	F	Carli Stoop	12	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
162	1:44.35	L	F	Scarlett Meiring	12	INFA NMA	12/12/2025 NMBA Championships 2025
163	1:44.41	L	F	Rouxlé Sauer	12	BLS KK	13/02/2026 NW School Championships 2026
164	1:44.43	L	F	Mckenzie Dempsey	12	AZON ETH	15/11/2025 KZN Junior Championships 2025
165	1:44.53	L	P	Carla Swart	12	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
166	1:44.60	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
167	1:44.66	L	P	Kyla Short	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
168	1:44.68	L	F	Mari-Hane Visser	12	KALA	14/02/2026 KALAHARI CLASSIC 2026
169	1:44.85	L	F	Kagiso Motuku	12	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
170*	1:44.89	L	P	Emily Fryer	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
170*	1:44.89	L	F	Bukata Mwanza	12	ESP EKU	31/01/2026 EGA Last Chance Gala 2026
172	1:44.98	L	F	Danika Brynard	12	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
173	1:45.01	L	P	Emma Roets	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
174	1:45.05	L	P	Mia (B) Venter	12	AWIN TSH	26/03/2026 SA Level 3 Regional Age Group Chan
175	1:45.26	L	P	Gabriella Scott	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
176	1:45.30	L	P	Tanya Loots	12	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
177	1:45.35	L	F	Klara Barkhuysen	12	ASAC CPT	06/02/2026 WCA-B Champs - 2026
178	1:45.39	L	F	Kethelo Mkhize	12	USH KCD	31/01/2026 uShaka Champs 2026
179	1:45.46	L	F	Mila Geldenhuys	12	ACAA CCD	28/11/2025 Limpopo Champs 2025
180	1:45.47	L	F	Amani Sausi	12	AZON ETH	31/01/2026 uShaka Champs 2026
181	1:45.48	L	P	Riandi Muller	12	INFA NMA	06/03/2026 SA Level 2 Regional Age Group Cham
182	1:45.53	L	P	Lia Pretorius	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
183	1:45.60	L	F	Sia Lemmer	12	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
184	1:45.93	L S	F	Erin Shekel	12	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
185	1:46.06	L	F	Kamila Mohapi	12	ESTR EKU	22/11/2025 EGA Summer 3 & 4
186	1:46.14	L	F	Daniella Louw	12	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
187	1:46.15	L	F	Saige Le Roux	12	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
188	1:46.16	L	P	Kyla Coetzee	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
189	1:46.36	L	F	Willow Coleman	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
190	1:46.40	L	F	Nissi Mtetwa	12	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
191	1:46.53	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
192	1:46.56	L	F	Leanke Loots	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
193	1:46.61	L	P	Adison Gericke	12	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
194	1:46.63	L	F	Faythe Evans	12	RACE JHB	14/02/2026 CGA Last Chance
195	1:46.70	L	F	Jaunté Duvenage	12	ACAA CCD	25/10/2025 Limpopo Age Group 5 of 2025/26
196	1:46.78	L	P	Sophia Ebrahim	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
197	1:46.81	L	P	Mika Vd Merwe	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
198	1:46.87	L	F	Lian Pietersen	12	FIELD BP	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			
199	1:46.88	L	F	Phoebe Josiah	12	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
200	1:46.89	L	F	Annique Bester	12	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
201	1:46.91	L	P	Maya Chelin	12	H2O EKU	29/03/2026 SA Level 2 Regional Age Group Cham
202	1:46.92	L	F	Anna Charlton	12	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
203	1:47.08	L	F	Nduvho Rabambi	12	BULS MAN	05/09/2025 Bullsharks Gala
204	1:47.09	L	F	Rachel Saltzman	12	ESTR EKU	21/02/2026 EGA Lets Sprint Gala 2026
205	1:47.14	L	F	Bianca Van der Westhuizen	12	EVO CPT	21/02/2026 Swartland Invitational Gala 2026
206	1:47.67	L	P	Rebecca Symon	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
207*	1:47.76	L	P	Tyla Abel	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
207*	1:47.76	L	F	Miele' Loftus	12	BULS MAN	07/11/2025 Otters Prestige Gala 2025
209	1:47.92	L	F	Catherine Couch	12	WATR JHB	14/02/2026 CGA Last Chance
210	1:48.03	L	F	Lilly-Mae Smith	12	SOUL EKU	06/10/2025 Seagulls Winter Championships 2025
211	1:48.05	L	P	Astrid Saul	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
212	1:48.07	L	P	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
213	1:48.09	L	F	Mari Haasbroek	12	EXP TSH	03/10/2025 NTS Level 1+2 October Age Group 20
214	1:48.68	L	F	Leah Kotze	12	BULS MAN	24/10/2025 Neptunes Gala
215	1:48.72	L	P	Darshana Pillay	12	MDOL JHB	27/11/2025 CGA Championships 2025
216	1:48.76	L	P	Amber Wylie	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
217	1:48.83	L	F	Jane Tredoux	12	BLNE MAN	24/10/2025 Neptunes Gala
218	1:48.92	L	P	Tisetso Makhatho	12	ESP EKU	26/03/2026 SA Level 3 Regional Age Group Cham
219	1:49.16	L	F	Mari Sterne	12	STAQ CED	06/02/2026 WCA-B Champs - 2026
220	1:49.38	L	F	Paige Oliphant	12	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
221	1:49.46	L	P	Mihanka vd Bank	12	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
222	1:49.50	L	F	Marlien Nell	12	HREF BP	06/12/2025 NWS Championships 2025
223	1:49.63	L	F	Lizanté Bam	12	BLSS MAN	03/12/2025 Free State Champs 2025
224	1:49.68	L	P	Lethabo Rikhotso	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
225	1:49.70	L S	F	Beatrisa Kotkljar	12	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
226	1:49.73	L	P	Jade Keys	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
227	1:49.75	L	P	Beersheba Negash	12	BARA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
228	1:49.83	L	F	Eliana Woldemariam	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
229	1:49.86	L	P	Georgia Morte	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
230	1:49.97	L	F	Gia Warby	12	TRAZ TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
231	1:50.01	L	F	Dava Symes	12	CHSA CPT	06/02/2026 WCA-B Champs - 2026
232	1:50.10	L	F	Makayla Mbongeh	12	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
233	1:50.14	L	F	Flora Vinikoor	12	AQDO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
234	1:50.17	L	F	Ilé Fourie	12	SS MPD	28/11/2025 Limpopo Champs 2025
235	1:50.49	L	F	Surië-Rose Potgieter	12	TYGE CPT	06/02/2026 WCA-B Champs - 2026
236	1:50.60	L	F	Vida Olivier	12	BLNE MAN	24/10/2025 Neptunes Gala
237	1:50.66	L	F	Etti Van Niekerk	12	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
238	1:50.85	L	F	Elmine Opperman	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
239	1:50.88	L	F	Klara Ochse	12	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
240	1:50.95	L	P	Phiyayinkosi Msuthu	12	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
241	1:51.39	L	F	Alae Loots	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
242	1:51.42	L	P	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
243	1:51.48	L	F	Layla Palframan	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
244	1:51.54	L	F	Imtithaal Abrahams	12	WALM CPT	29/11/2025 CTA B CHAMPS 2025
245*	1:51.80	L	F	Morgan Burstein	12	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
245*	1:51.80	L	P	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
247	1:51.91	L	F	Kendre Lynch	12	SWIM1 JHB	14/02/2026 CGA Last Chance
248	1:51.93	L	F	Imke Kraamwinkel	12	RFA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
249	1:51.94	L	F	Cari Kriel	12	LALE CED	06/02/2026 WCA-B Champs - 2026
250	1:51.98	L	F	Adelle Luttig	12	UPSK ZMD	07/02/2026 NC SPRINTS 2026
251	1:52.01	L	F	Emily Greffrath	12	BEAV ETH	31/01/2026 uShaka Champs 2026
252	1:52.29	L	F	Nicola Nysschen	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
253	1:52.34	L	P	Gabriella Shaw	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
254	1:52.49	L	F	Razaanah Essex	12	RETR CPT	20/09/2025 CTA INVITATIONAL LC MEET
255	1:52.54	L	F	Kim Van Reenan	12	STSC KCD	06/12/2025 Stingrays Champs 2025
256	1:52.64	L	F	Marzané Fourie	12	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
257	1:52.91	L	F	Helana Pretorius	12	SWAR WCD	21/02/2026 Swartland Invitational 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			
258	1:53.15	L	P	Elmi Koen	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
259	1:53.16	L	P	Emily Bestbier	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
260	1:53.28	L	F	Lianka Spies	12	HARB BPD	10/10/2025 Super Seals Annual Gala
261	1:53.31	L	F	Lienke Jv Niewenhuizen	12	AOLY TSH	05/12/2025 2025 The Tshwane Mayor's Gala
262	1:53.35	L	F	Lika Baird	12	HREF BP	06/12/2025 NWS Championships 2025
263	1:53.40	L	P	Ale Mentz	12	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
264	1:53.43	L	P	Emma Maritz	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
265	1:53.51	L	F	Melody Coetzee	12	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
266	1:53.59	L	F	Ava Candiotes	12	GHS BPD	13/02/2026 NW School Championships 2026
267	1:53.68	L	F	Motheo Leshilo	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
268	1:54.08	L	F	Emma McCallum	12	USC BUF	12/12/2025 NMBA Championships 2025
269*	1:54.15	L	F	Georgia Steyn	12	SEAL UMD	15/11/2025 KZN Junior Championships 2025
269*	1:54.15	L	F	Leah Brand	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
271	1:54.65	L	P	Lacey Hodgkinson	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
272	1:54.92	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025 Seagulls Winter Championships 2025
273	1:55.10	L	F	Marné Truter	12	LSKP WBD	31/01/2026 Limpopo School Champs & Limpopo A
274	1:55.12	L	F	Leah Vos	12	UNIU EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
275	1:55.18	L	F	Leila Burden	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
276	1:55.22	L	F	Kirsten Schnehage	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
277	1:55.26	L	F	Lebogang Maredi	12	SS MPD	28/11/2025 Limpopo Champs 2025
278	1:55.43	L	F	Rita Rouillard	12	PSA ZLD	06/12/2025 Stingrays Champs 2025
279	1:55.51	L	F	Kharlyn Gysman	12	CAMPB BUF	14/02/2026 BCSA School Trials 2026
280	1:55.55	L	F	Adrienne Meiring	12	PEAS NMA	30/01/2026 Infinity Gala 2026
281	1:55.56	L	F	Alyssa Fragoso de Almeida	12	CTO CPT	06/02/2026 WCA-B Champs - 2026
282	1:55.68	L	F	Emily Black	12	HTSA CPT	06/02/2026 WCA-B Champs - 2026
283	1:55.92	L	P	Kayla Wessels	12	BLOT MAN	03/12/2025 Free State Champs 2025
284	1:56.29	L	F	Maria De Klerk	12	BS LLD	24/10/2025 Neptunes Gala
285*	1:56.61	L	F	Amani Alli	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 202f
285*	1:56.61	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 202
287	1:57.22	L	F	Mieke Moolman	12	UNI EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
288	1:57.58	L	F	Ella De Nobrega	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
289	1:57.59	L	F	Ella Silke	12	LALE CED	06/02/2026 WCA-B Champs - 2026
290	1:57.72	L	P	Mariandi Bredenkamp	12	BS LLD	03/12/2025 Free State Champs 2025
291	1:57.75	L	F	Alexandria Joubert-Winn	12	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
292	1:57.96	L	F	Lara Engels	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
293	1:58.14	L	P	Zete Adonis	12	PAQU CED	06/03/2026 SA Level 2 Regional Age Group Cham
294	1:58.26	L	P	Emma Botha	12	AASC EZD	29/03/2026 SA Level 2 Regional Age Group Cham
295	1:58.33	L	F	Aishah Bingudza	12	NGU TSH	31/10/2025 NTS Level 1+2 November Age Group :
296	1:58.52	L	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
297	1:58.64	L	P	Dané Combrinck	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
298	1:58.73	L	F	Tshilidzi Rakhumba	12	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
299	1:58.92	L	P	Murunwa Thidiela	12	MAKO EKU	04/12/2025 EGA Summer Championships 2025
300	1:59.06	L	P	Daniella-Mohapi Lebogo	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
301	1:59.36	L	F	Cara Lammerding	12	RFA TSH	31/10/2025 NTS Level 1+2 November Age Group :
302	1:59.42	L	F	Katie Jacobs	12	STSC KCD	31/01/2026 uShaka Champs 2026
303	1:59.45	L	F	Kenzie Murugan	12	STSC KCD	06/12/2025 Stingrays Champs 2025
304	1:59.58	L	F	Reese Barnsley	12	PER JHB	14/02/2026 CGA Last Chance
305	1:59.66	L	F	Mia Pretorius	12	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
306	1:59.69	L	F	Beulah vd Merwe	12	HREF BP	06/12/2025 NWS Championships 2025
307	2:00.19	L	F	Lesedi MPOBANE	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 202f
308	2:00.24	L	F	Kuyandokuhle Mdlovu	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
309	2:00.62	L	F	Ilanca Smuts	12	PPARK BP	13/02/2026 NW School Championships 2026
310	2:00.67	L	F	Gemma Kenning	12	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
311	2:00.91	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
312	2:01.99	L	F	Isla Brennan	12	TRAZ TSH	28/02/2026 AG Level 1 Regional Competition 202f
313	2:02.46	L	F	Anchen Schoeman	12	BS LLD	24/10/2025 Neptunes Gala
314*	2:02.77	L	F	Amy Cloete	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
314*	2:02.77	L	F	Mikayla Hanneman	12	GHS BPD	13/02/2026 NW School Championships 2026
316	2:03.18	L	F	Summer Coetser	12	SGUL 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			
317	2:03.29	L	F	Dita Schaal	12	VINE CPT	29/11/2025 CTA B CHAMPS 2025
318	2:03.52	L	F	Michaela Kröger	12	BARR CPT	06/02/2026 WCA-B Champs - 2026
319	2:03.53	L	F	Mione Fischer	12	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
320	2:03.74	L	F	Lua Heyns	12	DDA TSH	31/10/2025 NTS Level 1+2 November Age Group :
321	2:03.76	L	F	Anelia Botha	12	BEARS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
322	2:03.79	L	F	Gcinizwi Dom	12	HPPS BUF	14/02/2026 BCSA School Trials 2026
323	2:03.84	L	F	Moneoa Seleke	12	PAC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
324	2:04.23	L	F	Neo Chomba	12	BARA EKU	22/11/2025 EGA Summer 3 & 4
325	2:04.73	L	F	Leah Kuisis	12	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
326	2:04.85	L	F	Humaira Doha	12	MARL CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
327	2:05.49	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
328	2:06.30	L	F	Lehanri Cronje	12	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
329	2:06.43	L	F	Islay-Rose Strever	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
330	2:06.65	L	F	Nina Murray	12	DDA TSH	13/02/2026 NTS Level 1+2 February Age Group 21
331	2:06.75	L	F	Mianke Lubbe	12	GHWK	18/10/2025 AGE GROUP 1 KIMBERLEY 2025
332	2:06.81	L	F	Rachel Talanda	12	HDAQ MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
333	2:08.35	L	F	Emma Moothoosamy	12	AAS JHB	28/02/2026 AG Level 1 Regional Competition 2026
334	2:08.47	L	P	Nika Loots	12	PELIC MAN	03/12/2025 Free State Champs 2025
335	2:08.73	L	F	Annabel Botha	12	CSA EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
336	2:09.61	L	F	Tshegofatso Kwadjo	12	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
337	2:09.92	L	F	Milly Kriek	12	BEARS TSH	31/10/2025 NTS Level 1+2 November Age Group :
338	2:10.70	L	P	Danelle Louw	12	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
339	2:10.81	L	F	Emke Rossouw	12	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
340	2:11.00	L	F	Ariya Ahir	12	AQUA UTD	21/02/2026 Uthukela District Gala 5
341	2:11.31	L	F	Oreneile Modimola	12	NQUA TSH	31/10/2025 NTS Level 1+2 November Age Group :
342	2:12.09	L	F	Codi May	12	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
343	2:12.53	L	F	Nqobile Kakana	12	LEBII BP	13/02/2026 NW School Championships 2026
344	2:13.03	L	F	Mpho Kutumane	12	UWCA CPT	28/06/2025 PEA Winter Gala 2025
345	2:13.45	L	F	Bryani-Belle Fritz	12	HARL BUF	28/11/2025 BCA Long Course Championships 202
346	2:13.55	L	P	Mphoentle Mmbadi	12	JAQ EKU	04/12/2025 EGA Summer Championships 2025
347	2:15.57	L	F	Reneilwe Tsunke	12	BLOT MAN	03/12/2025 Free State Champs 2025
348	2:18.51	L	P	Zoe Danha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
349	2:18.68	L	P	Jana Pienaar	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
350	2:19.40	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
351	2:19.56	L	F	Amy Palmer	12	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
352	2:19.59	L	P	Nabiha Valli	12	MDOL JHB	27/11/2025 CGA Championships 2025
353	2:24.94	L	F	Simthandile Khumalo	12	SHARP UTD	21/02/2026 Uthukela District Gala 5
354	2:26.08	L	F	Suraya Badat	12	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
355	2:27.35	L	F	Elizabeth Calitz	12	CUHE OBD	09/10/2025 44th Freda Barnard Invitational Gala
356	2:28.32	L	F	Mia du Plessis	12	RBOT BPD	06/12/2025 NWS Championships 2025
357	2:29.24	L	F	Ntlafatso Mokgoatheng	12	UPSK ZMD	21/02/2026 AGE GROUP 6 UPT 2026 - copied
358	2:31.38	L	F	Tshegofa Tau	12	CPSC TSH	31/10/2025 NTS Level 1+2 November Age Group :
359	2:34.81	L	F	Refiloe Senyatsi	12	ATLA JHB	28/02/2026 AG Level 1 Regional Competition 2026
360	2:37.07	L	F	Summer Bosch	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
361	2:41.72	L	F	Onalerona Masoabi	12	PELIC MAN	10/10/2025 Super Seals Annual Gala
362	2:47.57	L	F	Gabby Claassen	12	PEAS NMA	28/06/2025 PEA Winter Gala 2025
363	2:57.98	L	F	Hayli Loubser	12	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
364	3:07.32	L	F	Mia Lessing	12	BETH FDD	28/02/2026 FSA LEVEL 1 2026

#### Women 11-12 200 Breast

1	2:50.72	L S	F	Ella Johnson	12	CTO CPT	21/03/2026 Sa National JNR Age Group Champs-;
2	3:02.12	L	F	Aria Benade	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
3	3:02.98	L S	P	Ashley Cilliers	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
4	3:05.24	L S	F	Lefei Li	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
5	3:06.25	L	F	Gianna Olivier	12	WCS	24/04/2026 SA Schools Swimming Championship
6	3:08.01	L S	F	Ashlynn Shaw	12	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-;
7	3:08.02	L	P	Lexi Abrahamse	12	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
8	3:08.54	L	F	Kayla Coetzee	12	VALS FDD	26/03/2026 SA Level 3 Regional Age Group Chan
9	3:08.93	L	F	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
10	3:09.08	L	F	Annebelle Botha	12	PER 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			
11	3:09.38	L	F	Hayley Greyvenstein	12	USC BUF	30/01/2026 Infinity Gala 2026
12	3:11.24	L	F	Miane Bendeman	12	LSPHA MP	31/01/2026 Limpopo School Champs & Limpopo A
13	3:11.25	L	F	Miané Prinsloo	12	ACAQ CCD	26/03/2026 SA Level 3 Regional Age Group Chan
14	3:12.01	L	F	Jessica Steyn	12	ASA ILD	21/02/2026 KZN Schools Trials 2026
15	3:12.33	L	F	Makayla Stoltz	12	PER JHB	26/03/2026 SA Level 3 Regional Age Group Chan
16	3:13.05	L	F	Zara Levi	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
17	3:13.18	L	F	Olivia Normington	12	XCEL CPT	09/04/2026 SA Level 3 Regional Age Group Chan
18	3:14.59	L	F	Elke Coetsee	12	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
19	3:17.28	L S	F	Colleen McQueen	12	BLSS MAN	03/12/2025 Free State Champs 2025
20	3:17.42	L	P	Neliza Ojwach	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
21	3:17.58	L	F	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
22	3:17.83	L	P	Annabelle Ras	12	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	3:18.05	L	F	Gianna Onkruid	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
24	3:18.06	L	F	Sophie Chiang	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
25	3:18.62	L	F	Leah Schemel	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
26	3:18.69	L	P	Mambay Banza	12	MP EZD	24/04/2026 SA Schools Swimming Championship
27	3:18.82	L	P	Cayleigh Knott	12	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
28	3:19.00	L	F	Isabella Knight	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
29	3:19.10	L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
30	3:19.40	L	F	Anzel Smit	12	EXP FSH	26/03/2026 SA Level 3 Regional Age Group Chan
31	3:19.45	L	F	Milla Swart	12	OLDE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
32	3:19.99	L	F	Ava Stevens	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
33	3:20.36	L	P	Alexi Dandoulakis	12	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
34	3:20.48	L	F	Ella Arnold	12	SASE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
35	3:20.57	L	P	Pia Swanepoel	12	WCS	24/04/2026 SA Schools Swimming Championship
36*	3:20.61	L	P	Lheané Du Plessis	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
36*	3:20.61	L	P	Marli Strydom	12	WCS	24/04/2026 SA Schools Swimming Championship
38	3:20.72	L	F	Skyla Nadauld	12	BLUO UGD	06/12/2025 Stingrays Champs 2025
39	3:21.32	L	F	Ymeri Wilken	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
40	3:22.33	L	F	Elizabeth Dornon	BN	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
41	3:22.35	L	F	Leah Dabrowski	12	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
42	3:23.82	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
43	3:23.89	L S	F	Lisa Le Roux	12	BLOT MAN	03/12/2025 Free State Champs 2025
44	3:24.34	L	F	Morgan Booyesen	12	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
45	3:24.66	L	P	Kari Nel	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
46	3:24.94	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
47	3:25.04	L	P	Skyler Muller	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
48	3:25.65	L	P	Isabella Van Breda	12	NWUC KKD	26/03/2026 SA Level 3 Regional Age Group Chan
49	3:25.96	L	F	Emma Gibson-Taylor	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
50	3:26.13	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
51	3:26.37	L	P	Rebecca Sam	12	HPS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
52	3:26.40	L	P	Lea Cilliers	12	FSS	24/04/2026 SA Schools Swimming Championship
53	3:26.61	L	F	Luze Potgieter	12	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
54	3:26.62	L	F	Mufaro Kachisi	12	WSTV ETH	26/03/2026 SA Level 3 Regional Age Group Chan
55	3:26.70	L	P	Emma Arendse	12	WCS	24/04/2026 SA Schools Swimming Championship
56	3:26.71	L	F	Hannah Stearn	12	INFA NMA	30/01/2026 Infinity Gala 2026
57	3:26.86	L	F	Elle Lingerfelder	12	AA JHB	27/11/2025 CGA Championships 2025
58	3:26.94	L	P	Isabel Smith	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
59	3:27.14	L	F	Ella Niven	12	UNI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
60	3:27.63	L	F	Catherine Sebastian	12	MANT CPT	14/02/2026 CTA Elite Gala (L3+)
61	3:27.67	L	F	Ava Du Preez	12	BEAV ETH	21/02/2026 KZN Schools Trials 2026
62	3:27.72	L	F	Zane Kroon	12	AGAQ OBD	21/02/2026 Swartland Invitational Gala 2026
63	3:28.03	L	P	Tshegofatso Moabelo	12	BAS EKU	04/12/2025 EGA Summer Championships 2025
64	3:28.38	L	F	Baylee-Rae Duffield	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
65	3:28.69	L	P	Stella van Staden	12	AQUA BUF	09/04/2026 SA Level 3 Regional Age Group Chan
66	3:28.88	L	P	Emma Ranger	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
67	3:28.97	L	P	Jana Serdyn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
68	3:29.35	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	14/02/2026 CTA Elite Gala (L3+)
69	3:29.36	L	F	Tenley Fowler	12	AZON 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				
70	3:29.40	L	F	Sophie Chong	12	CYBE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
71	3:29.87	L	F	Emily Muijs	12	STAQ CED	06/03/2026	SA Level 2 Regional Age Group Cham
72	3:30.13	L	P	Simone Zoutendyk	12	RBOT BPD	26/03/2026	SA Level 3 Regional Age Group Cham
73	3:30.31	L	F	Hayley Liedeman	12	SWAR WCD	06/02/2026	WCA-B Champs - 2026
74	3:30.48	L	P	Jorja Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Cham
75	3:30.63	L	F	Mieke Steinbach	12	NWUC KKD	28/02/2026	NWS Last Chance 2026
76	3:30.74	L	F	Emma Von Mollendorff	12	KLOO ETH	21/02/2026	KZN Schools Trials 2026
77	3:31.47	L	P	Kyra Du Preez	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Cham
78	3:31.54	L	F	Emma Gutsche	12	POLSC CCD	28/11/2025	Limpopo Champs 2025
79	3:31.71	L	F	Kyla Short	12	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
80	3:32.00	L	F	Ella Tarr	12	SAAW CPT	06/03/2026	SA Level 2 Regional Age Group Cham
81	3:32.23	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	21/02/2026	KZN Schools Trials 2026
82	3:32.66	L	P	Grace Johns	12	OHAN ILD	18/12/2025	KZN Premier Provincial Championship
83	3:33.15	L	F	Alexia Botha	12	KALA	30/03/2026	SA Level 2 Regional Age Group Cham
84	3:33.62	L	F	Abigail Wilson	12	CASC CPT	29/11/2025	CTA B CHAMPS 2025
85	3:33.84	L	F	Kaitlyn Curtis	12	BLUO UGD	31/03/2026	SA Level 2 Regional Age Group Cham
86	3:33.96	L	P	Lea Noble	12	BLMA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
87	3:34.11	L	F	Catherine Couch	12	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
88	3:34.18	L	F	Alexa Martin	12	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
89	3:34.25	L	F	Aphelele Shange	12	USHPM UMD	31/01/2026	uShaka Champs 2026
90	3:34.31	L	P	Mackenzi Dart	12	ECSA BUF	24/04/2026	SA Schools Swimming Championship
91	3:34.37	L	F	Oarerata Modiole	12	TRAZ TSH	29/03/2026	SA Level 2 Regional Age Group Cham
92	3:35.01	L S	F	Marizel Prinsloo	12	BS LLD	03/12/2025	Free State Champs 2025
93	3:35.05	L	P	Lienke Bester	12	NC FBD	24/04/2026	SA Schools Swimming Championship
94	3:35.17	L	F	Zani Hager	12	ESA CED	06/02/2026	WCA-B Champs - 2026
95	3:35.18	L	F	Izelda Meyer	12	VHD ZLD	31/01/2026	uShaka Champs 2026
96	3:35.21	L	F	Abigail Haupt	12	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
97	3:35.55	L	F	Sophia Katzke	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
98	3:35.66	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Cham
99	3:35.75	L	P	Cayden Parfitt	12	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
100	3:35.81	L	F	Lily Brown	12	CTO CPT	06/03/2026	SA Level 2 Regional Age Group Cham
101	3:36.11	L	F	Caitlin Byliefeldt	12	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
102	3:36.61	L	F	Amelia Van Lill	12	CLA WCD	06/03/2026	SA Level 2 Regional Age Group Cham
103	3:36.77	L	F	Wyllow Halse	12	USC BUF	24/01/2026	BCA January Age Group Gala 2026
104	3:36.97	L	F	Mia Mostert	12	AWIN TSH	29/03/2026	SA Level 2 Regional Age Group Cham
105	3:37.04	L	F	Esther Lubbe	12	BEST NMA	30/01/2026	Infinity Gala 2026
106	3:37.22	L	F	Zen�y De Beer	12	CSA EZD	16/01/2026	MP AGE GROUP 4 - 16-17 JANUARY
107	3:37.54	L	F	Tayla Eden	12	TRAZ TSH	05/12/2025	2025 The Tshwane Mayor's Gala
108	3:37.78	L	F	Mari-Hane Visser	12	KALA	07/02/2026	NC SPRINTS 2026
109	3:38.08	L	F	Shalom Mtileni	12	UNIU EZD	29/03/2026	SA Level 2 Regional Age Group Cham
110	3:38.10	L	F	Danika Brynard	12	STSC KCD	31/03/2026	SA Level 2 Regional Age Group Cham
111	3:38.11	L	F	Skylin Koupis	12	BLOT MAN	24/10/2025	Neptunes Gala
112	3:38.15	L	F	Annabelle Els	12	KNYA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
113	3:38.32	L	F	Alyssa Bosch	12	BARR CPT	06/03/2026	SA Level 2 Regional Age Group Cham
114	3:38.41	L	F	Emily Fryer	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
115	3:38.47	L	F	Emily Harris	12	SASE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
116	3:38.70	L	P	Naomi Mahlangu	12	BLMA CPT	09/04/2026	SA Level 3 Regional Age Group Cham
117	3:38.84	L	F	Demi Vorster	12	TUKS TSH	28/06/2025	PEA Winter Gala 2025
118	3:39.14	L	F	Annabel Marais	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
119	3:39.55	L	F	Carli Stoop	12	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
120	3:39.68	L	F	Carla Swart	12	ASAC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
121	3:39.96	L	F	Sydney Kuhn	12	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
122	3:40.10	L	F	Madison Jarrard	12	PER JHB	29/03/2026	SA Level 2 Regional Age Group Cham
123	3:40.21	L	F	Mienke Kemp	12	TNDER FDD	05/09/2025	Bullsharks Gala
124	3:40.58	L	F	Amber Gewer	12	MDOL JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
125	3:40.80	L	P	Lean� Bruwer	12	SWAR WCD	04/12/2025	Western Cape LC-A Championship 20
126	3:41.52	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
127	3:41.78	L	F	Janel Van der Merwe	12	UNI EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
128	3:41.95	L	P	Lily Marais	12	FISH EDD	04/12/2025	Western Cape LC-A Championship 20

### Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
129	3:41.97	L	P	Nienke Eksteen	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
130	3:42.02	L	F	Olivia Berry	12	BEST NMA	12/12/2025 NMBA Championships 2025
131	3:42.22	L	F	Kelsey Sloan	12	CA EKU	31/01/2026 EGA Last Chance Gala 2026
132	3:42.93	L	F	Sia Lemmer	12	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
133	3:43.00	L	F	Charlotte Olver	12	ELEC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
134	3:43.25	L	F	Dine Vd Wal	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
135	3:43.93	L	F	Saige Le Roux	12	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
136	3:44.10	L	F	Jasmine Smith	12	WATR JHB	27/11/2025 CGA Championships 2025
137	3:44.16	L	F	Britney Vermeulen	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
138	3:44.47	L	F	Bukata Mwanza	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
139	3:44.66	L	P	Melody Coetzee	12	CYBE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
140	3:45.04	L	F	Tanya Loots	12	TYGE CPT	06/02/2026 WCA-B Champs - 2026
141	3:45.23	L	F	Vida Olivier	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
142	3:45.25	L	F	Lisan Joubert	12	JOIEC	07/02/2026 NC SPRINTS 2026
143	3:45.58	L	F	Paige Oliphant	12	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gala
144	3:45.73	L	F	Emma Oosthuizen	12	AA JHB	27/11/2025 CGA Championships 2025
145	3:46.04	L	F	Emma Roets	12	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
146	3:46.19	L	P	Lynette Rust	12	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
147	3:46.59	L	F	Rouxlé Sauer	12	POTC KKD	06/12/2025 NWS Championships 2025
148	3:46.75	L	F	Reatile Ntidi	12	PCS KK	13/02/2026 NW School Championships 2026
149	3:47.43	L	F	Kagiso Motuku	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
150	3:47.51	L	F	Mika Pelser	12	OLDE JHB	14/02/2026 CGA Last Chance
151	3:47.56	L	F	Lia Pretorius	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
152	3:47.75	L	F	Faythe Evans	12	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
153	3:47.85	L	F	Elmine Opperman	12	FAAC	07/02/2026 NC SPRINTS 2026
154	3:48.34	L	F	Neri Upton	12	BLOT MAN	10/10/2025 Super Seals Annual Gala
155	3:48.54	L	F	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
156	3:48.79	L	P	Isabelle de Beer	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
157	3:48.85	L	P	Anneske Smith	12	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
158	3:49.29	L	F	Jeanine Goosen	12	BLNE MAN	24/10/2025 Neptunes Gala
159	3:49.37	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
160	3:49.40	L	F	Mariane Labuschagne	12	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
161	3:49.41	L	F	Maya Chelin	12	H2O EKU	22/11/2025 EGA Summer 3 & 4
162	3:49.55	L	P	Astrid Saul	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
163	3:49.60	L	F	Klara Barkhuysen	12	ASAC CPT	24/01/2026 Drakenstein Invitational - copied
164	3:49.89	L	P	Amber Wylie	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
165	3:50.30	L	F	Lacey Hodgkinson	12	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
166	3:51.49	L	F	Lethabo Rikhotso	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
167	3:52.32	L	F	Eliana Woldemariam	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
168	3:52.45	L	F	Razaanah Essex	12	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
169	3:52.47	L	F	Riandi Muller	12	INFA NMA	30/01/2026 Infinity Gala 2026
170	3:52.49	L	F	Leah Brand	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
171	3:52.64	L	F	Ava Candiotes	12	GHS BPD	13/02/2026 NW School Championships 2026
172	3:52.71	L	F	Tyla Abel	12	UNIUI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
173	3:52.75	L	F	Mika Vd Merwe	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
174	3:53.11	L	P	Marlien Nell	12	HREF BP	30/03/2026 SA Level 2 Regional Age Group Cham
175	3:53.32	L	P	Maya Brown	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
176	3:53.95	L	F	Adison Gericke	12	USC BUF	12/12/2025 NMBA Championships 2025
177	3:53.98	L	F	Emma Ku	12	MDOL JHB	14/02/2026 CGA Last Chance
178	3:54.01	L	P	Mihanka vd Bank	12	CUHE QBD	06/03/2026 SA Level 2 Regional Age Group Cham
179	3:54.28	L	F	Georgia Morte	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
180	3:54.73	L S	P	Nduvho Rabambi	12	BULS MAN	03/12/2025 Free State Champs 2025
181	3:54.79	L S	P	Miele' Loftus	12	BULS MAN	03/12/2025 Free State Champs 2025
182	3:55.12	L	F	Sophia Ebrahim	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
183	3:55.25	L	F	Leah Vos	12	UNIUI EZD	29/03/2026 SA Level 2 Regional Age Group Cham
184	3:56.24	L	F	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
185	3:57.85	L	F	Pradhia Singh	12	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
186	3:58.13	L	F	Olivia Joubert	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
187	3:58.30	L	P	Lianka Spies	12	HARB BPD	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			
188	3:58.50	L	F	Etti Van Niekerk	12	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
189	3:58.90	L	P	Kamila Mohapi	12	ESTR EKU	04/12/2025 EGA Summer Championships 2025
190	3:59.02	L	F	Lara Engels	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
191	3:59.43	L	F	Marzané Fourie	12	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
192	3:59.53	L	P	Mari Sterne	12	STAQ CED	06/03/2026 SA Level 2 Regional Age Group Cham
193	3:59.76	L	F	Milea Louw	12	TYGE CPT	09/10/2025 44th Freda Barnard Invitational Gala
194	4:00.58	L	P	Ale Mentz	12	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
195	4:00.87	L	F	Beersheba Negash	12	BARA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
196*	4:00.95	L	P	Darshana Pillay	12	MDOL JHB	27/11/2025 CGA Championships 2025
196*	4:00.95	L	F	Emily Black	12	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
198	4:01.09	L	F	Imtithaal Abrahams	12	WALM CPT	29/11/2025 CTA B CHAMPS 2025
199	4:01.18	L	P	Jade Keys	12	WAC EDD	06/03/2026 SA Level 2 Regional Age Group Cham
200	4:01.48	L S	F	Phoebe Josiah	12	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
201	4:01.60	L	P	Emma Maritz	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
202	4:01.91	L	F	Jane Tredoux	12	BLNE MAN	24/10/2025 Neptunes Gala
203	4:02.12	L	P	Tiisetso Makhatho	12	ESP EKU	04/12/2025 EGA Summer Championships 2025
204	4:02.44	L	P	Adrianne Meiring	12	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
205	4:02.96	L	P	Elmi Koen	12	ESA CED	06/03/2026 SA Level 2 Regional Age Group Cham
206	4:04.22	L	F	Leila Burden	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
207	4:05.93	L	F	Adelle Luttig	12	UPSK ZMD	07/02/2026 NC SPRINTS 2026
208	4:06.60	L	F	Emily Bestbier	12	WAC EDD	22/11/2025 Eden LC Champs 2025
209	4:07.90	L	F	Daniella-Mohapi Lebogo	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
210	4:08.37	L	F	Dané Combrinck	12	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
211	4:08.64	L	F	Rachel Saltzman	12	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
212	4:09.14	L	F	Mione Fischer	12	DDA TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
213	4:10.14	L	F	Lilly-Mae Smith	12	SOLA EKU	20/09/2025 EGA Summer 1 2025
214	4:11.03	L	F	Emma Botha	12	AASC EZD	29/03/2026 SA Level 2 Regional Age Group Cham
215	4:11.64	L	F	Kendre Lynch	12	SWIM1 JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
216	4:12.50	L	F	Ella De Nobrega	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
217	4:12.90	L	F	Summer Coetser	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
218	4:18.90	L	F	Anke Pretorius	12	STELL RMD	28/02/2026 NWS Last Chance 2026
219	4:20.70	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 202
220	4:23.64	L	F	Nika Loots	12	PELIC MAN	24/10/2025 Neptunes Gala
221	4:24.17	L	P	Reabetswe Raphuti	12	HARB BPD	06/12/2025 NWS Championships 2025
222	4:25.63	L	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
223	4:27.10	L S	P	Lize-Mari Cloete	12	BS LLD	03/12/2025 Free State Champs 2025
224	4:29.27	L	F	Lehanri Cronje	12	NSAD EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
225	4:33.28	L	F	Emma Moothoosamy	12	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
226	4:36.13	L	F	Neo Chomba	12	BARA EKU	31/01/2026 EGA Last Chance Gala 2026
227	4:36.84	L	F	Holly Woolmer	12	AAS JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
228	4:37.52	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
229	4:38.76	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
230	4:38.90	L	F	Reese Barnsley	12	PER JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
231	4:46.05	L	F	Nabiha Valli	12	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
232	4:55.25	L	F	Nina Murray	12	DDA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
233	5:05.59	L	F	Loago Mmoloke	12	MCSP BPD	13/02/2026 NW School Championships 2026
234	5:42.19	L	F	Onalerona Masoabi	12	PELIC MAN	10/10/2025 Super Seals Annual Gala

#### Women 11-12 50 Fly

1	31.50	L	F	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
2	31.65	L	F	Olivia Geldart	12	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
3	31.70	L	F	Hayden Perrins	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
4	32.49	L	F	Kaylie Van der Linde	12	VHD ZLD	26/03/2026 SA Level 3 Regional Age Group Cham
5	32.56	L	F	Elke Coetsee	12	FISH EDD	21/03/2026 Sa National JNR Age Group Champs-;
6	32.65	L	F	Emily Daniels	12	WCS	24/04/2026 SA Schools Swimming Championship
7	32.71	L	F	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Chan
8	33.01	L	F	Arabella Symington	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
9	33.33	L	F	Aphelele Shange	12	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
10	33.43	L	F	Hayley Greyvenstein	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
11	33.53	L	F	Morgan Booysen	12	PSCP 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			
12	33.55	L	F	Lika Baird	12	NC FBD	24/04/2026 SA Schools Swimming Championship
13	33.56	L	F	Hannah Raphaela Morgado	12	CSA EZZ	26/03/2026 SA Level 3 Regional Age Group Chan
14	33.68	L	P	Ané Venter	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
15	33.76	L	F	Janka Szabo	12	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
16	34.12	L	F	Carli Stoop	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
17	34.24	L	F	Scarlett Meiring	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
18	34.25	L	F	Pia Swanepoel	12	WCS	24/04/2026 SA Schools Swimming Championship
19	34.38	L	P	Leah Dabrowski	12	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-;
20	34.41	L	P	Sage Lindsay	12	CA EKV	04/12/2025 EGA Summer Championships 2025
21	34.45	L	F	Emma Von Mollendorff	12	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
22	34.48	L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	34.58	L	F	Leah Kotze	12	BULS MAN	03/12/2025 Free State Champs 2025
24	34.65	L	F	Neliza Ojwach	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
25	34.78	L	F	Mila Geldenhuys	12	ACAA CDD	26/03/2026 SA Level 3 Regional Age Group Chan
26	34.88	L	F	Jaime Sprong	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
27	35.01	L	F	Lheané Du Plessis	12	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
28	35.05	L	F	Grace Johns	12	OHAN HLD	31/01/2026 uShaka Champs 2026
29	35.16	L	F	Emma Oosthuyzen	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
30	35.24	L	F	Lize Beyers	12	AGAA OBD	09/04/2026 SA Level 3 Regional Age Group Chan
31	35.52	L	F	Anna Maria Salustiano Silva	12	AADUB ETH	21/02/2026 KZN Schools Trials 2026
32	35.61	L	F	Caro Bishop	12	VINE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
33	35.66	L	F	Beulah vd Merwe	12	MCSP BPD	13/02/2026 NW School Championships 2026
34*	35.73	L	F	Jana Seryn	12	INFA NMA	30/01/2026 Infinity Gala 2026
34*	35.73	L	P	Bela Davis-Taylor	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
36	35.88	L	F	Aiva Van der Zandt	12	VASTR BPD	13/02/2026 NW School Championships 2026
37	35.89	L	F	Lily Bailes	12	INFA NMA	15/11/2025 5th A League Gala 2025
38	35.90	L	F	Mika Pelser	12	OLDE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
39	35.96	L	P	Ashley Cilliers	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
40	36.04	L	F	Faye Webb	12	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
41	36.10	L	F	Alexa Kuhn	12	CASC CPT	26/03/2026 SA Level 3 Regional Age Group Chan
42	36.11	L	F	Janel Van der Merwe	12	UNI EZZ	29/03/2026 SA Level 2 Regional Age Group Cham
43*	36.12	L	P	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
43*	36.12	L	F	Kenzie Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
45*	36.17	L	P	Olivia Normington	12	XCEL CPT	04/12/2025 Western Cape LC-A Championship 20
45*	36.17	L	P	Mariane Labuschagne	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
47	36.19	L	F	Yamakhuze Loni	12	INFA NMA	15/11/2025 5th A League Gala 2025
48	36.25	L	F	Lisa Le Roux	12	BLOT MAN	03/12/2025 Free State Champs 2025
49	36.27	L	F	Holly Couzens	12	WSTV ETH	18/12/2025 KZN Premier Provincial Championship
50	36.31	L	F	Alexi Claassen	12	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
51	36.35	L	P	Cayleigh Knott	12	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
52	36.36	L	F	Zara Levi	12	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
53	36.37	L	P	Willow Coleman	12	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
54	36.48	L	F	Tiisetso Makhatho	12	ESP EKV	26/03/2026 SA Level 3 Regional Age Group Chan
55	36.49	L	P	Gianna Onkruid	12	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
56	36.52	L	F	Lexi Digovich	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
57	36.55	L	F	Simone Zoutendyk	12	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
58	36.58	L	F	Lilly-Mae Smith	12	SOUL EKV	04/12/2025 EGA Summer Championships 2025
59	36.60	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
60	36.63	L	F	Layla Palframan	12	SEAL UMD	31/01/2026 uShaka Champs 2026
61*	36.64	L S	F	Demi Vorster	12	TUKS TSH	10/12/2025 NTS Championships 2025
61*	36.64	L	F	Naomi Mahlangu	12	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
63*	36.69	L	P	Kyra Du Preez	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
63*	36.69	L	F	Kari Nel	12	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
65	36.71	L	F	Abigail Wilson	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
66	36.73	L	F	Kayden Jack	12	PER JHB	14/02/2026 CGA Last Chance
67	36.78	L	P	Jorja Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
68*	36.79	L	P	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
68*	36.79	L	F	Jaime-Lynn Vermeulen	12	HARL BUF	28/02/2026 Eastern Cape School Provincial Trials
70*	36.89	L	F	Emma Gibson-Taylor	12	AZON 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			
70*	36.89	L	F	Mia (B) Venter	12	AWIN TSH	05/12/2025 2025 The Tshwane Mayor's Gala
72	37.06	L	P	Mamoso Ramokgopa	12	LP CCD	24/04/2026 SA Schools Swimming Championship
73	37.09	L	P	Kate Pieterse	12	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Cham
74*	37.11	L	F	Mieke Steinbach	12	NWUC KKD	26/03/2026 SA Level 3 Regional Age Group Cham
74*	37.11	L	F	Leila Burden	12	CASC CPT	06/02/2026 WCA-B Champs - 2026
76	37.27	L	F	Nissi Mtetwa	12	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
77	37.29	L	F	Mila Nel	12	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
78	37.31	L	F	Lizanté Bam	12	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
79	37.39	L	F	Zara Komani	12	WATR JHB	14/02/2026 CGA Last Chance
80	37.47	L	F	Colleen McQueen	12	BLSS MAN	07/11/2025 Otters Prestige Gala 2025
81	37.57	L	F	Hannah Stearn	12	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
82	37.60	L	F	Rachel Talanda	12	HDAQ MPD	28/11/2025 Limpopo Champs 2025
83	37.65	L	F	Kethelo Mkhize	12	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
84*	37.80	L	F	Inge Jv Vuuren	12	SS MPD	28/11/2025 Limpopo Champs 2025
84*	37.80	L	P	Puleng Masemene	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
86	37.86	L	F	Nduvho Rabambi	12	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
87	37.90	L	P	Amy-Lee Wood	12	CA EKU	26/03/2026 SA Level 3 Regional Age Group Cham
88	37.98	L	F	Sophia Ebrahim	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
89	38.03	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
90	38.09	L	P	Jeanine Goosen	12	BLNE MAN	26/03/2026 SA Level 3 Regional Age Group Cham
91	38.13	L	F	Pradhia Singh	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
92	38.14	L	P	Lefei Li	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-
93	38.16	L	F	Amber Gewer	12	MDOL JHB	22/11/2025 EGA Summer 3 & 4
94	38.17	L	P	Aria Benade	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Cham
95	38.29	L	F	Alexa Martin	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
96	38.34	L	F	Ella Niven	12	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
97	38.36	L	F	Neri Upton	12	BLOT MAN	03/12/2025 Free State Champs 2025
98	38.44	L	F	Miane Bendeman	12	LSPHA MP	31/01/2026 Limpopo School Champs & Limpopo A
99	38.54	L	F	Zenéy De Beer	12	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
100	38.55	L	P	Tyla Abel	12	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
101	38.56	L	F	Gia Warby	12	TRAZ TSH	29/03/2026 SA Level 2 Regional Age Group Cham
102	38.62	L	F	Klara Ochse	12	PLAY CED	21/02/2026 Swartland Invitational Gala 2026
103	38.65	L	P	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Cham
104	38.85	L	P	Bukata Mwanza	12	ESP EKU	04/12/2025 EGA Summer Championships 2025
105	38.87	L	F	Astrid Saul	12	BLMA CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
106	38.95	L	F	Adison Gericke	12	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
107	39.03	L	F	Paige Lewis	12	MGSC UGD	21/02/2026 KZN Schools Trials 2026
108	39.12	L	F	Nicola Nysschen	12	KTS	25/10/2025 FLAMINGO & GOODHOPE GALA 202
109	39.22	L	F	Mieke Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
110*	39.29	L	F	Tatum Adams	12	PAQU CED	22/11/2025 Swartland Prestige Gala 2025
110*	39.29	L	P	Lexi Abrahamse	12	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
112	39.32	L	F	Amelia Lange	12	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
113*	39.34	L	F	Khloe Mesquita	12	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
113*	39.34	L	P	Ulwando Khuzwayo	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
115	39.39	L	P	Mari Haasbroek	12	EXP TSH	26/03/2026 SA Level 3 Regional Age Group Cham
116	39.42	L	F	Olivia Berry	12	BEST NMA	30/01/2026 Infinity Gala 2026
117	39.43	L	F	Morgan Burstein	12	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
118	39.50	L	F	Lianka Spies	12	GHS BPD	13/02/2026 NW School Championships 2026
119	39.59	L	P	Rebecca Sam	12	HPS TSH	26/03/2026 SA Level 3 Regional Age Group Cham
120	39.63	L	F	Vida Olivier	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
121	39.64	L	P	Annebelle Botha	12	PER JHB	27/11/2025 CGA Championships 2025
122	39.81	L	P	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Cham
123	40.02	L	P	Catherine Couch	12	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
124	40.04	L	F	Amani Sausi	12	AZON ETH	15/11/2025 KZN Junior Championships 2025
125	40.05	L	F	Leanke Loots	12	KNYA EDD	24/01/2026 EDEN 4th A-League Gala 2026
126	40.08	L	P	Ymeri Wilken	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
127	40.16	L	F	Lily Marais	12	FISH EDD	22/11/2025 Eden LC Champs 2025
128	40.19	L	F	Zandri Scheepers	12	VHD ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
129	40.21	L	F	Emma Ranger	12	USC BUF	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			
130	40.30	L	P	Lethabo Rikhotso	12	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
131	40.37	L	F	Reatile Ntidi	12	NWUC	KKD 30/03/2026 SA Level 2 Regional Age Group Cham
132	40.38	L	P	Elizabeth Dornon	BN	VASA	EKU 26/03/2026 SA Level 3 Regional Age Group Cham
133	40.44	L	P	Imke Kraamwinkel	12	RFA	FSH 30/03/2026 SA Level 2 Regional Age Group Cham
134	40.50	L	F	Annabelle Ras	12	CASC	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
135	40.51	L	F	Naledi Makhanya	12	KLOO	ETH 31/01/2026 uShaka Champs 2026
136	40.70	L	F	Tenley Fowler	12	AZON	ETH 09/07/2025 TYR Prestige Tournament 2025
137	40.76	L	P	Emma Roets	12	TUKS	FSH 26/03/2026 SA Level 3 Regional Age Group Cham
138	40.77	L	P	Mpho Kutumane	12	UWCA	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
139	40.94	L	F	Esther Lubbe	12	BEST	NMA 28/06/2025 PEA Winter Gala 2025
140	41.01	L	P	Ella Arnold	12	SASE	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
141	41.02	L	P	Rachel De Fleuriot	12	AADUB	ETH 18/12/2025 KZN Premier Provincial Championship
142	41.07	L	F	Yolayne Aucamp	12	TNDER	FDD 03/12/2025 Free State Champs 2025
143	41.08	L	P	Melody Coetzee	12	CYBE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
144	41.14	L	F	Jane Tredoux	12	BLNE	MAN 03/12/2025 Free State Champs 2025
145	41.17	L	F	Phoebe Josiah	12	PSCP	UMD 15/11/2025 KZN Junior Championships 2025
146	41.19	L	F	Annie Bester	12	AGAQ	QBD 09/10/2025 44th Freda Barnard Invitational Gala
147	41.22	L	P	Isabel Helberg	12	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
148	41.25	L	P	Lacey Hodgkinson	12	SWIFT	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
149*	41.26	L	F	Leah Schemel	12	HARL	BUF 28/11/2025 BCA Long Course Championships 202
149*	41.26	L	F	Lienke Rossouw	12	LALE	GED 13/02/2026 Winelands SL Fin - February 2026 - cc
151*	41.28	L	F	Rebecca Verster	12	CA	EKU 31/01/2026 EGA Last Chance Gala 2026
151*	41.28	L	P	Amy Cloete	12	UWCA	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
153	41.55	L	F	Isabella Van Breda	12	BLS	KK 13/02/2026 NW School Championships 2026
154	41.58	L	F	Miané Prinsloo	12	LPTBO	CCD 31/01/2026 Limpopo School Champs & Limpopo A
155	41.66	L	F	Imtihaal Abrahams	12	WALM	CPT 06/02/2026 WCA-B Champs - 2026
156	41.68	L	P	Mufaro Kachisi	12	WSTV	ETH 26/03/2026 SA Level 3 Regional Age Group Cham
157	41.69	L	F	Tatum Janse Van Rensburg	12	ACSA	ETH 15/11/2025 KZN Junior Championships 2025
158	41.70	L	F	Alexia Tranter	12	SSISA	CPT 20/09/2025 CTA INVITATIONAL LC MEET
159*	41.72	L	F	Mia Mostert	12	AWIN	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
159*	41.72	L	P	Isabella Knight	12	WATR	JHB 27/11/2025 CGA Championships 2025
161	41.74	L	P	Kendre Lynch	12	SWIM1	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
162*	41.76	L	P	Emma Arendse	12	MANT	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
162*	41.76	L	F	Zani Hager	12	ESA	GED 06/02/2026 WCA-B Champs - 2026
164	41.78	L	P	Kyra De Oliveira	12	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
165	41.79	L	F	Shekinah Ikedachi	12	MANT	CPT 29/11/2025 CTA B CHAMPS 2025
166	41.81	L	F	Anzel Smit	12	EXP	FSH 23/01/2026 2026 NTS Sprint Gala
167	41.82	L	F	Emily Johnson	12	ANAX	CPT 29/11/2025 CTA B CHAMPS 2025
168	41.88	L	P	Isabel Smith	12	USC	BUF 09/04/2026 SA Level 3 Regional Age Group Cham
169	41.89	L	P	Maya Brown	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
170	41.96	L	P	Harley Knudsen	12	PGAC	EKU 04/12/2025 EGA Summer Championships 2025
171	41.97	L	F	Marli Strydom	12	QSSC	CPT 20/09/2025 CTA INVITATIONAL LC MEET
172	42.04	L	P	Alyssa Fragoso de Almeida	12	CTO	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
173	42.35	L	P	Shalom Mtileni	12	UNI	EZD 29/03/2026 SA Level 2 Regional Age Group Cham
174	42.41	L	P	Gabriella Glass	12	SAAW	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
175	42.49	L	F	Jaunté Duvenage	12	LPTBO	CCD 31/01/2026 Limpopo School Champs & Limpopo A
176	42.50	L	P	Murunwa Thidiela	12	MAKO	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
177	42.62	L	P	Lia Pretorius	12	BLUO	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
178	42.69	L	P	Emma McCallum	12	USC	BUF 06/03/2026 SA Level 2 Regional Age Group Cham
179	42.70	L	F	Emma Gutsche	12	POLSC	CCD 28/11/2025 Limpopo Champs 2025
180	42.71	L	F	Hayley Downs	12	MDOL	JHB 14/02/2026 CGA Last Chance
181	42.72	L	F	Mambay Banza	12	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
182	42.83	L	P	Jolie Chabilall	12	CASC	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
183	42.99	L	F	Lienke Bester	12	HREF	BP 06/12/2025 NWS Championships 2025
184*	43.01	L	F	Gemma Kenning	12	MAKO	EKU 28/02/2026 AG Level 1 Regional Competition 2026
184*	43.01	L	P	Sia Broncho	12	PER	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
186	43.09	L	F	Georgia Steyn	12	SEAL	UMD 09/07/2025 TYR Prestige Tournament 2025
187	43.12	L	P	Lea Noble	12	BLMA	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
188*	43.15	L	P	Faythe Evans	12	RACE	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			
188*	43.15	L	P	Nienke Eksteen	12	VALS FDD	30/03/2026 SA Level 2 Regional Age Group Cham
190	43.17	L	F	Phiwayinkosi Msuthu	12	HARL BUF	06/03/2026 SA Level 2 Regional Age Group Cham
191	43.20	L	P	Riandi Muller	12	INFA NMA	06/03/2026 SA Level 2 Regional Age Group Cham
192	43.32	L	P	Rachel Saltzman	12	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
193	43.35	L	F	Lynette Rust	12	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
194*	43.53	L	P	Emma Du Toit	12	BLOT MAN	03/12/2025 Free State Champs 2025
194*	43.53	L	F	Humaira Doha	12	MARL CPT	06/02/2026 WCA-B Champs - 2026
196	43.59	L	F	Alexi Dandoulakis	12	CA EKU	22/11/2025 EGA Summer 3 & 4
197	43.67	L	P	Darshana Pillay	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
198	43.72	L	F	Stella van Staden	12	CENP BUF	14/02/2026 BCSEA School Trials 2026
199*	43.82	L	P	Kagiso Motuku	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
199*	43.82	L	F	Mari Sterne	12	STAQ CED	24/01/2026 Drakenstein Invitational - copied
201	43.86	L	F	Hayley Liedeman	12	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
202	44.13	L	P	Kyla Short	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Cham
203	44.18	L	F	Gabriella Shaw	12	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
204	44.26	L	F	Lusanele Qusheka	12	BEST NMA	28/06/2025 PEA Winter Gala 2025
205	44.40	L	P	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
206	44.43	L	P	Nika Loots	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
207	44.57	L	F	Lua Heyns	12	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
208	44.66	L	P	Emily Greffrath	12	BEAV ETH	31/03/2026 SA Level 2 Regional Age Group Cham
209	44.67	L	F	Taya Thompson	12	CTO CPT	06/02/2026 WCA-B Champs - 2026
210	44.72	L	F	Olivia Joubert	12	PER JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
211	44.79	L	P	Leané Bruwer	12	SWAR WCD	04/12/2025 Western Cape LC-A Championship 20
212	44.80	L	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
213	44.92	L	P	Kaitlyn Curtis	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
214	44.97	L	F	Lene Brecher	12	PSA ZLD	30/03/2026 KZNA Level 1 Championships
215	44.98	L	F	Rouxlé Sauer	12	POTC KKD	06/12/2025 NWS Championships 2025
216	45.02	L	F	Elmine Opperman	12	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
217	45.05	L	F	Sinakhokonke Bhengu	12	PSCP UMD	15/11/2025 KZN Junior Championships 2025
218	45.08	L	F	Nina Murray	12	DDA TSH	23/01/2026 2026 NTS Sprint Gala
219	45.12	L	P	Mione Fischer	12	DDA TSH	29/03/2026 SA Level 2 Regional Age Group Cham
220	45.19	L	F	Elma Delpert	12	BLSS MAN	03/12/2025 Free State Champs 2025
221	45.20	L	F	Ashley Du Randt	12	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
222	45.26	L	F	Danelle Louw	12	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
223	45.29	L	P	Annabelle Van Wyk	12	LALE CED	06/03/2026 SA Level 2 Regional Age Group Cham
224	45.35	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
225	45.37	L	F	Ale Mentz	12	KTS	14/02/2026 KALAHARI CLASSIC 2026
226	45.39	L	P	Zete Adonis	12	PAQU CED	06/03/2026 SA Level 2 Regional Age Group Cham
227	45.62	L	F	Mia Pretorius	12	TINC TSH	23/01/2026 2026 NTS Sprint Gala
228	45.64	L	F	Lebogang Maredi	12	SS MPD	28/11/2025 Limpopo Champs 2025
229	45.69	L	F	Kayla Coetzee	12	VALS FDD	07/11/2025 Otters Prestige Gala 2025
230	45.81	L	F	Amoné Liebenberg	12	SS MPD	28/11/2025 Limpopo Champs 2025
231	45.82	L	F	Trinity Potgieter	12	PPARK BP	13/02/2026 NW School Championships 2026
232	45.86	L	P	Caitlin Byliefeldt	12	MAKO EKU	04/12/2025 EGA Summer Championships 2025
233	45.92	L	F	Maria De Klerk	12	BS LLD	14/11/2025 Valsrivier Gala
234	45.97	L	F	Daniella Louw	12	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
235	46.07	L	P	Sisanda Msomi	12	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
236	46.26	L	F	Ava Candiotes	12	GHS BPD	13/02/2026 NW School Championships 2026
237	46.35	L	F	Kuyandokuhle Mdlouu	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
238*	46.39	L	F	Mia De Lange	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
238*	46.39	L	P	Kari Moolman	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
240	46.49	L	F	Amaris Kirchner	12	WAC EDD	24/01/2026 EDEN 4th A-League Gala 2026
241	46.53	L	F	Kamila Mohapi	12	ESTR EKU	20/09/2025 EGA Summer 1 2025
242	46.55	L	F	Wyllow Halse	12	CAMPB BUF	14/02/2026 BCSEA School Trials 2026
243	46.56	L	P	Mienke Kemp	12	TNDER FDD	03/12/2025 Free State Champs 2025
244	46.60	L	F	Tebogo Machaba	12	PER JHB	28/02/2026 AG Level 1 Regional Competition 2026
245	46.61	L	P	Mihanka vd Bank	12	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
246	46.63	L	F	Cato Erasmus	12	BETH FDD	03/12/2025 Free State Champs 2025
247	46.74	L	F	Ilé Fourie	12	LSTZN CCD	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			
248	46.79	L	P	Mika Vd Merwe	12	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
249	46.80	L	P	Lily Van Zyl	12	ESA GED	04/12/2025 Western Cape LC-A Championship 20
250	46.89	L	F	Jade Keys	12	WAC EDD	22/11/2025 Eden LC Champs 2025
251	47.02	L	F	Suriè-Rose Potgieter	12	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
252	47.13	L	F	Motheo Leshilo	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
253	47.19	L	P	Emily Black	12	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
254	47.27	L	P	Emma Botha	12	AASC EZD	05/12/2025 Mpumalanga Championships 2025
255	47.31	L	P	Maya Chelin	12	H2O EKU	29/03/2026 SA Level 2 Regional Age Group Cham
256	47.33	L	F	Tshlidzi Rakhumba	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
257	47.36	L	F	Anchen Schoeman	12	BS LLD	03/12/2025 Free State Champs 2025
258	47.38	L	P	Hannah Rosholt	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
259	47.60	L	P	Leah Vos	12	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
260	47.69	L	F	Mikayla De Witte	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
261	47.73	L	F	Liane Jordaan	12	UPSK ZMD	07/02/2026 NC SPRINTS 2026
262	47.79	L	F	Islay-Rose Strever	12	UNIC CCD	31/01/2026 Limpopo School Champs & Limpopo A
263	47.96	L	F	Ruvarashe Karibata	12	OHAN HLD	15/11/2025 KZN Junior Championships 2025
264	48.03	L	F	Lisan Joubert	12	JOIEC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
265	48.06	L	P	Lea Cilliers	12	FSS	24/04/2026 SA Schools Swimming Championship
266	48.10	L	F	Oarerata Modiole	12	TRAZ TSH	23/01/2026 2026 NTS Sprint Gala
267	48.16	L	F	Madison Abrahams	12	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
268	48.31	L	F	Thea-Mari Fonternel	12	EGA MAN	07/11/2025 Otters Prestige Gala 2025
269	48.33	L	F	Emily Bestbier	12	WAC EDD	22/11/2025 Eden LC Champs 2025
270	48.36	L	F	Skylin Koupis	12	BLOT MAN	10/10/2025 Super Seals Annual Gala
271	48.41	L	F	Anneske Smith	12	KTS	25/10/2025 FLAMINGO & GOODHOPE GALA 202
272	48.66	L	P	Beersheba Negash	12	BARA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
273	48.67	L	F	Lara Engels	12	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
274	48.77	L	F	Eliana Woldemariam	12	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
275	48.79	L	F	Saige Le Roux	12	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
276	48.92	L	P	Isabella Purdon	12	SWIM1 JHB	29/03/2026 SA Level 2 Regional Age Group Cham
277	48.93	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
278	48.97	L	F	Zanita Khamanga	12	LEGC ETH	30/03/2026 KZNA Level 1 Championships
279	49.20	L	F	Emme Wessels	12	BETH FDD	26/09/2025 Pelicans Gala..
280	49.31	L	F	Mika Philander	12	SAAW CPT	29/11/2025 CTA B CHAMPS 2025
281	49.32	L	P	Alyssa Bosch	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
282	49.49	L	F	Lindiwe Mthobi	12	SASE JHB	06/02/2026 Crusaders & CGA Night Gala
283	49.55	L	P	Otiile Molamu	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
284	49.67	L	F	Helana Pretorius	12	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
285	49.82	L	F	Katie Jacobs	12	STSC KCD	07/02/2026 KCDA Age Group 5 2026
286	49.96	L	P	Mariandi Bredenkamp	12	BS LLD	03/12/2025 Free State Champs 2025
287	50.02	L	F	Miele' Loftus	12	BULS MAN	07/11/2025 Otters Prestige Gala 2025
288	50.19	L	P	Annabel Botha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
289	50.23	L	F	Oreneile Modimola	12	NGU TSH	05/12/2025 2025 The Tshwane Mayor's Gala
290	50.41	L	F	Nikita Erasmus	12	RBUR BPD	28/02/2026 NWS Last Chance 2026
291	50.68	L	F	Aishah Bingudza	12	NGU TSH	28/02/2026 AG Level 1 Regional Competition 2026
292	50.71	L	F	Tshegofatso Kwadjo	12	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
293	50.83	L	F	Marlien Nell	12	HREF BP	06/12/2025 NWS Championships 2025
294	50.88	L	F	Marizel Prinsloo	12	BS LLD	03/12/2025 Free State Champs 2025
295	51.01	L	F	Ella Tarr	12	SAAW CPT	21/02/2026 Swartland Invitational Gala 2026
296	51.15	L	F	Emma Ku	12	MDOL JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
297	52.05	L	F	Lize-Mari Cloete	12	BS LLD	20/09/2025 Welkom Seals Gala
298	52.41	L	F	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	22/11/2025 Eden LC Champs 2025
299	52.69	L	F	Kayla Wessels	12	BLOT MAN	24/10/2025 Neptunes Gala
300	52.78	L	F	Mia Schraader	12	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
301	52.80	L	F	Nicola Johl	12	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
302	53.12	L	F	Isabelle de Beer	12	HREF BP	06/12/2025 NWS Championships 2025
303	53.51	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
304	53.83	L	F	Alexia Botha	12	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
305	54.05	L	F	Kirsten Schnehage	12	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
306	54.10	L	F	Rushni Baron	12	GAA CPT	21/02/2026 Swartland Invitational 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				
307	54.18	L	F	Bohlale Letseleha	12	PELIC MAN	28/02/2026	FSA LEVEL 1 2026
308	54.19	L	P	Lehanri Cronje	12	NSAD EZD	05/12/2025	Mpumalanga Championships 2025
309	54.53	L	F	Annalie Terblanche	12	GILLP NMA	14/03/2026	Level 1 District Age Group Gala 2026
310	54.54	L	F	Ella De Nobrega	12	CYBE CPT	20/09/2025	CTA INVITATIONAL LC MEET
311	54.86	L	P	Adelle Luttig	12	UPSK ZMD	30/03/2026	SA Level 2 Regional Age Group Cham
312	54.89	L	F	Mila De Witt	12	HTSA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
313	55.03	L	F	Amber Wylie	12	KNYA EDD	04/10/2025	EDEN 1st A-League Gala 2025
314	55.27	L	F	Abigail Haupt	12	TUKS TSH	23/01/2026	2026 NTS Sprint Gala
315	55.65	L	F	Juanika White	12	SWIMS EKU	31/01/2026	EGA Last Chance Gala 2026
316	56.09	L	P	Daniella-Mohapi Lebogo	12	TUKS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
317	56.49	L	F	Mianke Lubbe	12	GHWK	18/10/2025	AGE GROUP 1 KIMBERLEY 2025
318	56.56	L	F	Zoe Danha	12	CSA EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
319	56.76	L	F	Tamary Nsabuyera	12	CUR EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
320	57.51	L	F	Annabelle Els	12	KNYA EDD	25/10/2025	Zasu 1st League OYDC 2025-26
321	57.65	L	P	Roxanne Hautmann	12	RBUR BPD	30/03/2026	SA Level 2 Regional Age Group Cham
322	57.70	L	F	Kelsey Sloan	12	CA EKU	22/11/2025	EGA Summer 3 & 4
323	57.75	L	F	Simthandile Khumalo	12	SHARP UTD	30/03/2026	KZNA Level 1 Championships
324	58.26	L	F	Jana Pienaar	12	CSA EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
325	59.86	L	F	Mary-Lee McMinn	12	TCA EKU	20/09/2025	EGA Summer 1 2025
326	1:00.01	L	F	Onalerona Masoabi	12	PELIC MAN	24/10/2025	Neptunes Gala
327	1:00.18	L	F	Kyra Beissner	12	TCA EKU	28/02/2026	AG Level 1 Regional Competition 2026
328	1:00.36	L	F	Cassidy-Lea Riddin	12	SEAL UMD	06/10/2025	Seagulls Winter Championships 2025
329	1:01.25	L	F	Codi May	12	RETR CPT	22/11/2025	Swartland Prestige Gala 2025
330	1:02.05	L	F	Dané Combrinck	12	TUKS TSH	23/01/2026	2026 NTS Sprint Gala
331	1:02.20	L	F	Jennah Collen	12	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
332	1:02.80	L	F	Tshegofa Tau	12	CPSC TSH	28/02/2026	AG Level 1 Regional Competition 2026
333	1:02.81	L	F	Neo Chomba	12	BARA EKU	20/09/2025	EGA Summer 1 2025
334	1:03.81	L	F	Mikayla Hanneman	12	GHS BPD	13/02/2026	NW School Championships 2026
335	1:04.17	L	F	Adrienne Meiring	12	PEAS NMA	30/08/2025	Madibaz Swim Meet 2025
336	1:04.40	L	F	Nqobile Kakana	12	RBUR BPD	31/01/2026	EGA Last Chance Gala 2026
337	1:05.65	L	F	Reneilwe Tsunke	12	BLOT MAN	28/02/2026	FSA LEVEL 1 2026
338	1:07.22	L	F	Mari-Hane Visser	12	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
339	1:07.31	L	F	Ntlatatso Mokgoatheng	12	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
340	1:10.60	L	F	Emma Rees-Gibbs	12	PGAC EKU	21/02/2026	EGA Lets Sprint Gala 2026
341	1:14.15	L	F	Mia Lessing	12	BETH FDD	28/02/2026	FSA LEVEL 1 2026
<b>Women 11-12 100 Fly</b>								
1	1:10.47	L S	F	Cayden Parfitt	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-2
2	1:12.70	L S	F	Arabella Symington	12	ACES ETH	21/03/2026	Sa National JNR Age Group Champs-2
3	1:14.38	L S	F	Hayden Perrins	12	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-2
4	1:15.35	L	F	Ella Johnson	12	CTO CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
5	1:15.55	L	F	Keyla Douglas	12	ROA EDD	09/04/2026	SA Level 3 Regional Age Group Chan
6	1:15.70	L	F	Hannah Raphaela Morgado	12	MP EZD	24/04/2026	SA Schools Swimming Championship
7	1:17.20	L	F	Lika Baird	12	NC FBD	24/04/2026	SA Schools Swimming Championship
8	1:19.99	L	P	Carli Stoop	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
9	1:20.28	L	F	Neliza Ojwach	12	SEAL UMD	21/02/2026	KZN Schools Trials 2026
10	1:20.48	L	F	Simone Zoutendyk	12	RBOT BPD	26/03/2026	SA Level 3 Regional Age Group Chan
11	1:20.63	L S	P	Emily Daniels	12	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-2
12	1:20.85	L	F	Aphelele Shange	12	USHPM UMD	26/03/2026	SA Level 3 Regional Age Group Chan
13	1:21.17	L	F	Pia Swanepoel	12	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
14	1:21.28	L	F	Mila Geldenhuys	12	ACAQ CCD	26/03/2026	SA Level 3 Regional Age Group Chan
15	1:21.59	L	F	Olivia Normington	12	XCEL CPT	03/10/2025	Curro AquaElite Gala
16	1:21.66	L	F	Alexa Kuhn	12	CASC CPT	26/03/2026	SA Level 3 Regional Age Group Chan
17	1:22.20	L	F	Kaylie Van der Linde	12	VHD ZLD	26/03/2026	SA Level 3 Regional Age Group Chan
18	1:22.38	L	F	Alexi Claassen	12	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
19	1:22.53	L S	F	Demi Vorster	12	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-2
20	1:24.33	L	P	Bela Davis-Taylor	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
21	1:24.34	L	F	Lizanté Bam	12	FSS	24/04/2026	SA Schools Swimming Championship
22	1:24.68	L	F	Holly Couzens	12	WSTV ETH	18/12/2025	KZN Premier Provincial Championship
23	1:25.02	L	P	Bianca Van Jaarsveld	12	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				
24	1:25.16	L	F	Scarlett Meiring	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Cham
25	1:25.42	L	F	Elke Coetsee	12	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
26	1:25.43	L	P	Jaime Sprong	12	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Cham
27	1:25.49	L	P	Neri Upton	12	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Cham
28	1:25.55	L	F	Kenzie Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Cham
29	1:25.62	L	P	Gianna Onkruid	12	UWCA CPT	09/04/2026	SA Level 3 Regional Age Group Cham
30	1:25.81	L	P	Leila Burden	12	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Cham
31	1:26.00	L	F	Leah Dabrowski	12	BLMA CPT	09/10/2025	44th Freda Barnard Invitational Gala
32	1:26.04	L	F	Mieke Steinbach	12	NWUC KKD	06/12/2025	NWS Championships 2025
33	1:26.81	L	P	Yamakhuze Loni	12	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Cham
34	1:27.21	L	F	Kayden Jack	12	GAU JHB	24/04/2026	SA Schools Swimming Championship
35	1:27.27	L S	P	Tatum Adams	12	PAQU CED	04/12/2025	Western Cape LC-A Championship 20
36	1:27.32	L	F	Zia-Bella Engelbrecht	12	HTSA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
37	1:27.53	L S	F	Colleen McQueen	12	BLSS MAN	03/12/2025	Free State Champs 2025
38	1:27.76	L S	F	Lisa Le Roux	12	BLOT MAN	03/12/2025	Free State Champs 2025
39	1:27.83	L	F	Morgan Booysen	12	PSCP UMD	15/11/2025	KZN Junior Championships 2025
40	1:28.01	L	F	Mufaro Kachisi	12	WSTV ETH	21/02/2026	KZN Schools Trials 2026
41	1:28.48	L	P	Amy-Lee Wood	12	CA EKU	04/12/2025	EGA Summer Championships 2025
42	1:28.88	L	F	Ané Venter	12	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
43	1:29.28	L	F	Gia Warby	12	TRAZ TSH	29/03/2026	SA Level 2 Regional Age Group Cham
44	1:29.54	L	P	Lefei Li	12	WATR JHB	27/11/2025	CGA Championships 2025
45	1:29.72	L	F	Mamoso Ramokgopa	12	TKS WBD	29/03/2026	SA Level 2 Regional Age Group Cham
46	1:30.24	L	F	Morgan Burstein	12	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Cham
47	1:30.70	L	P	Kyra Du Preez	12	USC BUF	09/04/2026	SA Level 3 Regional Age Group Cham
48	1:31.25	L	F	Naomi Mahlangu	12	BLMA CPT	22/11/2025	Swartland Prestige Gala 2025
49	1:31.26	L	F	Rebecca Sam	12	HPS TSH	10/12/2025	NTS Championships 2025
50	1:31.48	L	F	Kari Nel	12	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
51	1:31.51	L	F	Leanke Loots	12	KNYA EDD	22/11/2025	Eden LC Champs 2025
52	1:31.65	L	F	Amani Sausi	12	AZON ETH	21/02/2026	KZN Schools Trials 2026
53	1:31.68	L	F	Alexa Martin	12	SGUL ETH	03/10/2025	Curro AquaElite Gala
54	1:31.92	L	F	Zenény De Beer	12	CSA EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
55	1:32.64	L	F	Jane Tredoux	12	BLNE MAN	30/03/2026	SA Level 2 Regional Age Group Cham
56	1:32.97	L	F	Pradhia Singh	12	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
57	1:33.02	L	F	Siphwosethu Sikhakhane	12	AZON ETH	03/10/2025	Curro AquaElite Gala
58	1:33.11	L	F	Layla Palfaman	12	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
59	1:33.68	L	P	Sophie Chong	12	CYBE CPT	09/04/2026	SA Level 3 Regional Age Group Cham
60	1:34.06	L	F	Khloe Mesquita	12	ANAX CPT	06/03/2026	SA Level 2 Regional Age Group Cham
61	1:34.10	L	P	Willow Coleman	12	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Cham
62	1:34.14	L	F	Astrid Saul	12	BLMA CPT	09/04/2026	SA Level 3 Regional Age Group Cham
63	1:34.50	L	P	Mpho Kutumane	12	UWCA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
64	1:34.61	L	P	Harley Knudsen	12	PGAC EKU	04/12/2025	EGA Summer Championships 2025
65	1:34.86	L	P	Jorja Adelaine	12	AA JHB	26/03/2026	SA Level 3 Regional Age Group Cham
66	1:35.00	L	P	Zara Komani	12	WATR JHB	27/11/2025	CGA Championships 2025
67	1:35.56	L	P	Kethelo Mkhize	12	USH KCD	31/03/2026	SA Level 2 Regional Age Group Cham
68	1:35.99	L	F	Aiva Van der Zandt	12	STAR BPD	30/03/2026	SA Level 2 Regional Age Group Cham
69	1:36.21	L	F	Tiisetso Makhatho	12	ESP EKU	31/01/2026	EGA Last Chance Gala 2026
70	1:36.33	L	F	Janel Van der Merwe	12	UNI EZD	29/03/2026	SA Level 2 Regional Age Group Cham
71	1:36.46	L	F	Nduvho Rabambi	12	BULS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
72	1:36.74	L	F	Georgia Steyn	12	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
73	1:36.93	L	P	Amy Cloete	12	UWCA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
74	1:36.99	L	P	Tshegofatso Moabelo	12	BAS EKU	04/12/2025	EGA Summer Championships 2025
75	1:37.33	L	P	Isabel Helberg	12	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
76	1:37.68	L	F	Mieke Moolman	12	UNI EZD	05/12/2025	Mpumalanga Championships 2025
77	1:37.73	L	F	Adison Gericke	12	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
78	1:38.09	L	F	Mika Pelser	12	OLDE JHB	14/02/2026	CGA Last Chance
79	1:39.37	L	F	Emma McCallum	12	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
80	1:39.74	L	F	Lua Heyns	12	DDA TSH	27/02/2026	NTS Level 3+ February Age Group Ga
81	1:41.76	L	F	Annabelle Ras	12	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
82	1:41.83	L	F	Bukata Mwanza	12	ESP EKU	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			
83	1:41.92	L	P	Lheané Du Plessis	12	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Cham
84	1:41.96	L	P	Kayla Coetzee	12	VALS FDD	26/03/2026 SA Level 3 Regional Age Group Cham
85	1:42.09	L	F	Tatum Janse Van Rensburg	12	ACSA ETH	15/11/2025 KZN Junior Championships 2025
86	1:42.10	L	F	Isabella Van Breda	12	NWUC KKD	06/12/2025 NWS Championships 2025
87	1:42.14	L	P	Rachel De Fleuriot	12	AADUB ETH	18/12/2025 KZN Premier Provincial Championship
88	1:42.81	L	F	Emily Johnson	12	ANAX CPT	29/11/2025 CTA B CHAMPS 2025
89	1:42.85	L	F	Elma Delport	12	BLSS MAN	31/10/2025 Mangaung Gala
90	1:43.67	L	F	Nicola Nysschen	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
91	1:44.54	L	F	Lusanele Qusheka	12	BEST NMA	30/01/2026 Infinity Gala 2026
92	1:44.56	L	F	Zete Adonis	12	PAQU CED	06/02/2026 WCA-B Champs - 2026
93	1:44.58	L	F	Lexi Digovich	12	AWSC JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
94	1:46.02	L	F	Emma Gutsche	12	POLSC CCD	28/11/2025 Limpopo Champs 2025
95	1:47.79	L	F	Humaira Doha	12	MARL CPT	06/02/2026 WCA-B Champs - 2026
96	1:48.04	L	P	Caitlin Byliefeldt	12	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
97	1:48.42	L	P	Emily Greffrath	12	BEAV ETH	31/03/2026 SA Level 2 Regional Age Group Cham
98	1:49.21	L	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
99	1:50.06	L	P	Mieke Pretorius	12	CA EKU	04/12/2025 EGA Summer Championships 2025
100	1:50.17	L	F	Reatile Ntidi	12	NWUC KKD	06/12/2025 NWS Championships 2025
101	1:50.36	L	F	Helana Pretorius	12	SWAR WCD	06/02/2026 WCA-B Champs - 2026
102	1:52.06	L	F	Shalom Mtileni	12	UNIU EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
103	1:52.79	L	P	Isabella Purdon	12	SWIM1 JHB	29/03/2026 SA Level 2 Regional Age Group Cham
104	1:54.46	L	F	Kagiso Motuku	12	ESP EKU	21/02/2026 EGA Lets Sprint Gala 2026
105	1:55.33	L	F	Lene Brecher	12	PSA ZLD	31/01/2026 uShaka Champs 2026
106	1:55.60	L	F	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
107	1:57.91	L	P	Mika Philander	12	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
108	2:01.07	L	P	Alyssa Bosch	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
109	2:05.33	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
110	2:19.68	L	F	Adelle Luttig	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham

### Women 11-12 200 Fly

1	2:43.26	L	F	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
2	3:01.51	L	F	Keyla Douglas	12	ROA EDD	30/01/2026 Infinity Gala 2026
3	3:03.20	L	F	Alexa Kuhn	12	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
4	3:11.03	L	F	Tatum Adams	12	PAQU CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
5	3:33.46	L	F	Harley Knudsen	12	PGAC EKU	04/12/2025 EGA Summer Championships 2025
6	3:35.53	L	F	Mieke Steinbach	12	NWUC KKD	06/12/2025 NWS Championships 2025
7	3:44.17	L	F	Isabella Van Breda	12	NWUC KKD	06/12/2025 NWS Championships 2025
8	4:09.12	L	F	Astrid Saul	12	BLMA CPT	09/10/2025 44th Freda Barnard Invitational Gala
9	4:21.10	L	F	Liane Jordaan	12	UPSK ZMD	21/02/2026 AGE GROUP 6 UPT 2026 - copied
10	4:34.56	L	F	Alyssa Bosch	12	BARR CPT	09/10/2025 44th Freda Barnard Invitational Gala
11	5:03.99	L	F	Sophia Lamprecht	12	BARR CPT	22/11/2025 Swartland Prestige Gala 2025

### Women 11-12 200 IM

1	2:35.58	L	F	Ella Johnson	12	CTO CPT	21/03/2026 Sa National JNR Age Group Champs-;
2	2:37.82	L	F	Alexi Claassen	12	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
3	2:39.10	L	F	Olivia Geldart	12	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
4	2:41.31	L	F	Sage Lindsay	12	CA EKU	21/03/2026 Sa National JNR Age Group Champs-;
5	2:43.45	L	F	Cayden Parfitt	12	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
6	2:46.15	L	P	Leah Dabrowski	12	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-;
7	2:46.25	L	F	Arabella Symington	12	GAU JHB	24/04/2026 SA Schools Swimming Championship
8	2:47.81	L	P	Grace Johns	12	OHAN HLD	21/03/2026 Sa National JNR Age Group Champs-;
9	2:48.16	L	F	Hayden Perrins	12	WCS	24/04/2026 SA Schools Swimming Championship
10	2:48.30	L	F	Janka Szabo	12	KIS GE	13/02/2026 Winelands SL Fin - February 2026 - cc
11	2:48.52	L	P	Emily Daniels	12	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-;
12	2:48.89	L	P	Hayley Greyvenstein	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
13	2:49.44	L	F	Miané Prinsloo	12	LP CCD	24/04/2026 SA Schools Swimming Championship
14	2:49.86	L	F	Keyla Douglas	12	ROA EDD	09/04/2026 SA Level 3 Regional Age Group Cham
15	2:50.15	L	F	Bianca Van Jaarsveld	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
16	2:50.24	L	F	Elke Coetsee	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
17	2:50.81	L	P	Ashley Cilliers	12	WATR JHB	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			
18	2:51.23	L	F	Lily Bailes	12	ECSA BUF	24/04/2026 SA Schools Swimming Championship
19	2:51.32	L	F	Olivia Normington	12	XCEL CPT	09/04/2026 SA Level 3 Regional Age Group Chan
20	2:51.83	L	F	Catherine Sebastian	12	MANT CPT	09/04/2026 SA Level 3 Regional Age Group Chan
21	2:52.16	L	F	Colleen McQueen	12	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
22	2:53.11	L	F	Zara Levi	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Chan
23	2:53.15	L	F	Lizanté Bam	12	FSS	24/04/2026 SA Schools Swimming Championship
24	2:53.31	L S	F	Neliza Ojwach	12	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
25	2:53.61	L	F	Ané Venter	12	EDEN ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
26	2:53.77	L	F	Hannah Raphaela Morgado	12	MP EZD	24/04/2026 SA Schools Swimming Championship
27	2:54.39	L	F	Pia Swanepoel	12	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
28	2:54.70	L	F	Aria Benade	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
29	2:55.05	L	P	Mila Nel	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
30	2:55.36	L	F	Courtney Grant	12	ACES ETH	21/02/2026 KZN Schools Trials 2026
31	2:56.79	L	F	Demi Vorster	12	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
32	2:57.10	L	P	Lefei Li	12	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
33	2:57.51	L	F	Aphelele Shange	12	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
34	2:57.80	L	F	Emma Oosthuyzen	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
35	2:57.99	L	P	Jessica Caldeira	12	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
36*	2:58.27	L	P	Sophie Chiang	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
36*	2:58.27	L	F	Lisa Le Roux	12	BLOT MAN	03/12/2025 Free State Champs 2025
38	2:59.27	L	P	Saskia Gilligan	12	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
39	2:59.34	L	P	Alexa Kuhn	12	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
40	2:59.40	L	P	Ashlynn Shaw	12	PAC FSH	21/03/2026 Sa National JNR Age Group Champs-;
41	2:59.53	L	P	Skyler Muller	12	HARL BUF	09/04/2026 SA Level 3 Regional Age Group Chan
42	3:00.25	L	P	Simone Zoutendyk	12	NC FBD	24/04/2026 SA Schools Swimming Championship
43	3:00.26	L	P	Zia-Bella Engelbrecht	12	HTSA CPT	04/12/2025 Western Cape LC-A Championship 20
44	3:00.37	L	P	Gianna Olivier	12	PAQU CED	09/04/2026 SA Level 3 Regional Age Group Chan
45	3:01.01	L	P	Amy-Lee Wood	12	CA EKU	04/12/2025 EGA Summer Championships 2025
46	3:01.51	L	P	Kari Nel	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
47	3:01.65	L	P	Lheané Du Plessis	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
48	3:01.91	L	F	Thea-Mari Fonternel	12	EGA MAN	30/03/2026 SA Level 2 Regional Age Group Cham
49	3:02.11	L	P	Jana Serdyn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
50	3:02.24	L	F	Emma Gibson-Taylor	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
51	3:02.31	L	F	Siphwosethu Sikhakhane	12	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
52	3:02.38	L	F	Neri Upton	12	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
53	3:02.48	L	F	Gabriella Glass	12	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
54	3:02.54	L	F	Mufaro Kachisi	12	WSTV ETH	21/02/2026 KZN Schools Trials 2026
55	3:03.01	L	F	Kaylie Van der Linde	12	CASC CPT	15/11/2025 KZN Junior Championships 2025
56	3:03.14	L	F	Kyra Du Preez	12	USC BUF	12/12/2025 NMBA Championships 2025
57	3:03.33	L	P	Alexi Dandoulakis	12	CA EKU	04/12/2025 EGA Summer Championships 2025
58	3:03.44	L	P	Tatum Adams	12	PAQU CED	04/12/2025 Western Cape LC-A Championship 20
59	3:03.58	L	P	Tshegofatso Moabelo	12	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
60	3:03.82	L	P	Scarlett Meiring	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
61	3:03.86	L	P	Kenzie Adelaine	12	AA JHB	26/03/2026 SA Level 3 Regional Age Group Chan
62	3:03.87	L	P	Annebelle Botha	12	PER JHB	27/11/2025 CGA Championships 2025
63	3:03.89	L	P	Naomi Mahlangu	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
64	3:04.03	L	F	Mamoso Ramokgopa	12	TKS WBD	29/03/2026 SA Level 2 Regional Age Group Cham
65	3:04.05	L	F	Naledi Makhanya	12	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
66	3:04.12	L	P	Mackenzi Dart	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
67	3:04.29	L	P	Carli Stoop	12	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
68	3:04.37	L	F	Paige Oliphant	12	PAC FSH	26/03/2026 SA Level 3 Regional Age Group Chan
69	3:04.64	L	F	Morgan Booysen	12	PSCP UMD	21/02/2026 KZN Schools Trials 2026
70	3:04.74	L	P	Emma Ranger	12	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
71*	3:04.79	L	F	Mila Geldenhuys	12	ACAQ CCD	28/11/2025 Limpopo Champs 2025
71*	3:04.79	L	P	Cayleigh Knott	12	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
73	3:05.02	L	P	Zenély De Beer	12	CSA EZD	26/03/2026 SA Level 3 Regional Age Group Chan
74	3:05.15	L	F	Gianna Onkruid	12	UWCA CPT	01/11/2025 CTA District A CHAMPS 2025
75	3:05.35	L	P	Hannah Stearn	12	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
76	3:05.52	L	F	Jaime-Lynn Vermeulen	12	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (

## Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
77	3:05.73	L	F	Holly Couzens	12	WSTV	ETH 21/02/2026 KZN Schools Trials 2026
78	3:05.74	L	P	Sophie Chong	12	CYBE	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
79	3:05.80	L	P	Esther Lubbe	12	BEST	NMA 09/04/2026 SA Level 3 Regional Age Group Cham
80	3:06.15	L	P	Isabel Smith	12	USC	BUF 09/04/2026 SA Level 3 Regional Age Group Cham
81	3:06.48	L	F	Lize Beyers	12	AGAQ	QBD 22/11/2025 Swartland Prestige Gala 2025
82	3:06.67	L	F	Ella Arnold	12	SASE	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
83	3:06.71	L	F	Makayla Stoltz	12	PER	JHB 27/11/2025 CGA Championships 2025
84	3:06.82	L	P	Zara Komani	12	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
85	3:06.83	L	F	Elle Lingerfelder	12	GAU	JHB 30/01/2026 Gauteng Schools Championships 2026
86	3:06.90	L	P	Kyla Short	12	MDOL	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
87	3:07.39	L	P	Morgan Burstein	12	TUKS	FTH 26/03/2026 SA Level 3 Regional Age Group Cham
88	3:07.64	L	P	Jaime Sprong	12	ASAC	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
89	3:07.89	L	F	Jeanine Goosen	12	BLNE	MAN 23/01/2026 Mangaung Gala
90	3:08.02	L	F	Lienke Bester	12	GHS	BPD 13/02/2026 NW School Championships 2026
91	3:08.45	L	P	Mieke Steinbach	12	NC	FBD 24/04/2026 NW Schools Swimming Championship
92	3:08.51	L	P	Jorja Adelaine	12	AA	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
93	3:08.61	L	P	Mercedes Jaftha	12	MANT	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
94	3:08.86	L	F	Tatum Janse Van Rensburg	12	ACSA	ETH 21/02/2026 KZN Schools Trials 2026
95	3:09.03	L	P	Alexia Tranter	12	SSISA	CPT 04/12/2025 Western Cape LC-A Championship 20
96	3:09.21	L	P	Annabelle Ras	12	CASC	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
97	3:09.29	L	F	Pradhia Singh	12	CASC	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
98	3:09.40	L	P	Ymeri Wilken	12	VALS	FDD 30/03/2026 SA Level 2 Regional Age Group Cham
99	3:09.51	L	F	Marli Strydom	12	QSSC	CPT 01/11/2025 CTA District A CHAMPS 2025
100	3:09.57	L	P	Rebecca Sam	12	HPS	FTH 26/03/2026 SA Level 3 Regional Age Group Cham
101	3:10.14	L	P	Yamakhuzo Loni	12	INFA	NMA 09/04/2026 SA Level 3 Regional Age Group Cham
102	3:10.18	L	F	Sydney Kuhn	12	ELEC	FTH 29/03/2026 SA Level 2 Regional Age Group Cham
103	3:10.25	L	F	Anzel Smit	12	EXP	FTH 14/11/2025 NTS Level 3+ November Age Group G
104	3:10.52	L	F	Alexa Martin	12	SGUL	ETH 06/10/2025 Seagulls Winter Championships 2025
105	3:10.53	L	P	Elizabeth Dornon	12	BN	VASA EKV 26/03/2026 SA Level 3 Regional Age Group Cham
106	3:10.56	L	P	Emma Arendse	12	MANT	CPT 09/04/2026 SA Level 3 Regional Age Group Cham
107	3:10.88	L	F	Leah Schemel	12	HARL	BUF 28/11/2025 BCA Long Course Championships 202
108	3:10.94	L	F	Mari Haasbroek	12	EXP	FTH 26/07/2025 NTS 200 IM Time Trials
109	3:11.28	L	F	Ella Niven	12	UNI	EZD 07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
110	3:11.37	L	P	Mariane Labuschagne	12	FISH	EDD 04/12/2025 Western Cape LC-A Championship 20
111	3:11.56	L	F	Miane Bendeman	12	SS	MPD 28/11/2025 Limpopo Champs 2025
112	3:11.65	L	P	Willow Coleman	12	SEAL	UMD 26/03/2026 SA Level 3 Regional Age Group Cham
113	3:11.83	L	F	Mia Mostert	12	AWIN	FTH 29/03/2026 SA Level 2 Regional Age Group Cham
114	3:12.17	L	F	Hayley Liedeman	12	SWAR	WCD 06/02/2026 WCA-B Champs - 2026
115	3:12.72	L	F	Janel Van der Merwe	12	UNI	EZD 29/03/2026 SA Level 2 Regional Age Group Cham
116	3:13.00	L	F	Charlotte Olver	12	ELEC	FTH 29/03/2026 SA Level 2 Regional Age Group Cham
117	3:13.25	L	F	Layla Palframan	12	SEAL	UMD 09/07/2025 TYR Prestige Tournament 2025
118	3:13.27	L	P	Lianka Spies	12	HARB	BPD 26/03/2026 SA Level 3 Regional Age Group Cham
119	3:13.30	L	P	Isabella Van Breda	12	NWUC	KKD 26/03/2026 SA Level 3 Regional Age Group Cham
120	3:13.54	L	F	Puleng Masemene	12	ELEC	FTH 29/03/2026 SA Level 2 Regional Age Group Cham
121	3:13.92	L	F	Ulwando Khuzwayo	12	BLUO	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
122	3:14.24	L	F	Amelia Lange	12	STAQ	GED 06/02/2026 WCA-B Champs - 2026
123	3:14.27	L S	P	Rachel De Fleuriot	12	AADUB	ETH 18/12/2025 KZN Premier Provincial Championship
124	3:14.78	L	P	Lea Noble	12	BLMA	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
125	3:14.83	L	F	Lika Baird	12	HREF	BP 06/12/2025 NWS Championships 2025
126	3:14.85	L	F	Alyssa Fragoso de Almeida	12	CTO	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
127	3:14.95	L	F	Catherine Couch	12	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
128	3:15.00	L	F	Olivia Berry	12	BEST	NMA 12/12/2025 NMBA Championships 2025
129	3:15.21	L	P	Isabella Knight	12	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Cham
130	3:15.24	L	F	Tenley Fowler	12	AZON	ETH 09/07/2025 TYR Prestige Tournament 2025
131	3:15.42	L	F	Leanke Loots	12	KNYA	EDD 14/02/2026 EDEN 5th A-League Gala 2026
132	3:15.47	L	F	Amani Sausi	12	AZON	ETH 31/01/2026 uShaka Champs 2026
133	3:15.48	L	P	Tiisetso Makhatho	12	ESP	EKV 26/03/2026 SA Level 3 Regional Age Group Cham
134	3:15.63	L	P	Lilly-Mae Smith	12	SOUL	EKV 04/12/2025 EGA Summer Championships 2025
135	3:15.69	L	F	Caitlin Byliefeldt	12	MAKO	EKV 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			
136	3:15.79	L	P	Milea Louw	12	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
137	3:15.98	L	P	Milla Swart	12	OLDE JHB	26/03/2026 SA Level 3 Regional Age Group Cham
138	3:16.04	L	P	Astrid Saul	12	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Cham
139	3:16.43	L	P	Emma McCallum	12	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
140	3:16.52	L	F	Kayden Jack	12	PER JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
141	3:16.54	L	F	Engela Klopper	12	USC BUF	28/11/2025 BCA Long Course Championships 202
142	3:16.59	L	P	Leané Bruwer	12	SWAR WCD	26/03/2026 SA Level 3 Regional Age Group Cham
143*	3:16.69	L	F	Mia (B) Venter	12	AWIN FSH	26/07/2025 NTS 200 IM Time Trials
143*	3:16.69	L	P	Skyla Nadauld	12	BLUO UGD	26/03/2026 SA Level 3 Regional Age Group Cham
145	3:16.93	L	F	Janke Bresler	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
146	3:16.95	L	P	Khloe Mesquita	12	ANAX CPT	06/03/2026 SA Level 2 Regional Age Group Cham
147	3:16.96	L	P	Lily Brown	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
148	3:16.97	L	F	Rebekka Paul	12	WSTV ETH	21/02/2026 KZN Schools Trials 2026
149	3:17.25	L	F	Oarerata Modiole	12	TRAZ FSH	29/03/2026 SA Level 2 Regional Age Group Cham
150	3:17.70	L	F	Georgia Steyn	12	SEAL UMD	31/03/2026 SA Level 2 Regional Age Group Cham
151	3:17.89	L	F	Ava Du Preez	12	BEAV ETH	31/03/2026 SA Level 2 Regional Age Group Cham
152	3:18.12	L S	F	Erin Shekel	12	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
153	3:18.42	L	P	Gabriella Shaw	12	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
154	3:18.52	L	F	Mambay Banza	12	UNI EZD	05/12/2025 Mpumalanga Championships 2025
155	3:18.57	L	F	Bela Davis-Taylor	12	INFA NMA	09/10/2025 44th Freda Barnard Invitational Gala
156	3:18.69	L	P	Kyra De Oliveira	12	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Cham
157	3:18.81	L	F	Beulah vd Merwe	12	MCSP BPD	13/02/2026 NW School Championships 2026
158	3:18.84	L	F	Stella van Staden	12	AQUA BUF	28/02/2026 Eastern Cape School Provincial Trials
159	3:19.20	L	F	Nicola Nysschen	12	KTS	14/02/2026 KALAHARI CLASSIC 2026
160	3:19.35	L	F	Bukata Mwanza	12	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
161	3:19.38	L	P	Maya Brown	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
162	3:19.42	L	F	Emma Gutsche	12	POLSC CCD	28/11/2025 Limpopo Champs 2025
163	3:19.58	L	F	Jaunté Duvenage	12	LPTBO CCD	31/01/2026 Limpopo School Champs & Limpopo A
164	3:19.85	L	P	MACKENZIE Jansen Van Rensburg	12	KNYA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
165	3:19.95	L	F	Blye Mitchell	12	ELEC FSH	26/07/2025 NTS 200 IM Time Trials
166	3:20.24	L	F	Emma Roets	12	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
167	3:20.46	L	F	Elmine Opperman	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
168	3:20.47	L	P	Taya Thompson	12	CTO CPT	09/04/2026 SA Level 3 Regional Age Group Cham
169	3:20.51	L	F	Luze Potgieter	12	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
170	3:20.52	L	F	Melody Coetzee	12	CYBE CPT	29/11/2025 CTA B CHAMPS 2025
171	3:20.55	L	F	Jane Tredoux	12	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
172	3:20.59	L	F	Gabriella Scott	12	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
173	3:20.79	L	F	Nduvho Rabambi	12	BULS MAN	07/11/2025 Otters Prestige Gala 2025
174	3:20.85	L	P	Lily Marais	12	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
175	3:21.32	L	F	Baylee-Rae Duffield	12	CRSC JHB	28/02/2026 CGA Challenge
176	3:21.68	L	F	Aruana Van Der Westhuizen	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
177	3:21.86	L	P	Abigail Wilson	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
178	3:22.22	L	P	Kaitlyn Curtis	12	BLUO UGD	31/03/2026 SA Level 2 Regional Age Group Cham
179	3:23.08	L	P	Mienke Kemp	12	TNDER FDD	30/03/2026 SA Level 2 Regional Age Group Cham
180	3:23.38	L	F	Sia Lemmer	12	ESA CED	22/11/2025 Swartland Prestige Gala 2025
181	3:23.66	L	F	Rouxlé Sauer	12	BLS KK	13/02/2026 NW School Championships 2026
182	3:23.93	L	P	Nika Loots	12	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
183	3:23.98	L	F	Razaanah Essex	12	RETR CPT	20/09/2025 CTA INVITATIONAL LC MEET
184	3:24.07	L	F	Zani Hager	12	ESA CED	06/02/2026 WCA-B Champs - 2026
185	3:24.28	L	F	Amber Gewer	12	MDOL JHB	14/11/2025 NTS Level 3+ November Age Group G
186	3:24.37	L	F	Zane Kroon	12	AGAQ OBD	22/11/2025 Swartland Prestige Gala 2025
187	3:24.45	L	P	Mpho Kutumane	12	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
188	3:24.58	L	F	Sia Broncho	12	PER JHB	29/03/2026 SA Level 2 Regional Age Group Cham
189	3:24.73	L	F	Suriè-Rose Potgieter	12	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
190	3:24.84	L	P	Isabel Helberg	12	MDOL JHB	27/11/2025 CGA Championships 2025
191	3:24.95	L	F	Nissi Mtetwa	12	PAC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
192	3:25.22	L	P	Jolie Chabilall	12	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
193	3:25.60	L	F	Skylin Koupis	12	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
194	3:25.73	L	P	Amy Cloete	12	UWCA 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			
195	3:25.93	L	F	Lethabo Rikhotso	12	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
196	3:26.02	L	F	Kayla Pieterse	12	AOLY	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
197	3:26.47	L	F	Olivia Joubert	12	PER	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
198	3:26.76	L	F	Daniella Louw	12	BLOT	MAN 10/10/2025 Super Seals Annual Gala
199	3:26.82	L	F	Sophia Ebrahim	12	ESP	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
200	3:27.03	L	P	Alyssa Bosch	12	BARR	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
201	3:27.13	L	F	Vida Olivier	12	BLNE	MAN 03/12/2025 Free State Champs 2025
202	3:27.27	L	F	Yolayne Aucamp	12	TNDER	FDD 03/12/2025 Free State Champs 2025
203	3:27.44	L	F	Maya Chelin	12	H2O	EKU 31/01/2026 EGA Last Chance Gala 2026
204	3:27.87	L	F	Ashley Du Randt	12	TYGE	CPT 01/11/2025 CTA District A CHAMPS 2025
205	3:27.91	L	P	Harley Knudsen	12	PGAC	EKU 04/12/2025 EGA Summer Championships 2025
206	3:28.08	L	F	Miane Steyn	12	LEGC	ETH 15/11/2025 KZN Junior Championships 2025
207	3:28.62	L	F	Klara Ochse	12	PLAY	GED 24/01/2026 Drakenstein Invitational - copied
208	3:28.87	L	F	Kate Pieterse	12	PEAS	NMA 28/06/2025 PEA Winter Gala 2025
209	3:28.95	L	F	Murunwa Thidiela	12	MAKO	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
210	3:29.08	L	F	Ava Maritz	12	SEAL	UMD 31/01/2026 uShaka Champs 2026
211	3:29.15	L	F	Isabelle de Beer	12	GHS	BPD 13/02/2026 NW School Championships 2026
212	3:29.18	L	P	Rebecca Verster	12	CA	EKU 04/12/2025 EGA Summer Championships 2025
213	3:29.25	L	F	Rebecca Symon	12	TUKS	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
214	3:29.43	L	F	Ava Stevens	12	GPS	EDD 14/02/2026 BCSA School Trials 2026
215	3:29.71	L	F	Kari Moolman	12	UNI	EZD 07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
216	3:29.97	L	P	Ella Tarr	12	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
217	3:30.03	L	F	Lienke Rossouw	12	LALE	GED 13/02/2026 Winelands SL Fin - February 2026 - cc
218	3:30.06	L	F	Mika Pelsler	12	OLDE	JHB 14/02/2026 CGA Last Chance
219	3:30.39	L	P	Cari Kriel	12	LALE	GED 06/03/2026 SA Level 2 Regional Age Group Cham
220	3:30.89	L	P	Jade Keys	12	WAC	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
221	3:30.92	L	F	Marlien Nell	12	GHS	BPD 13/02/2026 NW School Championships 2026
222	3:31.11	L	F	Emma Du Toit	12	BLOT	MAN 05/09/2025 Bullsharks Gala
223	3:31.33	L	F	Madison Jarrard	12	PER	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
224	3:31.50	L	F	Danika Brynard	12	STSC	KCD 31/01/2026 uShaka Champs 2026
225	3:31.79	L	P	Zete Adonis	12	PAQU	GED 06/03/2026 SA Level 2 Regional Age Group Cham
226	3:31.83	L	F	Imke Kraamwinkel	12	RFA	FSH 03/10/2025 Swimpartners Gala (Blue vs White) Oc
227	3:32.15	L	F	Helana Pretorius	12	SWAR	WCD 21/02/2026 Swartland Invitational Gala 2026
228	3:32.19	L	F	Alexia Botha	12	KALA	31/10/2025 UPINGTON PRESTIGE GALA 2025
229	3:32.58	L	P	Aiva Van der Zandt	12	STAR	BPD 30/03/2026 SA Level 2 Regional Age Group Cham
230	3:32.86	L	F	Maria De Klerk	12	BS	LLD 24/10/2025 Neptunes Gala
231	3:32.88	L S	F	Beatrisa Kotkliar	12	CYBE	CPT 25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
232	3:33.16	L	P	Amber Wylie	12	KNYA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
233	3:33.17	L	P	Mieke Pretorius	12	CA	EKU 04/12/2025 EGA Summer Championships 2025
234	3:33.19	L	F	Tyla Abel	12	UNIU	EZD 16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
235	3:33.22	L	P	Kagiso Motuku	12	ESP	EKU 04/12/2025 EGA Summer Championships 2025
236	3:33.31	L	F	Riandi Muller	12	INFA	NMA 12/12/2025 NMBA Championships 2025
237	3:33.34	L	F	Annique Bester	12	AGAQ	OBD 09/10/2025 44th Freda Barnard Invitational Gala
238	3:33.36	L	F	Zandri Scheepers	12	VHD	ZLD 21/02/2026 KZN Schools Trials 2026
239	3:33.57	L	F	Leah Kotze	12	BULS	MAN 23/01/2026 Mangaung Gala
240	3:33.76	L	P	Lacey Hodgkinson	12	SWIFT	EKU 04/12/2025 EGA Summer Championships 2025
241	3:33.92	L	F	Emma Vorster	12	HPS	FSH 14/11/2025 NTS Level 3+ November Age Group G
242	3:34.14	L	P	Lusanele Qusheka	12	BEST	NMA 06/03/2026 SA Level 2 Regional Age Group Cham
243	3:34.17	L	F	Lua Heyns	12	DDA	FSH 26/07/2025 NTS 200 IM Time Trials
244	3:34.85	L	P	Myra Bailey	12	RACE	JHB 27/11/2025 CGA Championships 2025
245	3:34.88	L	P	Lisan Joubert	12	JOIEC	30/03/2026 SA Level 2 Regional Age Group Cham
246	3:35.03	L	F	Reatile Ntidi	12	NWUC	KKD 06/12/2025 NWS Championships 2025
247	3:36.15	L	F	Emily Greffrath	12	BEAV	ETH 31/01/2026 uShaka Champs 2026
248	3:36.16	L	F	Leila Burden	12	BARR	CPT 09/10/2025 44th Freda Barnard Invitational Gala
249	3:36.33	L	F	Kyla Coetzee	12	TUKS	FSH 13/02/2026 NTS Level 1+2 February Age Group 2t
250	3:36.36	L	F	Tebogo Machaba	12	PER	JHB 28/02/2026 AG Level 1 Regional Competition 2026
251	3:36.88	L	F	Phoebe Josiah	12	PSCP	UMD 09/07/2025 TYR Prestige Tournament 2025
252	3:36.93	L	P	Carla Swart	12	ASAC	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
253	3:37.06	L	F	Ale Mentz	12	KTS	07/02/2026 NC SPRINTS 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			
254	3:37.40	L	F	Lea Cilliers	12	BLOT MAN	24/10/2025 Neptunes Gala
255	3:37.82	L	F	Gia Warby	12	TRAZ FSH	26/07/2025 NTS 200 IM Time Trials
256	3:38.00	L	P	Michaela Kröger	12	BARR CPT	06/03/2026 SA Level 2 Regional Age Group Cham
257	3:38.29	L	F	Tayla Eden	12	TRAZ FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
258	3:38.38	L	F	Katie Jacobs	12	STSC KCD	31/01/2026 uShaka Champs 2026
259	3:38.44	L	F	Nienke Eksteen	12	VALS FDD	03/12/2025 Free State Champs 2025
260	3:38.77	L	F	Gemma Kenning	12	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
261	3:38.93	L	F	Cato Erasmus	12	BETH FDD	03/12/2025 Free State Champs 2025
262	3:39.17	L	F	Rachel Saltzman	12	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
263	3:39.22	L S	F	Kirsten Schnehage	12	VINE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
264	3:40.11	L	F	Marzané Fourie	12	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
265	3:40.34	L	P	Emily Black	12	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
266	3:40.36	L	F	Sophia Katzke	12	PER JHB	14/02/2026 CGA Last Chance
267	3:40.43	L	F	Annabelle Els	12	KNYA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
268	3:40.46	L	F	Humaira Doha	12	MARL CPT	29/11/2025 CTA B CHAMPS 2025
269	3:40.55	L	F	Liane Jordaan	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
270	3:40.61	L	P	Rachel Johnson	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
271	3:40.94	L	F	Shalom Mtleni	12	UNIU EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
272	3:41.07	L S	F	Elmi Koen	12	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
273	3:41.22	L	F	Annabel Marais	12	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
274	3:41.34	L	F	Leah Vos	12	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
275	3:41.66	L	F	Lynette Rust	12	RFA FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
276	3:41.94	L	F	Mione Fischer	12	DDA FSH	13/02/2026 NTS Level 1+2 February Age Group 21
277	3:42.49	L	F	Mikayla De Witte	12	CASC CPT	21/02/2026 Swartland Invitational Gala 2026
278	3:42.78	L	F	Mika Philander	12	SAAW CPT	29/11/2025 CTA B CHAMPS 2025
279	3:43.28	L	F	Otlile Molamu	12	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
280	3:43.33	L	P	Beersheba Negash	12	BARA EKU	04/12/2025 EGA Summer Championships 2025
281	3:43.74	L	F	Motheo Leshilo	12	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
282	3:43.85	L	F	Mariandi Bredenkamp	12	BS LLD	24/10/2025 Neptunes Gala
283	3:44.36	L	F	Imtithaal Abrahams	12	WALM CPT	20/09/2025 CTA INVITATIONAL LC MEET
284	3:45.65	L	F	Kethelo Mkhize	12	USH KCD	04/10/2025 KCDA Age Group Gala 1 2025
285	3:45.70	L	P	Saige Le Roux	12	BAS EKU	04/12/2025 EGA Summer Championships 2025
286	3:45.89	L	P	Ava Gordon	12	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
287	3:47.15	L	F	Emily Fryer	12	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 21
288	3:47.33	L	F	Emma Botha	12	AASC EZD	29/03/2026 SA Level 2 Regional Age Group Cham
289	3:47.54	L	F	Kayla Coetzee	12	VALS FDD	14/11/2025 Valsrivier Gala
290	3:47.64	L	F	Annabel Botha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
291	3:47.78	L	F	Lily Jones	12	CASC CPT	29/11/2025 CTA B CHAMPS 2025
292	3:47.91	L	P	Sisanda Msomi	12	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
293	3:48.60	L	F	Danelle Louw	12	BULS MAN	07/11/2025 Otters Prestige Gala 2025
294	3:49.00	L	F	Anneske Smith	12	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
295	3:49.11	L	F	Ilanca Smuts	12	PPARK BP	13/02/2026 NW School Championships 2026
296	3:49.36	L	F	Mari-Hane Visser	12	KALA	07/02/2026 NC SPRINTS 2026
297	3:50.10	L	F	Nina Murray	12	DDA FSH	13/02/2026 NTS Level 1+2 February Age Group 21
298	3:50.13	L	F	Emily Bestbier	12	WAC EDD	08/11/2025 EDEN 3rd A-League Gala 2025
299	3:50.45	L	F	Phwayinkosi Msuthu	12	HARL BUF	28/11/2025 BCA Long Course Championships 202
300	3:50.89	L	F	Ruvarashe Karibata	12	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
301	3:51.45	L	F	Amaris Kirchner	12	WAC EDD	24/01/2026 EDEN 4th A-League Gala 2026
302	3:51.48	L	F	Hayley Downs	12	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
303	3:51.73	L	F	Miele' Loftus	12	BULS MAN	10/10/2025 Super Seals Annual Gala
304	3:51.86	L	F	Daisy Nyangwe	12	USC BUF	28/11/2025 BCA Long Course Championships 202
305	3:53.08	L	P	Adrianne Meiring	12	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
306	3:53.42	L	F	Anchen Schoeman	12	BS LLD	24/10/2025 Neptunes Gala
307	3:53.47	L	F	Mari Sterne	12	STAQ CED	09/10/2025 44th Freda Barnard Invitational Gala
308	3:53.67	L	F	Elma Delport	12	BLSS MAN	03/12/2025 Free State Champs 2025
309	3:53.77	L	P	Faythe Evans	12	RACE JHB	27/11/2025 CGA Championships 2025
310	3:53.89	L	F	Marizel Prinsloo	12	BS LLD	10/10/2025 Super Seals Annual Gala
311	3:54.75	L	F	Isabelle Van Rooyen	12	TUKS FSH	03/10/2025 NTS Level 1+2 October Age Group 20
312	3:55.06	L	F	Mia Schraader	12	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 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			
313	3:55.79	L	F	Jessica Steyn	12	VHD ZLD	01/11/2025 KCDA Age Group Gala 2 2025
314	3:55.87	L	F	Mia Erasmus	12	DORE JHB	14/02/2026 CGA Last Chance
315	3:56.58	L	F	Summer Coetser	12	SGUL ETH	06/10/2025 Seagulls Winter Championships 2025
316	3:57.10	L	F	Kharlyn Gysman	12	CAMBP BUF	14/02/2026 BCSA School Trials 2026
317	3:57.62	L	P	Adelle Luttig	12	UPSK ZMD	30/03/2026 SA Level 2 Regional Age Group Cham
318	3:57.97	L	P	Hannah Rosholt	12	MDOL JHB	27/11/2025 CGA Championships 2025
319	3:58.10	L	F	Mia Pretorius	12	TINC TSH	31/10/2025 NTS Level 1+2 November Age Group :
320	3:58.15	L	F	Emma Ku	12	MDOL JHB	14/02/2026 CGA Last Chance
321	3:58.58	L	F	Milly Kriek	12	BEARS TSH	13/02/2026 NTS Level 1+2 February Age Group 21
322	3:58.70	L	F	Kelsey Sloan	12	CA ECU	22/11/2025 EGA Summer 3 & 4
323	3:58.79	L	F	Daniella-Mohapi Lebogo	12	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
324	3:59.32	L	F	Reabetswe Raphuti	12	GHS BPD	13/02/2026 NW School Championships 2026
325	4:00.27	L	F	Alexandria Joubert-Winn	12	GREY CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
326	4:00.35	L	F	Sophia Lamprecht	12	BARR CPT	29/11/2025 CTA B CHAMPS 2025
327	4:00.40	L	F	Sofia Mohamed	12	ATLA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
328	4:01.12	L	F	Tshegofatso Kwadjo	12	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
329	4:01.23	L	F	Mianke Lubbe	12	GHWK	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - co
330	4:02.16	L	F	Trinity Potgieter	12	PPARK BP	13/02/2026 NW School Championships 2026
331	4:03.30	L	F	Mila De Witt	12	HTSA CPT	06/02/2026 WCA-B Champs - 2026
332	4:06.04	L	F	Ella De Nobrega	12	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
333	4:06.50	L	F	Zoe Danha	12	CSA EZD	05/12/2025 Mpumalanga Championships 2025
334	4:08.83	L	F	Hayleigh Roux	12	VREDE TMD	14/11/2025 Valsrivier Gala
335	4:08.97	L	F	Aishah Bingudza	12	NGU TSH	31/10/2025 NTS Level 1+2 November Age Group :
336	4:13.07	L	F	Isla Brennan	12	TRAZ TSH	13/02/2026 NTS Level 1+2 February Age Group 21
337	4:16.92	L	F	Roxanne Hautmann	12	RBUR BPD	06/12/2025 NWS Championships 2025
338	4:17.75	L	P	Nabiha Valli	12	MDOL JHB	27/11/2025 CGA Championships 2025
339	4:23.12	L	F	Juanika White	12	SWIMS ECU	31/01/2026 EGA Last Chance Gala 2026
340	4:23.36	L	F	Oreneile Modimola	12	NGU TSH	31/10/2025 NTS Level 1+2 November Age Group :
341	4:24.02	L	F	Neo Chomba	12	BARA ECU	28/02/2026 AG Level 1 Regional Competition 2026
342	4:29.12	L	F	Bohlale Letseleha	12	PELIC MAN	23/01/2026 Mangaung Gala
343	4:31.31	L	F	Leah Naude	12	BETH FDD	05/09/2025 Bullsharks Gala
344	4:35.86	L	F	Kyra Beissner	12	TCA ECU	28/02/2026 AG Level 1 Regional Competition 2026
345	4:53.23	L	F	Simthandile Khumalo	12	SHARP UTD	21/02/2026 Uthukela District Gala 5
<b>Women 11-12 400 IM</b>							
1	5:30.20	L	F	Alexi Claassen	12	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-
2	5:35.87	L	F	Ella Johnson	12	CTO CPT	21/03/2026 Sa National JNR Age Group Champs-
3	5:44.95	L	F	Arabella Symington	12	ACES ETH	21/03/2026 Sa National JNR Age Group Champs-
4	5:45.02	L	F	Janka Szabo	12	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
5	6:06.40	L	F	Grace Johns	12	OHAN ILD	31/01/2026 uShaka Champs 2026
6	6:07.84	L	F	Olivia Normington	12	XCEL CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
7	6:27.03	L	F	Keyla Douglas	12	ROA EDD	24/01/2026 EDEN 4th A-League Gala 2026
8	6:36.83	L	F	Colleen McQueen	12	BLSS MAN	26/09/2025 Pelicans Gala..
9	6:40.94	L	F	Gianna Onkruid	12	UWCA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
10	6:54.30	L	F	Rebecca Sam	12	HPS TSH	10/12/2025 NTS Championships 2025
11	7:12.58	L	F	Lianka Spies	12	HARB BPD	06/12/2025 NWS Championships 2025
12	9:12.73	L	F	Sophia Lamprecht	12	BARR CPT	22/11/2025 Swartland Prestige Gala 2025