

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 13-14 50 Free							
1	27.15 L	P	Gemma Spies	14	INFA NMA	28/06/2025	PEA Winter Gala 2025
2	27.22 L	F	Saskya Kistnasami	14	ASA ILD	21/03/2026	Sa National JNR Age Group Champs-;
3	27.23 L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
4	27.89 L	F	Amelia Fury	14	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
5	27.90 L	F	Morgan Tandy	14	CA EKU	11/10/2025	EGA Summer 2
6	28.01 L	F	Isabeau Coetsee	14	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-;
7	28.09 L	F	Layla Barber-Luna	14	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
8	28.16 L	F	Melokuhle Mhlongo	14	PSCP UMD	18/12/2025	KZN Premier Provincial Championship
9	28.24 L	F	Olivia Botha	14	GAU JHB	24/04/2026	SA Schools Swimming Championship
10	28.37 L	P	Thandi Bosman	14	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch
11	28.59 L S	F	Ava Lorenzen	14	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
12	28.65 L	F	Aimee van der Merwe	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
13	28.77 L	F	Jenna-Lee Watson	14	HPS TSH	10/12/2025	NTS Championships 2025
14	28.79 L	F	Amaru Mapulane	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
15	28.82 L	P	Violet Maritz	14	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
16	29.10 L	F	Carlina Eybers	14	VHD ZLD	26/03/2026	SA Level 3 Regional Age Group Chan
17	29.11 L S	P	Kaylee Watt	14	CA EKU	04/12/2025	EGA Summer Championships 2025
18	29.19 L	P	Olivia Stroebel	14	HPS TSH	21/03/2026	Sa National JNR Age Group Champs-;
19	29.33 L	F	Rebecca Botha	14	CASC CPT	12/12/2025	NMBA Championships 2025
20	29.35 L	F	Irma Kotzé	14	POTC KKD	06/12/2025	NWS Championships 2025
21	29.37 L	P	Sophie Smith	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
22	29.39 L	F	Kiana Kalpage	BR	VASA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
23	29.45 L	P	Ella Bunge	14	BLUO UGD	18/12/2025	KZN Premier Provincial Championship
24	29.46 L	F	Sharli Durandt	14	CTA CPT	27/06/2025	Coop Services Nattional LC Champion
25	29.48 L	P	Taylia Smith	14	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
26	29.53 L	F	Isabella Redfern	14	CRSC JHB	26/03/2026	SA Level 3 Regional Age Group Chan
27*	29.56 L	F	Zoe Morgado	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
27*	29.56 L	P	Talia Hill	14	HPS TSH	21/03/2026	Sa National JNR Age Group Champs-;
29	29.71 L	F	Caeli Ferreira	14	CRSC JHB	27/11/2025	CGA Championships 2025
30	29.74 L S	F	Sofia Nixon	14	VINE CPT	01/11/2025	CTA District A CHAMPS 2025
31	29.75 L	F	Mbalenhle Jared	14	ELEC TSH	19/02/2026	Senior National Championships 2026
32	29.79 L	F	Zaila Forsdyke De Almeida	14	RACE JHB	29/03/2026	SA Level 2 Regional Age Group Cham
33*	29.83 L	F	Jothany Ngnotchouye	14	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
33*	29.83 L	P	Mackenzie Abrams	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-;
35	29.84 L	P	Taylor Henderson	14	COMS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
36	29.86 L	F	Abigail Da Silva	14	TUKS TSH	10/12/2025	NTS Championships 2025
37	29.87 L	F	Mila Strydom	14	NC FBD	24/04/2026	SA Schools Swimming Championship
38	29.88 L	P	Juliette Wallis	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
39	29.90 L	F	Mari Bruwer	14	LP CCD	24/04/2026	SA Schools Swimming Championship
40	29.94 L	F	Gea March	14	UPSK ZMD	26/03/2026	SA Level 3 Regional Age Group Chan
41*	29.96 L	P	Clarise Stadler	14	TRAZ TSH	21/03/2026	Sa National JNR Age Group Champs-;
41*	29.96 L	P	Roxanne De Lange	14	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
43	30.01 L	F	Amelia Oosthuizen	14	TUKS TSH	23/01/2026	2026 NTS Sprint Gala
44	30.03 L	F	Mia Putter	14	NWUC KKD	06/12/2025	NWS Championships 2025
45	30.04 L	F	Milan Coleman	14	FISH EDD	30/01/2026	Infinity Gala 2026
46	30.07 L	P	Kiersten Hillen	BR	VASA EKU	21/03/2026	Sa National JNR Age Group Champs-;
47	30.09 L	P	Chloe Potgieter	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
48	30.10 L	F	Alice Esterhuyse	14	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
49	30.11 L	P	Morgan Maree	14	DRGN EKU	21/03/2026	Sa National JNR Age Group Champs-;
50	30.12 L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026	SA Level 3 Regional Age Group Chan
51	30.19 L	F	Katlego Maja	14	TRAZ TSH	05/12/2025	2025 The Tshwane Mayor's Gala
52	30.26 L	P	Isabella Cownie	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
53*	30.31 L	F	Sumien Camphor	14	LP CCD	24/04/2026	SA Schools Swimming Championship
53*	30.31 L	P	Victoria Jackson	14	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
55	30.32 L S	F	Olivia Latimer	14	SAAW CPT	01/11/2025	CTA District A CHAMPS 2025
56	30.34 L S	F	Zani Van Dyk	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
57	30.35 L	P	Lauren Walker	14	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-;
58	30.38 L	P	Sianne Wilson	14	SAAW CPT	21/03/2026	Sa National JNR Age Group Champs-;

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	Time	P/F/S	Name	Age/Yr			
59	30.40	L	F	Emily Geldart	14	INFA NMA	12/12/2025 NMBA Championships 2025
60*	30.45	L	F	Livia Gutter	14	BLOT MAN	03/12/2025 Free State Champs 2025
60*	30.45	L	F	Mila Nienaber	14	ESA CED	09/04/2026 SA Level 3 Regional Age Group Chan
62*	30.47	L	P	Mia Jansen van Rensburg	14	XCEL CPT	28/06/2025 PEA Winter Gala 2025
62*	30.47	L	P	Hannah-Grace Havinga	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
64*	30.52	L	P	Chiniq Breet	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
64*	30.52	L	F	Emerson Woods	14	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
66	30.53	L	P	Kaila Sudding	14	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
67*	30.57	L	F	Chloe' Oliphant	14	PAC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
67*	30.57	L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026 Infinity Gala 2026
67*	30.57	L	P	Hayley De Haas	14	USHPM UMD	18/12/2025 KZN Premier Provincial Championship
70	30.58	L	F	Reabetswe Pabalinga	14	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
71	30.60	L	F	Leah de Jager	14	CRSC JHB	28/02/2026 CGA Challenge
72	30.62	L	P	Mia Pienaar	14	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
73	30.66	L	F	Emma Gotthardt	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
74	30.73	L S	P	Shellaine Pahl	14	QSSC CPT	04/12/2025 Western Cape LC-A Championship 20
75	30.77	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
76	30.80	L	F	Leane Van der Merwe	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
77	30.82	L	P	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
78	30.85	L	P	Daniella McLean	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
79	30.89	L	F	Rachele Goosen	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
80	30.93	L S	P	Julie Olivier	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
81*	30.95	L	F	Lisa Du Toit	14	SEAL UMD	21/02/2026 KZN Schools Trials 2026
81*	30.95	L	P	Cara Mills	14	UNIU EZD	21/03/2026 Sa National JNR Age Group Champs-;
81*	30.95	L	P	Kinique Stols	14	LP CCD	24/04/2026 SA Schools Swimming Championship
81*	30.95	L	F	Inge Opperman	14	BLOT MAN	03/12/2025 Free State Champs 2025
85*	30.97	L S	F	Tyla Charles	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
85*	30.97	L	F	Isabella De Beer	14	PLAY CED	13/02/2026 Winelands SL Fin - February 2026 - cc
87	31.01	L	F	Lika Zietsman	14	BLSS MAN	03/12/2025 Free State Champs 2025
88	31.02	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
89*	31.03	L	P	Cara Louw	14	RBOT BPD	26/03/2026 SA Level 3 Regional Age Group Chan
89*	31.03	L	P	Nicole Uys	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
91	31.05	L	F	Holly Dorrestein-Rowley	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
92*	31.07	L	P	Tinokudzaishe Shoniwa	14	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
92*	31.07	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
94*	31.09	L	F	Jany Norval	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
94*	31.09	L	F	Katelyn Dutton	14	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
96*	31.11	L	F	Hayleigh Sutherland	14	TUKS TSH	10/12/2025 NTS Championships 2025
96*	31.11	L S	P	Mikaela Roff	14	ROA EDD	04/12/2025 Western Cape LC-A Championship 20
98	31.18	L	F	Jessica Stewart	14	PSC TSH	10/12/2025 20th Botswana Swimming Nationals 26
99	31.23	L	F	Abigail Weber	14	DRGN JHB	27/11/2025 CGA Championships 2025
100*	31.28	L	F	Ava Longueira	14	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
100*	31.28	L	P	Amalia van der Westhuizen	14	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
102	31.31	L	F	Anelle Ward	14	TUKS TSH	10/12/2025 NTS Championships 2025
103	31.32	L	F	Erin Theron	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
104	31.33	L	P	Sarah-Rose Pohlmann	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-;
105	31.34	L	F	Camryn Weber	14	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
106	31.38	L	P	Megan Els	14	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
107	31.40	L S	P	Ava Constantinides	14	CA EKU	04/12/2025 EGA Summer Championships 2025
108	31.41	L	F	Saheli Kalpage	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
109	31.44	L	P	Tischke Rischmuller	14	RFA TSH	21/03/2026 Sa National JNR Age Group Champs-;
110	31.49	L S	P	Annelie Thiar	14	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
111	31.51	L	F	Donyelle Cupido	14	BLNE MAN	03/12/2025 Free State Champs 2025
112	31.53	L S	P	Hannah Wright	14	CA EKU	04/12/2025 EGA Summer Championships 2025
113	31.54	L	P	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
114	31.57	L S	F	Hope Maseru	14	DMSS	09/04/2026 6th DMSS Gators Gala 2026
115	31.58	L S	P	Elirie Moolman	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
116	31.61	L	P	Melan van der Spuy	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
117	31.63	L	P	Marli Coetzee	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan

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	Time	P/F/S	Name	Age/Yr				
118	31.65	L	P	Sasha Bailey	14	RACE JHB	27/11/2025	CGA Championships 2025
119*	31.68	L	F	Neema Muriro	14	CTO CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
119*	31.68	L	F	Grace Williams	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
119*	31.68	L	F	Abigail Slabber	14	SEAL UMD	21/02/2026	KZN Schools Trials 2026
122	31.69	L	F	Jana Durrans	14	STAQ CED	13/02/2026	Winelands SL Fin - February 2026 - cc
123*	31.72	L	P	Isabella Mare	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
123*	31.72	L	P	Ashley Williams	14	BLNE MAN	26/03/2026	SA Level 3 Regional Age Group Chan
125	31.74	L S	P	Mary Maponyane	14	BAS EKU	04/12/2025	EGA Summer Championships 2025
126	31.77	L S	P	Storm Bircher	14	LALE CED	04/12/2025	Western Cape LC-A Championship 20
127	31.79	L	P	April Jooman	14	BEST NMA	28/06/2025	PEA Winter Gala 2025
128	31.82	L	F	Indra Hoets	14	MMD CPT	29/11/2025	CTA B CHAMPS 2025
129	31.87	L	F	Holly Oosthuizen	14	HAAG UTD	31/01/2026	UThukela District Gala 4
130	31.88	L	P	Isabella Oswald	14	CRSC JHB	27/11/2025	CGA Championships 2025
131	31.93	L S	P	Jenna Joyce	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
132	32.05	L	P	llane' Smit	14	BULS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
133	32.07	L	P	Charlotte Costa	14	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
134	32.09	L	F	Lia Basson	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
135	32.12	L	P	Emma Terblanche	14	UNI EZD	05/12/2025	Mpumalanga Championships 2025
136	32.16	L	P	Ava Diessner	14	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
137	32.18	L	F	Angelique Marais	14	EXP FSH	29/03/2026	SA Level 2 Regional Age Group Cham
138	32.21	L	F	Mienke Rutherford	14	POTC KKD	30/03/2026	SA Level 2 Regional Age Group Cham
139*	32.24	L	P	Zamajobe Mtetwa	14	PAC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
139*	32.24	L	F	Elle Joubert	14	PLAY CED	06/03/2026	SA Level 2 Regional Age Group Cham
141	32.25	L	F	Leah Hopper	14	KNYA EDD	08/11/2025	EDEN 3rd A-League Gala 2025
142*	32.26	L	P	Mia Stilwaney	14	WCS	24/04/2026	SA Schools Swimming Championship
142*	32.26	L	F	Emma Groenewald	14	CASC CPT	06/02/2026	WCA-B Champs - 2026
144*	32.31	L	F	Mia Lourens	14	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
144*	32.31	L	P	Layla Labuschagne	14	PAC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
146*	32.34	L	P	Emma Love	14	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
146*	32.34	L	P	Lene Bester	14	MATL KKD	30/03/2026	SA Level 2 Regional Age Group Cham
148	32.37	L	P	Lucy Seymour	14	CRSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
149*	32.39	L S	F	Leonie Wink	14	VINE CPT	01/11/2025	CTA District A CHAMPS 2025
149*	32.39	L	F	Pippa Roberts	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
151	32.41	L	P	Rebecca Nilsson	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
152	32.43	L S	P	Aimee Liebenberg	14	ESA CED	04/12/2025	Western Cape LC-A Championship 20
153	32.44	L	P	Jordan Godfrey	14	AFIN JHB	29/03/2026	SA Level 2 Regional Age Group Cham
154	32.46	L	F	Jemah Van der Westhuizen	14	VINE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
155	32.52	L	F	Zuwena Khamanga	14	LEGC ETH	31/03/2026	SA Level 2 Regional Age Group Cham
156	32.54	L	F	Mieke Van der Merwe	14	NHS EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
157	32.59	L	F	Nina Steyn	14	BLSS MAN	20/09/2025	Welkom Seals Gala
158	32.60	L	P	Elizabeth Du Preez	14	TUKS FSH	26/03/2026	SA Level 3 Regional Age Group Chan
159	32.64	L	F	Casey Lee McCabe	14	HBV MP	31/01/2026	Limpopo School Champs & Limpopo A
160	32.66	L	F	Skylar Jack	14	PER JHB	09/01/2026	2026 Grand Prix Invitation Swimming I
161*	32.67	L	F	Kendra McNamara	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
161*	32.67	L	P	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
163	32.70	L	P	Rebekah Tennant	14	DORE JHB	27/11/2025	CGA Championships 2025
164	32.71	L	F	Lea Grobler	14	AQUA BUF	08/11/2025	UThukela Age Group Gala 2
165	32.72	L	F	Dunay Zovitzkey	14	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
166	32.75	L	F	Mikah Cillie	14	TUKS FSH	23/01/2026	2026 NTS Sprint Gala
167	32.76	L	F	Zoey Van Leeuwen	14	RACE JHB	14/02/2026	CGA Last Chance
168	32.77	L	P	Carle Scholtz	14	CRSC JHB	27/11/2025	CGA Championships 2025
169	32.78	L	F	Anika Muller	14	UNI EZD	05/12/2025	Mpumalanga Championships 2025
170	32.79	L	F	Balatitu Ilupeju	14	MGSC UGD	21/02/2026	KZN Schools Trials 2026
171*	32.80	L	F	Mia Strydom	14	INFA NMA	16/08/2025	2nd A League Gala 2025
171*	32.80	L	F	Nina Van Staden	14	KPA EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
173	32.82	L	F	Abigail Goodchild	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
174	32.88	L	P	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
175	32.91	L	F	Liv Van den Heever	14	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
176	32.95	L	P	Mika Potterill	14	ROA EDD	06/03/2026	SA Level 2 Regional Age Group Cham

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	Time	P/F/S	Name	Age/Yr			
177	32.96	L	F	Surayia Harris	14	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
178	32.98	L	F	Leah Stewart	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
179*	33.01	L	F	Tatum Venter	14	WSS LLD	03/12/2025 Free State Champs 2025
179*	33.01	L	P	Zoe Goodenough	14	DORE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
181*	33.04	L	P	Courtney Biggs	14	SASE JHB	27/11/2025 CGA Championships 2025
181*	33.04	L	F	Belen Neethling	14	VINE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
183*	33.06	L	P	Elizabeth Desilla	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
183*	33.06	L	F	Zanie Van Rooyen	14	RFA TSH	23/01/2026 2026 NTS Sprint Gala
185	33.07	L	P	Caylie Azar	14	BLSS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
186	33.08	L	P	Savannah Thirsk	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
187	33.12	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
188	33.13	L	P	Swapnika Kasireddy	14	SASE JHB	27/11/2025 CGA Championships 2025
189	33.20	L	F	Pippa Wolmarans	14	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
190	33.22	L	F	Annabelle Marsh	14	TINC TSH	17/10/2025 NTS Level 3+ October Age Group Gali
191	33.24	L	F	Mari Moolman	14	INFA NMA	12/12/2025 NMBA Championships 2025
192	33.30	L	F	Daniela Kleb	14	ELEC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
193	33.32	L	P	Ciara Kroef	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
194*	33.33	L	F	Alize Spangenberg	14	EXP TSH	05/12/2025 2025 The Tshwane Mayor's Gala
194*	33.33	L	P	Emily Ackerman	14	QUES JHB	26/03/2026 SA Level 3 Regional Age Group Chan
196	33.34	L	P	Laaiqah Abrahams	14	INFA NMA	28/06/2025 PEA Winter Gala 2025
197*	33.38	L	F	Mia Bogacz	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
197*	33.38	L	F	Xandri Hattingh	14	KTS	14/02/2026 KALAHARI CLASSIC 2026
199	33.39	L	F	Nina Alberts	14	VRC TSH	03/10/2025 NTS Level 1+2 October Age Group 20
200	33.41	L	P	Bella Spolander	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
201*	33.42	L	F	Nina Oosthuizen	14	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
201*	33.42	L	P	Simoné Groenewald	14	TINC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
203	33.46	L	F	Trinity Kavanagh	14	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
204*	33.53	L	F	Isabella Wener	14	ASAC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
204*	33.53	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
206*	33.57	L	F	Alina Dore	14	KLOO ETH	21/02/2026 KZN Schools Trials 2026
206*	33.57	L	P	Kaira Nel	14	WSS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
206*	33.57	L	F	Jessica Gibson	14	PSCP UMD	15/11/2025 KZN Junior Championships 2025
209	33.60	L	F	Paiton Van Der Merwe	14	CA EKU	31/01/2026 EGA Last Chance Gala 2026
210*	33.61	L	F	Lyla Barnard	14	RFA TSH	23/01/2026 2026 NTS Sprint Gala
210*	33.61	L	P	Alexia Montgomery	14	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
212	33.65	L	F	Jay-Dee De Jager	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
213	33.66	L	P	Adisyn Moloney	14	AWSC JHB	27/11/2025 CGA Championships 2025
214*	33.73	L	P	Aisha Bhabha	14	MDOL JHB	27/11/2025 CGA Championships 2025
214*	33.73	L	F	Peyton Van Der Ross	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
216	33.76	L	F	Amieka Henning	14	WAGH BP	13/02/2026 NW School Championships 2026
217*	33.80	L	F	Mia Lombard	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
217*	33.80	L	F	Maleleko Mushikita	14	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
219	33.82	L	P	Gabriella Pearse	14	SASE JHB	27/11/2025 CGA Championships 2025
220	33.88	L	P	Bokang Maruping	14	LINR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
221*	33.94	L	F	Ava-Sophia Smith	14	USC BUF	28/02/2026 Eastern Cape School Provincial Trials
221*	33.94	L	P	Lore Hoek	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
223	33.96	L	P	Kiara Naidoo	14	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
224	34.06	L	F	Mayra Singh	14	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
225	34.13	L	P	Hesmari Mac Robert	14	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
226	34.17	L	F	Tatum Van der Merwe	14	OHAN ILD	15/11/2025 KZN Junior Championships 2025
227*	34.20	L	F	Isabelle Boyd	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
227*	34.20	L	F	Janike Marais	14	TUKS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
229	34.31	L	F	Franciska Van der Merwe	14	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
230	34.32	L	F	Liandri Terblanche	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
231*	34.33	L	F	Amelia Kyprou	14	ESP EKU	11/10/2025 EGA Summer 2
231*	34.33	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
233	34.38	L	F	Peighton Le Roux	14	SOUL EKU	11/10/2025 EGA Summer 2
234	34.44	L S	P	Rua De Wit	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
235	34.49	L	P	Danielle Ortell	14	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			
236	34.53	L	P	Zoe Bayisayi	14	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
237*	34.55	L	P	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
237*	34.55	L	F	Beah-Zita Cerone	14	HAAG UTD	06/12/2025 UThukela District Age Group 3
239	34.56	L	P	Sameeha Valli	14	MDOL JHB	27/11/2025 CGA Championships 2025
240	34.65	L	P	Alessia Diterlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
241	34.72	L	F	Mieke Rautenbach	14	BLNE MAN	03/12/2025 Free State Champs 2025
242	34.76	L	F	Gabriella David	14	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
243	34.77	L	F	Suzanne Marais	14	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
244	34.81	L	F	Lunè Botes	14	BS LLD	03/12/2025 Free State Champs 2025
245	34.83	L	P	Rebecca Manson	14	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
246	34.89	L	F	Lana Van Schalkwyk	14	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group ;
247	34.93	L	P	Ngoko Seke	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
248	34.98	L	F	Esté Gersbach	14	CASC CPT	06/02/2026 WCA-B Champs - 2026
249	35.04	L	F	Jane Botha	14	VALS FDD	03/12/2025 Free State Champs 2025
250*	35.07	L	F	Morgan Coskey	14	SGUL ETH	31/01/2026 uShaka Champs 2026
250*	35.07	L	F	Nobuciko Mabunda	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
252	35.08	L	F	Paballo Mabote	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
253	35.11	L	F	Chloe Oosthuizen	14	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
254	35.12	L	P	Cornelea Breedt	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
255	35.17	L	F	Simone Swanepoel	14	CSA EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2025
256	35.18	L	F	Annika Schuch	14	RHS BPD	13/02/2026 NW School Championships 2026
257	35.23	L	P	Ellene' Van Zyl	14	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
258	35.32	L S	P	Kate Tager	14	CUHE OBD	04/12/2025 Western Cape LC-A Championship 2025
259	35.35	L	F	Moné De Kock	14	ELRAS WBD	28/11/2025 Limpopo Champs 2025
260*	35.38	L	F	Megan Bosch	14	RFA TSH	14/11/2025 NTS Level 3+ November Age Group G
260*	35.38	L	F	Lize' De Beer	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
262	35.45	L	F	Carissa Pitout	14	BETH FDD	03/12/2025 Free State Champs 2025
263	35.50	L	F	Tayla-Jean Gibb	14	HARL BUF	28/11/2025 BCA Long Course Championships 2025
264	35.51	L	F	Ayazingca Dyasi	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
265*	35.53	L	P	Heleina Esterhuyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
265*	35.53	L	P	Catherine Esterhuyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
267	35.61	L	P	Emma Artman	14	AAS JHB	27/11/2025 CGA Championships 2025
268	35.62	L	F	Jada Bailey	14	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
269	35.67	L	F	Makanaka Makoto	14	NSAD EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
270	35.69	L	F	Jodie Marais	14	HE CCD	31/01/2026 Limpopo School Champs & Limpopo A
271*	35.70	L	P	Sadie Brown	14	HPS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
271*	35.70	L S	P	Keziah Beukes	14	SOUL EKU	04/12/2025 EGA Summer Championships 2025
273	35.74	L	F	Elnye Potgieter	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
274	35.75	L	F	Erin Arnoldus	14	KLOO ETH	31/03/2026 SA Level 2 Regional Age Group Cham
275*	35.79	L	F	Ditebogo Tladi	14	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group ;
275*	35.79	L	F	Alane Brits	14	BULS MAN	23/08/2025 KOVSIE GALA
277	35.88	L	F	Kayla De Lange	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
278	35.95	L	F	Nika Naude	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
279	36.00	L	F	Isabella Gilbert	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
280	36.01	L	F	Maria Shkolyar	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
281	36.02	L	F	Madason Grose	14	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
282	36.04	L	F	Lizae Swanepoel	14	STGR XRD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
283	36.12	L	F	Georgina Dominguez Baya	14	AA JHB	06/02/2026 Crusaders & CGA Night Gala
284	36.15	L	F	Deode Coetzee	14	LINR JHB	06/02/2026 Crusaders & CGA Night Gala
285	36.18	L S	P	Amahle Mazula	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
286*	36.25	L	F	Mieka Janse van Rensburg	14	JAQ EKU	11/10/2025 EGA Summer 2
286*	36.25	L	F	Inge Borman	14	BULS MAN	05/09/2025 Bullsharks Gala
288	36.31	L	F	Reneilwe Gowoka	14	PGH KKD	13/02/2026 NW School Championships 2026
289	36.32	L	F	Alouise Supra	14	TNDER FDD	05/09/2025 Bullsharks Gala
290	36.39	L	F	Anneke Pieterse	14	AOLY TSH	05/12/2025 2025 The Tshwane Mayor's Gala
291*	36.46	L	F	Sofia Meyer	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
291*	36.46	L	P	Adiana Van der Merwe	14	STGR XRD	30/03/2026 SA Level 2 Regional Age Group Cham
293	36.48	L	F	Aneska Nazarenko	14	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
294*	36.58	L	P	Miahlee Flink	14	UWCA CPT	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			
294*	36.58	L	P	Anneke Paulsen	14	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
296	36.68	L S	P	Christie Russell	14	SWIMS ECU	04/12/2025 EGA Summer Championships 2025
297	36.71	L	P	Claire Gabriels	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
298	36.80	L	F	Emma Fisher	14	HPHS BUF	14/02/2026 BCSA School Trials 2026
299	36.93	L	F	Riley Thompson	14	HARL BUF	12/12/2025 NMBA Championships 2025
300	36.99	L	F	Kirsten Koopman	14	LEGC ETH	21/02/2026 KZN Schools Trials 2026
301	37.01	L	F	Khenso Mabasa	14	SS MPD	28/11/2025 Limpopo Champs 2025
302	37.02	L	P	Caitlyn Botha	14	CA ECU	29/03/2026 SA Level 2 Regional Age Group Cham
303	37.03	L	F	Emmalynn Strydom	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
304	37.05	L	F	Cassie Van Heerden	14	TYGE CPT	06/02/2026 WCA-B Champs - 2026
305	37.09	L	F	Mjanyelwa Mtshweni	14	CA ECU	11/10/2025 EGA Summer 2
306	37.17	L	F	Jennifer Mostert	14	TASC MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
307	37.20	L	F	Mikayla Twali	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
308	37.21	L	F	Jadyne Dowie	14	WATR JHB	14/02/2026 CGA Last Chance
309	37.36	L	F	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
310	37.39	L	F	Amare Victor	14	CPSC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
311*	37.44	L	F	Kaitlin Groenewald	14	NAE EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
311*	37.44	L	P	Nomathemba Makhasane	14	MATL KKD	06/12/2025 NWS Championships 2025
313	37.47	L	F	Jani Du Plessis	14	ROA EDD	08/11/2025 EDEN 3rd A-League Gala 2025
314	37.54	L	F	Nala Hlapho	14	LEBII BP	13/02/2026 NW School Championships 2026
315	37.59	L	F	Jenna Bester	14	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
316	37.60	L	F	Keishia Roux	14	DDA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
317	37.65	L	P	LaRochelle De Beer	14	STAR BPD	06/12/2025 NWS Championships 2025
318	37.77	L	F	Millieke Ferreira	14	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
319	37.78	L	F	Tenele Taole	14	SWIFT ECU	31/01/2026 EGA Last Chance Gala 2026
320	37.88	L	F	Sumayya Dangor	14	ATLA JHB	14/02/2026 CGA Last Chance
321	37.89	L	F	Landri Du Toit	14	BULS MAN	14/02/2026 MA LAST CHANCE GALA
322	37.93	L	F	Isabellea Dhassiah	14	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
323	37.95	L	F	Danielle Du Plessis	14	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
324	38.02	L	F	Juané Labuschagne	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
325	38.03	L	F	Berne' Coetzer	14	PELIC MAN	03/12/2025 Free State Champs 2025
326	38.09	L	F	Keletso Goeieman	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
327*	38.12	L S	P	Morgan Roebuck	14	MAKO ECU	04/12/2025 EGA Summer Championships 2025
327*	38.12	L	F	Logan Nieuwenhuys	14	KALA	14/02/2026 KALAHARI CLASSIC 2026
329	38.13	L	F	Rhandzu Siwele	14	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
330	38.17	L	P	Sarah Wakefield	14	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
331	38.20	L	F	Mia De Esclana	14	VRC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
332	38.27	L	F	Talia Luridsamy	14	PSCP UMD	30/03/2026 KZNA Level 1 Championships
333	38.39	L	P	Tihopang Rakhoale	14	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
334	38.47	L	F	Klara Nel	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
335	38.53	L	F	Karli Voigt	14	HSH BP	13/02/2026 NW School Championships 2026
336	38.58	L	F	Kendal Few	14	FIELD BP	13/02/2026 NW School Championships 2026
337	38.63	L	F	Oratile Motaung	14	MAKO ECU	28/02/2026 AG Level 1 Regional Competition 2026
338	38.67	L	F	Angelique Benn	14	MAKO ECU	11/10/2025 EGA Summer 2
339	38.73	L	F	Kc-Ann Van Heerden	14	QGH CHD	14/02/2026 BCSA School Trials 2026
340	38.78	L	F	Chloë Snyman	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
341	39.38	L S	P	Peyton Russell	14	PGAC ECU	04/12/2025 EGA Summer Championships 2025
342	39.72	L	P	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
343	39.78	L	F	Kendra Samuels	14	CASC CPT	29/11/2025 CTA B CHAMPS 2025
344	39.88	L	F	Tahra Blauw	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
345	40.04	L	F	Stella Heim	14	PEAS NMA	20/09/2025 3rd A League Gala 2025
346	40.37	L	F	Lia Van der Walt	14	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
347	40.53	L	F	Azania Seisa	14	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
348	40.64	L	F	Wilmarie Nortman-Gobey	14	WAGH BP	13/02/2026 NW School Championships 2026
349	40.78	L S	P	Nokukhanya Maseko	14	MAKO ECU	04/12/2025 EGA Summer Championships 2025
350	40.79	L	F	Isabella Goosen	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
351	41.32	L	F	Borekhu Senne	14	FIELD BP	13/02/2026 NW School Championships 2026
352	41.42	L	F	Marion Münch	14	RHS BPD	13/02/2026 NW School Championships 2026
353	41.47	L	F	Elmoné Griffin	14	IND MP	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/

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*	41.79 L	P	Orefile Ramphele	14	MATL KKD	30/03/2026	SA Level 2 Regional Age Group Cham
354*	41.79 L	F	Minentle Mbana	14	MHS NGD	30/01/2026	ORTA SCHOOL TRIALS 2026
356	42.06 L	F	Kealeboga Ramaila	14	UWCA CPT	29/11/2025	CTA B CHAMPS 2025
357	42.48 L	F	Kutlwano Ngwato	14	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
358	42.62 L	F	Mishka Isaacs	14	WALM CPT	29/11/2025	CTA B CHAMPS 2025
359	42.67 L	F	Jessie Urquhart	14	SHS KK	14/02/2026	BCSA School Trials 2026
360	42.80 L	F	Thea Saunders	14	KHAY CPT	09/10/2025	44th Freda Barnard Invitational Gala
361	43.51 L S	F	Sandisokuhle Mguli	14	SAAW CPT	01/11/2025	CTA District A CHAMPS 2025
362	43.80 L	F	Rebaone Mbamali	14	PELIC MAN	03/12/2025	Free State Champs 2025
363	43.81 L	F	Marissa Weideman	14	NAE EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
364	43.87 L	F	Makatendeka Gondokondo	14	AA JHB	28/02/2026	CGA Challenge
365	44.19 L	F	Olivia Worley	14	HARL BUF	28/11/2025	BCA Long Course Championships 202
366	44.31 L S	P	Ava Rough	14	BARA EKU	04/12/2025	EGA Summer Championships 2025
367	44.42 L	F	Melokuhle Hlatshwayo	14	USH KCD	01/11/2025	KCDA Age Group Gala 2 2025
368	44.51 L	F	Chardè Bocks	14	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
369	45.06 L	F	Iyapha Msimanga	14	CASC CPT	29/11/2025	CTA B CHAMPS 2025
370	45.20 L	F	Kyra Pickering	14	STUTT ATD	14/02/2026	BCSA School Trials 2026
371	45.67 L	P	Londiwe Khumalo	14	MPAR JHB	27/11/2025	CGA Championships 2025
372	46.20 L	F	Aurore Sola	14	PGH KKD	13/02/2026	NW School Championships 2026
373	47.91 L	F	Thato Mnyakeni	14	NGU TSH	05/12/2025	2025 The Tshwane Mayor's Gala
374	48.22 L	F	Amahle Mtsweni	14	NGU TSH	05/12/2025	2025 The Tshwane Mayor's Gala
375	51.82 L	F	Alunamda Mhalu	14	CAMBH BUF	14/02/2026	BCSA School Trials 2026
376	55.53 L	F	Lebogang Matjie	14	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
377	55.88 L	F	Mamelo Mohapi	14	VALS FDD	14/11/2025	Valsrivier Gala
378	56.63 L	F	Hlelowethu Mabena	14	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
379	58.14 L	F	Njabulo Zwane	14	STA NGD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
380	1:02.80 L	F	Nhlanhla Sodladla	14	KHAY CPT	29/11/2025	CTA B CHAMPS 2025
381	1:06.00 L	F	Unika Mda	14	MHS NGD	30/01/2026	ORTA SCHOOL TRIALS 2026
382	1:06.17 L	F	Ano Tebogo	14	ISSA NM	13/02/2026	NW School Championships 2026
383	1:18.74 L	F	Lesedi Moje	14	SHE BPD	13/02/2026	NW School Championships 2026

Women 13-14 100 Free

1	58.49 L	F	Gemma Spies	14	INFA NMA	28/06/2025	PEA Winter Gala 2025
2	59.69 L	F	Isabeau Coetsee	14	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-:
3	59.71 L	F	Saskya Kistnasami	14	ASA ILD	21/03/2026	Sa National JNR Age Group Champs-:
4	1:00.35 L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-:
5	1:00.51 L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-:
6	1:01.51 L	F	Thandi Bosman	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-:
7	1:01.52 L	F	Morgan Tandy	14	CA EKU	04/12/2025	EGA Summer Championships 2025
8	1:01.97 L	F	Taylia Smith	14	AA JHB	21/03/2026	Sa National JNR Age Group Champs-:
9	1:02.24 L	F	Amelia Fury	14	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-:
10	1:02.38 L	F	Aimee van der Merwe	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-:
11	1:02.79 L	F	Kaylee Watt	14	CA EKU	04/12/2025	EGA Summer Championships 2025
12*	1:03.14 L	F	Amaru Mapulane	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-:
12*	1:03.14 L	F	Talia Hill	14	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
14	1:03.43 L	F	Layla Barber-Luna	14	CA EKU	04/12/2025	EGA Summer Championships 2025
15	1:03.44 L	P	Melokuhle Mhlongo	14	PSCP UMD	21/03/2026	Sa National JNR Age Group Champs-:
16	1:03.54 L S	F	Olivia Botha	14	OHAN ILD	18/12/2025	KZN Premier Provincial Championship
17	1:03.78 L S	F	Jothany Ngotchouye	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
18	1:04.08 L	F	Mbalenhle Jared	14	ELEC TSH	19/02/2026	Senior National Championships 2026
19	1:04.23 L	P	Lauren Walker	14	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-:
20	1:04.27 L	P	Mackenzie Abrams	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-:
21	1:04.29 L	P	Olivia Stroebel	14	HPS TSH	10/12/2025	NTS Championships 2025
22	1:04.35 L	P	Kiersten Hillen	BR	VASA EKU	21/03/2026	Sa National JNR Age Group Champs-:
23	1:04.38 L	F	Alice Esterhuyse	14	WAC EDD	30/01/2026	Infinity Gala 2026
24	1:04.57 L	F	Mari Bruwer	14	LP CCD	24/04/2026	SA Schools Swimming Championship
25	1:04.58 L	F	Rebecca Botha	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
26	1:04.95 L	F	Clarise Stadler	14	TRAZ TSH	10/12/2025	NTS Championships 2025
27	1:04.96 L	P	Sharli Durandt	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
28	1:05.02 L	F	Juliette Wallis	14	CASC 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			
29	1:05.10	L	P	Mia Putter	14	NC FBD	24/04/2026 SA Schools Swimming Championship
30	1:05.11	L	P	Abigail Da Silva	14	TUKS FSH	10/12/2025 NTS Championships 2025
31	1:05.12	L	F	Zoe Morgado	14	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
32	1:05.30	L	F	Olivia Latimer	14	SAAW CPT	14/02/2026 CTA Elite Gala (L3+)
33	1:05.38	L	F	Daniella McLean	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
34	1:05.45	L	F	Talia McCabe	14	WATR JHB	27/11/2025 CGA Championships 2025
35	1:05.54	L	F	Hannah-Grace Havinga	14	TUKS FSH	12/12/2025 NMBA Championships 2025
36	1:05.59	L	F	Ella Bunge	14	BLUO UGD	06/10/2025 Seagulls Winter Championships 2025
37	1:05.67	L	F	Martinet Bezuidenhout	14	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
38	1:05.70	L	F	Irma Kotzé	14	POTC KKD	06/12/2025 NWS Championships 2025
39	1:05.74	L	F	Sarah Mocke	14	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
40	1:05.89	L	P	Lulu Swanepoel	14	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
41	1:05.93	L	P	Morgan Maree	14	DRGN JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
42	1:05.94	L	P	Mila Strydom	14	NC FBD	24/04/2026 SA Schools Swimming Championship
43	1:06.00	L	P	Mia Jansen van Rensburg	14	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-;
44	1:06.06	L	F	Hayleigh Sutherland	14	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
45*	1:06.24	L	F	Isabella Redfern	14	CRSC JHB	28/02/2026 CGA Challenge
45*	1:06.24	L	F	Violet Maritz	14	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
47	1:06.26	L	F	Hayley De Haas	14	USHPM UMD	21/02/2026 KZN Schools Trials 2026
48	1:06.30	L	F	Holly Dorrestein-Rowley	14	GAU JHB	30/01/2026 Gauteng Schools Championships 202
49	1:06.31	L	F	Sofia Nixon	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
50	1:06.37	L	P	Carlina Eybers	14	VHD ZLD	26/03/2026 SA Level 3 Regional Age Group Chan
51	1:06.45	L	P	Roxanne De Lange	14	PAC FSH	10/12/2025 NTS Championships 2025
52	1:06.49	L	P	Katelyn Dutton	14	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
53	1:06.55	L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026 SA Level 3 Regional Age Group Chan
54	1:06.71	L	F	Leah de Jager	14	CRSC JHB	27/11/2025 CGA Championships 2025
55	1:06.77	L	F	Zaila Forsdyke De Almeida	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
56*	1:06.81	L	F	Shellaine Pahl	14	QSSC CPT	01/11/2025 CTA District A CHAMPS 2025
56*	1:06.81	L	P	Chloe' Oliphant	14	PAC FSH	26/03/2026 SA Level 3 Regional Age Group Chan
58	1:06.86	L	F	Lika Zietsman	14	BLSS MAN	03/12/2025 Free State Champs 2025
59	1:06.88	L	P	Kristen Roos	14	TRAZ FSH	26/03/2026 SA Level 3 Regional Age Group Chan
60	1:06.91	L	F	Milan Coleman	14	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
61	1:06.95	L	F	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
62*	1:07.03	L	F	Mia Pienaar	14	CA EKU	27/06/2025 Treviso Cup
62*	1:07.03	L	F	Emily Geldart	14	INFA NMA	16/08/2025 2nd A League Gala 2025
64	1:07.13	L	P	Kiana Kalpage	BR	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
65	1:07.26	L	P	Sianne Wilson	14	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
66	1:07.27	L S	P	Chloe Potgieter	14	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
67	1:07.30	L	F	Isabella Cownie	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
68	1:07.35	L	F	Isabella De Beer	14	PLAY CED	09/04/2026 SA Level 3 Regional Age Group Chan
69	1:07.39	L	F	Livia Gutter	14	BLOT MAN	03/12/2025 Free State Champs 2025
70	1:07.40	L	P	Mila Nienaber	14	ESA CED	09/04/2026 SA Level 3 Regional Age Group Chan
71	1:07.47	L	F	Leane Van der Merwe	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
72	1:07.52	L	F	Katlego Maja	14	TRAZ FSH	05/12/2025 2025 The Tshwane Mayor's Gala
73	1:07.54	L	F	Julie Olivier	14	CASC CPT	14/02/2026 CTA Elite Gala (L3+)
74	1:07.56	L	F	Hope Maseru	14	DMSS	09/04/2026 6th DMSS Gators Gala 2026
75	1:07.57	L	P	Cara Mills	14	UNIU EZD	21/03/2026 Sa National JNR Age Group Champs-;
76	1:07.62	L	P	Emerson Woods	14	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
77	1:07.68	L	P	Chiniq Breet	14	MP EZD	24/04/2026 SA Schools Swimming Championship
78	1:07.72	L	P	Inge Opperman	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
79*	1:07.75	L S	F	Lisa Du Toit	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
79*	1:07.75	L	P	Hannah Wright	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
81	1:07.83	L	P	Jessica Wood	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
82*	1:07.84	L	P	Elrie Moolman	BR	VASA EKU	21/03/2026 Sa National JNR Age Group Champs-;
82*	1:07.84	L	F	Mikaela Roff	14	ROA EDD	04/12/2025 Western Cape LC-A Championship 20
84	1:07.85	L	P	Jaimee Cronje	14	COMS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
85	1:07.94	L	P	Nina Steyn	14	BLSS MAN	21/03/2026 Sa National JNR Age Group Champs-;
86	1:08.10	L S	F	Sophia Hoffmann	14	ORCAS CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
87	1:08.29	L	P	Jenna Joyce	14	CASC CPT	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			
88	1:08.36	L	P	Donyelle Cupido	14	FSS	24/04/2026	SA Schools Swimming Championship
89	1:08.40	L	F	Gea March	14	UPSK ZMD	26/03/2026	SA Level 3 Regional Age Group Chan
90	1:08.43	L	F	Anelle Ward	14	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gal:
91	1:08.49	L	P	Kinique Stols	14	TKS WBD	21/03/2026	Sa National JNR Age Group Champs-;
92	1:08.50	L	P	Sumien Camphor	14	LP CCD	24/04/2026	SA Schools Swimming Championship
93*	1:08.57	L	P	Anya Sonnekus	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
93*	1:08.57	L	F	Reabetswe Pabalinga	14	KLOO ETH	21/02/2026	KZN Schools Trials 2026
95	1:08.68	L	P	April Jooman	14	BEST NMA	21/03/2026	Sa National JNR Age Group Champs-;
96	1:08.69	L	P	Ava Longueira	14	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
97	1:08.74	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025	Free State Champs 2025
98	1:08.77	L	P	Abigail Weber	14	DRGN JHB	26/03/2026	SA Level 3 Regional Age Group Chan
99	1:08.79	L	P	Zani Van Dyk	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
100	1:08.81	L	F	Amalia van der Westhuizen	14	INFA NMA	30/01/2026	Infinity Gala 2026
101	1:08.86	L	F	Emma Gotthardt	14	GAU JHB	30/01/2026	Gauteng Schools Championships 202
102	1:08.97	L	F	Cara Louw	14	RBOT BPD	06/12/2025	NWS Championships 2025
103	1:09.01	L	P	Victoria Jackson	14	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
104	1:09.02	L	F	Emma Terblanche	14	UNI EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
105	1:09.19	L	F	Ziva Filday	14	AZON ETH	21/02/2026	KZN Schools Trials 2026
106	1:09.20	L	F	Erin Theron	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
107	1:09.27	L	F	Ashley Williams	14	BLNE MAN	03/10/2025	Curro AquaElite Gala
108	1:09.31	L S	F	Abigail Slabber	14	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
109	1:09.36	L	P	Sarah-Rose Pohlmann	14	BEST NMA	21/03/2026	Sa National JNR Age Group Champs-;
110	1:09.37	L	P	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
111	1:09.42	L	P	Megan Els	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
112	1:09.45	L	P	Tischke Rischmuller	14	RFA FSH	21/03/2026	Sa National JNR Age Group Champs-;
113	1:09.58	L	P	Storm Bircher	14	LALE CED	04/12/2025	Western Cape LC-A Championship 20
114	1:09.60	L	P	Courtney Logie	14	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
115	1:09.66	L	F	Mia Strydom	14	INFA NMA	12/12/2025	NMBA Championships 2025
116	1:09.73	L	P	Marli Coetzee	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
117	1:09.77	L	F	Ava Diessner	14	PEAS NMA	12/12/2025	NMBA Championships 2025
118	1:09.80	L	F	Ava Constantinides	14	CA EKU	06/10/2025	Seagulls Winter Championships 2025
119	1:09.84	L	P	Leah Stewart	14	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan
120	1:09.93	L	P	Paiton Van Der Merwe	14	CA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
121	1:10.05	L	P	Zenicke Van Schalkwyk	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
122	1:10.10	L	F	Pippa Roberts	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
123	1:10.12	L	F	Jany Norval	14	SS MPD	28/11/2025	Limpopo Champs 2025
124	1:10.13	L	P	Rachele Goosen	14	UNIU EZD	26/03/2026	SA Level 3 Regional Age Group Chan
125	1:10.17	L	F	Mary Maponyane	14	BAS EKU	31/01/2026	EGA Last Chance Gala 2026
126	1:10.28	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
127	1:10.35	L	P	Layla Labuschagne	14	PAC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
128	1:10.42	L	F	Kaila Sudding	14	SAAW CPT	06/03/2026	SA Level 2 Regional Age Group Cham
129	1:10.44	L	F	Leah Hopper	14	KNYA EDD	22/11/2025	Eden LC Champs 2025
130	1:10.45	L	P	Angelique Marais	14	EXP FSH	29/03/2026	SA Level 2 Regional Age Group Cham
131	1:10.46	L	F	Emily Ackerman	14	QUES JHB	27/11/2025	CGA Championships 2025
132	1:10.49	L	F	Camryn Weber	14	AQUA BUF	24/01/2026	BCA January Age Group Gala 2026
133	1:10.63	L S	F	Jessica Stewart	14	PSC FSH	10/12/2025	20th Botswana Swimming Nationals 2f
134*	1:10.68	L	F	Lia Basson	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
134*	1:10.68	L	P	Grace Williams	14	PSCP UMD	31/03/2026	SA Level 2 Regional Age Group Cham
136	1:10.72	L	P	Jessica Gibson	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
137	1:10.74	L	F	Isabella Oswald	14	CRSC JHB	28/02/2026	CGA Challenge
138*	1:10.88	L	F	Kate Doull	14	ASA HLD	21/02/2026	KZN Schools Trials 2026
138*	1:10.88	L	F	Tyla Charles	14	VINE CPT	01/11/2025	CTA District A CHAMPS 2025
140	1:10.93	L	F	Annelie Thiar	14	CLA WCD	22/11/2025	Swartland Prestige Gala 2025
141	1:11.13	L	F	Elmiah Vd Merwe	14	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
142	1:11.20	L	P	Taylor Henderson	14	COMS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
143*	1:11.33	L	P	Nicole Uys	14	MDOL JHB	27/11/2025	CGA Championships 2025
143*	1:11.33	L	P	Emma Groenewald	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
145	1:11.37	L	F	Leonie Wink	14	VINE CPT	20/09/2025	CTA INVITATIONAL LC MEET
146	1:11.40	L	F	Arabella Sadler	14	LEGC ETH	12/12/2025	NMBA 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				
147	1:11.45	L	P	Isabella Mare	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
148*	1:11.56	L	P	Aimee Liebenberg	14	ESA CED	04/12/2025	Western Cape LC-A Championship 20
148*	1:11.56	L	P	Elle Gasson	14	BLSS MAN	03/12/2025	Free State Champs 2025
150	1:11.69	L	P	Tatum Venter	14	WSS LLD	03/12/2025	Free State Champs 2025
151	1:11.71	L	P	Amber Gaddin	14	CRSC JHB	27/11/2025	CGA Championships 2025
152	1:11.73	L	F	Abigail Goodchild	14	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
153	1:11.75	L	F	Elle Joubert	14	PLAY CED	13/02/2026	Winelands SL Fin - February 2026 - cc
154	1:11.76	L	P	Elizabeth Du Preez	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
155	1:11.81	L	F	Jana Durrans	14	STAQ CED	13/02/2026	Winelands SL Fin - February 2026 - cc
156	1:11.82	L	P	Melan van der Spuy	14	BLOT MAN	03/12/2025	Free State Champs 2025
157	1:11.83	L	P	Annabelle Marsh	14	TINC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
158	1:11.85	L	F	Mia Lourens	14	CASC CPT	20/09/2025	CTA INVITATIONAL LC MEET
159	1:11.94	L	F	Maike Wheeler	14	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
160	1:11.97	L	F	Holly Webb	14	SSISA CPT	29/11/2025	CTA B CHAMPS 2025
161*	1:11.99	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming I
161*	1:11.99	L	P	Jordan Godfrey	14	AFIN JHB	27/11/2025	CGA Championships 2025
163*	1:12.03	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	27/11/2025	CGA Championships 2025
163*	1:12.03	L	F	Indra Hoets	14	MMD CPT	29/11/2025	CTA B CHAMPS 2025
165	1:12.06	L	P	Anika Muller	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
166	1:12.07	L	P	Bokang Maruping	14	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
167	1:12.20	L	P	Lyla Barnard	14	RFA TSH	10/12/2025	NTS Championships 2025
168	1:12.21	L	F	Savannah Thirsk	14	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
169	1:12.30	L	P	Carle Scholtz	14	CRSC JHB	27/11/2025	CGA Championships 2025
170	1:12.32	L	F	Zoi Dimatellis	14	WAC EDD	22/11/2025	Eden LC Champs 2025
171*	1:12.41	L	P	Mikayla Stevenson	14	QSSC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
171*	1:12.41	L	F	Caylie Azar	14	BLSS MAN	30/03/2026	SA Level 2 Regional Age Group Cham
173	1:12.53	L	P	Sasha Bailey	14	RACE JHB	27/11/2025	CGA Championships 2025
174	1:12.58	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
175	1:12.62	L	F	Liv Van den Heever	14	AZON ETH	21/02/2026	KZN Schools Trials 2026
176	1:12.65	L	F	Courtney Biggs	14	SASE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
177	1:12.69	L	P	Lucy Seymour	14	CRSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
178	1:12.73	L	P	Trinity Kavanagh	14	TCA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
179	1:12.77	L	P	Hayley Hodnett	14	AFIN JHB	29/03/2026	SA Level 2 Regional Age Group Cham
180	1:12.79	L	F	Suzanne Marais	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
181	1:12.90	L	P	Mia Stilwaney	14	PAQU CED	04/12/2025	Western Cape LC-A Championship 20
182	1:12.95	L	F	Tayla-Jean Gibb	14	BCA BUF	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
183	1:12.97	L	F	Zanie Van Rooyen	14	RFA TSH	27/02/2026	NTS Level 3+ February Age Group Ga
184	1:13.05	L	F	Zamajobe Mtetwa	14	PAC TSH	27/02/2026	NTS Level 3+ February Age Group Ga
185	1:13.07	L	P	Charlotte Costa	14	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
186	1:13.10	L	P	Jemah Van der Westhuizen	14	VINE CPT	06/03/2026	SA Level 2 Regional Age Group Cham
187	1:13.12	L	F	Aisha Bhabha	14	MDOL JHB	28/02/2026	CGA Challenge
188	1:13.20	L	F	Zuwena Khamanga	14	LEGC ETH	21/02/2026	KZN Schools Trials 2026
189	1:13.23	L	P	Casey Lee Mccabe	14	SS MPD	29/03/2026	SA Level 2 Regional Age Group Cham
190	1:13.24	L	F	Holly Oosthuizen	14	HAAG UTD	31/01/2026	UThukela District Gala 4
191	1:13.32	L	F	Neema Muriro	14	CTO CPT	29/11/2025	CTA B CHAMPS 2025
192	1:13.36	L	P	Mazvita Masiya	14	ELEC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
193	1:13.40	L	F	Mia Bogacz	14	CUHE OBD	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
194	1:13.44	L	F	Ava-Sophia Smith	14	ASC BUF	28/02/2026	Eastern Cape School Provincial Trials
195	1:13.61	L	P	Rebecca Nilsson	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
196*	1:13.63	L	P	Kiara Naidoo	14	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
196*	1:13.63	L	F	Dunay Zovitzkey	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
196*	1:13.63	L	P	Lore Hoek	BR	VASA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
199	1:13.66	L	P	Kopano Lempe	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
200	1:13.67	L	P	Emma Love	14	MDOL JHB	27/11/2025	CGA Championships 2025
201	1:13.71	L	F	Mari Moolman	14	INFA NMA	12/12/2025	NMBA Championships 2025
202	1:13.72	L	F	Esté Gersbach	14	CASC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
203	1:13.78	L	F	Liane' Pienaar	14	DDA TSH	13/02/2026	NTS Level 1+2 February Age Group 2I
204	1:13.87	L	F	Mikah Cillié	14	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
205	1:13.91	L	F	Mienke Rutherford	14	POTC KKD	06/12/2025	NWS Championships 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
206*	1:13.95	L	F	Zibusiso Xulu	14	KLOO ETH	03/10/2025 Curro AquaElite Gala
206*	1:13.95	L	P	Elizabeth Desilla	14	SASE JHB	04/12/2025 EGA Summer Championships 2025
208	1:13.96	L	F	Xandri Hattingh	14	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
209	1:13.97	L	P	Rua De Wit	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
210	1:13.98	L	P	Surayia Harris	14	CRSC JHB	27/11/2025 CGA Championships 2025
211	1:14.03	L	F	Kaira Nel	14	WSS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
212	1:14.14	L	F	Janike Marais	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
213	1:14.16	L	P	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
214	1:14.19	L	F	Morgan Coskey	14	SGUL ETH	21/02/2026 KZN Schools Trials 2026
215	1:14.28	L	P	Zoey Van Leeuwen	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
216	1:14.29	L	F	Nina Alberts	14	VRC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
217	1:14.30	L	F	Nangamso Bodlani	14	STSC KCD	01/11/2025 KCDA Age Group Gala 2 2025
218	1:14.31	L	F	Nina Van Staden	14	KPA EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
219	1:14.38	L	P	Ciara Kroef	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
220	1:14.42	L	F	Nina Oosthuizen	14	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
221	1:14.57	L	F	Zala Rentel	14	MMD CPT	29/11/2025 CTA B CHAMPS 2025
222*	1:14.58	L	F	Laaiah Abrahams	14	INFA NMA	20/09/2025 3rd A League Gala 2025
222*	1:14.58	L	P	Taylor Siebrits	14	STSC KCD	26/03/2026 SA Level 3 Regional Age Group Chan
224	1:14.59	L	F	Mika Potterill	14	ROA EDD	22/11/2025 Eden LC Champs 2025
225	1:14.63	L	P	Bella Spolander	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
226	1:14.78	L	F	Balatitu Ilupeju	14	MGSC UGD	21/02/2026 KZN Schools Trials 2026
227	1:14.89	L	F	Skylar Jack	14	PER JHB	14/02/2026 CGA Last Chance
228	1:15.13	L S	F	Peyton Van Der Ross	14	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
229	1:15.20	L	F	Alexia Montgomery	14	BETH FDD	10/10/2025 Super Seals Annual Gala
230	1:15.21	L	F	Pippa Wolmarans	14	PEAS NMA	18/10/2025 Fish Eagles Short Course Gala 2025
231	1:15.28	L	P	Kendra McNamara	14	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
232	1:15.33	L	F	Mia Lombard	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
233	1:15.38	L	F	Amée Mc Laughlin	14	RFA FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
234	1:15.41	L	F	Alina Dore	14	KLOO ETH	21/02/2026 KZN Schools Trials 2026
235	1:15.46	L	F	Elnye Potgieter	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
236*	1:15.50	L	F	Miane Muller	14	CA EKU	20/09/2025 EGA Summer 1 2025
236*	1:15.50	L S	F	Jada Bailey	14	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
238	1:15.60	L	F	Mayra Singh	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
239	1:15.65	L	P	Aneska Nazarenko	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
240	1:15.68	L	F	Sameeha Valli	14	MDOL JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
241	1:15.69	L	F	Moné De Kock	14	ELRAS WBD	28/11/2025 Limpopo Champs 2025
242	1:15.75	L	F	Isabelle Boyd	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
243	1:15.88	L	F	Daniela Kleb	14	ELEC FSH	27/02/2026 NTS Level 3+ February Age Group Ga
244*	1:16.19	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
244*	1:16.19	L	F	Lene Bester	14	MATL KKD	06/12/2025 NWS Championships 2025
246	1:16.26	L	P	Alessia Diterlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
247	1:16.35	L	F	Amieka Henning	14	WAGH BP	13/02/2026 NW School Championships 2026
248	1:16.39	L	P	Zoe Goodenough	14	DORE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
249	1:16.41	L	P	Ilane' Smit	14	BULS MAN	03/12/2025 Free State Champs 2025
250	1:16.50	L	P	Saheli Kalpage	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
251	1:16.74	L	F	Peighton Le Roux	14	SOUL EKU	11/10/2025 EGA Summer 2
252	1:16.78	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	20/09/2025 3rd A League Gala 2025
253	1:16.85	L	P	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
254	1:16.92	L	P	Danielle Ortell	14	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
255*	1:17.06	L	F	Ingamarie Griffioen	14	AA JHB	14/02/2026 CGA Last Chance
255*	1:17.06	L	F	Jay-Dee De Jager	14	ROA EDD	22/11/2025 Eden LC Champs 2025
257	1:17.08	L	P	Simoné Groenewald	14	TINC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
258	1:17.17	L	P	Yvette Louw	14	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
259	1:17.19	L	F	Annika Schuch	14	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
260	1:17.27	L	F	Alouise Supra	14	TNDER FDD	05/09/2025 Bullsharks Gala
261	1:17.38	L	F	Chloe Oosthuizen	14	SWISA FSH	28/02/2026 AG Level 1 Regional Competition 2026
262	1:17.41	L	P	Ngoko Seke	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
263	1:17.48	L	P	Catherine Esterhyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
264	1:17.62	L	F	Maya Johnstone	14	AFIN JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
265	1:17.87	L	F	Riley Thompson	14	HARL BUF	12/12/2025 NMBA Championships 2025
266	1:17.91	L	F	Kate Tager	14	CUHE OBD	13/02/2026 Winelands SL Fin - February 2026 - cc
267	1:18.18	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
268	1:18.21	L	F	Amber Terclavers	14	SOUL EKU	20/09/2025 EGA Summer 1 2025
269	1:18.24	L	P	Claire Gabriels	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
270	1:18.26	L	P	Cornelea Breedt	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
271	1:18.28	L	P	Addisyn Moloney	14	AWSC JHB	27/11/2025 CGA Championships 2025
272	1:18.69	L	F	Jodie Marais	14	HE CCD	31/01/2026 Limpopo School Champs & Limpopo A
273	1:18.75	L	P	Adiana Van der Merwe	14	STGR XRD	30/03/2026 SA Level 2 Regional Age Group Cham
274	1:18.84	L	F	Tatum Van der Merwe	14	OHAN ILD	15/11/2025 KZN Junior Championships 2025
275	1:18.88	L	F	Lana Van Schalkwyk	14	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
276	1:18.93	L	P	Gemma Di Terlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
277	1:19.04	L S	F	Belen Neethling	14	VINE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
278	1:19.16	L	P	Heleina Esterhuysen	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
279	1:19.18	L	F	Keziah Beukes	14	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
280	1:19.47	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
281*	1:19.53	L	F	Simone Swanepoel	14	CSA EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
281*	1:19.53	L	P	Zoe Bayisayi	14	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
283	1:20.09	L	P	Emma Artman	14	AAS JHB	27/11/2025 CGA Championships 2025
284	1:20.12	L	P	Amelia Kyprou	14	ESP EKU	04/12/2025 EGA Summer Championships 2025
285	1:20.33	L	F	Nobuciko Mabunda	14	UNIUI EZD	05/12/2025 Mpumalanga Championships 2025
286	1:20.37	L	P	Kayla De Lange	14	TASC MPD	29/03/2026 SA Level 2 Regional Age Group Cham
287	1:20.53	L S	F	Miahlee Flink	14	UWCA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
288	1:20.84	L	F	Ditebogo Tladi	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
289	1:20.96	L	P	Anneke Paulsen	14	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
290	1:21.03	L	F	Paballo Mabote	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
291	1:21.10	L	F	Deode Coetzee	14	LINR JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
292	1:21.72	L	P	Caitlyn Botha	14	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
293	1:21.78	L	P	Erin Arnoldus	14	KLOO ETH	31/03/2026 SA Level 2 Regional Age Group Cham
294	1:21.79	L	F	Gia De Wit	14	XCEL CPT	29/11/2025 CTA B CHAMPS 2025
295	1:21.89	L	F	Beah-Zita Cerone	14	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
296	1:21.95	L	F	Maria Shkolyar	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
297	1:22.26	L	F	Maleleko Mushikita	14	UNIUI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
298	1:22.28	L	F	Rebecca Manson	14	AAS JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
299	1:22.42	L	P	Lunè Botes	14	BS LLD	03/12/2025 Free State Champs 2025
300	1:22.75	L	P	Jane Botha	14	VALS FDD	03/12/2025 Free State Champs 2025
301	1:22.80	L	P	Amahle Mazula	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
302	1:22.84	L	F	Mieka Janse van Rensburg	14	JAQ EKU	11/10/2025 EGA Summer 2
303	1:22.85	L	F	Sarah Wakefield	14	MANT CPT	29/11/2025 CTA B CHAMPS 2025
304	1:22.93	L	F	Sumayya Dangor	14	ATLA JHB	14/02/2026 CGA Last Chance
305	1:23.15	L	P	Jadyne Dowie	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
306	1:23.27	L	F	Hesmari Mac Robert	14	FISH EDD	22/11/2025 Eden LC Champs 2025
307	1:23.60	L	P	Sadie Brown	14	HPS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
308*	1:23.63	L	P	Tihopang Rakhoale	14	PAC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
308*	1:23.63	L	F	Ayazingca Dyasi	14	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
310	1:23.79	L	P	Ellene' Van Zyl	14	BLNE MAN	30/03/2026 SA Level 2 Regional Age Group Cham
311	1:23.87	L	F	Jennifer Mostert	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
312	1:24.01	L	F	Isabella Gilbert	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
313	1:24.21	L	F	Inge Borman	14	BULS MAN	05/09/2025 Bullsharks Gala
314	1:24.33	L	F	Millieke Ferreira	14	TINC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
315	1:24.35	L	F	Keishia Roux	14	DDA TSH	28/02/2026 AG Level 1 Regional Competition 2026
316	1:24.88	L	F	Logan Nieuwenhuys	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
317	1:24.99	L	F	Mikayla Twali	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
318	1:25.15	L	F	Nokukhanya Maseko	14	MAKO EKU	20/09/2025 EGA Summer 1 2025
319	1:25.32	L	F	Georgina Dominguez Baya	14	AA JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
320	1:25.56	L	P	Christie Russell	14	SWIMS EKU	04/12/2025 EGA Summer Championships 2025
321	1:25.62	L	F	Mia De Esclana	14	VRC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
322	1:25.66	L	F	Mieke Rautenbach	14	BLNE MAN	28/02/2026 FSA LEVEL 1 2026
323	1:26.03	L	F	Keletso Goeieman	14	KALA	17/01/2026 AGE GROUP 5 KATHU 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			
324	1:26.08	L	P	Rebecca Goldswain	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
325	1:26.13	L	F	Tenele Taole	14	SWIFT EKU	11/10/2025 EGA Summer 2
326	1:26.26	L	F	Nomathemba Makhasane	14	STEL RMD	13/02/2026 NW School Championships 2026
327	1:26.32	L	P	Carissa Pitout	14	BETH FDD	03/12/2025 Free State Champs 2025
328	1:26.34	L	F	Danielle Du Plessis	14	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
329	1:26.45	L	P	Morgan Roebuck	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
330	1:26.49	L	F	Angelique Benn	14	MAKO EKU	11/10/2025 EGA Summer 2
331	1:26.76	L	F	Lizae Swanepoel	14	STGR XRD	25/10/2025 FLAMINGO & GOODHOPE GALA 202
332	1:27.00	L	F	Naailah Moosa	14	ATLA JHB	14/02/2026 CGA Last Chance
333	1:27.25	L	F	Jenna Bester	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
334	1:27.35	L	P	Lize' De Beer	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
335	1:27.90	L	F	Mjanyelwa Mtshweni	14	CA EKU	11/10/2025 EGA Summer 2
336*	1:27.96	L	F	Landri Du Toit	14	BULS MAN	23/08/2025 KOVSIE GALA
336*	1:27.96	L	F	Melokuhle Makinza	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
338	1:28.03	L	F	Talia Luridsamy	14	PSCP UMD	30/03/2026 KZNA Level 1 Championships
339	1:28.79	L	F	Kirsten Koopman	14	LEGC ETH	30/03/2026 KZNA Level 1 Championships
340	1:29.25	L	F	Oratile Motaung	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
341	1:29.29	L	F	Kendra Samuels	14	CASC CPT	29/11/2025 CTA B CHAMPS 2025
342	1:29.34	L	F	Kaitlin Groenewald	14	NAE EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
343	1:29.39	L	F	Lia Van der Walt	14	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
344*	1:29.65	L	F	LaRochelle De Beer	14	STAR BPD	06/12/2025 NWS Championships 2025
344*	1:29.65	L	F	Karli Voigt	14	HSB BP	13/02/2026 NW School Championships 2026
346	1:29.73	L	F	Amare Victor	14	CPSC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
347	1:30.07	L	F	Nala Hlapho	14	LEBII BP	13/02/2026 NW School Championships 2026
348	1:30.48	L	F	Makanaka Makoto	14	NSAD EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
349	1:30.49	L	F	Reneilwe Gowoka	14	PGH KKD	13/02/2026 NW School Championships 2026
350	1:30.53	L	F	Isabellea Dhassiah	14	RETR CPT	29/11/2025 CTA B CHAMPS 2025
351	1:30.84	L	P	Orefile Ramphele	14	MATL KKD	30/03/2026 SA Level 2 Regional Age Group Cham
352	1:31.74	L	F	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
353	1:32.38	L	F	Francesca Signorile	14	USC BUF	12/12/2025 NMBA Championships 2025
354	1:32.91	L	F	Marion Münch	14	RBUR BPD	06/12/2025 NWS Championships 2025
355	1:32.92	L	F	Tiiso Thebehali	14	AAS JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
356	1:33.55	L	F	Klara Nel	14	TASC MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
357	1:33.96	L	P	Berne' Coetzer	14	PELIC MAN	03/12/2025 Free State Champs 2025
358	1:34.69	L	F	Tahra Blauw	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
359	1:35.23	L	F	Sandisokuhle Mguli	14	SAAW CPT	22/11/2025 Swartland Prestige Gala 2025
360	1:36.77	L	F	Makatendeka Gondokondo	14	AA JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
361	1:37.90	L	F	Kealeboga Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
362	1:38.69	L	F	Ava Rough	14	BARA EKU	11/10/2025 EGA Summer 2
363	1:38.85	L	F	Mishka Isaacs	14	WALM CPT	29/11/2025 CTA B CHAMPS 2025
364	1:39.26	L	F	Melokuhle Hlatshwayo	14	USH KCD	31/01/2026 uShaka Champs 2026
365	1:40.69	L	P	Rebaone Mbamali	14	PELIC MAN	03/12/2025 Free State Champs 2025
366	1:41.30	L	P	Londiwe Khumalo	14	MPAR JHB	27/11/2025 CGA Championships 2025
367	1:41.78	L	F	Kutlwano Ngwato	14	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
368	1:42.21	L	F	Thea Saunders	14	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
369	1:44.35	L	F	Aurore Sola	14	PGH KKD	13/02/2026 NW School Championships 2026
370	1:46.45	L	F	Minentle Mbana	14	MHS NGD	30/01/2026 ORTA SCHOOL TRIALS 2026
371	1:47.40	L	F	Marissa Weideman	14	NAE EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
372	1:47.74	L	F	Athandiwe Maseko	14	CA EKU	20/09/2025 EGA Summer 1 2025
373	1:47.94	L	F	Paige Halse	14	CAMBH BUF	14/02/2026 BCSEA School Trials 2026
374	1:51.17	L	F	Borekhu Senne	14	FIELD BP	13/02/2026 NW School Championships 2026
375	1:52.04	L	F	Chardè Bocks	14	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
376	1:52.79	L	F	Lehny Richmond	14	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
377	2:00.48	L	F	Alunamda Mhalu	14	CAMBH BUF	14/02/2026 BCSEA School Trials 2026
378	2:01.20	L	F	Keleboqile Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
379	2:22.89	L	F	Nhlanhla Sodladla	14	KHAY CPT	29/11/2025 CTA B CHAMPS 2025
380	2:28.02	L	F	Njabulo Zwane	14	STA NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
Women 13-14 200 Free							
1	2:08.71	L	F	Gemma Spies	14	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-:

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
2	2:08.89	L	F	Tyla-Jade Thomas	14	MDOL	JHB	21/03/2026 Sa National JNR Age Group Champs-
3	2:08.99	L	F	Ava Lorenzen	14	BLMA	CPT	21/03/2026 Sa National JNR Age Group Champs-
4	2:10.44	L	F	Thandi Bosman	14	USC	BUF	21/03/2026 Sa National JNR Age Group Champs-
5	2:10.46	L	F	Isabeau Coetsee	14	FISH	EDD	21/03/2026 Sa National JNR Age Group Champs-
6	2:13.35	L	P	Irma Kotzé	14	POTC	KKD	21/03/2026 Sa National JNR Age Group Champs-
7	2:15.10	L	F	Taylia Smith	14	GAU	JHB	24/04/2026 SA Schools Swimming Championship
8	2:15.64	L	F	Sarah Mocke	14	SAAW	CPT	21/03/2026 Sa National JNR Age Group Champs-
9	2:16.42	L	F	Talia Hill	14	HPS	FSH	21/03/2026 Sa National JNR Age Group Champs-
10	2:17.25	L	F	Sharli Durandt	14	ASAC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
11	2:18.03	L	P	Aimee van der Merwe	14	MDOL	JHB	21/03/2026 Sa National JNR Age Group Champs-
12	2:18.34	L	P	Mackenzie Abrams	14	USC	BUF	21/03/2026 Sa National JNR Age Group Champs-
13	2:18.61	L	P	Lauren Walker	14	WATR	JHB	21/03/2026 Sa National JNR Age Group Champs-
14	2:18.73	L	F	Kaylee Watt	14	CA	EKU	22/11/2025 EGA Summer 3 & 4
15	2:18.90	L	P	Amaru Mapulane	14	CA	EKU	21/03/2026 Sa National JNR Age Group Champs-
16	2:19.20	L	P	Lulu Swanepoel	14	ASAC	CPT	21/03/2026 Sa National JNR Age Group Champs-
17	2:19.92	L	P	Alice Esterhuysen	14	WAC	EDD	21/03/2026 Sa National JNR Age Group Champs-
18	2:19.95	L	F	Kiersten Hillen	14	GAU	JHB	30/01/2026 Gauteng Schools Championships 2026
19	2:20.02	L	P	Hannah-Grace Havinga	14	TUKS	FSH	21/03/2026 Sa National JNR Age Group Champs-
20	2:21.39	L	P	Julie Olivier	14	CASC	CPT	04/12/2025 Western Cape LC-A Championship 2025
21	2:21.50	L	F	Amelia Oosthuizen	14	TUKS	FSH	12/12/2025 NMBA Championships 2025
22	2:21.58	L	P	Jothany Ngotshouye	14	SEAL	UMD	21/03/2026 Sa National JNR Age Group Champs-
23	2:21.73	L	F	Zoe Morgado	14	FSA	FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
24	2:21.91	L	F	Mia Jansen van Rensburg	14	XCEL	CPT	20/09/2025 CTA INVITATIONAL LC MEET
25	2:22.08	L	P	Chloe Potgieter	14	SEAL	UMD	18/12/2025 KZN Premier Provincial Championship
26	2:22.19	L	P	Morgan Maree	14	DRGN	EKU	21/03/2026 Sa National JNR Age Group Champs-
27*	2:23.11	L	F	Mia Pienaar	14	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
27*	2:23.11	L	F	Amelia Fury	14	VINE	CPT	28/06/2025 PEA Winter Gala 2025
29	2:23.75	L	F	Hayleigh Sutherland	14	TUKS	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
30	2:23.84	L	F	Juliette Wallis	14	CASC	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
31	2:24.36	L	F	Daniella McLean	14	PEAS	NMA	09/04/2026 SA Level 3 Regional Age Group Chan
32	2:24.60	L	F	Inge Opperman	14	BLOT	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
33	2:24.76	L	P	Abigail Da Silva	14	TUKS	FSH	10/12/2025 NTS Championships 2025
34	2:24.83	L	P	April Jooman	14	BEST	NMA	21/03/2026 Sa National JNR Age Group Champs-
35	2:24.85	L	F	Chiniq Breet	14	CSA	EZD	05/12/2025 Mpumalanga Championships 2025
36	2:25.00	L	F	Martinet Bezuidenhout	14	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
37	2:25.24	L	P	Mari Bruwer	14	SS	MPD	21/03/2026 Sa National JNR Age Group Champs-
38	2:25.54	L	F	Olivia Botha	14	OHAN	ILD	18/12/2025 KZN Premier Provincial Championship
39	2:26.09	L	F	Jessica Wood	14	CA	EKU	31/01/2026 EGA Jess Chance Gala 2026
40	2:26.12	L	P	Roxanne De Lange	14	PAC	FSH	10/12/2025 NTS Championships 2025
41	2:26.13	L S	F	Mary Maponyane	14	BAS	EKU	04/12/2025 EGA Summer Championships 2025
42	2:26.18	L	F	Ella Van Viegen	14	BLSS	MAN	03/12/2025 Free State Champs 2025
43	2:26.20	L	F	Mbalenhle Jared	14	ELEC	FSH	19/02/2026 Senior National Championships 2026
44	2:26.35	L	F	Courtney Logie	14	KLOO	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
45	2:26.48	L	F	Isabella De Beer	14	PLAY	GED	09/04/2026 SA Level 3 Regional Age Group Chan
46	2:27.08	L	P	Chloe' Oliphant	14	PAC	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
47	2:27.29	L S	P	Hannah Wright	14	CA	EKU	04/12/2025 EGA Summer Championships 2025
48	2:27.58	L	F	Mia Strydom	14	CHSA	CPT	28/02/2026 Eastern Cape School Provincial Trials
49	2:27.62	L	F	Mila Nienaber	14	ESA	GED	09/04/2026 SA Level 3 Regional Age Group Chan
50	2:27.63	L	F	Talia McCabe	14	WATR	JHB	27/11/2025 CGA Championships 2025
51	2:27.67	L	P	Elirie Moolman	BR	VASA	EKU	21/03/2026 Sa National JNR Age Group Champs-
52	2:28.21	L	P	Kinique Stols	14	TKS	WBD	21/03/2026 Sa National JNR Age Group Champs-
53	2:28.24	L S	F	Anya Sonnekus	14	CASC	CPT	01/11/2025 CTA District A CHAMPS 2025
54	2:28.33	L	F	Milan Coleman	14	FISH	EDD	09/04/2026 SA Level 3 Regional Age Group Chan
55	2:28.45	L	F	Rebecca Botha	14	CASC	CPT	12/12/2025 NMBA Championships 2025
56	2:28.46	L	F	Isabella Brooker	14	AACTA	CPT	20/09/2025 CTA INVITATIONAL LC MEET
57	2:28.49	L	P	Sianne Wilson	14	SAAW	CPT	04/12/2025 Western Cape LC-A Championship 2025
58	2:29.06	L	F	Lika Zietsman	14	BLSS	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
59	2:29.11	L	P	Olivia Stroebel	14	HPS	FSH	10/12/2025 NTS Championships 2025
60	2:29.25	L	F	Mila Strydom	14	GHSK		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			
61	2:29.27	L	P	Shellaine Pahl	14	QSSC CPT	04/12/2025 Western Cape LC-A Championship 20
62	2:29.30	L	P	Clarise Stadler	14	TRAZ FSH	21/03/2026 Sa National JNR Age Group Champs-;
63	2:29.32	L	F	Lisa Du Toit	14	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
64	2:29.33	L	F	Melokuhle Mhlongo	14	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
65	2:29.38	L	F	Jane Retief	14	LALE CED	09/04/2026 SA Level 3 Regional Age Group Chan
66*	2:29.54	L	P	Savannah Thirsk	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
66*	2:29.54	L	P	Jenna Joyce	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
68	2:29.63	L	F	Mikaela Roff	14	ROA EDD	22/11/2025 Eden LC Champs 2025
69	2:29.64	L	F	Emily Geldart	14	INFA NMA	16/08/2025 2nd A League Gala 2025
70	2:29.75	L S	F	Hope Maseru	14	DMSS	09/04/2026 6th DMSS Gators Gala 2026
71	2:29.80	L	F	Donyelle Cupido	14	BLNE MAN	03/12/2025 Free State Champs 2025
72	2:30.09	L	F	Leane Van der Merwe	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
73	2:30.11	L	P	Jaimee Cronje	14	COMS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
74	2:30.14	L	F	Elmiah Vd Merwe	14	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
75	2:30.26	L	P	Livia Gutter	14	BLOT MAN	03/12/2025 Free State Champs 2025
76	2:30.53	L	P	Ava Diessner	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
77	2:30.66	L	P	Marli Coetzee	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
78	2:30.69	L	F	Paiton Van Der Merwe	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
79	2:30.77	L	F	Bokang Maruping	14	LINR JHB	27/11/2025 CGA Championships 2025
80	2:30.98	L	F	Isabella Cownie	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
81	2:31.32	L	P	Sarah-Rose Pohlmann	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-;
82*	2:31.37	L	F	Zenicke Van Schalkwyk	14	BLOT MAN	12/12/2025 NMBA Championships 2025
82*	2:31.37	L	F	Tischke Rischmuller	14	RFA FSH	10/12/2025 NTS Championships 2025
84	2:31.45	L	F	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
85	2:31.55	L	P	Amy Madeley	14	ANAX CPT	09/04/2026 SA Level 3 Regional Age Group Chan
86	2:31.58	L	F	Amalia van der Westhuizen	14	INFA NMA	12/12/2025 NMBA Championships 2025
87	2:31.59	L	F	Emily Ackerman	14	QUES JHB	27/11/2025 CGA Championships 2025
88	2:31.64	L	F	Ava Constantinides	14	CA EKU	22/11/2025 EGA Summer 3 & 4
89	2:31.97	L	F	Ashley Williams	14	BLNE MAN	26/03/2026 SA Level 3 Regional Age Group Chan
90	2:32.05	L	F	Emma Terblanche	14	UNI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
91	2:32.49	L	F	Suzanne Marais	14	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
92*	2:32.63	L	P	Jamie Shand	14	PSCP UMD	21/03/2026 Sa National JNR Age Group Champs-;
92*	2:32.63	L	F	Leah de Jager	14	CRSC JHB	27/11/2025 CGA Championships 2025
94	2:32.78	L	P	Storm Bircher	14	LALE CED	04/12/2025 Western Cape LC-A Championship 20
95	2:32.88	L	P	Isabella Redfern	14	CRSC JHB	26/03/2026 SA Level 3 Regional Age Group Chan
96	2:33.08	L S	F	Sofia Nixon	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
97	2:33.09	L	P	Leah Stewart	14	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
98	2:33.31	L	P	Ava Longueira	14	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
99	2:33.33	L	F	Violet Maritz	14	SEAL UMD	21/02/2026 KZN Schools Trials 2026
100	2:34.04	L	P	Cara Mills	14	UNIU EZD	21/03/2026 Sa National JNR Age Group Champs-;
101	2:34.24	L	F	Leah Hopper	14	KNYA EDD	22/11/2025 Eden LC Champs 2025
102	2:34.26	L	F	Janike Marais	14	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
103	2:34.27	L	F	Nina Steyn	14	BLSS MAN	26/09/2025 Pelicans Gala..
104	2:34.30	L	F	Mia Stilwaney	14	PAQU CED	22/11/2025 Swartland Prestige Gala 2025
105	2:34.39	L	F	Abigail Slabber	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
106	2:34.63	L	P	Victoria Jackson	14	SOUL EKU	26/03/2026 SA Level 3 Regional Age Group Chan
107	2:34.93	L	F	Hayley De Haas	14	USHPM UMD	31/01/2026 uShaka Champs 2026
108	2:35.33	L	F	Isabella Oswald	14	CRSC JHB	27/11/2025 CGA Championships 2025
109	2:35.39	L	P	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
110	2:35.42	L	F	Kaila Sudding	14	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
111	2:35.60	L	F	Emma Groenewald	14	KTS	31/10/2025 UPINGTON PRESTIGE GALA 2025
112*	2:35.69	L	F	Emma Gotthardt	14	ELEC FSH	27/02/2026 NTS Level 3+ February Age Group Ga
112*	2:35.69	L	P	Cara Louw	14	RBOT BPD	06/12/2025 NWS Championships 2025
114	2:35.99	L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026 SA Level 3 Regional Age Group Chan
115	2:36.10	L	F	Lia Basson	14	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
116	2:36.17	L	F	Isabella Mare	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
117	2:36.23	L	F	Katelyn Dutton	14	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
118	2:36.42	L	F	Aimee Liebenberg	14	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
119	2:36.47	L	P	Abigail Weber	14	DRGN JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
120	2:36.49	L	F	Reabetswe Pabalinga	14	KLOO	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
121	2:36.62	L	F	Elizabeth Du Preez	14	TUKS	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
122	2:36.74	L	F	Elle Joubert	14	PLAY	CED	22/11/2025 Swartland Prestige Gala 2025
123	2:37.04	L	F	Abigail Goodchild	14	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
124	2:37.30	L	P	Amée Mc Laughlin	14	RFA	FSH	30/03/2026 SA Level 2 Regional Age Group Cham
125	2:37.40	L	F	Maike Wheeler	14	MDOL	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
126	2:37.57	L	P	Grace Williams	14	PSCP	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
127	2:37.71	L	F	Rebecca Nilsson	14	TYGE	CPT	28/06/2025 PEA Winter Gala 2025
128	2:37.81	L	F	Elle Gasson	14	BLSS	MAN	03/12/2025 Free State Champs 2025
129	2:37.87	L	F	Mikah Cillié	14	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
130	2:37.92	L	F	Melan van der Spuy	14	BLOT	MAN	03/10/2025 Curro AquaElite Gala
131	2:38.02	L	P	Anika Muller	14	UNI	EZD	26/03/2026 SA Level 3 Regional Age Group Chan
132	2:38.11	L	F	Zaila Forsdyke De Almeida	14	RACE	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
133	2:38.18	L	F	Erin Theron	14	WATR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
134	2:38.30	L	F	Arabella Sadler	14	LEGC	ETH	12/12/2025 NMBA Championships 2025
135	2:38.38	L	F	Jessica Gibson	14	PSCP	UMD	15/11/2025 KZN Junior Championships 2025
136	2:38.49	L	F	Gea March	14	UPSK	ZMD	26/03/2026 SA Level 3 Regional Age Group Chan
137	2:38.80	L S	P	Annelie Thiar	14	CLA	WCD	04/12/2025 Western Cape LC-A Championship 20
138	2:38.89	L	F	Zoi Dimatellis	14	WAC	EDD	04/10/2025 EDEN 1st A-League Gala 2025
139	2:39.03	L	F	Zibusiso Xulu	14	KLOO	ETH	03/10/2025 Curro AquaElite Gala
140	2:39.57	L	F	Mia Lourens	14	CASC	CPT	20/09/2025 CTA INVITATIONAL LC MEET
141	2:39.62	L	P	Ava-Sophia Smith	14	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Chan
142	2:39.79	L	F	Lucy Seymour	14	CRSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
143	2:39.99	L	P	Mikayla Stevenson	14	QSSC	CPT	04/12/2025 Western Cape LC-A Championship 20
144	2:40.01	L	P	Kiana Kalpage	BR	VASA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
145*	2:40.20	L	F	Rebekah Tennant	14	DORE	JHB	27/11/2025 CGA Championships 2025
145*	2:40.20	L	F	Hayley Hodnett	14	AFIN	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
147	2:40.34	L	F	Caylie Azar	14	BLSS	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
148	2:40.36	L	F	Annabelle Marsh	14	TINC	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
149	2:40.41	L	F	Jessica Stewart	14	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
150	2:40.44	L	P	Carlina Eybers	14	VHD	ZLD	26/03/2026 SA Level 3 Regional Age Group Chan
151	2:40.46	L	F	Zanie Van Rooyen	14	RFA	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
152	2:40.60	L	P	Lyla Barnard	14	RFA	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
153	2:40.69	L	F	Xandri Hattingh	14	KTS		07/02/2026 NC SPRINTS 2026
154	2:41.01	L	P	Charlotte Costa	14	MDOL	JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
155	2:41.48	L	F	Angelique Marais	14	EXP	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
156	2:41.56	L	F	Ciara Kroef	14	SOUL	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
157	2:41.61	L	F	Pippa Roberts	14	UNI	EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
158	2:41.72	L	P	Rua De Wit	14	CASC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
159	2:42.01	L	F	Dunay Zovitzkey	14	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
160	2:42.03	L	P	Trinity Kavanagh	14	TCA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
161	2:42.04	L	F	Aisha Bhabha	14	MDOL	JHB	27/11/2025 CGA Championships 2025
162	2:42.19	L	F	Elizabeth Desilla	14	SASE	JHB	06/02/2026 Crusaders & CGA Night Gala
163	2:42.25	L	F	Morgan Coskey	14	SGUL	ETH	21/02/2026 KZN Schools Trials 2026
164	2:42.89	L	F	Amber Gaddin	14	CRSC	JHB	27/11/2025 CGA Championships 2025
165	2:43.00	L	F	Jany Norval	14	SS	MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
166	2:43.50	L	F	Lore Hoek	BR	VASA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
167	2:43.51	L	F	Carle Scholtz	14	CRSC	JHB	27/11/2025 CGA Championships 2025
168	2:43.58	L	F	Sameeha Valli	14	MDOL	JHB	06/02/2026 Crusaders & CGA Night Gala
169	2:43.78	L	F	Sasha Bailey	14	RACE	JHB	27/11/2025 CGA Championships 2025
170	2:43.80	L	F	Mia Janse van Rensburg	14	MGSC	UGD	21/02/2026 KZN Schools Trials 2026
171	2:43.90	L	P	Kaira Nel	14	WSS	LLD	30/03/2026 SA Level 2 Regional Age Group Cham
172	2:43.99	L	F	Mia Bogacz	14	LALE	CED	13/02/2026 Winelands SL Fin - February 2026 - cc
173	2:44.14	L	P	Chloe-Leigh Jurgens	14	VINE	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
174	2:44.19	L	F	Tayla-Jean Gibb	14	HARL	BUF	28/11/2025 BCA Long Course Championships 202
175	2:44.20	L	F	Nina Oosthuizen	14	CSA	EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
176	2:44.28	L	F	Emma Love	14	MDOL	JHB	27/11/2025 CGA Championships 2025
177	2:44.36	L	F	Mika Potterill	14	ROA	EDD	22/11/2025 Eden LC Champs 2025
178	2:44.55	L	F	Mia Lombard	14	HARL	BUF	28/11/2025 BCA Long Course Championships 202

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
179	2:44.59	L	P	Rachele Goosen	14	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Cham
180	2:44.64	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	27/11/2025 CGA Championships 2025
181	2:44.65	L	F	Zani Van Dyk	14	ASAC CPT	09/10/2025 44th Freda Barnard Invitational Gala
182	2:44.97	L	F	Esté Gersbach	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
183	2:45.16	L	F	Kiara Naidoo	14	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
184	2:45.25	L	F	Riley Thompson	14	HARL BUF	12/12/2025 NMBA Championships 2025
185	2:45.37	L	F	Alessia Diterlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
186	2:45.40	L	F	Rebecca Allderman	14	ASAC CPT	20/09/2025 CTA INVITATIONAL LC MEET
187	2:45.55	L	F	Lene Bester	14	PGIM KKD	13/02/2026 NW School Championships 2026
188	2:45.67	L	F	Alexia Montgomery	14	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
189	2:46.06	L S	F	Leonie Wink	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
190	2:46.35	L	F	Casey Lee Mccabe	14	SS MPD	28/11/2025 Limpopo Champs 2025
191	2:46.60	L	P	Taylor Siebrits	14	STSC KCD	26/03/2026 SA Level 3 Regional Age Group Cham
192	2:46.67	L	F	Elyne Potgieter	14	GAU JHB	29/03/2026 2026 National Champs for Physically&
193	2:46.92	L	F	Zuwena Khamanga	14	LEGC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
194	2:47.02	L	F	Skylar Jack	14	PER JHB	14/02/2026 CGA Last Chance
195	2:47.04	L	F	Melanie Munyoro	14	WATR JHB	27/11/2025 CGA Championships 2025
196	2:47.73	L	F	Swapnika Kasireddy	14	SASE JHB	27/11/2025 CGA Championships 2025
197	2:47.84	L	F	Kate Tager	14	CUHE OBD	13/02/2026 Winelands SL Fin - February 2026 - cc
198	2:47.91	L	F	Nangamso Bodlani	14	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
199	2:48.01	L	F	Holly Oosthuizen	14	HAAG UTD	06/12/2025 UThukela District Age Group 3
200	2:48.62	L	F	Jemah Van der Westhuizen	14	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
201	2:49.01	L	F	Layla Labuschagne	14	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gala
202	2:49.43	L	F	Addyson Ronnie	14	PSCP UMD	15/11/2025 KZN Junior Championships 2025
203	2:49.44	L	F	Bella Spolander	14	AA JHB	14/02/2026 CGA Last Chance
204	2:49.85	L	F	Zamajobe Mtetwa	14	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gala
205	2:50.37	L	P	Mienke Rutherford	14	POTC KKD	06/12/2025 NWS Championships 2025
206	2:50.67	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
207	2:50.75	L	F	Mazvita Masiya	14	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
208	2:50.82	L	F	Nina Alberts	14	VRC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
209	2:50.85	L	F	Sumien Camphor	14	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
210	2:51.24	L	F	Taylor Henderson	14	COMS TSH	31/10/2025 NTS Level 1+2 November Age Group :
211	2:51.37	L	F	Mari Moolman	14	INFA NMA	12/12/2025 NMBA Championships 2025
212	2:51.89	L	F	Jordan Godfrey	14	AFIN JHB	14/02/2026 CGA Last Chance
213	2:51.95	L	F	Claire Gabriels	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
214	2:51.96	L	F	Liandri Terblanche	14	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
215	2:52.01	L	P	Balatitu Ilupeju	14	MGSC UGD	31/03/2026 SA Level 2 Regional Age Group Cham
216	2:52.02	L	F	Catherine Esterhyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
217	2:52.11	L S	P	Kopano Lempe	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
218	2:52.15	L	F	Alouise Supra	14	TNDER FDD	14/11/2025 Valsrivier Gala
219	2:52.17	L	F	Pippa Wolmarans	14	PEAS NMA	28/06/2025 PEA Winter Gala 2025
220	2:52.40	L	F	Laaiah Abrahams	14	INFA NMA	28/06/2025 PEA Winter Gala 2025
221	2:52.85	L	F	Caitlyn Botha	14	CA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
222	2:53.18	L S	P	Emerson Woods	14	ESTR EKU	04/12/2025 EGA Summer Championships 2025
223	2:53.80	L	F	Jay-Dee De Jager	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
224	2:53.92	L	F	Liane' Pienaar	14	DDA TSH	31/10/2025 NTS Level 1+2 November Age Group :
225	2:54.04	L	F	Paballo Mabote	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
226	2:54.05	L	F	Cornelea Breedt	14	ESP EKU	22/11/2025 EGA Summer 3 & 4
227	2:54.22	L	F	Mayra Singh	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
228	2:54.76	L	F	Nina Van Staden	14	KSC EZD	05/12/2025 Mpumalanga Championships 2025
229	2:54.79	L	F	Beah-Zita Cerone	14	HAAG UTD	10/10/2025 Super Seals Annual Gala
230	2:55.06	L	F	Gabriella Pearse	14	SASE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
231	2:55.08	L	F	Ingamarie Griffioen	14	AA JHB	14/02/2026 CGA Last Chance
232	2:55.73	L	F	Erin Arnoldus	14	KLOO ETH	31/03/2026 SA Level 2 Regional Age Group Cham
233	2:55.92	L	F	Addisyn Moloney	14	AWSC JHB	27/11/2025 CGA Championships 2025
234	2:56.55	L	F	Emmalynn Strydom	14	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
235	2:56.56	L	F	Keziah Beukes	14	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
236	2:56.69	L	P	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
237	2:56.81	L	F	Ngoko Seke	14	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
238	2:56.97	L	F	Annika Schuch	14	RBOT BPD	30/03/2026	SA Level 2 Regional Age Group Cham
239	2:57.25	L	F	Zoe Goodenough	14	DORE JHB	06/02/2026	Crusaders & CGA Night Gala
240	2:57.43	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026	SA Level 2 Regional Age Group Cham
241*	2:57.62	L	P	Peyton Van Der Ross	14	TYGE CPT	06/03/2026	SA Level 2 Regional Age Group Cham
241*	2:57.62	L	F	Danielle Ortell	14	UWCA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
243	2:58.17	L	P	Esona Sekeleni	14	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
244	2:58.25	L	F	Zoe Bayisayi	14	TCA EKU	06/10/2025	Seagulls Winter Championships 2025
245	2:59.37	L	P	Miahlee Flink	14	UWCA CPT	06/03/2026	SA Level 2 Regional Age Group Cham
246	3:00.30	L	F	Aneska Nazarenko	14	CRSC JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
247	3:00.47	L	F	Jane Botha	14	VALS FDD	03/12/2025	Free State Champs 2025
248	3:00.49	L	F	Sumayya Dangor	14	ATLA JHB	14/02/2026	CGA Last Chance
249	3:00.56	L	F	Isabella Wener	14	ASAC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
250	3:00.85	L	P	Heleina Esterhuysen	14	CLA WCD	06/03/2026	SA Level 2 Regional Age Group Cham
251	3:01.31	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	15/11/2025	5th A League Gala 2025
252	3:01.76	L	F	Mishay Smith	14	TUKS TSH	31/10/2025	NTS Level 1+2 November Age Group :
253	3:02.13	L S	F	Belen Neethling	14	VINE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
254	3:02.20	L	F	Maria Shkolyar	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
255	3:03.35	L	F	Ayazingca Dyasi	14	TUKS TSH	28/02/2026	AG Level 1 Regional Competition 2026
256	3:03.36	L	F	Kayla De Lange	14	TASC MPD	29/03/2026	SA Level 2 Regional Age Group Cham
257	3:03.44	L	F	Simoné Groenewald	14	TINC TSH	05/12/2025	2025 The Tshwane Mayor's Gala
258	3:03.46	L	F	Cassie Van Heerden	14	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
259	3:03.61	L	F	Anneke Paulsen	14	ASAC CPT	06/02/2026	WCA-B Champs - 2026
260	3:03.82	L S	P	Mieka Janse van Rensburg	14	JAQ EKU	04/12/2025	EGA Summer Championships 2025
261	3:03.97	L	F	Gia De Wit	14	XCEL CPT	20/09/2025	CTA INVITATIONAL LC MEET
262	3:04.47	L	F	Mia De Esclana	14	VRC TSH	05/12/2025	2025 The Tshwane Mayor's Gala
263	3:04.59	L	F	Amelia Kyprou	14	ESP EKU	22/11/2025	EGA Summer 3 & 4
264	3:05.23	L	F	Angelique Benn	14	MAKO EKU	31/01/2026	EGA Last Chance Gala 2026
265	3:06.12	L	F	Adiana Van der Merwe	14	STGR XRD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
266	3:06.84	L	F	Ditebogo Tladi	14	TUKS TSH	28/02/2026	AG Level 1 Regional Competition 2026
267	3:07.91	L	F	Rebecca Manson	14	AAS JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
268	3:08.13	L	P	Ellene' Van Zyl	14	BLNE MAN	30/03/2026	SA Level 2 Regional Age Group Cham
269	3:08.44	L	F	Emma Artman	14	AAS JHB	27/11/2025	CGA Championships 2025
270	3:09.35	L	P	Rebecca Goldswain	14	USC BUF	06/03/2026	SA Level 2 Regional Age Group Cham
271	3:09.88	L	F	Sarah Wakefield	14	MANT CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
272	3:10.06	L	F	Georgina Dominguez Baya	14	AA JHB	06/02/2026	Crusaders & CGA Night Gala
273	3:10.36	L	F	Logan Nieuwenhuys	14	KALA	07/02/2026	NC SPRINTS 2026
274*	3:11.82	L S	P	Morgan Roebuck	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
274*	3:11.82	L	F	Chloe Oosthuizen	14	SWISA TSH	31/10/2025	NTS Level 1+2 November Age Group :
276	3:12.21	L	F	Ilane' Smit	14	BULS MAN	23/08/2025	KOVSIIE GALA
277	3:12.31	L	F	Talia Luridsamy	14	PSCP UMD	30/03/2026	KZNA Level 1 Championships
278	3:13.22	L S	P	Nokukhanya Maseko	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
279	3:13.81	L	F	Kirsten Koopman	14	LEGC ETH	30/03/2026	KZNA Level 1 Championships
280	3:14.12	L S	P	Tenele Taole	14	SWIFT EKU	04/12/2025	EGA Summer Championships 2025
281	3:14.44	L	F	Carissa Pitout	14	BETH FDD	07/11/2025	Otters Prestige Gala 2025
282	3:14.61	L	P	Lunè Botes	14	BS LLD	03/12/2025	Free State Champs 2025
283	3:14.78	L	F	Mieke Rautenbach	14	BLNE MAN	28/02/2026	FSA LEVEL 1 2026
284	3:15.04	L	F	Jennifer Mostert	14	HMER MPD	31/01/2026	Limpopo School Champs & Limpopo A
285	3:16.27	L	F	Mikayla Twali	14	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
286	3:16.36	L	F	Keletso Goeieman	14	KALA	31/10/2025	UPINGTON PRESTIGE GALA 2025
287	3:16.40	L	F	Simone Swanepoel	14	CSA EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
288	3:16.81	L	F	Nobuciko Mabunda	14	NSAD EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
289	3:16.82	L	P	Nala Hlapho	14	TLAC BPD	06/12/2025	NWS Championships 2025
290	3:17.21	L	F	Kendra Samuels	14	CASC CPT	29/11/2025	CTA B CHAMPS 2025
291	3:18.04	L	F	Maleleko Mushikita	14	UNIU EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
292	3:18.24	L	F	Nomathemba Makhasane	14	STEL RMD	13/02/2026	NW School Championships 2026
293	3:18.93	L	F	Keishia Roux	14	DDA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
294*	3:20.71	L	F	Millieke Ferreira	14	TINC TSH	05/12/2025	2025 The Tshwane Mayor's Gala
294*	3:20.71	L	F	Francesca Signorile	14	USC BUF	12/12/2025	NMBA Championships 2025
296	3:22.45	L	F	Christie Russell	14	SWIMS EKU	22/11/2025	EGA Summer 3 & 4

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
297	3:22.82	L	F	Tiiso Thebehali	14	AAS JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
298	3:23.74	L	F	Isabellea Dhassiah	14	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
299	3:25.23	L	F	Jani Du Plessis	14	ROA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
300	3:28.22	L	F	Xysca Bezuidenhout	14	FRA KCD	31/01/2026 uShaka Champs 2026
301	3:30.60	L	F	Oratile Motaung	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
302	3:33.35	L S	F	Lika Els	14	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
303	3:34.31	L	P	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
304	3:35.37	L	P	Marion Münch	14	RBUR BPD	06/12/2025 NWS Championships 2025
305	3:35.85	L	P	Orefile Ramphele	14	MATL KKD	30/03/2026 SA Level 2 Regional Age Group Cham
306	3:36.02	L	F	Lizae Swanepoel	14	STGR XRD	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
307	3:39.85	L	F	Ami Wiesner	14	CUHE QBD	06/02/2026 WCA-B Champs - 2026
308	3:41.31	L S	F	Sandisokuhle Mguli	14	SAAW CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
309	3:42.43	L	F	Olivia Worley	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
310	3:43.05	L	F	Kealeboga Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
311	3:51.52	L	F	Ava Rough	14	BARA EKU	22/11/2025 EGA Summer 3 & 4
312	3:54.98	L	F	Paige Halse	14	CAMBH BUF	14/02/2026 BCSA School Trials 2026
313	4:06.23	L	F	Rebaone Mbamali	14	PELIC MAN	26/09/2025 Pelicans Gala..
314	4:09.38	L	F	Lehny Richmond	14	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
315	4:10.44	L	F	Thea Saunders	14	KHAY CPT	09/10/2025 44th Freda Barnard Invitational Gala
316	4:18.59	L	F	Chardè Bocks	14	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
Women 13-14 400 Free							
1	4:30.10	L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
2	4:33.14	L	F	Thandi Bosman	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-;
3	4:36.50	L	F	Gemma Spies	14	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
4	4:37.70	L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-;
5	4:41.87	L	F	Irma Kotzé	14	POTC KKD	21/03/2026 Sa National JNR Age Group Champs-;
6	4:42.25	L	F	Taylia Smith	14	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
7	4:47.13	L	F	Sarah Mocke	14	SAAW CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
8	4:49.91	L	F	Lauren Walker	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
9	4:50.24	L	F	Lulu Swanepoel	14	ASAC CPT	21/03/2026 Sa National JNR Age Group Champs-;
10	4:50.28	L	F	Hannah-Grace Havinga	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
11	4:51.24	L	F	Sharli Durandt	14	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
12	4:52.78	L	F	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
13	4:54.71	L	F	Julie Olivier	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
14	4:56.19	L	F	Kiersten Hillen	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
15	4:56.51	L	F	Kaylee Watt	14	CA EKU	21/03/2026 Sa National JNR Age Group Champs-;
16	5:00.84	L	F	Amelia Oosthuizen	14	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
17	5:05.35	L	F	Chiniq Breet	14	CSA EZD	21/03/2026 Sa National JNR Age Group Champs-;
18	5:05.39	L	F	Jessica Wood	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
19	5:05.45	L	F	Jothany Ngnotchouye	14	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
20	5:05.52	L	F	Mia Pienaar	14	CA EKU	27/06/2025 Treviso Cup
21	5:06.02	L	F	Amelia Fury	14	VINE CPT	04/12/2025 Western Cape LC-A Championship 20
22*	5:06.15	L	F	Mackenzie Abrams	14	USC BUF	24/01/2026 BCA January Age Group Gala 2026
22*	5:06.15	L	F	Zoe Morgado	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
24	5:06.90	L	F	Juliette Wallis	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
25	5:07.25	L	F	Courtney Logie	14	KLOO ETH	31/01/2026 uShaka Champs 2026
26	5:07.47	L	F	Mia Strydom	14	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
27	5:07.81	L	F	Mia Jansen van Rensburg	14	XCEL CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
28	5:08.64	L	F	Hayleigh Sutherland	14	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
29	5:09.03	L	F	Amy Madeley	14	ANAX CPT	09/04/2026 SA Level 3 Regional Age Group Chan
30	x5:10.03	L	F	April Jooman	14	ECSA BUF	24/04/2026 SA Schools Swimming Championship
31	5:10.43	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
32	5:10.52	L	F	Savannah Thirsk	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
33	5:10.93	L	F	Alice Esterhuyse	14	WAC EDD	04/12/2025 Western Cape LC-A Championship 20
34	5:10.94	L	F	Daniella McLean	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
35	x5:11.86	L	F	Emma Terblanche	14	MP EZD	24/04/2026 SA Schools Swimming Championship
36	5:12.56	L	F	Isabella Brooker	14	AACTA CPT	20/09/2025 CTA INVITATIONAL LC MEET
37	5:12.59	L	F	Jane Retief	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
38	5:13.49	L	F	Inge Opperman	14	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			
39	5:13.59	L	F	Mila Nienaber	14	ESA CED	04/12/2025 Western Cape LC-A Championship 20
40	5:14.00	L	F	Anelle Ward	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
41	5:14.29	L	F	Mary Maponyane	14	BAS ECU	26/03/2026 SA Level 3 Regional Age Group Chan
42	5:14.34	L	F	Emily Ackerman	14	QUES JHB	27/11/2025 CGA Championships 2025
43	5:14.93	L	F	Ava Constantinides	14	CA ECU	04/12/2025 EGA Summer Championships 2025
44	5:16.10	L	F	Abigail Da Silva	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
45	5:16.50	L	F	Anya Sonnekus	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
46	5:16.83	L	F	Leah de Jager	14	CRSC JHB	27/11/2025 CGA Championships 2025
47	5:18.06	L	F	Morgan Maree	14	DRGN JHB	27/11/2025 CGA Championships 2025
48	5:18.19	L	F	Elrie Moolman	BR	VASA ECU	31/01/2026 EGA Last Chance Gala 2026
49	5:18.40	L	F	Hannah Wright	14	CA ECU	04/12/2025 EGA Summer Championships 2025
50	5:18.52	L	F	Jaimee Cronje	14	COMS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
51	5:18.92	L	F	Mikaela Roff	14	ROA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
52	5:19.40	L	F	Bokang Maruping	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
53	5:19.76	L	F	Milan Coleman	14	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
54	5:19.93	L	F	Suzanne Marais	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
55	5:20.28	L	F	Jenna Joyce	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
56	5:20.32	L	F	Paiton Van Der Merwe	14	CA ECU	26/03/2026 SA Level 3 Regional Age Group Chan
57	5:20.41	L	F	Ava Longueira	14	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
58	5:20.59	L	F	Leah Stewart	14	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
59	5:20.61	L	F	Amalia van der Westhuizen	14	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
60	5:20.82	L	F	Nina Steyn	14	BLSS MAN	10/10/2025 Super Seals Annual Gala
61	5:20.90	L	F	Ava Diessner	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
62	5:21.03	L	F	Chloe' Oliphant	14	PAC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
63	5:21.36	L	F	Aimee van der Merwe	14	MDOL JHB	27/11/2025 CGA Championships 2025
64	5:21.46	L	F	Roxanne De Lange	14	PAC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
65	5:21.55	L	F	Lisa Du Toit	14	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
66	5:22.03	L	F	Marli Coetzee	14	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
67	5:22.53	L	F	Sianne Wilson	14	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
68	5:24.84	L	F	Lika Zietsman	14	BLSS MAN	03/12/2025 Free State Champs 2025
69	5:24.85	L	F	Emma Groenewald	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
70	5:25.29	L	F	Ashley Williams	14	BLNE MAN	26/09/2025 Pelicans Gala..
71	5:25.65	L	F	Isabella De Beer	14	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
72	5:26.07	L	F	Charlotte Costa	14	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
73	5:26.18	L	F	Megan Els	14	BAS ECU	26/03/2026 SA Level 3 Regional Age Group Chan
74	5:26.72	L	F	Olivia Latimer	14	SAAW CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
75	5:26.87	L	F	Hope Maseru	14	DMSS	09/04/2026 6th DMSS Gators Gala 2026
76	5:27.73	L	F	Livia Gutter	14	BLOT MAN	31/10/2025 Mangaung Gala
77	5:28.36	L	F	Tischke Rischmuller	14	RFA TSH	10/12/2025 NTS Championships 2025
78	5:28.98	L	F	Isabella Oswald	14	CRSC JHB	27/11/2025 CGA Championships 2025
79	5:29.38	L	F	Zibusiso Xulu	14	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
80	5:29.96	L	F	Elmiah Vd Merwe	14	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
81	5:30.12	L	F	Donyelle Cupido	14	BLNE MAN	10/10/2025 Super Seals Annual Gala
82	5:30.36	L	F	Kinique Stols	14	TKS WBD	28/11/2025 Limpopo Champs 2025
83	5:30.37	L	F	Sarah-Rose Pohlmann	14	BEST NMA	12/12/2025 NMBA Championships 2025
84	5:30.56	L	F	Courtney Biggs	14	SASE JHB	27/11/2025 CGA Championships 2025
85	5:30.69	L	F	Isabella Mare	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
86	5:30.86	L	F	Elle Joubert	14	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
87	5:31.57	L	F	Janike Marais	14	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
88	5:32.32	L	F	Gabriella Lloyd-Swanepoel	14	MAKO ECU	26/03/2026 SA Level 3 Regional Age Group Chan
89	5:32.33	L	F	Reabetswe Pabalinga	14	KLOO ETH	21/02/2026 KZN Schools Trials 2026
90	5:33.02	L	F	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
91	5:33.07	L	F	Elizabeth Desilla	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
92	5:33.14	L S	F	Shellaine Pahl	14	QSSC CPT	01/11/2025 CTA District A CHAMPS 2025
93	5:34.25	L	F	Annelie Thiar	14	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
94	5:34.31	L	F	Isabella Cownie	14	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
95	5:34.33	L	F	Abigail Goodchild	14	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
96	5:34.63	L	F	Rebecca Botha	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
97	5:34.76	L	F	Elizabeth Du Preez	14	TUKS TSH	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				
98	5:34.90	L	F	Tayla-Jean Gibb	14	HARL BUF	07/02/2026	BCA Feb Age Group Gala 2026
99	5:37.12	L	F	Anika Muller	14	UNI EZD	05/12/2025	Mpumalanga Championships 2025
100	5:38.13	L	F	Lia Basson	14	TUKS TSH	10/12/2025	NTS Championships 2025
101	5:38.24	L	F	Isabeau Coetsee	14	FISH EDD	09/10/2025	44th Freda Barnard Invitational Gala
102	5:38.51	L	F	Mia Lourens	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
103	5:38.52	L	F	Leah Hopper	14	KNYA EDD	22/11/2025	Eden LC Champs 2025
104	5:38.56	L	F	Lyla Barnard	14	RFA TSH	26/03/2026	SA Level 3 Regional Age Group Chan
105	5:38.97	L	F	Aimee Liebenberg	14	ESA CED	13/02/2026	Winelands SL Fin - February 2026 - cc
106	5:39.06	L	F	Maïke Wheeler	14	MDOL JHB	14/02/2026	CGA Last Chance
107	5:39.35	L	F	Violet Maritz	14	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
108	5:39.85	L	F	Rebecca Nilsson	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
109	5:40.33	L	F	Cara Louw	14	RBOT BPD	06/12/2025	NWS Championships 2025
110	5:41.08	L	F	Xandri Hattingh	14	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
111	5:41.89	L	F	Mikah Cillié	14	TUKS TSH	13/02/2026	NTS Level 1+2 February Age Group 21
112	5:42.22	L	F	Abigail Slabber	14	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
113	5:42.27	L	F	Mia Janse van Rensburg	14	MGSC UGD	21/02/2026	KZN Schools Trials 2026
114	5:42.83	L	F	Caylie Azar	14	BLSS MAN	03/10/2025	Curro AquaElite Gala
115	5:42.89	L	F	Angelique Marais	14	EXP TSH	27/02/2026	NTS Level 3+ February Age Group Ga
116	5:43.15	L	F	Annabelle Marsh	14	TINC TSH	05/12/2025	2025 The Tshwane Mayor's Gala
117	5:43.79	L	F	Camryn Weber	14	AQUA BUF	28/11/2025	BCA Long Course Championships 202
118	5:43.80	L	P	Abigail Weber	14	DRGN JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
119	5:44.72	L	F	Layla Labuschagne	14	PAC TSH	27/02/2026	NTS Level 3+ February Age Group Ga
120	5:44.95	L	F	Hayley Hodnett	14	AFIN JHB	27/11/2025	CGA Championships 2025
121	5:45.60	L	F	Megan Bosch	14	RFA TSH	14/11/2025	NTS Level 3+ November Age Group G
122	5:46.01	L	F	Morgan Coskey	14	SGUL ETH	21/02/2026	KZN Schools Trials 2026
123	5:46.21	L	F	Nicole Uys	14	MDOL JHB	27/11/2025	CGA Championships 2025
124	5:46.44	L S	P	Elnye Potgieter	14	AGC TSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
125	5:46.75	L	F	Rua De Wit	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
126	5:50.70	L	F	Zamajobe Mtetwa	14	PAC TSH	27/02/2026	NTS Level 3+ February Age Group Ga
127	5:51.72	L	F	Lene Bester	14	MATL KKD	06/12/2025	NWS Championships 2025
128	5:52.74	L	F	Aisha Bhabha	14	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming I
129	5:53.29	L	F	Kate Tager	14	CUHE QBD	04/12/2025	Western Cape LC-A Championship 20
130	5:53.43	L	F	Nina Oosthuizen	14	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
131	5:53.46	L	F	Gea March	14	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
132	5:54.39	L	F	Mila Strydom	14	GHSK	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
133	5:54.48	L	F	Lore Hoek	BR	VASA EKU	31/01/2026	EGA Last Chance Gala 2026
134	5:55.05	L	F	Emma Gotthardt	14	ELEC TSH	14/11/2025	NTS Level 3+ November Age Group G
135	5:55.88	L	F	Mika Potterill	14	ROA EDD	22/11/2025	Eden LC Champs 2025
136	5:56.89	L	F	Mikayla Stevenson	14	QSSC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
137	5:56.93	L	F	Swapnika Kasireddy	14	SASE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
138	5:56.95	L	F	Leane Van der Merwe	14	UNI EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
139	5:56.97	L	F	Alexia Montgomery	14	BETH FDD	10/10/2025	Super Seals Annual Gala
140	5:57.39	L	F	Esté Gersbach	14	CASC CPT	06/02/2026	WCA-B Champs - 2026
141	5:58.05	L	F	Pippa Roberts	14	UNIU EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
142	6:01.42	L	F	Sasha Bailey	14	RACE JHB	27/11/2025	CGA Championships 2025
143	6:04.47	L	F	Kiara Naidoo	14	MAKO EKU	31/01/2026	EGA Last Chance Gala 2026
144	6:05.09	L	F	Kaira Nel	14	WSS LLD	03/12/2025	Free State Champs 2025
145	6:07.16	L	F	Riley Thompson	14	HPSH BUF	14/02/2026	BCSA School Trials 2026
146	6:07.25	L	F	Jay-Dee De Jager	14	ROA EDD	22/11/2025	Eden LC Champs 2025
147	6:09.22	L	F	Mazvita Masiya	14	ELEC TSH	13/02/2026	NTS Level 1+2 February Age Group 21
148	6:11.99	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025	NWS Championships 2025
149	6:13.15	L	F	Cornelea Breedt	14	ESP EKU	22/11/2025	EGA Summer 3 & 4
150	6:13.19	L	F	Bella Spolander	14	AA JHB	14/02/2026	CGA Last Chance
151	6:14.19	L	F	Pippa Wolmarans	14	PEAS NMA	30/08/2025	Madibaz Swim Meet 2025
152	6:15.10	L	F	Jane Botha	14	VALS FDD	03/12/2025	Free State Champs 2025
153	6:17.82	L	F	Mieka Janse van Rensburg	14	JAQ EKU	22/11/2025	EGA Summer 3 & 4
154	6:18.51	L	F	Beah-Zita Cerone	14	HAAG UTD	10/10/2025	Super Seals Annual Gala
155	6:21.37	L	F	Rachele Goosen	14	UNIU EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
156	6:23.74	L	F	Laaiqah Abrahams	14	INFA NMA	30/01/2026	Infinity Gala 2026

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
157	6:28.43 L	F	Esona Sekeleni	14	SHS KK	14/02/2026	BCSA School Trials 2026
158	6:29.15 L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	15/11/2025	5th A League Gala 2025
159	6:29.48 L	F	Paballo Mabote	14	MAKO EKU	22/11/2025	EGA Summer 3 & 4
160	6:33.29 L	F	Miahlee Flink	14	UWCA CPT	28/06/2025	PEA Winter Gala 2025
161	6:34.78 L	F	Danielle Ortell	14	UWCA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
162	6:39.39 L	F	Charleri Kritzinger	14	PELIC MAN	03/12/2025	Free State Champs 2025
163	6:40.93 L	F	Adiana Van der Merwe	14	STGR XRD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
164	6:42.56 L	F	Logan Nieuwenhuys	14	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
165	6:51.30 L	F	Amelia Kyprou	14	ESP EKU	22/11/2025	EGA Summer 3 & 4
166	6:59.43 L	F	Keletso Goeieman	14	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
167	7:32.21 L	F	Marion Münch	14	RBUR BPD	06/12/2025	NWS Championships 2025
Women 13-14 800 Free							
1	9:28.50 L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
2	9:31.49 L	F	Thandi Bosman	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-;
3	9:34.46 L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-;
4	9:43.21 L	F	Taylia Smith	14	AA JHB	21/03/2026	Sa National JNR Age Group Champs-;
5	9:48.73 L	F	Lulu Swanepoel	14	ASAC CPT	21/03/2026	Sa National JNR Age Group Champs-;
6	9:51.34 L	F	Sharli Durandt	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
7	9:57.58 L	F	Julie Olivier	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
8	10:15.75 L	F	Kiersten Hillen	BR	VASA EKU	21/03/2026	Sa National JNR Age Group Champs-;
9	10:31.42 L	F	Mia Pienaar	14	CA EKU	27/02/2026	NTS Level 3+ February Age Group Ga
10	10:33.31 L S	F	Jothany Ngnotchouye	14	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
11	10:38.76 L	F	Mia Jansen van Rensburg	14	XCEL CPT	20/09/2025	CTA INVITATIONAL LC MEET
12	10:39.93 L	F	Hayleigh Sutherland	14	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
13	10:41.78 L	F	Talia McCabe	14	WATR JHB	27/11/2025	CGA Championships 2025
14	10:42.96 L	F	Jessica Wood	14	CA EKU	04/12/2025	EGA Summer Championships 2025
15	10:47.25 L	F	Mila Nienaber	14	ESA CED	04/12/2025	Western Cape LC-A Championship 20
16	10:51.76 L	F	Mia Strydom	14	INFA NMA	30/01/2026	Infinity Gala 2026
17	10:51.80 L	F	Courtney Logie	14	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
18	10:53.59 L	F	Elrie Moolman	BR	VASA EKU	04/12/2025	EGA Summer Championships 2025
19	10:54.83 L	F	Mia Stilwaney	14	PAQU CED	04/12/2025	Western Cape LC-A Championship 20
20	10:55.05 L	F	Mary Maponyane	14	BAS EKU	04/12/2025	EGA Summer Championships 2025
21	10:55.94 L	F	Amy Madeley	14	ANAX CPT	04/12/2025	Western Cape LC-A Championship 20
22	10:56.65 L	F	Bokang Maruping	14	LINR JHB	27/11/2025	CGA Championships 2025
23	10:58.53 L	F	April Jooman	14	BEST NMA	28/06/2025	PEA Winter Gala 2025
24	10:59.18 L	F	Leah de Jager	14	CRSC JHB	27/11/2025	CGA Championships 2025
25	11:07.82 L	F	Emily Ackerman	14	QUES JHB	27/11/2025	CGA Championships 2025
26	11:08.02 L	F	Chiniq Breet	14	CSA EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
27	11:09.05 L	F	Kaira Nel	14	WSS LLD	05/09/2025	Bullsharks Gala
28	11:13.75 L	F	Tischke Rischmuller	14	RFA FSH	17/10/2025	NTS Level 3+ October Age Group Gal;
29	11:14.38 L	F	Talia Hill	14	HPS FSH	17/10/2025	NTS Level 3+ October Age Group Gal;
30	11:17.61 L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025	Free State Champs 2025
31	11:18.66 L	F	Alice Esterhuysen	14	WAC EDD	25/10/2025	Zasu 1st League OYDC 2025-26
32	11:20.77 L	F	Hope Maseru	14	DMSS	09/04/2026	6th DMSS Gators Gala 2026
33	11:26.47 L	F	Ashley Williams	14	BLNE MAN	05/09/2025	Bullsharks Gala
34	11:26.57 L	F	Olivia Stroebel	14	HPS FSH	17/10/2025	NTS Level 3+ October Age Group Gal;
35	11:26.99 L	F	Donyelle Cupido	14	BLNE MAN	24/10/2025	Neptunes Gala
36	11:37.81 L	F	Maike Wheeler	14	MDOL JHB	27/11/2025	CGA Championships 2025
37	11:39.81 L	F	Elizabeth Du Preez	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
38	11:49.51 L	F	Angelique Marais	14	EXP FSH	27/02/2026	NTS Level 3+ February Age Group Ga
39	11:49.58 L	F	Megan Bosch	14	RFA FSH	17/10/2025	NTS Level 3+ October Age Group Gal;
40	11:54.33 L	F	Tayla-Jean Gibb	14	HARL BUF	28/11/2025	BCA Long Course Championships 202
41	11:59.02 L	F	Amelia Minnaar	14	USC BUF	28/11/2025	BCA Long Course Championships 202
42	11:59.86 L	F	Gea March	14	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
43	12:01.33 L	F	Xandri Hattingh	14	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
44	12:01.57 L	F	Paiton Van Der Merwe	14	CA EKU	11/10/2025	EGA Summer 2
45	12:05.56 L	F	Mia Lombard	14	HARL BUF	28/11/2025	BCA Long Course Championships 202
46	12:13.36 L	F	Morgan Coskey	14	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
47	12:13.84 L	F	Lene Bester	14	MATL KKD	06/12/2025	NWS Championships 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
48	12:18.33 L	F	Nangamso Bodlani	14	STSC KCD	06/12/2025	Stingrays Champs 2025
49	12:29.30 L	F	Annabelle Marsh	14	TINC FSH	17/10/2025	NTS Level 3+ October Age Group Gal
50	12:30.94 L	F	Elnye Potgieter	14	GAU JHB	29/03/2026	2026 National Champs for Physically&
51	12:31.15 L	F	Hayley Hodnett	14	AFIN JHB	14/02/2026	CGA Last Chance
52	13:11.96 L	F	Kiara Naidoo	14	MAKO EKU	11/10/2025	EGA Summer 2
53	14:24.42 L	F	Nokukhanya Maseko	14	MAKO EKU	11/10/2025	EGA Summer 2
Women 13-14 1000 Free							
1	14:59.00 L	F	Chloe Potgieter	14	SEAL UMD	23/11/2025	Capital K Open Water Swim Meet 202
2	15:49.00 L	F	Courtney Logie	14	KLOO ETH	23/11/2025	Capital K Open Water Swim Meet 202
3	16:56.00 L	F	Zibusiso Xulu	14	KLOO ETH	23/11/2025	Capital K Open Water Swim Meet 202
4	17:24.00 L	F	Ziva Filday	14	AZON ETH	23/11/2025	Capital K Open Water Swim Meet 202
5	17:50.00 L	F	Katelyn Dutton	14	AZON ETH	23/11/2025	Capital K Open Water Swim Meet 202
6	17:54.00 L	F	Lisa Du Toit	14	SEAL UMD	23/11/2025	Capital K Open Water Swim Meet 202
7	17:56.00 L	F	Morgan Coskey	14	SGUL ETH	23/11/2025	Capital K Open Water Swim Meet 202
8	18:54.00 L	F	Holly Oosthuizen	14	HAAG UTD	23/11/2025	Capital K Open Water Swim Meet 202
9	19:02.00 L	F	Jessica Gibson	14	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
10	19:22.00 L	F	Grace Williams	14	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
11	22:26.00 L	F	Mayra Singh	14	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
12	22:40.00 L	F	Addyson Ronnie	14	PSCP UMD	23/11/2025	Capital K Open Water Swim Meet 202
13	22:48.00 L	F	Beah-Zita Cerone	14	HAAG UTD	23/11/2025	Capital K Open Water Swim Meet 202
Women 13-14 1500 Free							
1	18:00.92 L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-
2	18:23.89 L	O	Mia Jansen van Rensburg	14	XCEL CPT	16/11/2025	CTA OWS - Series 2
3	18:27.75 L	F	Thandi Bosman	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-
4	18:33.35 L	F	Taylia Smith	14	AA JHB	21/03/2026	Sa National JNR Age Group Champs-
5	18:52.28 L S	F	Sharli Durandt	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
6	19:01.25 L	O	Amy Madeley	14	ANAX CPT	14/12/2025	CTA OWS - Series 4
7	19:02.84 L	F	Lulu Swanepoel	14	ASAC CPT	21/03/2026	Sa National JNR Age Group Champs-
8	19:11.44 L	F	Ava Lorenzen	14	BLMA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
9	19:13.08 L S	F	Julie Olivier	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
10	19:33.01 L	O	Mia Stilwaney	14	PAQU CED	14/12/2025	CTA OWS - Series 4
11	19:39.44 L	F	Sarah Mocke	14	SAAW CPT	20/09/2025	CTA INVITATIONAL LC MEET
12	20:15.43 L	F	Jessica Wood	14	CA EKU	04/12/2025	EGA Summer Championships 2025
13	20:56.71 L	F	Zoe Morgado	14	BLOT MAN	24/10/2025	Neptunes Gala
14	21:08.00 L	O	April Jooman	14	BEST NMA	18/01/2026	NMBA OWS Championships 2026
15	21:16.06 L	F	Mia Strydom	14	INFA NMA	12/12/2025	NMBA Championships 2025
16	21:19.53 L	F	Bokang Maruping	14	LINR JHB	27/11/2025	CGA Championships 2025
17	21:34.32 L	F	Alice Esterhuyse	14	WAC EDD	25/10/2025	Zasu 1st League OYDC 2025-26
18	21:43.33 L S	F	Ella Van Viegen	14	BLSS MAN	03/12/2025	Free State Champs 2025
19	21:51.35 L	F	Hope Maseru	14	DMSS	09/04/2026	6th DMSS Gators Gala 2026
20	22:06.00 L	F	Kiersten Hillen	BR	VASA EKU	17/01/2026	Primeview Festival AG Champs 2026
21	22:18.61 L	F	Ashley Williams	14	BLNE MAN	31/10/2025	Mangaung Gala
22	22:30.45 L	O	Jay-Dee De Jager	14	ROA EDD	14/12/2025	CTA OWS - Series 4
23	22:37.37 L	F	Paiton Van Der Merwe	14	CA EKU	22/11/2025	EGA Summer 3 & 4
24	22:46.47 L	F	Gea March	14	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
25	22:48.26 L	F	Xandri Hattingh	14	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
26	22:53.44 L	F	Morgan Coskey	14	SGUL ETH	31/01/2026	uShaka Champs 2026
27	22:56.95 L	F	Isabella Cownie	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
28	23:09.00 L	F	Aimee van der Merwe	14	MDOL JHB	06/12/2025	Primeview #2 2025
29	23:27.87 L	O	Sarah Wakefield	14	MANT CPT	16/11/2025	CTA OWS - Series 2
30	23:50.42 L	O	Chiniq Breet	14	CSA EZD	15/02/2026	MPUMALANGA OPEN WATER 15 FE
31	23:55.00 L	O	Morgan Maree	14	DRGN EKU	12/10/2025	Manyaka OW Sprint 2025
32	24:09.42 L	F	Lene Bester	14	MATL KKD	06/12/2025	NWS Championships 2025
33	24:22.00 L	F	Hayleigh Sutherland	14	TUKS FSH	17/01/2026	Primeview Festival AG Champs 2026
34	24:29.71 L	F	Kiara Naidoo	14	MAKO EKU	20/09/2025	EGA Summer 1 2025
35*	24:57.00 L	O	Sienna Seagram	14	ELEC FSH	12/10/2025	Manyaka OW Sprint 2025
35*	24:57.00 L	F	Nicole Uys	14	MDOL JHB	17/01/2026	Primeview Festival AG Champs 2026
37	25:16.00 L	F	Charlotte Costa	14	MDOL JHB	17/01/2026	Primeview Festival AG 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			
38	26:05.30	L	O	Amy Van der Walt	14	XCEL CPT	16/11/2025 CTA OWS - Series 2
39	27:09.00	L	O	Hayley Hodnett	14	AFIN JHB	12/10/2025 Manyaka OW Sprint 2025
40	27:16.00	L	O	Gemma Lyon-MacGregor	14	CRSC JHB	12/10/2025 Manyaka OW Sprint 2025
41	27:49.00	L	O	Rebecca Manson	14	AAS JHB	12/10/2025 Manyaka OW Sprint 2025
42	28:36.16	L	F	Angelique Benn	14	MAKO EKU	20/09/2025 EGA Summer 1 2025
43	28:49.65	L	O	Rachele Goosen	14	UNI EKD	09/11/2025 MPUMALANGA OPEN WATER 9 NOV
44	28:51.00	L	O	Emerson Woods	14	ESTR EKU	12/10/2025 Manyaka OW Sprint 2025
45	30:11.00	L	F	Caitlyn Botha	14	CA EKU	17/01/2026 Primeview Festival AG Champs 2026
46	30:48.00	L	O	Stella Heim	14	PEAS NMA	18/01/2026 NMBA OWS Championships 2026
Women 13-14 3000 Free							
1	19:59.57	L	P	Taylia Smith	14	AGB JHB	06/03/2026 SA National Bombela OWS Champion
2	39:31.88	L	O	Julie Olivier	14	CASC CPT	10/01/2026 WCA Open Water Champions
3	39:36.45	L	O	Sharli Durandt	14	ASAC CPT	10/01/2026 WCA Open Water Champions
4	39:39.00	L	O	Amy Madeley	14	ANAX CPT	14/12/2025 CTA OWS - Series 4
5	39:59.97	L	O	Lulu Swanepoel	14	ASAC CPT	10/01/2026 WCA Open Water Champions
6	40:31.22	L	O	Kiersten Hillen	14	AGA EKU	06/03/2026 SA National Bombela OWS Champion
7	40:47.00	L	O	Savannah Thirsk	14	CASC CPT	14/12/2025 CTA OWS - Series 4
8	42:25.05	L	O	Mia Stilwaney	14	PAQU GED	10/01/2026 WCA Open Water Champions
9	42:51.51	L	O	Chloe Potgieter	14	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
10	43:11.00	L	O	Mia Jansen van Rensburg	14	XCEL CPT	14/12/2025 CTA OWS - Series 4
11	43:59.45	L	O	Emma Terblanche	14	MP EZD	06/03/2026 SA National Bombela OWS Champion
12	44:07.73	L	O	Chiniq Breet	14	MP EZD	06/03/2026 SA National Bombela OWS Champion
13	44:23.00	L	O	April Jooman	14	BEST NMA	18/01/2026 NMBA OWS Championships 2026
14	44:29.00	L	O	Mia Strydom	14	INFA NMA	18/01/2026 NMBA OWS Championships 2026
15	44:49.17	L	O	Aimee van der Merwe	14	AGB JHB	06/03/2026 SA National Bombela OWS Champion
16	46:37.93	L	O	Sarah Mocke	14	SAAW CPT	16/11/2025 CTA OWS - Series 2
17	47:25.00	L	O	Zibusiso Xulu	14	RSA	07/09/2025 XXI AA Zone IV OWS Championships
18	47:44.00	L	F	Jessica Wood	14	CA EKU	02/11/2025 Primeview #1 2025
19	48:10.19	L	O	Ava Lorenzen	14	BLMA CPT	16/11/2025 CTA OWS - Series 2
20	48:14.00	L	F	Hayleigh Sutherland	14	TUKS TSH	02/11/2025 Primeview #1 2025
21	49:39.71	L	O	Rebecca Nilsson	14	CASC CPT	10/01/2026 WCA Open Water Champions
22	51:03.00	L	F	Nicole Uys	14	MDOL JHB	17/01/2026 Primeview Festival AG Champs 2026
23	51:06.00	L	F	Morgan Maree	14	DRGN EKU	06/12/2025 Primeview #2 2025
24	51:36.94	L	O	Sarah-Rose Pohlmann	14	BEST NMA	30/11/2025 EC Swim Series OWS Round 2 2025
25	51:39.00	L	F	Charlotte Costa	14	MDOL JHB	17/01/2026 Primeview Festival AG Champs 2026
26	51:44.00	L	F	Isabella Cownie	14	TUKS TSH	17/01/2026 Primeview Festival AG Champs 2026
27	51:50.00	L	F	Maike Wheeler	14	MDOL JHB	02/11/2025 Primeview #1 2025
28	52:59.00	L	O	Morgan Coskey	14	SGUL ETH	10/01/2026 Baynesfield 2026
29	53:11.00	L	O	Violet Maritz	14	SEAL UMD	10/01/2026 Baynesfield 2026
30	53:43.00	L	F	Paiton Van Der Merwe	14	CA EKU	02/11/2025 Primeview #1 2025
31	54:57.00	L	F	Hayley Hodnett	14	AFIN JHB	02/11/2025 Primeview #1 2025
32	56:08.00	L	F	Kiara Naidoo	14	MAKO EKU	02/11/2025 Primeview #1 2025
33	1:00:28.00	L	F	Caitlyn Botha	14	CA EKU	17/01/2026 Primeview Festival AG Champs 2026
34	1:01:22.00	L	F	Alina Dore	14	KLOO ETH	23/11/2025 Capital K Open Water Swim Meet 202
35	1:01:54.00	L	O	Lean Botha	14	FROG ETH	10/01/2026 Baynesfield 2026
36	1:02:10.00	L	F	Holly Oosthuizen	14	HAAG UTD	23/11/2025 Capital K Open Water Swim Meet 202
37	1:03:03.00	L	O	Alessia Diterlizzi	14	AA JHB	12/10/2025 Manyaka OW Sprint 2025
38	1:10:04.06	L	O	Miahlee Flink	14	UWCA CPT	16/11/2025 CTA OWS - Series 2
Women 13-14 5000 Free							
1	47:39.00	L	F	Zibusiso Xulu	14	KLOO ETH	10/01/2026 Baynesfield 2026
2	1:01:54.00	L	O	Sharli Durandt	14	ASAC CPT	10/01/2026 WCA Open Water Champions
3	1:02:46.00	L	O	Julie Olivier	14	CASC CPT	10/01/2026 WCA Open Water Champions
4	1:08:50.54	L	O	Taylia Smith	14	AGB JHB	06/03/2026 SA National Bombela OWS Champion
5	1:10:16.00	L	O	Savannah Thirsk	14	CASC CPT	10/01/2026 WCA Open Water Champions
6	1:10:26.63	L	O	Lulu Swanepoel	14	WCA CPT	06/03/2026 SA National Bombela OWS Champion
7	1:13:19.48	L	O	Chloe Potgieter	14	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
8	1:15:40.34	L	O	Emma Terblanche	14	UNI EZD	15/02/2026 MPUMALANGA OPEN WATER 15 FEB
9	1:25:35.85	L	O	Chiniq Breet	14	CSA EZD	01/02/2026 MPUMALANGA OPEN WATER 1 FEB

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 13-14 10000 Free							
1	2:14:41.00 L	O	Sharli Durandt	14	ASAC CPT	10/01/2026	WCA Open Water Champions
Women 13-14 50 Back							
1	29.86 L	F	Isabeau Coetsee	14	WCS	24/04/2026	SA Schools Swimming Championship
2	30.00 L	T	Sophie Smith	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
3	30.31 L	F	Gemma Spies	14	INFA NMA	12/12/2025	NMBA Championships 2025
4	30.86 L	F	Isabella De Beer	14	PLAY CED	13/02/2026	Winelands SL Fin - February 2026 - cc
5	31.65 L	P	Morgan Tandy	14	AGA EKU	14/04/2026	BombelaSA National Aquatic SNR-Ch
6	31.75 L	F	Ava Lorenzen	14	BLMA CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
7	32.14 L	F	Hannah-Grace Havinga	14	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
8	32.16 L	P	Caeli Ferreira	14	CRSC JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
9	32.56 L	F	Chloe Potgieter	14	SEAL UMD	21/02/2026	KZN Schools Trials 2026
10	32.76 L	F	Hayley De Haas	14	GAU JHB	24/04/2026	SA Schools Swimming Championship
11	32.87 L	F	Layla Barber-Luna	14	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
12	33.26 L	P	Olivia Stroebel	14	HPS TSH	10/12/2025	NTS Championships 2025
13	33.29 L	F	Leah de Jager	14	CRSC JHB	26/03/2026	SA Level 3 Regional Age Group Chan
14	33.47 L	P	Kaylee Watt	14	CA EKU	04/12/2025	EGA Summer Championships 2025
15	33.49 L	P	Saskya Kistnasami	14	ASA ILD	21/03/2026	Sa National JNR Age Group Champs-;
16	33.53 L	F	Sharli Durandt	14	CTA CPT	27/06/2025	Coop Services National LC Champion
17	33.82 L	F	Kinique Stols	14	TKS WBD	28/11/2025	Limpopo Champs 2025
18	33.86 L	F	Liv Van den Heever	14	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
19	33.87 L	P	Alice Esterhuysen	14	WAC EDD	21/03/2026	Sa National JNR Age Group Champs-;
20	33.99 L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026	Infinity Gala 2026
21	34.00 L	F	Storm Bircher	14	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc
22	34.17 L	P	Mari Bruwer	14	SS MPD	21/03/2026	Sa National JNR Age Group Champs-;
23	34.18 L	P	Carlina Eybers	14	VHD ZLD	26/03/2026	SA Level 3 Regional Age Group Chan
24	34.31 L	F	Abigail Weber	14	DRGN JHB	26/03/2026	SA Level 3 Regional Age Group Chan
25	34.38 L	P	Lauren Walker	14	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-;
26	34.46 L	F	Julie Olivier	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
27	34.50 L	P	Mia Jansen van Rensburg	14	XCEL CPT	28/06/2025	PEA Winter Gala 2025
28	34.56 L	F	Savannah Thirsk	14	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
29	34.59 L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026	SA Level 3 Regional Age Group Chan
30	34.60 L	F	Chiniq Breet	14	CSA EZD	05/12/2025	Mpumalanga Championships 2025
31	34.64 L	F	Chloe' Oliphant	14	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
32*	34.69 L	P	Isabella Van Rooyen	14	AADUB ETH	26/03/2026	SA Level 3 Regional Age Group Chan
32*	34.69 L	F	Taylia Smith	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
34	34.70 L	F	Amelia Minnaar	14	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
35	34.71 L	F	Lika Zietsman	14	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan
36	34.78 L	F	Mbalenhle Jared	14	ELEC TSH	19/02/2026	Senior National Championships 2026
37	34.81 L	F	Rebecca Botha	14	CASC CPT	12/12/2025	NMBA Championships 2025
38	34.88 L	P	Zani Van Dyk	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
39	35.04 L	F	Zenicke Van Schalkwyk	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
40	35.06 L	F	Milan Coleman	14	FISH EDD	09/04/2026	SA Level 3 Regional Age Group Chan
41	35.12 L	F	Daniella McLean	14	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
42	35.31 L S	F	Juliette Wallis	14	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
43	35.34 L	F	Jany Norval	14	SS MPD	27/09/2025	Limpopo Age Group 4 of 2025/26
44	35.35 L	F	Melanie Munyoro	14	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
45	35.36 L	F	Aimee van der Merwe	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
46	35.37 L	F	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
47	35.40 L	F	Jothany Ngnotchouye	14	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
48	35.43 L	F	Zamajobe Mtetwa	14	PAC TSH	10/12/2025	NTS Championships 2025
49	35.55 L	F	Isabella Cownie	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
50	35.60 L	F	Cara Mills	14	UNIU EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
51	35.70 L	P	Elmiah Vd Merwe	14	TUKS TSH	10/12/2025	NTS Championships 2025
52	35.74 L	P	Taylor Henderson	14	COMS TSH	29/03/2026	SA Level 2 Regional Age Group Cham
53	35.80 L	P	Livia Gutter	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
54	35.85 L	F	Ella Bunge	14	BLUO UGD	06/12/2025	Stingrays Champs 2025
55	35.87 L	P	Kristen Roos	14	TRAZ TSH	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			
56	35.95	L	F	Katlego Maja	14	TRAZ	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
57*	35.99	L	F	Ava Diessner	14	PEAS	NMA 12/12/2025 NMBA Championships 2025
57*	35.99	L	F	Saheli Kalpage	BR	VASA	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
59*	36.03	L	F	Zanie Van Rooyen	14	RFA	TSH 23/01/2026 2026 NTS Sprint Gala
59*	36.03	L	P	Mikayla Stevenson	14	QSSC	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
61	36.09	L	F	Moné De Kock	14	ELRAS	WBD 28/11/2025 Limpopo Champs 2025
62*	36.11	L	P	Sienna Seagram	14	ELEC	TSH 10/12/2025 NTS Championships 2025
62*	36.11	L	F	Emma Gotthardt	14	ELEC	TSH 26/03/2026 SA Level 3 Regional Age Group Chan
64	36.12	L	P	Elrie Moolman	BR	VASA	EKU 21/03/2026 Sa National JNR Age Group Champs-;
65	36.15	L	P	Kiana Kalpage	BR	VASA	EKU 26/03/2026 SA Level 3 Regional Age Group Chan
66	36.23	L	F	Trinity Kavanagh	14	TCA	EKU 04/12/2025 EGA Summer Championships 2025
67*	36.30	L	F	Emerson Woods	14	ESTR	EKU 31/01/2026 EGA Last Chance Gala 2026
67*	36.30	L	P	Abigail Da Silva	14	TUKS	TSH 10/12/2025 NTS Championships 2025
69	36.34	L	P	Mila Nienaber	14	ESA	GED 09/04/2026 SA Level 3 Regional Age Group Chan
70	36.36	L	P	Jenna Joyce	14	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
71	36.39	L	F	Mackenzie Abrams	14	USC	BUF 12/12/2025 NMBA Championships 2025
72*	36.47	L	F	Abigail Slabber	14	SEAL	UMD 26/03/2026 SA Level 3 Regional Age Group Chan
72*	36.47	L	F	Lea Grobler	14	AQUA	UTD 21/02/2026 KZN Schools Trials 2026
74	36.50	L	P	Emma Terblanche	14	UNI	EZD 26/03/2026 SA Level 3 Regional Age Group Chan
75	36.51	L	P	Ziva Filday	14	AZON	ETH 26/03/2026 SA Level 3 Regional Age Group Chan
76	36.53	L	F	Claire Gabriels	14	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
77	36.57	L	P	Nina Steyn	14	BLSS	MAN 21/03/2026 Sa National JNR Age Group Champs-;
78	36.69	L	F	Reabetswe Pabalinga	14	KLOO	ETH 26/03/2026 SA Level 3 Regional Age Group Chan
79	36.77	L	P	Tischke Rischmuller	14	RFA	TSH 21/03/2026 Sa National JNR Age Group Champs-;
80	36.79	L	P	April Jooman	14	BEST	NMA 28/06/2025 PEA Winter Gala 2025
81	36.85	L	F	Isabella Wener	14	ASAC	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
82*	36.89	L	P	Mia Lourens	14	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
82*	36.89	L	F	Anika Muller	14	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
84*	36.90	L	P	Clarise Stadler	14	TRAZ	TSH 21/03/2026 Sa National JNR Age Group Champs-;
84*	36.90	L	F	Gea March	14	UPSK	ZMD 26/03/2026 SA Level 3 Regional Age Group Chan
86	36.91	L	F	Neema Muriro	14	CTO	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
87	36.93	L	P	Megan Els	14	BAS	EKU 26/03/2026 SA Level 3 Regional Age Group Chan
88	37.00	L	P	Carle Scholtz	14	CRSC	JHB 27/11/2025 CGA Championships 2025
89	37.05	L	P	Lia Basson	14	TUKS	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
90	37.11	L	P	Kiersten Hillen	BR	VASA	EKU 04/12/2025 EGA Summer Championships 2025
91	37.18	L	P	Liandri Terblanche	14	SS	MPD 29/03/2026 SA Level 2 Regional Age Group Cham
92*	37.19	L	F	Ashley Williams	14	BLNE	MAN 03/12/2025 Free State Champs 2025
92*	37.19	L	F	Ella Van Vieggen	14	BLSS	MAN 03/12/2025 Free State Champs 2025
94	37.22	L	P	Erin Theron	14	WATR	JHB 27/11/2025 CGA Championships 2025
95	37.23	L	P	Marli Coetzee	14	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
96	37.28	L	F	Cara Louw	14	RBOT	BPD 06/12/2025 NWS Championships 2025
97	37.33	L	F	Surayia Harris	14	CRSC	JHB 27/11/2025 CGA Championships 2025
98	37.39	L	P	Lucy Seymour	14	CRSC	JHB 27/11/2025 CGA Championships 2025
99*	37.40	L	P	Rebecca Nilsson	14	TYGE	CPT 28/06/2025 PEA Winter Gala 2025
99*	37.40	L	P	Hope Maseru	14	DMSS	26/03/2026 SA Level 3 Regional Age Group Chan
101	37.41	L	P	Mia Pienaar	14	CA	EKU 26/03/2026 SA Level 3 Regional Age Group Chan
102	37.43	L	P	Rebecca Manson	14	AAS	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
103	37.45	L	P	Amber Gaddin	14	CRSC	JHB 27/11/2025 CGA Championships 2025
104	37.48	L	F	Mia Putter	14	NWUC	KKD 06/12/2025 NWS Championships 2025
105*	37.49	L	P	Emma Love	14	MDOL	JHB 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
105*	37.49	L	F	Kaila Sudding	14	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
107	37.75	L	P	Talia McCabe	14	WATR	JHB 21/03/2026 Sa National JNR Age Group Champs-;
108	37.77	L	F	Casey Lee Mccabe	14	HBV	MP 31/01/2026 Limpopo School Champs & Limpopo A
109	37.85	L	F	Inge Opperman	14	BLOT	MAN 24/10/2025 Neptunes Gala
110*	37.89	L	F	Lulu Swanepoel	14	ASAC	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
110*	37.89	L	P	Mikaela Roff	14	ROA	EDD 04/12/2025 Western Cape LC-A Championship 20
112	37.92	L	P	Courtney Biggs	14	SASE	JHB 27/11/2025 CGA Championships 2025
113	37.93	L	P	Hannah Wright	14	CA	EKU 04/12/2025 EGA Summer Championships 2025
114*	37.94	L	P	Jessica Wood	14	CA	EKU 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				
114*	37.94	L	F	Madison Botha	VR	VASA EKU	31/01/2026	EGA Last Chance Gala 2026
116	38.05	L	P	Lyla Barnard	14	RFA FSH	10/12/2025	NTS Championships 2025
117*	38.09	L	P	Leane Van der Merwe	14	UNI EZD	05/12/2025	Mpumalanga Championships 2025
117*	38.09	L	F	Mila Strydom	14	GHSK	05/12/2025	NCASA CHAMPS 2025 - copied - copi
119	38.17	L	P	Roxanne De Lange	14	PAC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
120	38.18	L	F	Pippa Wolmarans	14	PEAS NMA	19/07/2025	1st A League Gala 2025
121	38.23	L	F	Emma Groenewald	14	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
122	38.34	L	P	Jessica Stewart	14	TUKS FSH	29/03/2026	SA Level 2 Regional Age Group Cham
123	38.41	L	F	Amieka Henning	14	WAGH BP	13/02/2026	NW School Championships 2026
124	38.49	L	P	Mary Maponyane	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
125	38.50	L	F	Hayley Hodnett	14	AFIN JHB	14/02/2026	CGA Last Chance
126*	38.62	L	F	Ilane' Smit	14	BULS MAN	24/10/2025	Neptunes Gala
126*	38.62	L	F	Sarah-Rose Pohlmann	14	BEST NMA	12/12/2025	NMBA Championships 2025
128	38.70	L	P	Nicole Uys	14	MDOL JHB	27/11/2025	CGA Championships 2025
129	38.73	L	F	Liane' Pienaar	14	DDA FSH	13/02/2026	NTS Level 1+2 February Age Group 2I
130	38.78	L	F	Pippa Roberts	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
131	38.80	L	P	Zaila Forsdyke De Almeida	14	RACE JHB	27/11/2025	CGA Championships 2025
132	38.83	L	P	Alessia Diterlizzi	14	AA JHB	29/03/2026	SA Level 2 Regional Age Group Cham
133	38.88	L	F	Belen Neethling	14	VINE CPT	06/03/2026	SA Level 2 Regional Age Group Cham
134	38.89	L	P	Ava Longueira	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
135	38.92	L	F	Shellaine Pahl	14	QSSC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
136	38.96	L	P	Lua Malan	14	PLAY CED	04/12/2025	Western Cape LC-A Championship 20
137	39.04	L	F	Nina Oosthuizen	14	NSAD EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
138	39.08	L	F	Caylie Azar	14	BLSS MAN	10/10/2025	Super Seals Annual Gala
139	39.11	L	F	Alina Dore	14	KLOO ETH	21/02/2026	KZN Schools Trials 2026
140	39.12	L	F	Sumien Camphor	14	SS MPD	28/11/2025	Limpoop Champs 2025
141	39.14	L	F	Jemah Van der Westhuizen	14	VINE CPT	29/11/2025	CTA B CHAMPS 2025
142*	39.15	L	P	Lisa Du Toit	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
142*	39.15	L	P	Isabella Oswald	14	CRSC JHB	27/11/2025	CGA Championships 2025
144	39.16	L	P	Rebekah Tennant	14	DORE JHB	27/11/2025	CGA Championships 2025
145	39.17	L	F	Suzanne Marais	14	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
146	39.25	L	F	Ingamarie Griffioen	14	AA JHB	14/02/2026	CGA Last Chance
147	39.26	L	P	Mia Strydom	14	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
148	39.30	L	F	Kate Tager	14	CUHE OBD	13/02/2026	Winelands SL Fin - February 2026 - cc
149	39.34	L	F	Mikah Cillié	14	TUKS FSH	23/01/2026	2026 NTS Sprint Gala
150	39.44	L	P	Lore Hoek	BR	VASA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
151	39.46	L S	F	Leonie Wink	14	VINE CPT	01/11/2025	CTA District A CHAMPS 2025
152	39.48	L	P	Elle Joubert	14	PLAY CED	04/12/2025	Western Cape LC-A Championship 20
153	39.53	L	P	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
154	39.59	L	P	Anya Sonnekus	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
155*	39.63	L	P	Isabella Mare	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
155*	39.63	L	F	Donyelle Cupido	14	BLNE MAN	24/10/2025	Neptunes Gala
157	39.66	L	F	Dunay Zovitzkey	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
158	39.71	L	P	Annabelle Marsh	14	TINC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
159	39.75	L	P	Rua De Wit	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
160*	39.76	L	P	Bella Spolander	14	AA JHB	29/03/2026	SA Level 2 Regional Age Group Cham
160*	39.76	L	P	Simoné Groenewald	14	TINC FSH	29/03/2026	SA Level 2 Regional Age Group Cham
162	39.82	L	F	Elizabeth Du Preez	14	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
163	39.86	L	F	Maïke Wheeler	14	MDOL JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
164	39.91	L	P	Daniela Kleb	14	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
165	40.00	L	P	Gabriella Pearse	14	SASE JHB	27/11/2025	CGA Championships 2025
166	40.01	L	F	Hayleigh Sutherland	14	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
167	40.03	L	F	Aimee Liebenberg	14	ESA CED	22/11/2025	Swartland Prestige Gala 2025
168	40.05	L	F	Beah-Zita Cerone	14	HAAG UTD	10/10/2025	Super Seals Annual Gala
169	40.12	L	F	Courtney Logie	14	KLOO ETH	31/01/2026	uShaka Champs 2026
170	40.22	L	P	Laaïqah Abrahams	14	INFA NMA	28/06/2025	PEA Winter Gala 2025
171	40.23	L	F	Mieke Van der Merwe	14	NHS EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
172*	40.27	L	F	Inge Borman	14	BULS MAN	23/08/2025	KOVSIÉ GALA
172*	40.27	L	P	Victoria Jackson	14	SOUL EKU	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				
174	40.29	L	F	Morgan Coskey	14	SGUL	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
175*	40.31	L	P	Layla Labuschagne	14	PAC	TSH	10/12/2025 NTS Championships 2025
175*	40.31	L	F	Nangamso Bodlani	14	STSC	KCD	31/01/2026 uShaka Champs 2026
177*	40.35	L	F	Abigail Goodchild	14	TUKS	TSH	14/11/2025 NTS Level 3+ November Age Group G
177*	40.35	L	F	Alize Spangenberg	14	EXP	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
179	40.39	L	F	Janike Marais	14	TUKS	TSH	31/10/2025 NTS Level 1+2 November Age Group :
180	40.42	L	F	Mayra Singh	14	PSCP	UMD	21/02/2026 KZN Schools Trials 2026
181	40.46	L	F	Mia Lombard	14	HARL	BUF	28/11/2025 BCA Long Course Championships 202
182	40.47	L	F	Amée Mc Laughlin	14	RFA	TSH	30/03/2026 SA Level 2 Regional Age Group Cham
183	40.50	L	F	Tayla-Jean Gibb	14	HARL	BUF	28/11/2025 BCA Long Course Championships 202
184	40.55	L	P	Tinokudzaishe Shoniwa	14	MDOL	JHB	26/03/2026 SA Level 3 Regional Age Group Cham
185	40.60	L	F	Lana Van Schalkwyk	14	TUKS	TSH	31/10/2025 NTS Level 1+2 November Age Group :
186	40.67	L	F	Alouise Supra	14	TNDER	FDD	05/09/2025 BullsSharks Gala
187	40.68	L	P	Deode Coetzee	14	LINR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
188	40.72	L	P	Aneska Nazarenko	14	CRSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
189	40.73	L	P	Gemma Lyon-MacGregor	14	CRSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
190	40.81	L	F	Zoe Goodenough	14	DORE	JHB	14/02/2026 CGA Last Chance
191	40.83	L	P	Isabella Redfern	14	CRSC	JHB	27/11/2025 CGA Championships 2025
192	40.87	L	P	Adiana Van der Merwe	14	STGR	XRD	30/03/2026 SA Level 2 Regional Age Group Cham
193	40.91	L	F	Megan Bosch	14	RFA	TSH	17/10/2025 NTS Level 3+ October Age Group Gal
194	41.00	L	F	Mika Potterill	14	ROA	EDD	25/10/2025 Zasu 1st League OYDC 2025-26
195*	41.04	L	F	Leah Stewart	14	HMER	MPD	31/01/2026 Limpopo School Champs & Limpopo A
195*	41.04	L	F	Sameeha Valli	14	MDOL	JHB	06/02/2026 Crusaders & CGA Night Gala
197	41.09	L	F	Zola Cristini	14	MMD	CPT	29/11/2025 CTA B CHAMPS 2025
198	41.15	L	F	Xandri Hattingh	14	KTS		07/02/2026 NC SPRINTS 2026
199	41.18	L	F	Addyson Ronnie	14	PSCP	UMD	06/10/2025 Seagulls Winter Championships 2025
200	41.19	L	P	Jay-Dee De Jager	14	ROA	EDD	28/06/2025 PEA Winter Gala 2025
201	41.25	L	F	Nina Van Staden	14	KSC	EZD	05/12/2025 Mpumalanga Championships 2025
202	41.27	L	P	Charleri Kritzinger	14	PELIC	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
203	41.29	L	F	Juané Labuschagne	14	SS	MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
204	41.32	L	F	Elizabeth Desilla	14	SASE	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
205	41.39	L	P	Danielle Ortell	14	UWCA	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
206*	41.40	L	F	Zoe Bayisayi	14	TCA	EKU	06/10/2025 Seagulls Winter Championships 2025
206*	41.40	L	P	Mia Stilwaney	14	PAQU	GED	21/03/2026 Sa National JNR Age Group Champs-:
206*	41.40	L	F	Hesmari Mac Robert	14	FISH	EDD	14/02/2026 EDEN 5th A-League Gala 2026
209	41.48	L	F	Angelique Kyanda-Kaboza	14	PEAS	NMA	20/09/2025 3rd A League Gala 2025
210	41.69	L	P	Cornelea Breedt	14	ESP	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
211*	41.71	L	F	Skylar Jack	14	PER	JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
211*	41.71	L	F	Charlotte Costa	14	GAU	JHB	30/01/2026 Gauteng Schools Championships 202
213	41.74	L	F	Mari Moolman	14	INFA	NMA	12/12/2025 NMBA Championships 2025
214	41.75	L	P	Aisha Bhabha	14	MDOL	JHB	27/11/2025 CGA Championships 2025
215	41.84	L	F	Emmalynn Strydom	14	TUKS	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
216	41.96	L	P	Elnye Potgieter	14	AGC	TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
217	42.01	L	F	Maya Johnstone	14	AFIN	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
218	42.03	L	F	Rachele Goosen	14	UNIUI	EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
219	42.06	L	F	Isabella Gilbert	14	VPHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
220	42.08	L	P	Miahlee Flink	14	UWCA	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
221*	42.19	L	P	Kaira Nel	14	WSS	LLD	30/03/2026 SA Level 2 Regional Age Group Cham
221*	42.19	L	F	Isabelle Boyd	14	UNI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
223	42.28	L	F	Angelique Marais	14	EXP	TSH	17/10/2025 NTS Level 3+ October Age Group Gal
224*	42.37	L	P	Tenele Taole	14	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
224*	42.37	L	F	Kendra McNamara	14	UPC	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
226	42.41	L	F	Peyton Van Der Ross	14	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
227	42.44	L	F	Tatum Venter	14	WSS	LLD	20/09/2025 Welkom Seals Gala
228	42.45	L	P	Keziah Beukes	14	SOUL	EKU	04/12/2025 EGA Summer Championships 2025
229	42.46	L	F	Maleleko Mushikita	14	UNIUI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
230	42.47	L	F	Jordan Godfrey	14	AFIN	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
231	42.53	L	P	Emma Artman	14	AAS	JHB	27/11/2025 CGA Championships 2025
232	42.63	L	P	Mazvita Masiya	14	ELEC	TSH	29/03/2026 SA Level 2 Regional Age Group Cham

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
233	42.66	L	F	Jodie Marais	14	HE	CCD 31/01/2026 Limpopo School Champs & Limpopo A
234	42.86	L	F	Jada Bailey	14	ACSA	ETH 09/07/2025 TYR Prestige Tournament 2025
235	42.93	L	F	Daniela de Gouveia	14	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
236	43.06	L	F	Ava-Sophia Smith	14	SHS	KK 14/02/2026 BCSA School Trials 2026
237*	43.45	L	F	Swapnika Kasireddy	14	SASE	JHB 14/02/2026 CGA Last Chance
237*	43.45	L	F	Chloe Oosthuizen	14	SWISA	TSH 23/01/2026 2026 NTS Sprint Gala
239*	43.47	L	F	Landri Du Toit	14	BULS	MAN 24/10/2025 Neptunes Gala
239*	43.47	L	F	Balatitu Ilupeju	14	MGSC	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
241	43.55	L	P	Esona Sekeleni	14	USC	BUF 06/03/2026 SA Level 2 Regional Age Group Cham
242	43.62	L	F	Klara Nel	14	HMER	MPD 31/01/2026 Limpopo School Champs & Limpopo A
243	43.68	L	P	LaRochelle De Beer	14	STAR	BPD 06/12/2025 NWS Championships 2025
244	43.75	L	P	Mieka Janse van Rensburg	14	JAQ	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
245	43.80	L	F	Esté Gersbach	14	CASC	CPT 06/02/2026 WCA-B Champs - 2026
246	43.82	L	P	Paballo Mabote	14	MAKO	EKU 04/12/2025 EGA Summer Championships 2025
247*	43.93	L	P	Nala Hlapho	14	TLAC	BPD 06/12/2025 NWS Championships 2025
247*	43.93	L	P	Annika Schuch	14	RBOT	BPD 30/03/2026 SA Level 2 Regional Age Group Cham
249	43.98	L	F	Ditebogo Tladi	14	TUKS	TSH 13/02/2026 NTS Level 1+2 February Age Group 2f
250	44.14	L	F	Lene Bester	14	PGIM	KKD 13/02/2026 NW School Championships 2026
251*	44.25	L	F	Leah Hopper	14	KNYA	EDD 04/10/2025 EDEN 1st A-League Gala 2025
251*	44.25	L	F	Christie Russell	14	SWIMS	EKU 31/01/2026 EGA Last Chance Gala 2026
253	44.34	L	F	Sumayya Dangor	14	ATLA	JHB 14/02/2026 CGA Last Chance
254	44.37	L	F	Simone Swanepoel	14	CSA	EZD 28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
255	44.39	L	F	Lize' De Beer	14	ROB	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
256	44.69	L	F	Lunè Botes	14	BS	LLD 23/01/2026 Mangaung Gala
257	44.84	L	P	Morgan Roebuck	14	MAKO	EKU 04/12/2025 EGA Summer Championships 2025
258	44.89	L	F	Sadie Brown	14	HPS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
259	44.95	L	F	Carissa Pitout	14	BETH	FDD 23/01/2026 Mangaung Gala
260	45.03	L	F	Ciara Kroef	14	SOUL	EKU 22/11/2025 EGA Summer 3 & 4
261*	45.06	L	F	Amelia Kyprou	14	ESP	EKU 22/11/2025 EGA Summer 3 & 4
261*	45.06	L	F	Lizae Swanepoel	14	STGR	XRD 25/10/2025 FLAMINGO & GOODHOPE GALA 202
263	45.21	L	F	Emma Fisher	14	HPHS	BUF 14/02/2026 BCSA School Trials 2026
264	45.22	L	F	Keishia Roux	14	DDA	TSH 28/02/2026 AG Level 1 Regional Competition 202
265	45.28	L	F	Jenna Bester	14	RFA	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
266	45.41	L	F	Mieke Rautenbach	14	BLNE	MAN 14/02/2026 MA LAST CHANCE GALA
267	45.68	L	P	Nomathemba Makhasane	14	MATL	KKD 06/12/2025 NWS Championships 2025
268	45.81	L	F	Danielle Du Plessis	14	SWAR	WCD 21/02/2026 Swartland Invitational Gala 2026
269	45.89	L	F	Kendal Few	14	FIELD	BP 13/02/2026 NW School Championships 2026
270	45.90	L	P	Lika Els	14	WCS	24/04/2026 SA Schools Swimming Championship
271*	45.93	L	F	Isabellea Dhassiah	14	RETR	CPT 22/11/2025 Swartland Prestige Gala 2025
271*	45.93	L	F	Jane Botha	14	VALS	FDD 24/10/2025 Neptunes Gala
273	45.95	L	F	Ayazingca Dyasi	14	TUKS	TSH 28/02/2026 AG Level 1 Regional Competition 202
274	45.98	L	F	Alane Brits	14	BULS	MAN 20/09/2025 Welkom Seals Gala
275	46.01	L	F	Grace Williams	14	PSCP	UMD 06/10/2025 Seagulls Winter Championships 2025
276	46.36	L	F	Talia Luridsamy	14	PSCP	UMD 30/03/2026 KZNA Level 1 Championships
277	46.46	L	F	Rhandzu Siwele	14	UPC	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
278	46.56	L	F	Lia Van der Walt	14	ASAC	CPT 29/11/2025 CTA B CHAMPS 2025
279	46.60	L	F	Keletso Goeieman	14	KALA	29/11/2025 AGE GROUP 4 KATHU 2025 - copied
280	46.79	L	F	Madason Grose	14	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
281	46.98	L	F	Jadyne Dowie	14	WATR	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
282	46.99	L	F	Mikayla Twali	14	RFA	TSH 13/02/2026 NTS Level 1+2 February Age Group 2f
283*	47.02	L	P	Jani Du Plessis	14	ROA	EDD 06/03/2026 SA Level 2 Regional Age Group Cham
283*	47.02	L	P	Catherine Esterhyse	14	CLA	WCD 06/03/2026 SA Level 2 Regional Age Group Cham
285	47.10	L	F	Kirsten Koopman	14	LEGC	ETH 21/02/2026 KZN Schools Trials 2026
286	47.35	L	F	Tiiso Thebehali	14	AAS	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
287	47.61	L	F	Gabriella David	14	CUR	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
288	47.63	L	P	Roaluswa Manenzhe	14	MATL	KKD 06/12/2025 NWS Championships 2025
289	47.64	L	F	Jennifer Mostert	14	TASC	MPD 27/09/2025 Limpopo Age Group 4 of 2025/26
290	47.87	L	F	Georgina Dominguez Baya	14	AA	JHB 20/02/2026 CGA Level 1 and Level 2 Championsh
291	48.02	L	F	Naailah Moosa	14	ATLA	JHB 14/02/2026 CGA Last Chance

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
292	48.03	L	F	Marion Münch	14	RBUR	BPD	28/02/2026 NWS Last Chance 2026
293	48.08	L	F	Tahra Blauw	14	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
294	48.19	L	F	Maria Shkolyar	14	TUKS	FSH	28/02/2026 AG Level 1 Regional Competition 2026
295	48.26	L	P	Nobuciko Mabunda	14	UNIU	EZD	05/12/2025 Mpumalanga Championships 2025
296	48.33	L	F	Oratile Motaung	14	MAKO	EKU	28/02/2026 AG Level 1 Regional Competition 2026
297	48.66	L	F	Francesca Signorile	14	USC	BUF	12/12/2025 NMBA Championships 2025
298	48.69	L	F	Sofia Meyer	14	VPHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
299	48.74	L	F	Khenso Mabasa	14	SS	MPD	28/11/2025 Limpopo Champs 2025
300	49.15	L	F	Esti Raath	14	ROB	EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 F
301	49.31	L	P	Anneke Paulsen	14	ASAC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
302	49.37	L	F	Logan Nieuwenhuys	14	KALA		21/02/2026 AGE GROUP 6 KATHU 2026 - copied
303	50.15	L	P	Ava Rough	14	BARA	EKU	04/12/2025 EGA Summer Championships 2025
304	50.98	L	F	Kaitlin Groenewald	14	NAE	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
305	51.16	L	F	Kendra Samuels	14	CASC	CPT	29/11/2025 CTA B CHAMPS 2025
306	51.38	L	F	Isabella Goosen	14	VPHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
307	51.81	L	F	Ellene' Van Zyl	14	BLNE	MAN	23/08/2025 KOVSIE GALA
308	52.21	L	F	Chardè Bocks	14	WEST	CPT	22/11/2025 Swartland Prestige Gala 2025
309	52.35	L	F	Tilhopang Rakhoale	14	PAC	FSH	13/02/2026 NTS Level 1+2 February Age Group 21
310	52.58	L	F	Orefile Ramphele	14	STEL	RMD	13/02/2026 NW School Championships 2026
311	52.75	L	F	Rebaone Mbamali	14	PELIC	MAN	12/12/2025 NMBA Championships 2025
312	52.97	L	F	Londiwe Khumalo	14	MPAR	JHB	27/11/2025 CGA Championships 2025
313	53.19	L	F	Chloë Snyman	14	HBV	MP	31/01/2026 Limpopo School Champs & Limpopo A
314	53.36	L	F	Kealeboga Ramaila	14	UWCA	CPT	29/11/2025 CTA B CHAMPS 2025
315	53.74	L	F	Iyapha Msimanga	14	CASC	CPT	29/11/2025 CTA B CHAMPS 2025
316	53.95	L	F	Kutlwano Ngwato	14	TUKS	FSH	31/10/2025 NTS Level 1+2 November Age Group :
317	54.05	L	F	Kayla De Lange	14	TASC	MPD	28/11/2025 Limpopo Champs 2025
318	54.25	L	F	Minentle Mbana	14	SDSC	OTD	07/02/2026 BCA Feb Age Group Gala 2026
319	54.42	L	F	Marissa Weideman	14	NAE	EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
320	55.66	L	F	Berne' Coetzer	14	PELIC	MAN	03/12/2025 Free State Champs 2025
321	56.45	L	F	Melokuhle Hlatshwayo	14	USH	KCD	31/01/2026 uShaka Champs 2026
322	57.30	L	F	Thea Saunders	14	KHAY	CPT	09/10/2025 44th Freda Barnard Invitational Gala
323	57.66	L	F	Lauren Boucher	14	STUTT	ATD	14/02/2026 BCSA School Trials 2026
324	59.75	L	F	Keleboqile Ramaila	14	UWCA	CPT	29/11/2025 CTA B CHAMPS 2025
325	1:06.06	L	F	Aurore Sola	14	PGH	KKD	13/02/2026 NW School Championships 2026
326	1:19.47	L	F	Lebogang Matjie	14	STA	NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
327	1:19.99	L	F	Njabulo Zwane	14	STA	NGD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
328	1:28.35	L	F	Unika Mda	14	MHS	NGD	30/01/2026 ORTA SCHOOL TRIALS 2026
329	1:29.24	L	F	Ano Tebogo	14	ISSA	NM	13/02/2026 NW School Championships 2026
330	1:35.80	L	F	Reneloe Sibuyi	14	MPAR	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025

Women 13-14 100 Back

1	1:04.11	L	F	Isabeau Coetsee	14	WCS		24/04/2026 SA Schools Swimming Championship
2	1:04.92	L	F	Sophie Smith	14	VINE	CPT	28/06/2025 PEA Winter Gala 2025
3	1:05.25	L	F	Gemma Spies	14	INFA	NMA	12/12/2025 NMBA Championships 2025
4	1:08.52	L	F	Morgan Tandy	14	CA	EKU	22/11/2025 EGA Summer 3 & 4
5	1:08.53	L	F	Caeli Ferreira	14	CRSC	JHB	21/03/2026 Sa National JNR Age Group Champs-;
6*	1:08.96	L	F	Ava Lorenzen	14	BLMA	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
6*	1:08.96	L	F	Hannah-Grace Havinga	14	TUKS	FSH	21/03/2026 Sa National JNR Age Group Champs-;
8	1:09.27	L	F	Tyla-Jade Thomas	14	MDOL	JHB	02/08/2025 GoCardless SE National Summer Mee
9	1:11.36	L	F	Taylia Smith	14	GAU	JHB	24/04/2026 SA Schools Swimming Championship
10	1:11.43	L	F	Layla Barber-Luna	14	CA	EKU	22/11/2025 EGA Summer 3 & 4
11	1:11.55	L	F	Amelia Oosthuizen	14	TUKS	FSH	12/12/2025 NMBA Championships 2025
12	1:11.73	L	F	Chloe Potgieter	14	SEAL	UMD	21/02/2026 KZN Schools Trials 2026
13	1:12.14	L	F	Alice Esterhuysen	14	WAC	EDD	30/01/2026 Infinity Gala 2026
14	1:12.74	L S	F	Kaylee Watt	14	CA	EKU	04/12/2025 EGA Summer Championships 2025
15	1:12.83	L	F	Sharli Durandt	14	ASAC	CPT	04/12/2025 Western Cape LC-A Championship 20
16	1:13.28	L	F	Liv Van den Heever	14	AZON	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
17	1:13.39	L	P	Savannah Thirsk	14	CASC	CPT	21/03/2026 Sa National JNR Age Group Champs-;
18	1:13.63	L	F	Kinique Stols	14	TKS	WBD	28/11/2025 Limpopo Champs 2025
19	1:13.68	L	P	Elmiah Vd Merwe	14	TUKS	FSH	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			
20	1:13.81	L	F	Hayley De Haas	14	USHPM UMD	31/01/2026 uShaka Champs 2026
21	1:14.19	L	F	Julie Olivier	14	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
22	1:14.32	L	F	Rebecca Botha	14	CASC CPT	12/12/2025 NMBA Championships 2025
23	1:14.37	L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026 Infinity Gala 2026
24	1:14.42	L	P	Jenna-Lee Watson	14	HPS TSH	21/03/2026 Sa National JNR Age Group Champs-;
25	1:14.43	L	P	Olivia Stroebel	14	HPS TSH	21/03/2026 Sa National JNR Age Group Champs-;
26	1:14.46	L	P	Isabella De Beer	14	PLAY CED	09/04/2026 SA Level 3 Regional Age Group Chan
27	1:14.68	L	F	Storm Bircher	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
28	1:14.97	L	F	Isabella Van Rooyen	14	AADUB ETH	21/02/2026 KZN Schools Trials 2026
29	1:15.10	L	P	Chiniq Breet	14	CSA EZD	21/03/2026 Sa National JNR Age Group Champs-;
30	1:15.25	L	P	Amy Madeley	14	ANAX CPT	09/04/2026 SA Level 3 Regional Age Group Chan
31	1:15.29	L	P	Lauren Walker	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
32	1:15.43	L	F	Mbalenhle Jared	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
33	1:15.51	L	F	Leah de Jager	14	CRSC JHB	08/11/2026 CGA Summer 3 - Level 2+ - 2025
34*	1:15.53	L	P	Aimee van der Merwe	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
34*	1:15.53	L	F	Zenicke Van Schalkwyk	14	BLOT MAN	14/02/2026 MA LAST CHANCE GALA
36	1:15.96	L	F	Lika Zietsman	14	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
37	1:15.97	L	F	Kristen Roos	14	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
38	1:16.06	L	F	Chloe' Oliphant	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
39	1:16.34	L	F	Mari Bruwer	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
40	1:16.44	L	F	Daniella McLean	14	PEAS NMA	12/12/2025 NMBA Championships 2025
41	1:16.46	L	F	Milan Coleman	14	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
42	1:16.47	L	P	Mia Jansen van Rensburg	14	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-;
43	1:16.84	L	F	Sarah Mocke	14	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
44	1:16.94	L	F	Martinet Bezuidenhout	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
45	1:16.97	L	F	Gabriella Lloyd-Swanepoel	14	MAKO EKU	20/09/2025 EGA Summer 1 2025
46	1:16.98	L	F	Anika Muller	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
47	1:17.06	L	F	Trinity Kavanagh	14	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
48	1:17.20	L	F	Abigail Weber	14	DRGN JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
49	1:17.27	L	F	Ella Bunge	14	BLUO UGD	06/10/2025 Seagulls Winter Championships 2025
50	1:17.39	L S	P	Kiersten Hillen	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
51	1:17.41	L	F	Cara Mills	14	MP EZD	24/04/2026 SA Schools Swimming Championship
52	1:17.53	L	F	Elirie Moolman	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
53*	1:17.55	L	F	Mila Nienaber	14	ESA CED	20/09/2025 CTA INVITATIONAL LC MEET
53*	1:17.55	L	F	Emma Terblanche	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
55	1:17.66	L	F	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
56	1:17.71	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
57	1:17.96	L	F	Sienna Seagram	14	ELEC TSH	10/12/2025 NTS Championships 2025
58	1:18.27	L	F	Marli Coetzee	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
59	1:18.28	L	P	Jothany Nngotchouye	14	SEAL UMD	21/03/2026 Sa National JNR Age Group Champs-;
60	1:18.33	L	F	Livia Gutter	14	BLOT MAN	12/12/2025 NMBA Championships 2025
61	1:18.45	L	P	April Jooman	14	BEST NMA	30/01/2026 Infinity Gala 2026
62	1:18.68	L	P	Tischke Rischmuller	14	RFA TSH	10/12/2025 NTS Championships 2025
63	1:18.74	L	P	Megan Els	14	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
64	1:18.75	L	F	Abigail Da Silva	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
65	1:18.84	L	P	Ava Diessner	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
66	1:18.87	L	F	Mikayla Stevenson	14	QSSC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
67	1:19.24	L	F	Mia Lourens	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
68	1:19.34	L	P	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
69	1:19.56	L	P	Zamajobe Mtetwa	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
70	1:19.57	L	P	Juliette Wallis	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
71	1:19.58	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
72	1:19.86	L	F	Zanie Van Rooyen	14	RFA TSH	27/02/2026 NTS Level 3+ February Age Group Ga
73	1:19.93	L	P	Amber Gaddin	14	CRSC JHB	21/03/2026 Sa National JNR Age Group Champs-;
74	1:20.06	L	F	Zoe Morgado	14	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
75	1:20.07	L	F	Reabetswe Pabalinga	14	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
76	1:20.21	L	P	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
77	1:20.24	L	F	Lucy Seymour	14	CRSC JHB	27/11/2025 CGA Championships 2025
78*	1:20.29	L S	P	Jessica Wood	14	CA 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			
78*	1:20.29	L	P	Mary Maponyane	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
80	1:20.34	L	F	Zani Van Dyk	14	ASAC CPT	09/10/2025 44th Freda Barnard Invitational Gala
81	1:20.43	L	F	Roxanne De Lange	14	PAC TSH	27/02/2026 NTS Level 3+ February Age Group Ga
82	1:20.65	L	P	Emma Gotthardt	14	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
83	1:20.70	L	F	Emerson Woods	14	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
84	1:20.75	L	F	Nina Steyn	14	BLSS MAN	26/09/2025 Pelicans Gala..
85	1:20.86	L	F	Jenna Joyce	14	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
86	1:20.93	L	P	Cara Louw	14	NC FBD	24/04/2026 SA Schools Swimming Championship
87	1:21.12	L	F	Abigail Slabber	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
88	1:21.15	L	F	Lea Grobler	14	AQUA UTD	21/02/2026 KZN Schools Trials 2026
89	1:21.31	L	F	Courtney Biggs	14	SASE JHB	27/11/2025 CGA Championships 2025
90	1:21.33	L	F	Suzanne Marais	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
91	1:21.38	L	F	Jessica Stewart	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
92	1:21.46	L	P	Lyla Barnard	14	RFA TSH	26/03/2026 SA Level 3 Regional Age Group Chan
93	1:21.48	L	F	Inge Opperman	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
94	1:21.49	L	P	Kiana Kalpage	BR	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
95*	1:21.53	L	F	Mikaela Roff	14	ROA EDD	25/10/2025 Zasu 1st League OYDC 2025-26
95*	1:21.53	L	F	Ava Constantinides	14	CA EKU	06/10/2025 Seagulls Winter Championships 2025
97	1:21.60	L	P	Emma Love	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
98	1:21.67	L	F	Emma Groenewald	14	CASC CPT	06/02/2026 WCA-B Champs - 2026
99	1:21.74	L	F	Zaila Forsdyke De Almeida	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
100	1:21.84	L	F	Beah-Zita Cerone	14	HAAG UTD	21/02/2026 KZN Schools Trials 2026
101*	1:22.00	L	F	Alexia Montgomery	14	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
101*	1:22.00	L	P	Nicole Uys	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
103	1:22.01	L	F	Lulu Swanepoel	14	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
104	1:22.04	L	P	Rebecca Manson	14	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
105	1:22.20	L	F	Holly Webb	14	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
106	1:22.21	L	F	Anya Sonnekus	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
107	1:22.22	L	F	Casey Lee Mccabe	14	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
108*	1:22.28	L	F	Ashley Williams	14	BLNE MAN	03/10/2025 Curro AquaElite Gala
108*	1:22.28	L	P	Claire Gabriels	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
110	1:22.38	L	P	Mia Pienaar	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
111	1:22.41	L	P	Liandri Terblanche	14	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
112	1:22.54	L	P	Hayley Hodnett	14	AFIN JHB	29/03/2026 SA Level 2 Regional Age Group Cham
113	1:22.60	L	F	Jany Norval	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
114	1:22.63	L	F	Hannah Wright	14	CA EKU	21/02/2026 EGA Lets Sprint Gala 2026
115	1:22.64	L	F	Tyla Charles	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
116	1:22.71	L	F	Donyelle Cupido	14	BLNE MAN	07/11/2025 Otters Prestige Gala 2025
117	1:22.74	L	F	Katlego Maja	14	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
118	1:22.92	L	P	Taylor Henderson	14	COMS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
119	1:23.14	L	P	Holly Dorrestein-Rowley	14	ELEC TSH	10/12/2025 NTS Championships 2025
120	1:23.15	L	F	Isabella Mare	14	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
121	1:23.35	L	F	Kaila Sudding	14	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
122	1:23.54	L	F	Elle Gasson	14	BLSS MAN	03/12/2025 Free State Champs 2025
123	1:23.71	L	F	Neema Muriro	14	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
124	1:23.77	L	F	Carlina Eybers	14	VHD ZLD	06/12/2025 Stingrays Champs 2025
125	1:23.95	L	F	Janike Marais	14	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
126*	1:24.06	L	F	Kate Tager	14	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
126*	1:24.06	L	P	Maike Wheeler	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
128*	1:24.07	L	F	Lua Malan	14	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
128*	1:24.07	L	P	Emily Ackerman	14	QUES JHB	26/03/2026 SA Level 3 Regional Age Group Chan
130	1:24.17	L	F	Dunay Zovitzkey	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
131	1:24.31	L	P	Clarise Stadler	14	TRAZ TSH	10/12/2025 NTS Championships 2025
132	1:24.45	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
133*	1:24.48	L	F	Rebekah Tennant	14	DORE JHB	06/02/2026 Crusaders & CGA Night Gala
133*	1:24.48	L	F	Courtney Logie	14	KLOO ETH	31/01/2026 uShaka Champs 2026
135	1:24.56	L	P	Mia Strydom	14	INFA NMA	30/01/2026 Infinity Gala 2026
136	1:24.58	L	P	Layla Labuschagne	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
137	1:24.59	L	P	Rua De Wit	14	CASC 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			
138	1:24.68	L	F	Alina Dore	14	KLOO	ETH 21/02/2026 KZN Schools Trials 2026
139	1:24.71	L	F	Jana Durrans	14	STAQ	GED 13/02/2026 Winelands SL Fin - February 2026 - cc
140	1:24.75	L	F	Miane Muller	14	CA	EKU 20/09/2025 EGA Summer 1 2025
141	1:24.78	L	F	Moné De Kock	14	ELRAS	WBD 28/11/2025 Limpopo Champs 2025
142	1:24.98	L	F	Gea March	14	UPSK	ZMD 07/02/2026 NC SPRINTS 2026
143	1:25.02	L	P	Lana Van Schalkwyk	14	TUKS	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
144	1:25.21	L S	P	Victoria Jackson	14	SOUL	EKU 04/12/2025 EGA Summer Championships 2025
145	1:25.34	L	F	Lisa Du Toit	14	SEAL	UMD 21/02/2026 KZN Schools Trials 2026
146	1:25.42	L	P	Alessia Diterlizzi	14	AA	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
147	1:25.43	L	P	Paiton Van Der Merwe	14	CA	EKU 26/03/2026 SA Level 3 Regional Age Group Cham
148	1:25.54	L	P	Lore Hoek	BR	VASA	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
149	1:25.57	L	F	Holly Oosthuizen	14	AQUA	UTD 21/02/2026 KZN Schools Trials 2026
150	1:25.59	L	F	Amieka Henning	14	WAGH	BP 13/02/2026 NW School Championships 2026
151	1:25.78	L	F	Mikah Cillie	14	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
152	1:25.87	L	P	Rebecca Nilsson	14	TYGE	CPT 28/06/2025 PEA Winter Gala 2025
153	1:25.99	L	P	Hayleigh Sutherland	14	TUKS	TSH 10/12/2025 NTS Championships 2025
154	1:26.04	L	P	Aimee Liebenberg	14	ESA	GED 04/12/2025 Western Cape LC-A Championship 20
155	1:26.11	L	F	Sameeha Valli	14	MDOL	JHB 27/11/2025 CGA Championships 2025
156	1:26.19	L	P	Chloe-Leigh Jurgens	14	VINE	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
157	1:26.32	L	F	Sumien Camphor	14	HBV	MP 31/01/2026 Limpopo School Champs & Limpopo A
158	1:26.42	L	P	Elizabeth Du Preez	14	TUKS	TSH 26/03/2026 SA Level 3 Regional Age Group Chan
159	1:26.44	L	F	Ava Longueira	14	ASAC	CPT 13/02/2026 Winelands SL Fin - February 2026 - cc
160	1:26.57	L	F	Gemma Lyon-MacGregor	14	CRSC	JHB 28/02/2026 CGA Challenge
161	1:26.69	L	F	Camryn Weber	14	AQUA	BUF 24/01/2026 BCA January Age Group Gala 2026
162	1:26.88	L	F	Morgan Coskey	14	SGUL	ETH 21/02/2026 KZN Schools Trials 2026
163	1:26.98	L	F	Carle Scholtz	14	CRSC	JHB 27/11/2025 CGA Championships 2025
164	1:27.03	L	F	Daniela Kleb	14	ELEC	TSH 03/10/2025 NTS Level 1+2 October Age Group 20
165	1:27.06	L	P	Lia Basson	14	TUKS	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
166	1:27.19	L	F	Hope Maseru	14	DMSS	09/04/2026 6th DMSS Gators Gala 2026
167	1:27.29	L	F	Pippa Wolmarans	14	PEAS	NMA 12/12/2025 NMBA Championships 2025
168	1:27.47	L	P	Nangamso Bodlani	14	STSC	KCD 31/03/2026 SA Level 2 Regional Age Group Cham
169	1:27.57	L	F	Sarah-Rose Pohlmann	14	BEST	NMA 19/07/2025 1st A League Gala 2025
170	1:27.59	L	F	Nina Oosthuizen	14	NSAD	EZD 07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
171	1:27.67	L	P	Saheli Kalpage	BR	VASA	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
172	1:27.93	L	F	Ingamarie Griffioen	14	AA	JHB 14/02/2026 CGA Last Chance
173	1:27.94	L	P	Leane Van der Merwe	14	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
174	1:28.02	L	F	Mia Lombard	14	HARL	BUF 28/11/2025 BCA Long Course Championships 202
175	1:28.06	L	P	Annabelle Marsh	14	TINC	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
176	1:28.15	L	F	Emmalynn Strydom	14	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
177	1:28.20	L	F	Charlotte Costa	14	MDOL	JHB 27/11/2025 CGA Championships 2025
178	1:28.22	L	P	Bella Spolander	14	AA	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
179	1:28.29	L	F	Jemah Van der Westhuizen	14	VINE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
180	1:28.55	L	F	Alouise Supra	14	TNDER	FDD 05/09/2025 Bullsharks Gala
181	1:28.63	L	F	Xandri Hattingh	14	KTS	07/02/2026 NC SPRINTS 2026
182	1:28.68	L S	P	Kopano Lempe	14	MAKO	EKU 04/12/2025 EGA Summer Championships 2025
183	1:28.75	L	F	Amée Mc Laughlin	14	RFA	TSH 13/02/2026 NTS Level 1+2 February Age Group 2f
184	1:28.89	L	F	Belen Neethling	14	VINE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
185	1:29.01	L	F	Gabriella Pearse	14	SASE	JHB 27/11/2025 CGA Championships 2025
186	1:29.25	L	F	Angelique Kyanda-Kaboza	14	PEAS	NMA 09/10/2025 44th Freda Barnard Invitational Gala
187	1:29.46	L	P	Tinokudzaishe Shoniwa	14	MDOL	JHB 19/02/2026 Senior National Championships 2026
188	1:29.56	L	P	Deode Coetzee	14	LINR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
189	1:29.80	L	P	Adiana Van der Merwe	14	STGR	XRD 30/03/2026 SA Level 2 Regional Age Group Cham
190	1:30.16	L	P	Taylor Siebrits	14	STSC	KCD 26/03/2026 SA Level 3 Regional Age Group Chan
191	1:30.28	L	F	Esté Gersbach	14	CASC	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
192	1:30.37	L	F	Laaiqah Abrahams	14	INFA	NMA 12/12/2025 NMBA Championships 2025
193	1:30.48	L	F	Megan Bosch	14	RFA	TSH 14/11/2025 NTS Level 3+ November Age Group G
194	1:30.58	L	F	Danielle Ortell	14	UWCA	CPT 06/02/2026 WCA-B Champs - 2026
195	1:30.67	L	F	Alize Spangenberg	14	EXP	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
196	1:30.76	L S	F	Miahlee Flink	14	UWCA	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			
197	1:30.78	L	F	Zola Cristini	14	MMD CPT	29/11/2025 CTA B CHAMPS 2025
198	1:30.86	L	F	Juané Labuschagne	14	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
199	1:30.89	L	F	Isabella Wener	14	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
200	1:30.92	L	F	Cornelea Breedt	14	ESP EKV	31/01/2026 EGA Last Chance Gala 2026
201	1:30.95	L	F	Isabella Gilbert	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
202	1:31.00	L	P	Hesmari Mac Robert	14	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
203	1:31.07	L	F	Jay-Dee De Jager	14	ROA EDD	08/11/2025 EDEN 3rd A-League Gala 2025
204	1:31.12	L	F	Mika Potterill	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
205	1:31.18	L	F	Tayla-Jean Gibb	14	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
206	1:31.33	L	F	Aisha Bhabha	14	MDOL JHB	27/11/2025 CGA Championships 2025
207	1:31.58	L	P	Lene Bester	14	MATL KKD	06/12/2025 NWS Championships 2025
208	1:31.74	L	F	Caylie Azar	14	BLSS MAN	26/09/2025 Pelicans Gala..
209	1:31.81	L	F	Zoe Goodenough	14	DORE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
210	1:31.91	L	F	Aneska Nazarenko	14	CRSC JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
211	1:32.03	L	F	Mayra Singh	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
212	1:32.05	L	P	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
213	1:32.12	L	F	Jordan Godfrey	14	AFIN JHB	27/11/2025 CGA Championships 2025
214	1:32.20	L	F	Isabelle Boyd	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
215	1:32.40	L	P	Peyton Van Der Ross	14	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
216	1:32.53	L	F	Mieka Janse van Rensburg	14	JAQ EKV	20/09/2025 EGA Summer 1 2025
217	1:32.72	L	F	Elnye Potgieter	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
218	1:32.84	L	P	Ilane' Smit	14	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
219	1:33.24	L	P	Inge Borman	14	BULS MAN	03/12/2025 Free State Champs 2025
220	1:33.28	L	F	Zoe Bayisayi	14	TCA EKV	20/09/2025 EGA Summer 1 2025
221	1:33.34	L S	P	Kiara Naidoo	14	MAKO EKV	04/12/2025 EGA Summer Championships 2025
222	1:33.46	L	F	Simoné Groenewald	14	TINC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
223	1:33.57	L	P	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
224	1:33.81	L	P	Nala Hlapho	14	TLAC BPD	06/12/2025 NWS Championships 2025
225	1:34.29	L	F	Mazvita Masiya	14	ELEC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
226	1:34.32	L	F	Keziah Beukes	14	SOUL EKV	31/01/2026 EGA Last Chance Gala 2026
227	1:34.55	L S	P	Tenele Taole	14	SWIFT EKV	04/12/2025 EGA Summer Championships 2025
228	1:35.25	L	F	Nina Van Staden	14	KPA EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
229	1:36.09	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
230	1:36.36	L	F	Paballo Mabote	14	MAKO EKV	28/02/2026 AG Level 1 Regional Competition 2026
231	1:36.78	L	F	Simone Swanepoel	14	CSA EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
232	1:36.86	L	F	Skylar Jack	14	PER JHB	14/02/2026 CGA Last Chance
233	1:37.29	L	F	Ciara Kroef	14	SOUL EKV	20/09/2025 EGA Summer 1 2025
234	1:37.45	L	F	Emma Artman	14	AAS JHB	14/02/2026 CGA Last Chance
235	1:37.84	L	F	Chloe Oosthuizen	14	SWISA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
236	1:37.94	L	F	Lunè Botes	14	BS LLD	03/12/2025 Free State Champs 2025
237	1:38.31	L	P	LaRochelle De Beer	14	STAR BPD	06/12/2025 NWS Championships 2025
238	1:38.81	L	F	Klara Nel	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
239	1:39.37	L	P	Jadyne Dowie	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
240	1:39.40	L	F	Morgan Roebuck	14	MAKO EKV	28/02/2026 AG Level 1 Regional Competition 2026
241	1:40.04	L	F	Ditebogo Tladi	14	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
242	1:40.33	L S	F	Gia De Wit	14	XCEL CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
243	1:40.47	L	F	Keishia Roux	14	DDA TSH	28/02/2026 AG Level 1 Regional Competition 2026
244	1:41.36	L	F	Rachele Goosen	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
245	1:41.56	L	F	Amare Victor	14	CPSC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
246	1:41.85	L	F	Amahle Mazula	14	MAKO EKV	20/09/2025 EGA Summer 1 2025
247	1:41.87	L	P	Nomathemba Makhasane	14	MATL KKD	06/12/2025 NWS Championships 2025
248	1:42.10	L	F	Christie Russell	14	SWIMS EKV	22/11/2025 EGA Summer 3 & 4
249	1:42.56	L	F	Marion Münch	14	RHS BPD	13/02/2026 NW School Championships 2026
250	1:42.62	L	P	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
251	1:42.69	L	F	Mieke Rautenbach	14	BLNE MAN	03/12/2025 Free State Champs 2025
252	1:42.77	L	F	Lia Van der Walt	14	ASAC CPT	06/02/2026 WCA-B Champs - 2026
253	1:42.83	L	P	Landri Du Toit	14	BULS MAN	03/12/2025 Free State Champs 2025
254	1:43.09	L	F	Sadie Brown	14	HPS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
255	1:43.38	L	F	Rebecca Goldswain	14	USC BUF	12/12/2025 NMBA 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			
256	1:43.62 L	F	Isabellea Dhassiah	14	RETR CPT	29/11/2025	CTA B CHAMPS 2025
257	1:43.81 L	F	Angelique Benn	14	MAKO EKU	31/01/2026	EGA Last Chance Gala 2026
258	1:44.18 L	F	Melokuhle Makinza	14	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
259	1:45.41 L	P	Amelia Kyprou	14	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
260	1:46.13 L	F	Kaira Nel	14	WSS LLD	20/09/2025	Welkom Seals Gala
261	1:46.19 L	F	Keletso Goeieman	14	KALA	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
262	1:46.57 L	F	Tiiso Thebehali	14	AAS JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
263	1:47.09 L	F	Francesca Signorile	14	USC BUF	28/11/2025	BCA Long Course Championships 202
264	1:47.90 L	P	Anneke Paulsen	14	ASAC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
265	1:49.12 L	F	Logan Nieuwenhuys	14	KALA	14/02/2026	KALAHARI CLASSIC 2026
266	1:50.54 L S	P	Nokukhanya Maseko	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
267*	1:50.91 L	F	Naailah Moosa	14	ATLA JHB	14/02/2026	CGA Last Chance
267*	1:50.91 L	F	Lize' De Beer	14	UNIU EZD	05/12/2025	Mpumalanga Championships 2025
269	1:51.81 L	F	Kendra Samuels	14	CASC CPT	29/11/2025	CTA B CHAMPS 2025
270	1:52.11 L	F	Maria Shkolyar	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
271	1:52.13 L	F	Kirsten Koopman	14	LEGC ETH	31/01/2026	uShaka Champs 2026
272	1:52.88 L	F	Khenso Mabasa	14	SS MPD	28/11/2025	Limpopo Champs 2025
273	1:53.67 L	F	Ava Rough	14	BARA EKU	22/11/2025	EGA Summer 3 & 4
274	1:53.76 L	F	Nobuciko Mabunda	14	UNIU EZD	05/12/2025	Mpumalanga Championships 2025
275	1:53.77 L	F	Rebaone Mbamali	14	PELIC MAN	12/12/2025	NMBA Championships 2025
276	1:54.37 L	F	Jenna Bester	14	RFA TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
277	1:57.35 L	F	Londiwe Khumalo	14	GAU JHB	24/04/2026	SA Schools Swimming Championship
278	2:00.37 L	F	Olivia Worley	14	HARL BUF	28/11/2025	BCA Long Course Championships 202
279	2:01.01 L	F	Melokuhle Hlatshwayo	14	USH KCD	31/01/2026	uShaka Champs 2026
280	2:01.29 L	F	Lehny Richmond	14	HAAG UTD	08/11/2025	UThukela Age Group Gala 2
281	2:01.91 L	F	Marissa Weideman	14	NAE EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
282	2:02.16 L	F	Ami Wiesner	14	CUHE QBD	06/02/2026	WCA-B Champs - 2026
283	2:10.49 L	F	Kutlwano Ngwato	14	TUKS TSH	03/10/2025	NTS Level 1+2 October Age Group 20
284	2:11.93 L	F	Chardè Bocks	14	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
Women 13-14 200 Back							
1	2:19.51 L	F	Isabeau Coetsee	14	WCS	24/04/2026	SA Schools Swimming Championship
2	2:22.70 L S	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
3	2:22.99 L	F	Sophie Smith	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
4	2:26.76 L S	F	Caeli Ferreira	14	CRSC JHB	21/03/2026	Sa National JNR Age Group Champs-;
5	2:28.58 L S	F	Taylia Smith	14	AA JHB	21/03/2026	Sa National JNR Age Group Champs-;
6	2:29.64 L S	F	Hannah-Grace Havinga	14	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
7	2:30.65 L	F	Amelia Oosthuizen	14	TUKS TSH	12/12/2025	NMBA Championships 2025
8	2:31.97 L S	F	Morgan Tandy	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
9	2:32.06 L	F	Ava Lorenzen	14	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
10	2:32.74 L	F	Gemma Spies	14	INFA NMA	28/06/2025	PEA Winter Gala 2025
11	2:35.62 L S	F	Julie Olivier	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
12	2:36.33 L S	F	Savannah Thirsk	14	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
13	2:37.61 L	P	Sharli Durandt	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
14	2:37.83 L S	P	Alice Esterhuyse	14	WAC EDD	21/03/2026	Sa National JNR Age Group Champs-;
15	2:38.58 L	P	Kaylee Watt	14	CA EKU	04/12/2025	EGA Summer Championships 2025
16	2:38.77 L S	P	Kinique Stols	14	TKS WBD	21/03/2026	Sa National JNR Age Group Champs-;
17	2:38.89 L	F	Chloe Potgieter	14	SEAL UMD	21/02/2026	KZN Schools Trials 2026
18	2:38.90 L	F	Liv Van den Heever	14	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
19	2:39.54 L	F	Isabella Van Rooyen	14	AADUB ETH	26/03/2026	SA Level 3 Regional Age Group Chan
20	2:40.02 L	F	Zenicke Van Schalkwyk	14	BLOT MAN	14/02/2026	MA LAST CHANCE GALA
21	2:40.69 L	F	Layla Barber-Luna	14	CA EKU	04/12/2025	EGA Summer Championships 2025
22	2:40.96 L	F	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
23	2:41.36 L	F	Hayley De Haas	14	USHPM UMD	18/12/2025	KZN Premier Provincial Championship
24	2:41.53 L S	P	Tischke Rischmuller	14	RFA TSH	21/03/2026	Sa National JNR Age Group Champs-;
25	2:41.99 L	P	Aimee van der Merwe	14	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
26	2:42.12 L	F	Mbalenhle Jared	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
27	2:43.14 L	F	Martinet Bezuidenhout	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
28	2:43.16 L	F	Isabella De Beer	14	PLAY CED	09/04/2026	SA Level 3 Regional Age Group Chan
29	2:43.49 L	F	Zoi Dimatellis	14	WAC EDD	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			
30	2:43.79	L	F	Mila Nienaber	14	ESA CED	21/02/2026 Swartland Invitational Gala 2026
31	2:44.00	L	P	Elmiah Vd Merwe	14	TUKS TSH	10/12/2025 NTS Championships 2025
32	2:44.03	L	F	Mia Jansen van Rensburg	14	XCEL CPT	28/06/2025 PEA Winter Gala 2025
33	2:44.79	L	F	Kiersten Hillen	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
34	2:44.97	L S	F	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
35	2:45.35	L S	P	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-2
36	2:46.00	L	F	Leah de Jager	14	CRSC JHB	26/03/2026 SA Level 3 Regional Age Group Chan
37	2:46.18	L S	P	Chiniq Breet	14	CSA EZD	21/03/2026 Sa National JNR Age Group Champs-2
38	2:46.61	L	F	Kristen Roos	14	TRAZ TSH	26/03/2026 SA Level 3 Regional Age Group Chan
39	2:46.62	L	F	Olivia Stroebel	14	HPS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
40	2:47.24	L	F	Daniella McLean	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
41	2:47.25	L	F	Emma Groenewald	14	CASC CPT	06/02/2026 WCA-B Champs - 2026
42	2:47.27	L	F	Lika Zietsman	14	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
43	2:47.36	L	F	Juliette Wallis	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
44	2:47.57	L	F	Trinity Kavanagh	14	TCA EKU	04/12/2025 EGA Summer Championships 2025
45	2:47.75	L S	P	Mari Bruwer	14	SS MPD	21/03/2026 Sa National JNR Age Group Champs-2
46	2:47.86	L	P	Anika Muller	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Chan
47	2:47.89	L	F	Ava Diessner	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
48	2:48.00	L	F	Sienna Seagram	14	ELEC TSH	10/12/2025 NTS Championships 2025
49	2:48.03	L	F	Mikaela Roff	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
50	2:48.13	L	P	Milan Coleman	14	FISH EDD	09/04/2026 SA Level 3 Regional Age Group Chan
51	2:48.65	L	P	Emma Terblanche	14	MP EZD	24/04/2026 SA Schools Swimming Championship
52	2:49.55	L	P	Ella Bunge	14	BLUO UGD	18/12/2025 KZN Premier Provincial Championship
53	2:49.61	L	F	Gabriella Lloyd-Swanepoel	14	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
54	2:49.77	L	P	Abigail Weber	14	DRGN JHB	26/03/2026 SA Level 3 Regional Age Group Chan
55	2:50.34	L	F	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
56	2:50.89	L	P	Jessica Wood	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
57	2:50.98	L	P	Rebecca Botha	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
58	2:51.04	L	F	Marli Coetzee	14	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
59	2:51.09	L	P	Chloe' Oliphant	14	PAC TSH	10/12/2025 NTS Championships 2025
60	2:51.93	L	F	Mia Pienaar	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
61	2:51.96	L	F	Reabetswe Pabalinga	14	KLOO ETH	21/02/2026 KZN Schools Trials 2026
62	2:52.03	L	P	Mia Lourens	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
63	2:52.12	L	P	Storm Bircher	14	LALE CED	04/12/2025 Western Cape LC-A Championship 20
64	2:52.33	L S	P	Livia Gutter	14	BLOT MAN	03/12/2025 Free State Champs 2025
65	2:52.34	L	P	Zamajobe Mtetwa	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
66	2:52.39	L	P	Lyla Barnard	14	RFA TSH	10/12/2025 NTS Championships 2025
67	2:52.99	L	F	Suzanne Marais	14	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
68	2:53.31	L	F	Mary Maponyane	14	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
69	2:53.62	L	P	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
70	2:53.66	L	F	Megan Els	14	BAS EKU	11/10/2025 EGA Summer 2
71	2:53.78	L	T	Courtney Biggs	14	SASE JHB	27/11/2025 CGA Championships 2025
72	2:53.86	L	P	Mikayla Stevenson	14	QSSC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
73	2:54.08	L	F	Ava Constantinides	14	CA EKU	06/10/2025 Seagulls Winter Championships 2025
74	2:54.26	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
75	2:54.63	L	F	Jenna-Lee Watson	14	HPS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
76	2:56.05	L	P	Emma Gotthardt	14	ELEC TSH	10/12/2025 NTS Championships 2025
77	2:56.10	L	F	Hayley Hodnett	14	AFIN JHB	29/03/2026 SA Level 2 Regional Age Group Cham
78	2:56.42	L	F	Abigail Da Silva	14	TUKS TSH	22/11/2025 EGA Summer 3 & 4
79	2:56.44	L	F	Rua De Wit	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
80	2:56.50	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
81	2:56.64	L	P	Anya Sonnekus	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
82	2:57.02	L	F	Zaila Forsdyke De Almeida	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
83	2:57.22	L	F	Janike Marais	14	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
84	2:57.38	L	F	Cara Louw	14	RBOT BPD	06/12/2025 NWS Championships 2025
85	2:57.83	L	F	Courtney Logie	14	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
86	2:57.94	L	P	Jenna Joyce	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
87	2:58.39	L	F	Zanie Van Rooyen	14	RFA TSH	27/02/2026 NTS Level 3+ February Age Group Ga
88	2:58.61	L	F	Liandri Terblanche	14	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			
89	2:58.81	L	F	Ashley Williams	14	BLNE MAN	03/10/2025 Curro AquaElite Gala
90	2:58.87	L	F	Kaila Sudding	14	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
91	2:59.12	L	F	Elrie Moolman	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
92	2:59.24	L	P	Kiana Kalpage	BR	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Cham
93	2:59.27	L	P	Aimee Liebenberg	14	ESA CED	04/12/2025 Western Cape LC-A Championship 20
94	2:59.65	L	P	Emma Love	14	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
95*	2:59.75	L	F	Maike Wheeler	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
95*	2:59.75	L	F	Rebecca Manson	14	AAS JHB	14/02/2026 CGA Last Chance
97	3:00.27	L	F	Donyelle Cupido	14	BLNE MAN	10/10/2025 Super Seals Annual Gala
98	3:00.46	L	F	Isabella Mare	14	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
99	3:00.53	L	F	Lia Basson	14	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group ;
100	3:00.67	L	F	Kate Tager	14	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
101	3:01.18	L	P	Paiton Van Der Merwe	14	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
102	3:01.87	L	F	Lucy Seymour	14	CRSC JHB	14/02/2026 CGA Last Chance
103	3:02.24	L	F	Rebecca Nilsson	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
104	3:02.90	L	F	Lua Malan	14	PLAY CED	13/02/2026 Winelands SL Fin - February 2026 - cc
105	3:03.01	L	F	Beah-Zita Cerone	14	HAAG UTD	21/02/2026 KZN Schools Trials 2026
106	3:03.40	L	F	Jessica Stewart	14	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
107	3:03.41	L	F	Gea March	14	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
108	3:03.53	L	F	Xandri Hattingh	14	KTS	30/03/2026 SA Level 2 Regional Age Group Cham
109	3:03.73	L	F	Camryn Weber	14	AQUA BUF	28/11/2025 BCA Long Course Championships 202
110	3:03.84	L	F	Claire Gabriels	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
111	3:04.16	L	F	Saheli Kalpage	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
112	3:04.21	L	F	Amée Mc Laughlin	14	RFA FSH	30/03/2026 SA Level 2 Regional Age Group Cham
113	3:04.90	L	F	Casey Lee Mccabe	14	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
114	3:05.68	L	F	Lore Hoek	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
115	3:05.71	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
116	3:05.90	L	F	Tayla-Jean Gibb	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
117	3:05.92	L	F	Emily Ackerman	14	QUES JHB	14/02/2026 CGA Last Chance
118	3:05.96	L	F	Dunay Zovitzkey	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
119	3:06.01	L	F	Morgan Coskey	14	SGUL ETH	31/03/2026 SA Level 2 Regional Age Group Cham
120	3:06.09	L	F	Lea Grobler	14	AQUA UTD	31/03/2026 SA Level 2 Regional Age Group Cham
121	3:06.45	L	F	Lana Van Schalkwyk	14	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group ;
122	3:06.65	L	F	Alessia Diterlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
123	3:07.23	L	F	Sameeha Valli	14	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming f
124	3:07.31	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
125	3:07.59	L	P	Annabelle Marsh	14	TINC FSH	10/12/2025 NTS Championships 2025
126	3:08.46	L	P	Emerson Woods	14	ESTR EKU	04/12/2025 EGA Summer Championships 2025
127	3:08.57	L	F	Megan Bosch	14	RFA FSH	17/10/2025 NTS Level 3+ October Age Group Gal
128	3:08.82	L	F	Jany Norval	14	SS MPD	28/11/2025 Limpopo Champs 2025
129	3:08.84	L	F	Layla Labuschagne	14	PAC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
130	3:08.94	L	F	Nina Oosthuizen	14	CSA EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
131	3:09.12	L	F	Nangamso Bodlani	14	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
132	3:09.17	L	F	Emmalynn Strydom	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
133	3:09.21	L	F	Alouise Supra	14	TNDER FDD	11/10/2025 EGA Summer 2
134	3:09.71	L	F	Mikah Cillie	14	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group ;
135	3:09.90	L	F	Mia Lombard	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
136	3:09.96	L	F	Caylie Azar	14	BLSS MAN	10/10/2025 Super Seals Annual Gala
137	3:10.08	L	F	Taylor Henderson	14	COMS FSH	31/10/2025 NTS Level 1+2 November Age Group ;
138	3:10.51	L	F	Daniela Kleb	14	ELEC FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
139	3:10.72	L	F	Charlotte Costa	14	MDOL JHB	27/11/2025 CGA Championships 2025
140	3:11.08	L	F	Mia Janse van Rensburg	14	MGSC UGD	21/02/2026 KZN Schools Trials 2026
141	3:11.27	L	F	Cornelea Breedt	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
142	3:11.76	L	F	Jay-Dee De Jager	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
143	3:12.07	L	F	Liane' Pienaar	14	DDA FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
144	3:12.75	L	F	Lene Bester	14	MATL KKD	30/03/2026 SA Level 2 Regional Age Group Cham
145	3:12.78	L	F	Bella Spolander	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
146	3:13.54	L	P	Pippa Wolmarans	14	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
147*	3:14.07	L	F	Esté Gersbach	14	CASC 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			
147*	3:14.07	L	F	Adiana Van der Merwe	14	STGR XRD	30/03/2026 SA Level 2 Regional Age Group Cham
149	3:14.08	L	F	Hesmari Mac Robert	14	FISH EDD	06/03/2026 SA Level 2 Regional Age Group Cham
150	3:14.46	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	30/01/2026 Infinity Gala 2026
151	3:15.28	L	P	Aisha Bhabha	14	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Cham
152	3:16.42	L	F	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
153	3:18.80	L	F	Zoe Bayisayi	14	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
154	3:20.03	L	F	Mieka Janse van Rensburg	14	JAQ EKU	31/01/2026 EGA Last Chance Gala 2026
155	3:20.46	L	F	Juané Labuschagne	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
156	3:21.95	L	F	Deode Coetzee	14	LINR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
157	3:22.08	L	P	Kiara Naidoo	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
158	3:22.52	L	F	Mazvita Masiya	14	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
159	3:24.33	L	F	Holly Oosthuizen	14	HAAG UTD	10/10/2025 Super Seals Annual Gala
160	3:25.87	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
161	3:26.25	L	F	Simoné Groenewald	14	TINC TSH	31/10/2025 NTS Level 1+2 November Age Group :
162	3:26.61	L	F	Ayazingca Dyasi	14	TUKS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
163	3:26.67	L	F	Emma Artman	14	AAS JHB	27/11/2025 CGA Championships 2025
164	3:26.80	L	F	Miahlee Flink	14	UWCA CPT	28/06/2025 PEA Winter Gala 2025
165	3:27.92	L	P	Tenele Taole	14	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
166	3:28.47	L S	F	Gia De Wit	14	XCEL CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
167	3:31.08	L	F	Paballo Mabote	14	MAKO EKU	22/11/2025 EGA Summer 3 & 4
168	3:33.50	L	F	Ditebogo Tladi	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
169	3:35.51	L	P	Morgan Roebuck	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
170	3:39.28	L	F	Simone Swanepoel	14	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
171	3:40.89	L S	P	Landri Du Toit	14	BULS MAN	03/12/2025 Free State Champs 2025
172	3:42.80	L	P	Catherine Esterhyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
173	3:44.21	L	F	Amelia Kyprou	14	ESP EKU	22/11/2025 EGA Summer 3 & 4
174	3:46.28	L	F	Francesca Signorile	14	USC BUF	07/02/2026 BCA Feb Age Group Gala 2026
175	3:47.69	L	F	Sadie Brown	14	HPS TSH	31/10/2025 NTS Level 1+2 November Age Group :
176	3:48.28	L	F	Isabellea Dhassiah	14	RETR CPT	22/11/2025 Swartland Prestige Gala 2025
177	3:50.47	L	F	Kendra Samuels	14	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
178	3:51.25	L	F	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
179	4:02.52	L	P	Ava Rough	14	BARA EKU	04/12/2025 EGA Summer Championships 2025
180	4:16.79	L	F	Rebaone Mbamali	14	PELIC MAN	24/10/2025 Neptunes Gala
181	4:19.90	L	F	Paige Halse	14	CAMBH BUF	14/02/2026 BCSA School Trials 2026
182	4:30.10	L	F	Nobuciko Mabunda	14	NSAD EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
Women 13-14 50 Breast							
1	34.40	L	P	Melokuhle Mhlongo	14	PSCP UMD	21/03/2026 Sa National JNR Age Group Champs-;
2	34.59	L	F	Emily Geldart	14	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
3	35.21	L	P	Sianne Wilson	14	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
4	35.25	L	P	Saskya Kistnasami	14	ASA HLD	21/03/2026 Sa National JNR Age Group Champs-;
5	35.26	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
6	35.49	L	F	Olivia Botha	14	OHAN HLD	21/03/2026 Sa National JNR Age Group Champs-;
7	35.77	L	F	Jamie Shand	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
8	36.03	L	F	Jenna-Lee Watson	14	HPS TSH	10/12/2025 NTS Championships 2025
9	36.04	L	P	Amaru Mapulane	14	CA EKU	21/03/2026 Sa National JNR Age Group Champs-;
10	36.23	L	P	Mia Putter	14	NWUC KKD	06/12/2025 NWS Championships 2025
11	36.26	L	F	Caeli Ferreira	14	CRSC JHB	27/11/2025 CGA Championships 2025
12	36.27	L	F	Anri Jonker	14	TUKS TSH	10/12/2025 NTS Championships 2025
13	36.41	L	F	Ava Lorenzen	14	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
14	36.51	L	F	Talia McCabe	14	WATR JHB	27/11/2025 CGA Championships 2025
15	36.62	L	P	Chiniq Breet	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
16	36.72	L	F	Nicole Uys	14	MDOL JHB	14/02/2026 CGA Last Chance
17	36.93	L	F	Jessica Gibson	14	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
18	37.10	L	P	Morgan Maree	14	DRGN EKU	21/03/2026 Sa National JNR Age Group Champs-;
19	37.11	L	F	Amelia Oosthuizen	14	TUKS TSH	12/12/2025 NMBA Championships 2025
20	37.29	L	P	Katelyn Dutton	14	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
21	37.56	L	F	Ella Bunge	14	BLUO UGD	21/02/2026 KZN Schools Trials 2026
22*	37.61	L	F	Isabeau Coetsee	14	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
22*	37.61	L	F	Morgan Tandy	14	CA EKU	11/10/2025 EGA Summer 2

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	37.62	L	P	Amelia Fury	14	VINE CPT	21/03/2026 Sa National JNR Age Group Champs-
25	37.63	L	P	Livia Gutter	14	BLOT MAN	03/12/2025 Free State Champs 2025
26*	37.75	L	P	Jenna Joyce	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-
26*	37.75	L	F	Hayley De Haas	14	USHPM UMD	18/12/2025 KZN Premier Provincial Championship
28	37.76	L	F	Sienna Seagram	14	ELEC TSH	10/12/2025 NTS Championships 2025
29	37.77	L	F	Emma Love	14	MDOL JHB	27/11/2025 CGA Championships 2025
30	37.84	L	F	Isabella Mare	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
31	37.93	L	F	Layla Labuschagne	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
32	37.96	L	P	Sarah-Rose Pohlmann	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-
33	37.97	L	F	Ava Longueira	14	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
34	38.08	L	P	Surayia Harris	14	CRSC JHB	27/11/2025 CGA Championships 2025
35	38.24	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
36	38.29	L S	P	Kaylee Watt	14	CA EKU	04/12/2025 EGA Summer Championships 2025
37	38.31	L	P	Elrie Moolman	BR	VASA EKU	21/03/2026 Sa National JNR Age Group Champs-
38	38.32	L	P	Talia Hill	14	HPS TSH	10/12/2025 NTS Championships 2025
39	38.42	L	F	Olivia Latimer	14	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
40*	38.66	L	P	Ava Constantinides	14	CA EKU	21/03/2026 Sa National JNR Age Group Champs-
40*	38.66	L	P	Zoey Van Leeuwen	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
42	38.85	L	F	Isabella Van Rooyen	14	AADUB ETH	21/02/2026 KZN Schools Trials 2026
43	38.93	L	F	Kylie Duvenage	14	SEAL UMD	21/02/2026 KZN Schools Trials 2026
44	39.02	L	F	Tyla Charles	14	VINE CPT	04/12/2025 Western Cape LC-A Championship 20
45	39.17	L	F	Jany Norval	14	SS MPD	28/11/2025 Limpopo Champs 2025
46	39.48	L	P	Tinokudzaishe Shoniwa	14	MDOL JHB	27/11/2025 CGA Championships 2025
47	39.50	L	F	Abigail Goodchild	14	TUKS TSH	10/12/2025 NTS Championships 2025
48	39.51	L	P	Elmiah Vd Merwe	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-
49	39.52	L	P	Jane Retief	14	LALE CED	09/04/2026 SA Level 3 Regional Age Group Chan
50	39.55	L	F	Arabella Sadler	14	LEGC ETH	12/12/2025 NMBA Championships 2025
51	39.58	L	F	Layla Barber-Luna	14	CA EKU	11/10/2025 EGA Summer 2
52	39.70	L	F	Ava-Sophia Smith	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
53	39.72	L	F	Peighton Le Roux	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
54	39.78	L	F	Kendra McNamara	14	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
55	39.82	L	P	Holly Dorrestein-Rowley	14	ELEC TSH	10/12/2025 NTS Championships 2025
56	39.83	L	F	Zani Van Dyk	14	ASAC CPT	09/10/2025 44th Freda Barnard Invitational Gala
57	39.90	L	P	Zamajobe Mtetwa	14	PAC TSH	10/12/2025 NTS Championships 2025
58	39.94	L	P	Anelle Ward	14	TUKS TSH	10/12/2025 NTS Championships 2025
59	39.96	L	F	Violet Maritz	14	SEAL UMD	31/01/2026 uShaka Champs 2026
60	40.01	L	P	Lulu Swanepoel	14	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
61	40.03	L	F	Rachele Goosen	14	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
62	40.14	L S	P	Annelie Thiar	14	CLA WCD	04/12/2025 Western Cape LC-A Championship 20
63	40.35	L	P	Cara Louw	14	RBOT BPD	26/03/2026 SA Level 3 Regional Age Group Chan
64	40.37	L	P	Swapnika Kasireddy	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
65	40.44	L	F	Emma Terblanche	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
66	40.57	L	F	Taylor Siebrits	14	STSC KCD	21/02/2026 KZN Schools Trials 2026
67	40.67	L	F	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
68	40.76	L	F	Kate Doull	14	ASA ILD	21/02/2026 KZN Schools Trials 2026
69	41.03	L	P	Daniela Kleb	14	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
70	41.09	L	P	Mia Jansen van Rensburg	14	XCEL CPT	28/06/2025 PEA Winter Gala 2025
71	41.15	L	F	Zoi Dimatellis	14	WAC EDD	22/11/2025 Eden LC Champs 2025
72	41.23	L	F	Grace Williams	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
73	41.31	L	F	Elle Joubert	14	PLAY CED	06/03/2026 SA Level 2 Regional Age Group Cham
74*	41.33	L	P	Elizabeth Desilla	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
74*	41.33	L	P	Melan van der Spuy	14	BLOT MAN	03/12/2025 Free State Champs 2025
76	41.34	L	F	April Jooman	14	BEST NMA	30/01/2026 Infinity Gala 2026
77	41.43	L	F	Sofia Nixon	14	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
78	41.44	L	F	Pippa Wolmarans	14	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
79	41.55	L S	F	Kiersten Hillen	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
80*	41.65	L	F	Charlotte Costa	14	MDOL JHB	27/11/2025 CGA Championships 2025
80*	41.65	L	P	Isabella Oswald	14	CRSC JHB	27/11/2025 CGA Championships 2025
82	41.69	L	F	Pippa Roberts	14	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 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			
83	41.77	L	F	Lia Basson	14	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
84	41.79	L	P	Nina Steyn	14	BLSS MAN	21/03/2026 Sa National JNR Age Group Champs-;
85	41.82	L	F	Kaila Sudding	14	SAAW CPT	06/03/2026 SA Level 2 Regional Age Group Cham
86	41.87	L	P	Isabella Redfern	14	CRSC JHB	27/11/2025 CGA Championships 2025
87	41.89	L	F	Laaiqah Abrahams	14	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
88	41.95	L	F	Abigail Moodley	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
89	41.96	L	F	Jemah Van der Westhuizen	14	VINE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
90	41.99	L	P	Liv Van den Heever	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
91	42.06	L	P	Julie Olivier	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
92	42.13	L	F	Leane Van der Merwe	14	UNI EZD	05/12/2025 Mpumalanga Championships 2025
93	42.14	L	P	Donyelle Cupido	14	BLNE MAN	03/12/2025 Free State Champs 2025
94*	42.15	L S	P	Mary Maponyane	14	BAS EKU	04/12/2025 EGA Summer Championships 2025
94*	42.15	L	F	Jaimee Cronje	14	COMS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
96	42.23	L	P	Mia Stilwaney	14	PAQU CED	21/03/2026 Sa National JNR Age Group Champs-;
97	42.28	L	P	Rebecca Nilsson	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
98	42.31	L	P	Rebecca Botha	14	CASC CPT	28/06/2025 PEA Winter Gala 2025
99	42.35	L	F	Amalia van der Westhuizen	14	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
100	42.36	L	F	Mbalenhle Jared	14	ELEC FSH	19/02/2026 Senior National Championships 2026
101*	42.38	L	F	Megan Els	14	BAS EKU	11/10/2025 EGA Summer 2
101*	42.38	L	F	Balatitu Ilupeju	14	MGSC UGD	21/02/2026 KZN Schools Trials 2026
103	42.42	L	F	Tatum Venter	14	WSS LLD	30/03/2026 SA Level 2 Regional Age Group Cham
104	42.46	L	P	Katlego Maja	14	TRAZ FSH	26/03/2026 SA Level 3 Regional Age Group Chan
105	42.48	L	P	Bella Spolander	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
106	42.69	L	F	Liandri Terblanche	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
107*	42.73	L	F	Chloe Potgieter	14	SEAL UMD	06/10/2025 Seagulls Winter Championships 2025
107*	42.73	L	F	Mari Bruwer	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
109	42.74	L	F	Abigail Slabber	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
110	42.76	L	F	Indra Hoets	14	MMD CPT	29/11/2025 CTA B CHAMPS 2025
111*	42.82	L	F	Kinique Stols	14	TKS WBD	28/11/2025 Limpopo Champs 2025
111*	42.82	L	P	Isabella De Beer	14	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
113*	42.85	L	F	Taylia Smith	14	AA JHB	28/02/2026 CGA Challenge
113*	42.85	L	F	Tatum Van der Merwe	14	OHAN ILD	15/11/2025 KZN Junior Championships 2025
113*	42.85	L	F	Dunay Zovitzkey	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
113*	42.85	L	F	Ashley Williams	14	BLNE MAN	24/10/2025 Neptunes Gala
117*	42.88	L	F	Danielle Ortell	14	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
117*	42.88	L	P	Jordan Godfrey	14	AFIN JHB	29/03/2026 SA Level 2 Regional Age Group Cham
119	42.91	L	P	Mayra Singh	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
120	42.95	L	F	Irma Kotzé	14	POTC KKD	28/02/2026 NWS Last Chance 2026
121	42.96	L	P	Gemma Di Terlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
122	42.97	L	F	Leah Hopper	14	KNYA EDD	22/11/2025 Eden LC Champs 2025
123	43.13	L	P	Amelia Kyprou	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
124*	43.16	L	P	Emma Gotthardt	14	ELEC FSH	10/12/2025 NTS Championships 2025
124*	43.16	L	F	Hayley Hodnett	14	AFIN JHB	14/02/2026 CGA Last Chance
126	43.36	L	F	Maike Wheeler	14	MDOL JHB	27/11/2025 CGA Championships 2025
127	43.41	L	F	Jothany Nngotchouye	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
128	43.42	L	F	Zuwena Khamanga	14	LEGC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
129*	43.44	L	F	Clarise Stadler	14	TRAZ FSH	23/01/2026 2026 NTS Sprint Gala
129*	43.44	L	P	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
131	43.55	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
132	43.60	L	F	Neema Muriro	14	CTO CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
133	43.63	L	F	Moné De Kock	14	ELRAS WBD	28/11/2025 Limpopo Champs 2025
134	43.76	L	F	Tlhopang Rakhoale	14	PAC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
135*	43.90	L	P	Aisha Bhabha	14	MDOL JHB	27/11/2025 CGA Championships 2025
135*	43.90	L	F	Emily Ackerman	14	QUES JHB	14/02/2026 CGA Last Chance
137	43.95	L	F	Trinity Kavanagh	14	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
138	44.07	L	F	Holly Oosthuizen	14	AQUA UTD	21/02/2026 KZN Schools Trials 2026
139	44.09	L	F	Anya Sonnekus	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
140	44.14	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
141	44.18	L	F	Mila Strydom	14	GHSK	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				
142	44.23	L	P	Daniella McLean	14	PEAS NMA	28/06/2025	PEA Winter Gala 2025
143	44.24	L	F	Mieke Van der Merwe	14	NHS EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
144	44.36	L	P	Sameeha Valli	14	MDOL JHB	27/11/2025	CGA Championships 2025
145	44.40	L	P	Mienke Rutherford	14	POTC KKD	06/12/2025	NWS Championships 2025
146	44.52	L	F	Xysca Bezuidenhout	14	FRA KCD	31/01/2026	uShaka Champs 2026
147	44.57	L	P	Zaila Forsdyke De Almeida	14	RACE JHB	27/11/2025	CGA Championships 2025
148	44.64	L	P	Kiara Naidoo	14	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
149	44.80	L	F	Leah de Jager	14	CRSC JHB	28/02/2026	CGA Challenge
150	44.81	L	P	Addisyn Moloney	14	AWSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
151	44.82	L	P	Jane Botha	14	VALS FDD	03/12/2025	Free State Champs 2025
152	44.99	L	P	Rebecca Manson	14	AAS JHB	29/03/2026	SA Level 2 Regional Age Group Cham
153	45.02	L	P	Sasha Bailey	14	RACE JHB	27/11/2025	CGA Championships 2025
154	45.11	L	F	Milan Coleman	14	FISH EDD	25/10/2025	Zasu 1st League OYDC 2025-26
155	45.12	L	F	Sadie Brown	14	HPS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
156	45.15	L	F	Beah-Zita Cerone	14	HAAG UTD	10/10/2025	Super Seals Annual Gala
157*	45.16	L S	P	Nokukhanya Maseko	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
157*	45.16	L	F	Ilane' Smit	14	BULS MAN	24/10/2025	Neptunes Gala
159	45.17	L	P	Stella Heim	14	PEAS NMA	28/06/2025	PEA Winter Gala 2025
160	45.19	L	F	Camryn Weber	14	AQUA BUF	28/11/2025	BCA Long Course Championships 202
161	45.21	L	F	Juané Labuschagne	14	HMER MPD	31/01/2026	Limpopo School Champs & Limpopo A
162	45.22	L	F	Khenso Mabasa	14	SS MPD	28/11/2025	Limpopo Champs 2025
163	45.24	L	P	Jadyne Dowie	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
164	45.25	L	F	Emmalynn Strydom	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
165*	45.32	L	F	Nina Alberts	14	VRC TSH	03/10/2025	NTS Level 1+2 October Age Group 20
165*	45.32	L	F	Ellene' Van Zyl	14	BLNE MAN	05/09/2025	Bullsharks Gala
167	45.49	L	F	Mia Strydom	14	INFA NMA	12/12/2025	NMBA Championships 2025
168	45.55	L	F	Cara Mills	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
169	45.67	L	P	Erin Theron	14	WATR JHB	27/11/2025	CGA Championships 2025
170	45.72	L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026	SA Level 3 Regional Age Group Chan
171	45.73	L	F	Emma Groenewald	14	CASC CPT	06/02/2026	WCA-B Champs - 2026
172	45.76	L	P	Claire Gabriels	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
173	45.86	L	P	Kayla De Lange	14	TASC MPD	29/03/2026	SA Level 2 Regional Age Group Cham
174	45.91	L S	P	Lika Els	14	ESA CED	04/12/2025	Western Cape LC-A Championship 20
175*	45.97	L	F	Paiton Van Der Merwe	14	CA EKU	31/01/2026	EGA Last Chance Gala 2026
175*	45.97	L	F	Alize Spangenberg	14	EXP TSH	05/12/2025	2025 The Tshwane Mayor's Gala
177	46.03	L	F	Elizabeth Du Preez	14	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
178	46.04	L	F	Ziva Filday	14	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
179	46.11	L	F	Mikayla Twali	14	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
180	46.19	L	F	Casey Lee Mccabe	14	HBV MP	31/01/2026	Limpopo School Champs & Limpopo A
181	46.32	L	F	Ami Wiesner	14	CUHE OBD	06/02/2026	WCA-B Champs - 2026
182	46.37	L	P	Inge Borman	14	BULS MAN	03/12/2025	Free State Champs 2025
183	46.41	L	F	Gea March	14	UPSK ZMD	07/02/2026	NC SPRINTS 2026
184	46.52	L	F	Isabelle Boyd	14	MHS NGD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
185	46.53	L	F	Sumien Camphor	14	SS MPD	28/11/2025	Limpopo Champs 2025
186	46.56	L	F	Lizae Swanepoel	14	STGR XRD	25/10/2025	FLAMINGO & GOODHOPE GALA 202
187	46.63	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	20/09/2025	3rd A League Gala 2025
188	46.66	L	F	Alane Brits	14	BULS MAN	24/10/2025	Neptunes Gala
189	46.67	L	F	Mia Lourens	14	CASC CPT	20/09/2025	CTA INVITATIONAL LC MEET
190	46.82	L	F	Zoe Goodenough	14	DORE JHB	14/02/2026	CGA Last Chance
191	46.86	L	F	Jodie Marais	14	HE CCD	31/01/2026	Limpopo School Champs & Limpopo A
192	46.95	L	F	Jenna Bester	14	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
193	46.99	L	P	Lika Zietsman	14	BLSS MAN	03/12/2025	Free State Champs 2025
194	47.00	L	F	Zenicke Van Schalkwyk	14	BLOT MAN	24/10/2025	Neptunes Gala
195	47.02	L	F	Sandisokuhle Mguli	14	SAAW CPT	01/11/2025	CTA District A CHAMPS 2025
196	47.03	L	P	Cornelea Breedt	14	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
197	47.06	L	P	Alessia Diterlizzi	14	AA JHB	29/03/2026	SA Level 2 Regional Age Group Cham
198	47.09	L	F	Orefile Ramphele	14	STEL RMD	13/02/2026	NW School Championships 2026
199	47.10	L	P	Lucy Seymour	14	CRSC JHB	27/11/2025	CGA Championships 2025
200	47.13	L	P	Kaira Nel	14	WSS LLD	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	47.22	L	F	Madason Grose	14	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
202	47.26	L	P	Carle Scholtz	14	CRSC JHB	27/11/2025 CGA Championships 2025
203	47.27	L	P	Zoe Bayisayi	14	TCA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
204	47.29	L	F	Anneke Pieterse	14	AOLY TSH	05/12/2025 2025 The Tshwane Mayor's Gala
205	47.32	L	F	Leah Stewart	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
206	47.35	L	P	Gemma Lyon-MacGregor	14	CRSC JHB	27/11/2025 CGA Championships 2025
207	47.44	L	F	Jani Du Plessis	14	ROA EDD	04/10/2025 EDEN 1st A-League Gala 2025
208	47.48	L	F	Isabella Cownie	14	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
209	47.49	L	F	Lyla Barnard	14	RFA TSH	14/11/2025 NTS Level 3+ November Age Group G
210	47.52	L	F	Rebecca Goldswain	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
211	47.53	L	F	Annika Schuch	14	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
212	47.59	L	F	Nina Oosthuizen	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
213*	47.62	L	P	Savannah Thirsk	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
213*	47.62	L	F	Nika Naude	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
215*	47.66	L	P	Amée Mc Laughlin	14	RFA TSH	30/03/2026 SA Level 2 Regional Age Group Cham
215*	47.66	L	P	Berne' Coetzer	14	PELIC MAN	03/12/2025 Free State Champs 2025
217	47.69	L	P	Aneska Nazarenko	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
218	47.74	L	F	Mia Bogacz	14	LALE CED	06/02/2026 WCA-B Champs - 2026
219	47.83	L	F	Xandri Hattingh	14	KTS	14/02/2026 KALAHARI CLASSIC 2026
220	47.85	L	F	Chardé Bocks	14	WEST CPT	22/11/2025 Swartland Prestige Gala 2025
221	47.89	L	P	Erin Arnoldus	14	KLOO ETH	31/03/2026 SA Level 2 Regional Age Group Cham
222*	47.95	L	F	Janike Marais	14	TUKS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
222*	47.95	L	F	Hesmari Mac Robert	14	FISH EDD	22/11/2025 Eden LC Champs 2025
224	48.00	L	F	Zanie Van Rooyen	14	RFA TSH	23/01/2026 2026 NTS Sprint Gala
225	48.05	L	F	Tischke Rischmuller	14	RFA TSH	17/10/2025 NTS Level 3+ October Age Group Gal
226	48.12	L	F	Charlieri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
227	48.15	L	F	Amieka Henning	14	WAGH BP	13/02/2026 NW School Championships 2026
228	48.17	L	F	Jada Bailey	14	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
229	48.18	L	F	Cassie Van Heerden	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
230	48.21	L	F	Alouise Supra	14	TNDER FDD	05/09/2025 Bullsharks Gala
231	48.27	L	P	Maleleko Mushikita	14	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
232	48.29	L	P	Esté Gersbach	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
233	48.36	L	F	Caylie Azar	14	BLSS MAN	26/09/2025 Pelicans Gala..
234	48.43	L	F	Abigail Da Silva	14	TUKS TSH	09/07/2025 TYR Prestige Tournament 2025
235	48.64	L	F	Makanaka Makoto	14	NSAD EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
236	48.66	L	F	Mika Potterill	14	ROA EDD	22/11/2025 Eden LC Champs 2025
237	48.68	L	F	Lia Van der Walt	14	ASAC CPT	29/11/2025 CTA B CHAMPS 2025
238	48.73	L	P	Lunè Botes	14	BS LLD	03/12/2025 Free State Champs 2025
239	48.78	L	F	Morgan Coskey	14	SGUL ETH	09/07/2025 TYR Prestige Tournament 2025
240	48.79	L	F	Kirsten Koopman	14	LEGC ETH	21/02/2026 KZN Schools Trials 2026
241	48.85	L	F	Millieke Ferreira	14	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
242	49.07	L	F	Rua De Wit	14	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
243	49.08	L	P	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
244	49.15	L	P	Peyton Van Der Ross	14	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
245	49.25	L	F	Belen Neethling	14	VINE CPT	29/11/2025 CTA B CHAMPS 2025
246	49.26	L	F	Ingamarie Griffioen	14	AA JHB	14/02/2026 CGA Last Chance
247	49.33	L	F	Jay-Dee De Jager	14	ROA EDD	22/11/2025 Eden LC Champs 2025
248	49.36	L S	P	Paballo Mabote	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
249	49.39	L	F	Jessica Stewart	14	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
250	49.42	L	F	Anneke Paulsen	14	ASAC CPT	06/02/2026 WCA-B Champs - 2026
251	49.43	L	P	Emma Artman	14	AAS JHB	27/11/2025 CGA Championships 2025
252	49.49	L	F	Mari Moolman	14	INFA NMA	15/11/2025 5th A League Gala 2025
253	49.51	L	F	Annabelle Marsh	14	TINC TSH	23/01/2026 2026 NTS Sprint Gala
254	49.66	L	F	Ava Diessner	14	PEAS NMA	12/12/2025 NMBA Championships 2025
255	49.74	L	F	Angelique Benn	14	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
256	49.87	L	F	Caitlyn Botha	14	CA EKU	22/11/2025 EGA Summer 3 & 4
257	49.90	L	F	Keishia Roux	14	DDA TSH	23/01/2026 2026 NTS Sprint Gala
258	49.99	L	F	Keletso Goeieman	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
259	50.03	L	F	Ciara Kroef	14	SOUL EKU	31/01/2026 EGA Last Chance Gala 2026

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
260	50.21	L	F	Kaitlin Groenewald	14	NAE EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
261	50.29	L	F	Maria Shkolyar	14	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
262*	50.58	L	P	Sarah Wakefield	14	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
262*	50.58	L	P	Nala Hlapho	14	TLAC BPD	06/12/2025 NWS Championships 2025
264	50.63	L	P	Roaluswa Manenzhe	14	MATL KKD	06/12/2025 NWS Championships 2025
265	50.79	L	F	Rhandzu Siwele	14	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
266*	50.92	L S	P	Keziah Beukes	14	SOUL EKU	04/12/2025 EGA Summer Championships 2025
266*	50.92	L	F	Ayazingca Dyasi	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 202
268	50.98	L	F	Mieke Rautenbach	14	BLNE MAN	24/10/2025 Neptunes Gala
269	51.06	L	F	Tenele Taole	14	SWIFT EKU	31/01/2026 EGA Last Chance Gala 2026
270	51.21	L	F	Logan Nieuwenhuys	14	KALA	14/02/2026 KALAHARI CLASSIC 2026
271	51.45	L S	P	Christie Russell	14	SWIMS EKU	04/12/2025 EGA Summer Championships 2025
272	51.49	L	F	Sofia Meyer	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
273	51.52	L	P	Ngoko Seke	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
274	51.55	L	F	Sumayya Dangor	14	ATLA JHB	14/02/2026 CGA Last Chance
275	51.63	L	F	Lisa Raath	14	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
276	51.64	L	P	Simone Swanepoel	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
277*	51.86	L	F	Kendal Few	14	FIELD BP	13/02/2026 NW School Championships 2026
277*	51.86	L	F	Rebaone Mbamali	14	PELIC MAN	24/10/2025 Neptunes Gala
279	51.91	L	F	Georgina Dominguez Baya	14	AA JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
280	51.97	L	P	Miahlee Flink	14	UWCA CPT	28/06/2025 PEA Winter Gala 2025
281	52.03	L	F	Chloe Oosthuizen	14	SWISA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
282	52.15	L	F	Landri Du Toit	14	BULS MAN	23/08/2025 KOVSIE GALA
283	52.29	L	F	Danielle Du Plessis	14	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
284	52.35	L	F	Borekhu Senne	14	FIELD BP	13/02/2026 NW School Championships 2026
285	52.38	L	F	Anika Muller	14	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
286	52.59	L	F	Kealeboga Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
287	52.65	L	F	Marion Münch	14	RHS BPD	13/02/2026 NW School Championships 2026
288	52.75	L	F	Elmoné Griffin	14	IND MP	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
289	52.89	L	F	Nina Van Staden	14	KSC EZD	05/12/2025 Mpumalanga Championships 2025
290	52.93	L	F	Emma Fisher	14	HPHS BUF	14/02/2026 BCSA School Trials 2026
291	53.20	L	F	Carissa Pitout	14	BETH FDD	23/01/2026 Mangaung Gala
292	53.32	L	F	Simoné Groenewald	14	TINC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
293	53.36	L	P	Heleina Esterhuys	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
294	53.46	L	F	Mishka Isaacs	14	WALM CPT	29/11/2025 CTA B CHAMPS 2025
295	53.62	L	F	Isabella Goosen	14	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
296	53.65	L	F	Melokuhle Hlatshwayo	14	USH KCD	31/01/2026 uShaka Champs 2026
297	53.80	L	F	Chloë Snyman	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
298	53.87	L	F	Ditebogo Tladi	14	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2I
299	54.04	L	F	Reneilwe Gowoka	14	PGH KKD	13/02/2026 NW School Championships 2026
300	54.06	L	F	Kyleigh Roman	14	GAA CPT	29/11/2025 CTA B CHAMPS 2025
301	54.29	L	F	Oratile Motaung	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 202
302	54.46	L	F	Makatendeka Gondokondo	14	AA JHB	28/02/2026 CGA Challenge
303	54.62	L	F	Klara Nel	14	TASC MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
304	54.68	L	F	Mia De Esclana	14	VRC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
305	54.99	L	F	Keleboqile Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
306	55.15	L	F	Talia Luridsamy	14	PSCP UMD	30/03/2026 KZNA Level 1 Championships
307	55.40	L	F	Nobuciko Mabunda	14	NSAD EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
308	55.51	L S	P	Amahle Mazula	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
309	55.67	L	F	Jessie Urquhart	14	SHS KK	14/02/2026 BCSA School Trials 2026
310	56.43	L	F	Gabriella David	14	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
311	56.84	L	F	Jennifer Mostert	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
312	56.89	L	F	Morgan Roebuck	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 202
313	57.40	L	P	Nomathemba Makhasane	14	MATL KKD	06/12/2025 NWS Championships 2025
314	57.43	L	F	Tahra Blauw	14	TYGE CPT	29/11/2025 CTA B CHAMPS 2025
315	57.46	L	F	Ilke van der Merwe	14	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
316	57.79	L	F	Wilmarie Nortman-Gobey	14	WAGH BP	13/02/2026 NW School Championships 2026
317	57.91	L	F	Lize' De Beer	14	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
318	57.97	L	F	Olivia Worley	14	HARL BUF	07/02/2026 BCA Feb Age Group 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				
319	58.17	L	F	Mjanyelwa Mtshweni	14	CA EKU	11/10/2025	EGA Summer 2
320	58.73	L	F	Elnye Potgieter	14	GAU JHB	29/03/2026	2026 National Champs for Physically&
321	59.20	L	F	Kutlwano Ngwato	14	TUKS TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
322	59.35	L	F	Melokuhle Makinza	14	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
323	59.62	L	F	Mieka Janse van Rensburg	14	JAQ EKU	11/10/2025	EGA Summer 2
324	1:01.12	L	F	Naailah Moosa	14	ATLA JHB	14/02/2026	CGA Last Chance
325	1:03.87	L	F	Ava Rough	14	BARA EKU	22/11/2025	EGA Summer 3 & 4
326	1:05.99	L	F	Thea Saunders	14	KHAY CPT	09/10/2025	44th Freda Barnard Invitational Gala
327	1:06.92	L	F	Lehny Richmond	14	HAAG UTD	08/11/2025	UThukela Age Group Gala 2
328	1:09.00	L	F	Mamelo Mohapi	14	VALS FDD	14/11/2025	Valsrivier Gala
329	1:14.93	L	F	Aurore Sola	14	PGH KKD	13/02/2026	NW School Championships 2026
330	1:17.30	L	F	Marissa Weideman	14	NAE EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
331	1:21.76	L	P	Londiwe Khumalo	14	MPAR JHB	27/11/2025	CGA Championships 2025
Women 13-14 100 Breast								
1	1:15.55	L	F	Melokuhle Mhlongo	14	PSCP UMD	21/03/2026	Sa National JNR Age Group Champs-;
2	1:17.12	L	P	Amelia Oosthuizen	14	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
3	1:18.38	L	F	Jenna-Lee Watson	14	HPS TSH	21/03/2026	Sa National JNR Age Group Champs-;
4	1:18.59	L	F	Chiniq Breet	14	MP EZD	24/04/2026	SA Schools Swimming Championship
5	1:18.72	L	F	Emily Geldart	14	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-;
6	1:18.94	L	F	Elmiah Vd Merwe	14	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
7	1:19.10	L	F	Jamie Shand	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
8	1:19.23	L	P	Ava Lorenzen	14	WCS	24/04/2026	SA Schools Swimming Championship
9	1:19.42	L	P	Saskya Kistnasami	14	ASA ILD	12/12/2025	4th Africa Youth Games - Angol
10*	1:19.58	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025	CGA Championships 2025
10*	1:19.58	L	F	Olivia Botha	14	OHAN ILD	21/03/2026	Sa National JNR Age Group Champs-;
12	1:20.22	L	P	Nicole Uys	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
13	1:20.26	L	P	Thandi Bosman	14	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch
14	1:20.84	L	F	Sianne Wilson	14	SAAW CPT	04/12/2025	Western Cape LC-A Championship 20
15	1:21.34	L	F	Talia McCabe	14	WATR JHB	27/11/2025	CGA Championships 2025
16	1:21.58	L	F	Mia Putter	14	FER KKD	13/02/2026	NW School Championships 2026
17	1:22.05	L	F	Sarah-Rose Pohlmann	14	ECSA BUF	24/04/2026	SA Schools Swimming Championship
18	1:22.68	L	P	Anri Jonker	14	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
19	1:22.69	L	P	Elrie Moolman	BR	VASA EKU	21/03/2026	Sa National JNR Age Group Champs-;
20*	1:22.88	L	F	Ella Bunge	14	BLUO UGD	18/12/2025	KZN Premier Provincial Championship
20*	1:22.88	L	F	Caeli Ferreira	14	CRSC JHB	27/11/2025	CGA Championships 2025
22	1:23.56	L	F	Kaylee Watt	14	GAU JHB	30/01/2026	Gauteng Schools Championships 202
23	1:23.75	L	F	Isabella Mare	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
24	1:23.78	L	F	Isabeau Coetsee	14	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
25	1:23.93	L	F	Katelyn Dutton	14	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
26	1:24.10	L	F	Amelia Fury	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
27	1:24.18	L	P	Jenna Joyce	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
28	1:24.25	L	P	Morgan Maree	14	DRGN EKU	21/03/2026	Sa National JNR Age Group Champs-;
29	1:24.26	L	P	Livia Gutter	14	BLOT MAN	03/12/2025	Free State Champs 2025
30	1:24.27	L	P	Emma Love	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
31	1:24.40	L	F	Olivia Latimer	14	SAAW CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
32	1:24.55	L	P	Layla Labuschagne	14	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
33	1:24.74	L	P	Amaru Mapulane	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
34	1:25.01	L	F	Sienna Seagram	14	ELEC TSH	14/02/2026	MA LAST CHANCE GALA
35	1:25.06	L	P	Kylie Duvenage	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
36	1:25.76	L	P	Ava Constantinides	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
37	1:26.07	L	P	Ava-Sophia Smith	14	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
38	1:26.67	L	F	Arabella Sadler	14	LEGC ETH	06/10/2025	Seagulls Winter Championships 2025
39	1:26.97	L	F	Jessica Gibson	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
40	1:26.99	L	F	Addyson Ronnie	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
41	1:27.13	L	F	Jane Retief	14	LALE CED	09/04/2026	SA Level 3 Regional Age Group Chan
42	1:27.19	L	F	Abigail Goodchild	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
43	1:27.35	L	F	Ava Longueira	14	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
44	1:27.58	L	F	Mary Maponyane	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
45	1:27.92	L	F	Emma Terblanche	14	UNI EZD	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			
46	1:27.97	L S	F	Tyla Charles	14	VINE CPT	01/11/2025 CTA District A CHAMPS 2025
47	1:28.25	L	P	April Jooman	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-
48	1:28.30	L	P	Hayley De Haas	14	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Cham
49	1:28.44	L	F	Emily Ackerman	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
50	1:28.70	L	F	Anelle Ward	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Cham
51*	1:28.72	L	F	Surayia Harris	14	CRSC JHB	27/11/2025 CGA Championships 2025
51*	1:28.72	L	F	Mackenzie Abrams	14	USC BUF	12/12/2025 NMBA Championships 2025
53	1:28.74	L	F	Swapnika Kasireddy	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Cham
54	1:29.49	L	F	Zoey Van Leeuwen	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
55	1:29.54	L	F	Zani Van Dyk	14	ASAC CPT	09/10/2025 44th Freda Barnard Invitational Gala
56	1:29.58	L	F	Violet Maritz	14	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Cham
57	1:29.68	L	F	Daniela Kleb	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
58	1:29.99	L	F	Irma Kotzé	14	POTC KKD	28/02/2026 NWS Last Chance 2026
59	1:30.22	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	19/02/2026 Senior National Championships 2026
60	1:30.29	L	P	Kiersten Hillen	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
61	1:30.30	L	P	Zamajobe Mtetwa	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Cham
62	1:30.33	L	P	Melan van der Spuy	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Cham
63	1:30.38	L	F	Elle Gasson	14	BLSS MAN	03/12/2025 Free State Champs 2025
64	1:30.49	L	P	Isabella Oswald	14	CRSC JHB	26/03/2026 SA Level 3 Regional Age Group Cham
65	1:30.52	L	P	Rachele Goosen	14	UNI U EZD	26/03/2026 SA Level 3 Regional Age Group Cham
66	1:30.57	L	F	Isabella Van Rooyen	14	AADUB ETH	18/12/2025 KZN Premier Provincial Championship
67*	1:30.69	L	P	Zoi Dimatellis	14	WAC EDD	04/12/2025 Western Cape LC-A Championship 20
67*	1:30.69	L	F	Peighton Le Roux	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
69	1:30.82	L	P	Leane Van der Merwe	14	UNI EZD	26/03/2026 SA Level 3 Regional Age Group Cham
70	1:30.84	L	F	Charlotte Costa	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
71	1:30.89	L	F	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026 SA Level 3 Regional Age Group Cham
72	1:31.00	L	P	Courtney Logie	14	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
73*	1:31.26	L S	P	Kristen Roos	14	TRAZ TSH	10/12/2025 NTS Championships 2025
73*	1:31.26	L	P	Taylor Siebrits	14	STSC KCD	26/03/2026 SA Level 3 Regional Age Group Cham
75	1:31.36	L	F	Annelie Thiar	14	CLA WCD	13/02/2026 Winelands SL Fin - February 2026 - cc
76	1:31.69	L S	F	Sandisokuhle Mguli	14	SAAW CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
77	1:31.98	L	P	Courtney Biggs	14	SASE JHB	27/11/2025 CGA Championships 2025
78	1:32.06	L	F	Kate Doull	14	ASA ILD	21/02/2026 KZN Schools Trials 2026
79	1:32.34	L	F	Rebecca Botha	14	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
80	1:32.35	L	F	Tatum Venter	14	WSS LLD	03/12/2025 Free State Champs 2025
81*	1:32.46	L	F	Mia Stilwaney	14	PAQU CED	22/11/2025 Swartland Prestige Gala 2025
81*	1:32.46	L	F	Kinique Stols	14	TKS WBD	28/11/2025 Limpopo Champs 2025
83	1:32.59	L	P	Carla Louw	14	RBOT BPD	26/03/2026 SA Level 3 Regional Age Group Cham
84*	1:32.72	L	F	Dunay Zovitzkey	14	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
84*	1:32.72	L	P	Donyelle Cupido	14	FSS	24/04/2026 SA Schools Swimming Championship
86	1:32.94	L	F	Grace Williams	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
87	1:33.00	L	P	Kendra McNamara	14	UNI U EZD	29/03/2026 SA Level 2 Regional Age Group Cham
88	1:33.23	L	F	Rebecca Nilsson	14	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
89	1:33.34	L	F	Anya Sonnekus	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
90	1:33.38	L	F	Aimee van der Merwe	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
91	1:33.46	L	F	Nina Steyn	14	BLSS MAN	20/09/2025 Welkom Seals Gala
92	1:33.68	L	P	Rebekah Tennant	14	DORE JHB	27/11/2025 CGA Championships 2025
93	1:33.76	L	F	Amalia van der Westhuizen	14	INFA NMA	15/11/2025 5th A League Gala 2025
94	1:33.81	L	F	Elizabeth Desilla	14	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
95	1:33.93	L	F	Jaimee Cronje	14	COMS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
96	1:34.15	L	F	Liandri Terblanche	14	SS MPD	28/11/2025 Limpopo Champs 2025
97	1:34.29	L	F	Elle Joubert	14	PLAY CED	13/02/2026 Winelands SL Fin - February 2026 - cc
98	1:34.42	L	P	Kiara Naidoo	14	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
99	1:34.44	L	P	Mazvita Masiya	14	ELEC TSH	29/03/2026 SA Level 2 Regional Age Group Cham
100	1:34.53	L	P	Lana Van Schalkwyk	14	TUKS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
101	1:35.29	L	P	Daniella McLean	14	PEAS NMA	28/06/2025 PEA Winter Gala 2025
102	1:35.43	L	P	Trinity Kavanagh	14	TCA EKU	04/12/2025 EGA Summer Championships 2025
103	1:35.57	L	F	Amelia Minnaar	14	CLAH BUF	14/02/2026 BCSA School Trials 2026
104*	1:35.79	L	F	Pippa Roberts	14	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
104*	1:35.79	L	F	Alize Spangenberg	14	EXP	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
106	1:35.81	L	F	Kaila Sudding	14	SAAW	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
107	1:35.82	L	F	Tlhopang Rakhoale	14	PAC	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
108	1:35.96	L	F	Nina Alberts	14	VRC	TSH 03/10/2025 Swimpartners Gala (Blue vs White) Oc
109	1:36.05	L	P	Pippa Wolmarans	14	PEAS	NMA 06/03/2026 SA Level 2 Regional Age Group Cham
110	1:36.24	L	F	Tatum Van der Merwe	14	OHAN	ILD 15/11/2025 KZN Junior Championships 2025
111	1:36.33	L	P	Melanie Munyoro	14	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Chan
112	1:36.48	L	P	Leonie Wink	14	VINE	CPT 04/12/2025 Western Cape LC-A Championship 20
113	1:36.62	L	F	Ashley Williams	14	BLNE	MAN 24/10/2025 Neptunes Gala
114	1:36.68	L	F	Katlego Maja	14	TRAZ	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
115	1:36.70	L	F	Abigail Moodley	14	PSCP	UMD 21/02/2026 KZN Schools Trials 2026
116	1:36.93	L	F	Maike Wheeler	14	MDOL	JHB 14/02/2026 CGA Last Chance
117	1:36.96	L	P	Jordan Godfrey	14	AFIN	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
118	1:36.98	L	F	Camryn Weber	14	AQUA	BUF 24/01/2026 BCA January Age Group Gala 2026
119	1:37.03	L	F	Lua Malan	14	PLAY	GED 22/11/2025 Swartland Prestige Gala 2025
120	1:37.31	L	F	Gemma Di Terlizzi	14	AA	JHB 14/02/2026 CGA Last Chance
121	1:37.35	L	F	Indra Hoets	14	MMD	CPT 29/11/2025 CTA B CHAMPS 2025
122	1:37.43	L	F	Alina Dore	14	KLOO	ETH 21/02/2026 KZN Schools Trials 2026
123	1:37.55	L	P	Hope Maseru	14	DMSS	26/03/2026 SA Level 3 Regional Age Group Chan
124	1:37.71	L	P	Sameeha Valli	14	MDOL	JHB 27/11/2025 CGA Championships 2025
125	1:37.81	L	F	Jemah Van der Westhuizen	14	VINE	CPT 06/03/2026 SA Level 2 Regional Age Group Cham
126	1:37.92	L	F	Laaiah Abrahams	14	INFA	NMA 15/11/2025 5th A League Gala 2025
127	1:37.98	L	P	Erin Theron	14	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
128*	1:38.51	L	F	Zala Rentel	14	MMD	CPT 29/11/2025 CTA B CHAMPS 2025
128*	1:38.51	L	F	Ella Van Viegen	14	BLSS	MAN 03/12/2025 Free State Champs 2025
130	1:38.68	L	P	Gabriella Pearse	14	SASE	JHB 27/11/2025 CGA Championships 2025
131	1:38.72	L	P	Emerson Woods	14	ESTR	EKU 04/12/2025 EGA Summer Championships 2025
132	1:38.74	L	P	Lia Basson	14	TUKS	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
133	1:39.29	L	F	Leah Hopper	14	KNYA	EDD 22/11/2025 Eden LC Champs 2025
134	1:39.43	L	F	Balatitu Ilupeju	14	MGSC	UGD 31/03/2026 SA Level 2 Regional Age Group Cham
135	1:39.53	L	P	Paiton Van Der Merwe	14	CA	EKU 04/12/2025 EGA Summer Championships 2025
136	1:39.77	L	F	Emmalynn Strydom	14	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
137	1:39.93	L	P	Addisyn Moloney	14	AWSC	JHB 27/11/2025 CGA Championships 2025
138	1:39.97	L	F	Danielle Ortell	14	UWCA	CPT 29/11/2025 CTA B CHAMPS 2025
139	1:39.99	L	F	Gea March	14	UPSK	ZMD 07/02/2026 NC SPRINTS 2026
140*	1:40.08	L	P	Jadyne Dowie	14	WATR	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
140*	1:40.08	L	F	Emma Groenewald	14	CASC	CPT 06/02/2026 WCA-B Champs - 2026
142	1:40.09	L	F	Elizabeth Du Preez	14	TUKS	TSH 27/02/2026 NTS Level 3+ February Age Group Ga
143	1:40.11	L	F	Caylie Azar	14	BLSS	MAN 26/09/2025 Pelicans Gala..
144	1:40.19	L	F	Gia De Wit	14	XCEL	CPT 29/11/2025 CTA B CHAMPS 2025
145	1:40.24	L	F	Bella Spolander	14	AA	JHB 14/02/2026 CGA Last Chance
146	1:40.69	L	F	Jane Botha	14	VALS	FDD 03/12/2025 Free State Champs 2025
147	1:40.74	L	F	Zuwena Khamanga	14	LEGC	ETH 15/11/2025 KZN Junior Championships 2025
148	1:40.78	L	P	Rebecca Manson	14	AAS	JHB 27/11/2025 CGA Championships 2025
149*	1:40.80	L	F	Amelia Kyprou	14	ESP	EKU 11/10/2025 EGA Summer 2
149*	1:40.80	L	P	Alessia Diterlizzi	14	AA	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
151	1:40.85	L	P	Kayla De Lange	14	TASC	MPD 29/03/2026 SA Level 2 Regional Age Group Cham
152	1:40.88	L	F	Madison Botha	VR	VASA	EKU 31/01/2026 EGA Last Chance Gala 2026
153	1:40.89	L	F	Jany Norval	14	SS	MPD 25/10/2025 Limpopo Age Group 5 of 2025/26
154	1:40.96	L	P	Sasha Bailey	14	RACE	JHB 27/11/2025 CGA Championships 2025
155	1:41.07	L	F	Sadie Brown	14	HPS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
156*	1:41.21	L	F	Holly Oosthuizen	14	HAAG	UTD 10/10/2025 Super Seals Annual Gala
156*	1:41.21	L	F	Maya Johnstone	14	AFIN	JHB 14/02/2026 CGA Last Chance
158	1:41.35	L	F	Ami Wiesner	14	CUHE	QBD 06/02/2026 WCA-B Champs - 2026
159	1:41.39	L	P	Aisha Bhabha	14	MDOL	JHB 27/11/2025 CGA Championships 2025
160	1:41.54	L	F	Mienke Rutherford	14	POTC	KKD 06/12/2025 NWS Championships 2025
161	1:41.58	L	F	Charleri Kritzinger	14	PELIC	MAN 30/03/2026 SA Level 2 Regional Age Group Cham
162	1:41.69	L	F	Sumien Camphor	14	SS	MPD 28/11/2025 Limpopo Champs 2025
163*	1:41.77	L	F	Juané Labuschagne	14	HMER	MPD 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				
163*	1:41.77	L	F	Erin Arnoldus	14	KLOO	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
165	1:41.83	L	F	Mikaela Roff	14	ROA	EDD	09/10/2025 44th Freda Barnard Invitational Gala
166	1:42.05	L	F	Lizae Swanepoel	14	STGR	XRD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
167	1:42.12	L	F	Rebecca Goldswain	14	USC	BUF	06/03/2026 SA Level 2 Regional Age Group Cham
168	1:42.34	L	F	Beah-Zita Cerone	14	HAAG	UTD	08/11/2025 UThukela Age Group Gala 2
169	1:42.50	L	F	Gabriella Lloyd-Swanepoel	14	MAKO	EKU	22/11/2025 EGA Summer 3 & 4
170	1:42.57	L	F	Mikayla Twali	14	RFA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
171	1:42.61	L	P	Zoe Goodenough	14	DORE	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
172	1:42.65	L	F	Jani Du Plessis	14	ROA	EDD	06/03/2026 SA Level 2 Regional Age Group Cham
173	1:42.76	L	P	Gemma Lyon-MacGregor	14	CRSC	JHB	27/11/2025 CGA Championships 2025
174	1:42.78	L	F	Jenna Bester	14	RFA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
175	1:42.79	L	F	Jodie Marais	14	HE	CCD	31/01/2026 Limpopo School Champs & Limpopo A
176	1:43.01	L	P	Zoe Bayisayi	14	TCA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
177	1:43.27	L	P	Esté Gersbach	14	CASC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
178	1:43.42	L	P	Amy Madeley	14	ANAX	CPT	04/12/2025 Western Cape LC-A Championship 20
179	1:43.44	L	F	Lika Els	14	WCS		24/04/2026 SA Schools Swimming Championship
180	1:43.62	L	F	Morgan Coskey	14	SGUL	ETH	31/01/2026 uShaka Champs 2026
181	1:43.73	L	P	Yvette Louw	14	TYGE	CPT	04/12/2025 Western Cape LC-A Championship 20
182	1:43.91	L	F	Liane' Pienaar	14	DDA	FSH	31/10/2025 NTS Level 1+2 November Age Group :
183	1:44.02	L	F	Xysca Bezuidenhout	14	FRA	KCD	31/01/2026 uShaka Champs 2026
184	1:44.04	L	P	Nokukhanya Maseko	14	MAKO	EKU	04/12/2025 EGA Summer Championships 2025
185	1:44.08	L	F	Ellene' Van Zyl	14	BLNE	MAN	05/09/2025 Bullsharks Gala
186	1:44.28	L	F	Stella Heim	14	PEAS	NMA	18/10/2025 Fish Eagles Short Course Gala 2025
187*	1:44.30	L S	F	Mikayla Stevenson	14	QSSC	CPT	01/11/2025 CTA District A CHAMPS 2025
187*	1:44.30	L	F	Mia Janse van Rensburg	14	MGSC	UGD	21/02/2026 KZN Schools Trials 2026
189	1:45.16	L	F	Inge Borman	14	BULS	MAN	03/12/2025 Free State Champs 2025
190	1:45.19	L	P	Kopano Lempe	14	MAKO	EKU	04/12/2025 EGA Summer Championships 2025
191	1:45.24	L	F	Orefile Ramphele	14	MATL	KKD	28/02/2026 NWS Last Chance 2026
192	1:45.47	L	F	Makanaka Makoto	14	NSAD	EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
193	1:45.54	L	F	Tayla-Jean Gibb	14	HARL	BUF	24/01/2026 BCA January Age Group Gala 2026
194	1:45.58	L	F	Lia Van der Walt	14	ASAC	CPT	29/11/2025 CTA B CHAMPS 2025
195	1:45.78	L	P	Aneska Nazarenko	14	CRSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
196	1:45.79	L	F	Mayra Singh	14	PSCP	UMD	09/07/2025 TYR Prestige Tournament 2025
197	1:45.96	L	F	Ciara Kroef	14	SOUL	EKU	31/01/2026 EGA Last Chance Gala 2026
198	1:46.23	L	P	Cornelea Breedt	14	ESP	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
199	1:46.30	L	F	Anneke Pieterse	14	AOLY	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
200	1:46.62	L	P	Casey Lee Mccabe	14	SS	MPD	29/03/2026 SA Level 2 Regional Age Group Cham
201	1:46.66	L	P	Kaira Nel	14	WSS	LLD	30/03/2026 SA Level 2 Regional Age Group Cham
202	1:46.78	L	P	Mika Potterill	14	ROA	EDD	06/03/2026 SA Level 2 Regional Age Group Cham
203	1:46.94	L	F	Annika Schuch	14	RBOT	BPD	30/03/2026 SA Level 2 Regional Age Group Cham
204	1:47.21	L	F	Mishay Smith	14	TUKS	FSH	31/10/2025 NTS Level 1+2 November Age Group :
205	1:47.27	L	F	Cassie Van Heerden	14	TYGE	CPT	29/11/2025 CTA B CHAMPS 2025
206	1:47.65	L	F	Alexia Montgomery	14	BETH	FDD	10/10/2025 Super Seals Annual Gala
207	1:47.73	L	P	Caitlyn Botha	14	CA	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
208	1:47.77	L	P	Hesmari Mac Robert	14	FISH	EDD	06/03/2026 SA Level 2 Regional Age Group Cham
209	1:48.31	L	F	Susanna Ellis	14	NWUC	KKD	06/12/2025 NWS Championships 2025
210	1:48.59	L	F	Ayazingca Dyasi	14	TUKS	FSH	28/02/2026 AG Level 1 Regional Competition 2026
211	1:48.73	L	F	Berne' Coetzer	14	PELIC	MAN	03/12/2025 Free State Champs 2025
212	1:48.91	L	F	Keletso Goeieman	14	KALA		05/12/2025 NCASA CHAMPS 2025 - copied - copi
213	1:49.00	L	F	Millieke Ferreira	14	TINC	FSH	31/10/2025 NTS Level 1+2 November Age Group :
214	1:49.03	L	P	Anneke Paulsen	14	ASAC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
215	1:49.57	L	F	Khenso Mabasa	14	SS	MPD	28/11/2025 Limpopo Champs 2025
216	1:49.80	L	P	Ngoko Seke	14	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
217	1:49.82	L	F	Alouise Supra	14	TNDER	FDD	11/10/2025 EGA Summer 2
218	1:49.91	L S	F	Peyton Van Der Ross	14	TYGE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
219	1:50.30	L	F	Rua De Wit	14	CASC	CPT	20/09/2025 CTA INVITATIONAL LC MEET
220	1:50.45	L	F	Jay-Dee De Jager	14	ROA	EDD	09/10/2025 44th Freda Barnard Invitational Gala
221	1:50.47	L	P	Sarah Wakefield	14	MANT	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
222	1:50.57	L	F	Roaluswa Manenzhe	14	MATL	KKD	06/12/2025 NWS Championships 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
223	1:51.09	L	F	Kirsten Koopman	14	LEGC ETH	21/02/2026 KZN Schools Trials 2026
224	1:51.20	L	P	Lucy Seymour	14	CRSC JHB	27/11/2025 CGA Championships 2025
225	1:52.48	L	F	Xandri Hattingh	14	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
226	1:52.78	L	P	Emma Artman	14	AAS JHB	29/03/2026 SA Level 2 Regional Age Group Cham
227	1:52.92	L	F	Danielle Du Plessis	14	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
228	1:52.95	L	F	Nala Hlapho	14	TLAC BPD	06/12/2025 NWS Championships 2025
229	1:53.21	L	P	Lunè Botes	14	BS LLD	03/12/2025 Free State Champs 2025
230	1:53.68	L	F	Maleleko Mushikita	14	UNIU EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
231	1:53.92	L	P	Heleina Esterhuysen	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
232	1:53.98	L	F	Chardè Bocks	14	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
233	1:54.05	L	F	Maria Shkolyar	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
234	1:54.09	L	F	Paballo Mabote	14	MAKO EKU	22/11/2025 EGA Summer 3 & 4
235	1:54.44	L	F	Mieke Rautenbach	14	BLNE MAN	07/11/2025 Otters Prestige Gala 2025
236	1:54.48	L	P	Tenele Taole	14	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
237	1:54.56	L	P	Miahlee Flink	14	UWCA CPT	28/06/2025 PEA Winter Gala 2025
238	1:54.81	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
239	1:55.25	L	F	Angelique Benn	14	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
240	1:56.03	L	P	Simone Swanepoel	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
241	1:57.21	L	F	Talia Luridsamy	14	PSCP UMD	30/03/2026 KZNA Level 1 Championships
242	1:57.44	L	F	Christie Russell	14	SWIMS EKU	28/02/2026 AG Level 1 Regional Competition 2026
243	1:57.59	L	F	Kealeboga Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
244	1:57.99	L	F	Rebaone Mbamali	14	PELIC MAN	10/10/2025 Super Seals Annual Gala
245	1:58.08	L	F	Landri Du Toit	14	BULS MAN	24/10/2025 Neptunes Gala
246	1:58.61	L	F	Georgina Dominguez Baya	14	AA JHB	06/02/2026 Crusaders & CGA Night Gala
247	1:58.94	L	F	Amare Victor	14	CPSC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
248	1:59.67	L	F	Ditebogo Tladi	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
249	1:59.73	L	F	Mishka Isaacs	14	WALM CPT	29/11/2025 CTA B CHAMPS 2025
250	1:59.81	L	F	Logan Nieuwenhuys	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
251	1:59.85	L	F	Oratile Motaung	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
252	2:00.11	L	F	Francesca Signorile	14	USC BUF	12/12/2025 NMBA Championships 2025
253	2:00.24	L	F	Mia De Esclana	14	VRC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
254	2:00.38	L	F	Marion Münch	14	RHS BPD	13/02/2026 NW School Championships 2026
255	2:01.67	L	F	Yalsha Moodley	14	AADUB ETH	06/10/2025 Seagulls Winter Championships 2025
256	2:03.54	L	F	Carissa Pitout	14	BETH FDD	07/11/2025 Otters Prestige Gala 2025
257	2:05.15	L	F	Kutlwano Ngwato	14	TUKS FSH	03/10/2025 NTS Level 1+2 October Age Group 20
258	2:05.49	L	F	Reneilwe Gowoka	14	PGH KKD	13/02/2026 NW School Championships 2026
259	2:07.44	L	F	Keleboqile Ramaila	14	UWCA CPT	29/11/2025 CTA B CHAMPS 2025
260	2:07.47	L	P	Morgan Roebuck	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
261*	2:08.70	L	F	Nobuciko Mabunda	14	NSAD EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
261*	2:08.70	L	F	Iyapha Msimanga	14	CASC CPT	29/11/2025 CTA B CHAMPS 2025
263	2:08.98	L	F	Keishia Roux	14	DDA FSH	31/10/2025 NTS Level 1+2 November Age Group :
264	2:10.71	L	F	Borekhu Senne	14	FIELD BP	13/02/2026 NW School Championships 2026
265	2:20.01	L	F	Elnye Potgieter	14	RFA FSH	14/11/2025 NTS Level 3+ November Age Group G
266	2:40.32	L	F	Ava Rough	14	BARA EKU	28/02/2026 AG Level 1 Regional Competition 2026
267	2:49.47	L	F	Aurore Sola	14	PGH KKD	13/02/2026 NW School Championships 2026
268	3:02.15	L	P	Londiwe Khumalo	14	MPAR JHB	27/11/2025 CGA Championships 2025
Women 13-14 200 Breast							
1	2:44.27	L S	F	Ava Lorenzen	14	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-2
2	2:46.71	L S	F	Amelia Oosthuizen	14	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-2
3	2:47.81	L S	F	Elmiah Vd Merwe	14	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-2
4	2:48.14	L S	F	Thandi Bosman	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-2
5	2:50.99	L	F	Jenna-Lee Watson	14	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
6	2:53.02	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
7	2:55.10	L S	F	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-2
8	2:55.80	L	F	Chiniq Breet	14	MP EZD	24/04/2026 SA Schools Swimming Championship
9	2:58.14	L	F	Anri Jonker	14	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
10	2:58.85	L	F	Sianne Wilson	14	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
11	2:59.06	L	F	Caeli Ferreira	14	CRSC JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
12	2:59.17	L	F	Sarah-Rose Pohlmann	14	BEST NMA	30/01/2026 Infinity Gala 2026

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
13	2:59.68	L S	P	Elrie Moolman	BR	VASA EKU	21/03/2026	Sa National JNR Age Group Champs-;
14	3:02.05	L	F	Amelia Fury	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
15	3:02.46	L	F	Livia Gutter	14	BLOT MAN	12/12/2025	NMBA Championships 2025
16	3:02.49	L	F	Ava Constantinides	14	CA EKU	04/12/2025	EGA Summer Championships 2025
17	3:02.57	L	F	Abigail Goodchild	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
18	3:02.73	L	P	Taylia Smith	14	GAU JHB	24/04/2026	SA Schools Swimming Championship
19	3:02.74	L	F	Jamie Shand	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
20	3:02.78	L S	P	Jenna Joyce	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
21	3:03.28	L S	P	Isabella Mare	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
22	3:03.70	L	F	Sienna Seagram	14	ELEC TSH	10/12/2025	NTS Championships 2025
23	3:04.15	L S	P	Amaru Mapulane	14	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
24	3:04.44	L	F	Kaylee Watt	14	CA EKU	04/12/2025	EGA Summer Championships 2025
25	3:04.59	L	F	Mia Putter	14	NWUC KKD	06/12/2025	NWS Championships 2025
26	3:05.13	L	F	Arabella Sadler	14	LEGC ETH	06/10/2025	Seagulls Winter Championships 2025
27	3:06.31	L	P	Ella Bunge	14	BLUO UGD	18/12/2025	KZN Premier Provincial Championship
28	3:06.49	L	F	Anelle Ward	14	TUKS TSH	10/12/2025	NTS Championships 2025
29	3:06.55	L S	P	Morgan Maree	14	DRGN EKU	21/03/2026	Sa National JNR Age Group Champs-;
30	3:06.56	L	P	Layla Labuschagne	14	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
31	3:06.97	L	F	Jessica Gibson	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
32	3:07.30	L S	P	Emma Love	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
33	3:07.41	L	F	Jane Retief	14	LALE CED	09/04/2026	SA Level 3 Regional Age Group Chan
34	3:08.51	L S	P	Katelyn Dutton	14	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-;
35	3:08.77	L S	P	April Jooman	14	BEST NMA	21/03/2026	Sa National JNR Age Group Champs-;
36	3:09.04	L	F	Talia Hill	14	HPS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
37	3:09.09	L	F	Holly Dorrestein-Rowley	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
38	3:09.84	L	P	Daniela Kleb	14	ELEC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
39	3:10.04	L	F	Emily Ackerman	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
40	3:10.78	L	F	Nicole Uys	14	MDOL JHB	14/02/2026	CGA Last Chance
41	3:11.49	L	P	Ava Longueira	14	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
42	3:11.97	L	F	Courtney Logie	14	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
43	3:12.46	L	F	Emma Terblanche	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
44	3:12.61	L	F	Isabeau Coetsee	14	FISH EDD	09/10/2025	44th Freda Barnard Invitational Gala
45	3:12.89	L	P	Julie Olivier	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
46	3:13.43	L	F	Mary Maponyane	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
47	3:13.54	L	F	Isabella Oswald	14	CRSC JHB	27/11/2025	CGA Championships 2025
48	3:14.47	L	P	Kristen Roos	14	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
49	3:14.72	L	F	Daniella McLean	14	PEAS NMA	28/06/2025	PEA Winter Gala 2025
50	3:15.22	L S	P	Nina Steyn	14	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-;
51	3:15.45	L	F	Taylor Siebrits	14	STSC KCD	26/03/2026	SA Level 3 Regional Age Group Chan
52	3:16.18	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	19/02/2026	Senior National Championships 2026
53	3:16.20	L	F	Hayley Hodnett	14	AFIN JHB	29/03/2026	SA Level 2 Regional Age Group Cham
54	3:16.21	L	P	Swapnika Kasireddy	14	SASE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
55	3:16.28	L	F	Rebecca Nilsson	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
56	3:16.45	L	P	Charlotte Costa	14	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
57	3:17.10	L S	F	Elle Gasson	14	BLSS MAN	03/12/2025	Free State Champs 2025
58	3:17.27	L	F	Lulu Swanepoel	14	ASAC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
59	3:17.37	L	F	Zoi Dimatellis	14	WAC EDD	22/11/2025	Eden LC Champs 2025
60	3:17.82	L	F	Ava-Sophia Smith	14	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
61*	3:17.88	L	F	Tatum Venter	14	WSS LLD	23/01/2026	Mangaung Gala
61*	3:17.88	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
63	3:17.99	L	F	Courtney Biggs	14	SASE JHB	27/11/2025	CGA Championships 2025
64	3:18.00	L	P	Leane Van der Merwe	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
65	3:18.87	L	F	Kinique Stols	14	TKS WBD	28/11/2025	Limpopo Champs 2025
66	3:18.94	L S	F	Annelie Thiar	14	CLA WCD	04/12/2025	Western Cape LC-A Championship 20
67	3:19.31	L	P	Rachele Goosen	14	UNIU EZD	26/03/2026	SA Level 3 Regional Age Group Chan
68	3:19.91	L	F	Chloe-Leigh Jurgens	14	VINE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
69	3:19.94	L	F	Elizabeth Desilla	14	SASE JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
70	3:20.62	L	F	Kiersten Hillen	BR	VASA EKU	22/11/2025	EGA Summer 3 & 4
71	3:20.89	L	P	Surayia Harris	14	CRSC 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			
72	3:20.90	L	P	Isabella Van Rooyen	14	AADUB ETH	18/12/2025 KZN Premier Provincial Championship
73	3:20.97	L	F	Mari Bruwer	14	SS MPD	28/11/2025 Limpopo Champs 2025
74	3:21.06	L	F	Cara Louw	14	RBOT BPD	06/12/2025 NWS Championships 2025
75	3:21.62	L	F	Peighton Le Roux	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
76	3:21.66	L	F	Olivia Latimer	14	SAAW CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
77	3:21.90	L	F	Elle Joubert	14	PLAY CED	06/03/2026 SA Level 2 Regional Age Group Cham
78	3:22.07	L	P	Mikayla Stevenson	14	QSSC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
79	3:22.20	L	F	Donyelle Cupido	14	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
80	3:22.83	L	F	Abigail Moodley	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
81	3:23.62	L	P	Mia Stilwaney	14	PAQU CED	04/12/2025 Western Cape LC-A Championship 20
82	3:23.70	L	F	Danielle Ortell	14	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
83	3:23.99	L	F	Dunay Zovitzkey	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
84	3:24.15	L	F	Liandri Terblanche	14	SS MPD	28/11/2025 Limpopo Champs 2025
85	3:24.59	L	F	Zoey Van Leeuwen	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
86	3:25.13	L	P	Zamajobe Mtetwa	14	PAC FSH	10/12/2025 NTS Championships 2025
87	3:25.54	L	P	Grace Williams	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
88	3:25.83	L	F	Chloe' Oliphant	14	PAC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
89	3:25.89	L	F	Leah Hopper	14	KNYA EDD	22/11/2025 Eden LC Champs 2025
90	3:26.46	L	F	Melan van der Spuy	14	BLOT MAN	03/10/2025 Curro AquaElite Gala
91	3:27.01	L	P	Aimee van der Merwe	14	MDOL JHB	27/11/2025 CGA Championships 2025
92	3:27.08	L	F	Zani Van Dyk	14	ASAC CPT	09/10/2025 44th Freda Barnard Invitational Gala
93	3:27.17	L S	F	Jane Botha	14	VALS FDD	03/12/2025 Free State Champs 2025
94	3:27.31	L	F	Nina Alberts	14	VRC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
95	3:27.79	L	F	Alina Dore	14	KLOO ETH	21/02/2026 KZN Schools Trials 2026
96	3:28.30	L	F	Mazvita Masiya	14	ELEC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
97	3:28.45	L	P	Leonie Wink	14	VINE CPT	04/12/2025 Western Cape LC-A Championship 20
98	3:28.48	L	P	Elizabeth Du Preez	14	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
99	3:28.60	L	F	Lana Van Schalkwyk	14	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
100	3:29.79	L	F	Camryn Weber	14	AQUA BUF	28/02/2026 Eastern Cape School Provincial Trials
101	3:29.95	L	F	Tayla-Jean Gibb	14	HARL BUF	28/02/2026 Eastern Cape School Provincial Trials
102	3:30.25	L	F	Maike Wheeler	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
103	3:30.34	L	F	Sameeha Valli	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
104	3:30.35	L	F	Tihopang Rakhoale	14	PAC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
105*	3:30.75	L	F	Lua Malan	14	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
105*	3:30.75	L	F	Jordan Godfrey	14	AFIN JHB	29/03/2026 SA Level 2 Regional Age Group Cham
107*	3:30.89	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
107*	3:30.89	L	F	Ashley Williams	14	BLNE MAN	20/09/2025 Welkom Seals Gala
109	3:30.96	L	F	Pippa Wolmarans	14	PEAS NMA	18/10/2025 Fish Eagles Short Course Gala 2025
110	3:31.21	L	F	Kiara Naidoo	14	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
111	3:31.37	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
112	3:31.42	L	F	Mia Jansen van Rensburg	14	XCEL CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
113	3:31.70	L	F	Emmalynn Strydom	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
114	3:31.85	L	F	Lia Basson	14	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
115	3:31.88	L	F	Erin Theron	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
116	3:32.69	L	F	Emma Groenewald	14	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
117	3:33.88	L	F	Amber Terclavers	14	SOUL EKU	20/09/2025 EGA Summer 1 2025
118	3:34.51	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
119	3:35.84	L	F	Zoe Goodenough	14	DORE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
120	3:35.97	L	F	Jani Du Plessis	14	ROA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
121	3:36.84	L	F	Addisyn Moloney	14	AWSC JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
122	3:36.87	L	F	Maya Johnstone	14	AFIN JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
123	3:37.30	L	F	Rebecca Goldswain	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
124	3:37.46	L	F	Jaimee Cronje	14	COMS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
125	3:37.49	L	F	Gia De Wit	14	XCEL CPT	29/11/2025 CTA B CHAMPS 2025
126	3:37.53	L	F	Jadyne Dowie	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
127	3:37.55	L	P	Alessia Diterlizzi	14	AA JHB	27/11/2025 CGA Championships 2025
128	3:38.10	L	F	Gea March	14	UPSK ZMD	07/02/2026 NC SPRINTS 2026
129	3:38.58	L	F	Esté Gersbach	14	CASC CPT	06/02/2026 WCA-B Champs - 2026
130	3:38.66	L	F	Sadie Brown	14	HPS FSH	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			
131	3:39.70 L	F	Mia Janse van Rensburg	14	MGSC UGD	21/02/2026	KZN Schools Trials 2026
132	3:39.94 L	F	Jodie Marais	14	ELRAS WBD	28/11/2025	Limpopo Champs 2025
133	3:39.95 L	P	Rebecca Manson	14	AAS JHB	27/11/2025	CGA Championships 2025
134	3:40.04 L	P	Zoe Bayisayi	14	TCA EKU	04/12/2025	EGA Summer Championships 2025
135	3:40.63 L	P	Amelia Kyprou	14	ESP EKU	04/12/2025	EGA Summer Championships 2025
136	3:40.80 L	F	Erin Arnoldus	14	KLOO ETH	31/03/2026	SA Level 2 Regional Age Group Cham
137	3:41.19 L	F	Beah-Zita Cerone	14	HAAG UTD	10/10/2025	Super Seals Annual Gala
138	3:42.81 L S	P	Kaira Nel	14	WSS LLD	03/12/2025	Free State Champs 2025
139	3:42.94 L	F	Kayla De Lange	14	TASC MPD	29/03/2026	SA Level 2 Regional Age Group Cham
140	3:43.20 L	F	Trinity Kavanagh	14	TCA EKU	06/10/2025	Seagulls Winter Championships 2025
141	3:44.08 L	F	Laaiah Abrahams	14	INFA NMA	12/12/2025	NMBA Championships 2025
142	3:44.09 L	F	Emerson Woods	14	ESTR EKU	20/09/2025	EGA Summer 1 2025
143	3:44.34 L	F	Caitlyn Botha	14	CA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
144	3:44.39 L	F	Inge Borman	14	BULS MAN	10/10/2025	Super Seals Annual Gala
145	3:45.27 L	F	Mikayla Twali	14	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala
146	3:45.80 L	F	Xysca Bezuidenhout	14	FRA KCD	31/01/2026	uShaka Champs 2026
147	3:46.96 L	F	Cassie Van Heerden	14	TYGE CPT	29/11/2025	CTA B CHAMPS 2025
148	3:47.00 L	F	Jenna Bester	14	RFA TSH	13/02/2026	NTS Level 1+2 February Age Group 2t
149	3:47.17 L	P	Anneke Paulsen	14	ASAC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
150	3:47.69 L	F	Nokukhanya Maseko	14	MAKO EKU	20/09/2025	EGA Summer 1 2025
151	3:48.11 L	F	Lika Els	14	ESA CED	13/02/2026	Winelands SL Fin - February 2026 - cc
152	3:48.47 L	F	Sandisokuhle Mguli	14	SAAW CPT	14/02/2026	CTA Elite Gala (L3+)
153	3:48.49 L	F	Ngoko Seke	14	MDOL JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
154	3:49.29 L	F	Lia Van der Walt	14	ASAC CPT	29/11/2025	CTA B CHAMPS 2025
155	3:49.73 L	F	Lizae Swanepoel	14	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
156	3:50.13 L	F	Orefile Ramphele	14	MATL KKD	28/02/2026	NWS Last Chance 2026
157	3:50.29 L	F	Cornelea Breedt	14	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
158	3:51.13 L	P	Mika Potterill	14	ROA EDD	06/03/2026	SA Level 2 Regional Age Group Cham
159	3:51.15 L	F	Millieke Ferreira	14	TINC TSH	13/02/2026	NTS Level 1+2 February Age Group 2t
160	3:51.19 L	F	Jay-Dee De Jager	14	ROA EDD	22/11/2025	Eden LC Champs 2025
161	3:51.55 L S	F	Mayra Singh	14	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025
162	3:51.73 L	P	Kopano Lempe	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
163	3:52.88 L	P	Heleina Esterhuysen	14	CLA WCD	06/03/2026	SA Level 2 Regional Age Group Cham
164	3:53.32 L	P	Lucy Seymour	14	CRSC JHB	27/11/2025	CGA Championships 2025
165	3:53.42 L	P	Annika Schuch	14	RBOT BPD	06/12/2025	NWS Championships 2025
166	3:54.21 L	F	Morgan Coskey	14	SGUL ETH	06/10/2025	Seagulls Winter Championships 2025
167	3:57.78 L	F	Sarah Wakefield	14	MANT CPT	29/11/2025	CTA B CHAMPS 2025
168	3:58.26 L	F	Keletso Goeieman	14	KALA	05/12/2025	NCSA CHAMPS 2025 - copied - copi
169	3:58.32 L	F	Keishia Roux	14	DDA TSH	13/02/2026	NTS Level 1+2 February Age Group 2t
170	3:59.68 L	F	Ayazingca Dyasi	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
171	4:00.03 L	F	Ciara Kroef	14	SOUL EKU	20/09/2025	EGA Summer 1 2025
172	4:03.31 L	F	Xandri Hattingh	14	KTS	17/01/2026	AGE GROUP 5 KATHU 2026
173	4:05.60 L	F	Yalsha Moodley	14	AADUB ETH	06/10/2025	Seagulls Winter Championships 2025
174	4:07.69 L	F	Kendra Samuels	14	CASC CPT	29/11/2025	CTA B CHAMPS 2025
175	4:10.00 L	P	Roaluswa Manenzhe	14	MATL KKD	06/12/2025	NWS Championships 2025
176	4:10.03 L	P	Paballo Mabote	14	MAKO EKU	04/12/2025	EGA Summer Championships 2025
177	4:11.99 L	F	Landri Du Toit	14	BULS MAN	05/09/2025	Bullsharks Gala
178	4:13.19 L	P	Tenele Taole	14	SWIF EKU	04/12/2025	EGA Summer Championships 2025
179	4:13.40 L	F	Francesca Signorile	14	USC BUF	07/02/2026	BCA Feb Age Group Gala 2026
180	4:14.10 L S	F	Rebaone Mbamali	14	PELIC MAN	03/12/2025	Free State Champs 2025
181	4:14.16 L	F	Marion Münch	14	RBUR BPD	28/02/2026	NWS Last Chance 2026
182	4:16.17 L	F	Simone Swanepoel	14	CSA EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
183	4:20.77 L	F	Mia De Esclana	14	VRC TSH	13/02/2026	NTS Level 1+2 February Age Group 2t
184	4:21.37 L	F	Maleleko Mushikita	14	UNIU EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
185	4:23.49 L	F	Olivia Worley	14	HARL BUF	24/01/2026	BCA January Age Group Gala 2026
186	4:26.03 L	F	Ditebogo Tladi	14	TUKS TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
187	4:29.56 L	F	Chardè Bocks	14	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
Women 13-14 50 Fly							
1	28.51 L	P	Isabeau Coetsee	14	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	28.84	L	F	Gemma Spies	14	INFA NMA	28/06/2025 PEA Winter Gala 2025
3	29.69	L	F	Morgan Tandy	14	CA EKU	04/12/2025 EGA Summer Championships 2025
4	29.75	L	F	Olivia Botha	14	OHAN ILD	21/03/2026 Sa National JNR Age Group Champs-
5	29.89	L	F	Saskya Kistnasami	14	ASA ILD	21/03/2026 Sa National JNR Age Group Champs-
6	30.01	L	F	Olivia Stroebel	14	HPS TSH	21/03/2026 Sa National JNR Age Group Champs-
7	30.08	L	F	Layla Barber-Luna	14	CA EKU	04/12/2025 EGA Summer Championships 2025
8	30.21	L	F	Irma Kotzé	14	PGIM KKD	13/02/2026 NW School Championships 2026
9	30.22	L	F	Thandi Bosman	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-
10	30.38	L	P	Sophie Smith	14	VINE CPT	28/06/2025 PEA Winter Gala 2025
11	30.40	L	F	Jenna-Lee Watson	14	HPS TSH	21/03/2026 Sa National JNR Age Group Champs-
12	30.78	L	S	Jenna Joyce	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-
13	31.14	L	F	Ava Lorenzen	14	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
14	31.31	L	F	Chloe Potgieter	14	SEAL UMD	21/02/2026 KZN Schools Trials 2026
15	31.38	L	F	Mia Jansen van Rensburg	14	XCEL CPT	04/12/2025 Western Cape LC-A Championship 20
16*	31.41	L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026 Infinity Gala 2026
16*	31.41	L	P	Ella Bunge	14	BLUO UGD	18/12/2025 KZN Premier Provincial Championship
18	31.43	L	F	Caeli Ferreira	14	CRSC JHB	27/11/2025 CGA Championships 2025
19	31.62	L	F	Mila Strydom	14	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
20	31.63	L	P	Melokuhle Mhlongo	14	PSCP UMD	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
21	31.75	L	F	Nina Steyn	14	BLSS MAN	10/10/2025 Super Seals Annual Gala
22	31.88	L	F	Lauren Walker	14	WATR JHB	27/11/2025 CGA Championships 2025
23	31.90	L	P	Hayley De Haas	14	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
24	31.95	L	P	Amaru Mapulane	14	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
25*	31.97	L	P	Jothany Ngotchouye	14	SEAL UMD	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
25*	31.97	L	P	Mackenzie Abrams	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-
27*	32.00	L	F	Kiana Kalpage	BR	VASA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
27*	32.00	L	F	Roxanne De Lange	14	PAC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
29	32.02	L	P	Hannah-Grace Havinga	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-
30	32.08	L	F	Julie Olivier	14	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
31	32.14	L	F	Ziva Filday	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
32	32.17	L	F	Abigail Weber	14	DRGN JHB	26/03/2026 SA Level 3 Regional Age Group Chan
33	32.19	L	F	Cara Mills	14	UNIUI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
34	32.22	L	F	Gea March	14	UPSK ZMD	26/03/2026 SA Level 3 Regional Age Group Chan
35*	32.23	L	P	Emily Geldart	14	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-
35*	32.23	L	F	Zoey Van Leeuwen	14	RACE JHB	29/03/2026 SA Level 2 Regional Age Group Cham
37	32.30	L	P	Mbalenhle Jared	14	ELEC TSH	21/03/2026 Sa National JNR Age Group Champs-
38	32.35	L	F	Kiersten Hillen	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
39	32.49	L	F	Daniella McLean	14	PEAS NMA	09/04/2026 SA Level 3 Regional Age Group Chan
40	32.68	L	F	Carlina Eybers	14	VHD ZLD	21/02/2026 KZN Schools Trials 2026
41	32.72	L	F	Taylor Henderson	14	COMS TSH	29/03/2026 SA Level 2 Regional Age Group Cham
42	32.77	L	P	Elmiah Vd Merwe	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-
43	32.79	L	F	Amy Madeley	14	ANAX CPT	09/04/2026 SA Level 3 Regional Age Group Chan
44	32.84	L	F	Mari Bruwer	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
45	32.85	L	F	Sharli Durandt	14	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
46	32.99	L	P	Aimee van der Merwe	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-
47	33.07	L	F	Kaylee Watt	14	CA EKU	04/12/2025 EGA Summer Championships 2025
48	33.17	L	F	Mary Maponyane	14	BAS EKU	20/09/2025 EGA Summer 1 2025
49	33.18	L S	P	Abigail Da Silva	14	TUKS TSH	10/12/2025 NTS Championships 2025
50	33.21	L	F	Nicole Uys	14	MDOL JHB	14/02/2026 CGA Last Chance
51	33.39	L	F	Jamie Shand	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
52	33.43	L	P	Tyla Charles	14	VINE CPT	04/12/2025 Western Cape LC-A Championship 20
53	33.46	L	F	Rebecca Botha	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
54	33.60	L	F	Inge Opperman	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
55	33.65	L	P	Gabriella Lloyd-Swanepoel	14	MAKO EKU	26/03/2026 SA Level 3 Regional Age Group Chan
56	33.68	L	F	Donyelle Cupido	14	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
57	33.71	L	F	Pippa Roberts	14	UNIUI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
58	33.78	L	F	Shellaine Pahl	14	QSSC CPT	01/11/2025 CTA District A CHAMPS 2025
59	33.83	L	F	Amelia Minnaar	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
60	33.84	L	P	Rebecca Nilsson	14	TYGE CPT	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				
61	33.89	L	F	Zoe Morgado	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
62	33.91	L	P	Amelia Fury	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
63*	33.94	L	F	Mila Nienaber	14	ESA CED	09/04/2026	SA Level 3 Regional Age Group Chan
63*	33.94	L	P	Zani Van Dyk	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
65	33.99	L	P	Leane Van der Merwe	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
66	34.04	L	P	Emma Love	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
67	34.06	L	P	Liv Van den Heever	14	AZON ETH	26/03/2026	SA Level 3 Regional Age Group Chan
68	34.09	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025	Free State Champs 2025
69	34.10	L S	P	Talia Hill	14	HPS TSH	10/12/2025	NTS Championships 2025
70	34.13	L	P	Kristen Roos	14	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
71	34.14	L	P	Mikaela Roff	14	ROA EDD	04/12/2025	Western Cape LC-A Championship 20
72*	34.21	L	P	Erin Theron	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
72*	34.21	L	F	Emma Groenewald	14	KTS	31/10/2025	UPINGTON PRESTIGE GALA 2025
74	34.22	L	F	Indra Hoets	14	MMD CPT	29/11/2025	CTA B CHAMPS 2025
75	34.23	L	P	Storm Bircher	14	LALE CED	04/12/2025	Western Cape LC-A Championship 20
76	34.24	L	F	Clarise Stadler	14	TRAZ TSH	27/02/2026	NTS Level 3+ February Age Group Ga
77	34.25	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
78	34.36	L	P	Mia Putter	14	NC FBD	24/04/2026	SA Schools Swimming Championship
79	34.37	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan
80	34.38	L	P	Bokang Maruping	14	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
81	34.39	L	P	Mia Lourens	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
82	34.40	L	P	Ava Longueira	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
83	34.41	L	F	Taylia Smith	14	AA JHB	28/02/2026	CGA Challenge
84	34.42	L	F	Alice Esterhuyse	14	WAC EDD	22/11/2025	Eden LC Champs 2025
85	34.43	L	P	Surayia Harris	14	CRSC JHB	26/03/2026	SA Level 3 Regional Age Group Chan
86*	34.46	L	F	Milan Coleman	14	FISH EDD	09/04/2026	SA Level 3 Regional Age Group Chan
86*	34.46	L	F	Sofia Nixon	14	VINE CPT	01/11/2025	CTA District A CHAMPS 2025
88	34.48	L	F	Martinet Bezuidenhout	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
89	34.49	L	F	Chiniq Breet	14	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
90	34.51	L	P	Amalia van der Westhuizen	14	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
91	34.52	L	P	Jessica Wood	14	CA EKU	04/12/2025	EGA Summer Championships 2025
92	34.58	L S	P	Chloe' Oliphant	14	PAC TSH	10/12/2025	NTS Championships 2025
93	34.60	L	F	Lika Zietsman	14	BLSS MAN	03/12/2025	Free State Champs 2025
94	34.61	L	P	Megan Els	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
95	34.67	L	F	Hannah Wright	14	CA EKU	04/12/2025	EGA Summer Championships 2025
96	34.70	L	P	Juliette Wallis	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
97	34.72	L	P	Mia Stilwaney	14	PAQU CED	04/12/2025	Western Cape LC-A Championship 20
98	34.74	L	F	Skylar Jack	14	PER JHB	14/02/2026	CGA Last Chance
99	34.80	L	F	Ava Constantinides	14	CA EKU	06/10/2025	Seagulls Winter Championships 2025
100	34.81	L	P	Victoria Jackson	14	SOUL EKU	26/03/2026	SA Level 3 Regional Age Group Chan
101	34.83	L	P	Claire Gabriels	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
102	34.90	L	P	Yvette Louw	14	TYGE CPT	04/12/2025	Western Cape LC-A Championship 20
103	34.92	L	P	Morgan Maree	14	DRGN EKU	21/03/2026	Sa National JNR Age Group Champs-;
104	34.98	L	P	Reabetswe Pabalinga	14	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
105	35.04	L	P	Marli Coetzee	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
106	35.06	L	F	April Jooman	14	BEST NMA	12/12/2025	NMBA Championships 2025
107	35.11	L	F	Violet Maritz	14	SEAL UMD	31/01/2026	uShaka Champs 2026
108	35.13	L	P	Jaimee Cronje	14	COMS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
109	35.19	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming f
110	35.24	L	F	Emma Gotthardt	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
111	35.26	L	F	Leah de Jager	14	CRSC JHB	27/11/2025	CGA Championships 2025
112	35.32	L	P	Sumien Camphor	14	LP CCD	24/04/2026	SA Schools Swimming Championship
113	35.36	L	P	Isabella Oswald	14	CRSC JHB	26/03/2026	SA Level 3 Regional Age Group Chan
114*	35.38	L	F	Mikah Cillie	14	TUKS TSH	05/12/2025	2025 The Tshwane Mayor's Gala
114*	35.38	L	F	Annelie Thiar	14	CLA WCD	13/02/2026	Winelands SL Fin - February 2026 - cc
114*	35.38	L	P	Elizabeth Du Preez	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
117	35.39	L	P	Zenicke Van Schalkwyk	14	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
118	35.49	L	F	Kendra McNamara	14	UNIU EZD	29/03/2026	SA Level 2 Regional Age Group Cham
119*	35.50	L	P	Isabella Redfern	14	CRSC 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			
119*	35.50	L	F	Jessica Stewart	14	TUKS FSH	05/12/2025 2025 The Tshwane Mayor's Gala
121	35.58	L	P	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
122	35.59	L	P	Elizabeth Desilla	14	SASE JHB	04/12/2025 EGA Summer Championships 2025
123	35.71	L	F	Aneska Nazarenko	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
124	35.81	L	P	Trinity Kavanagh	14	TCA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
125	35.83	L	F	Melan van der Spuy	14	BLOT MAN	03/12/2025 Free State Champs 2025
126	35.86	L	F	Chloe-Leigh Jurgens	14	VINE CPT	12/12/2025 NMBA Championships 2025
127	35.91	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
128	35.94	L	P	Jordan Godfrey	14	AFIN JHB	29/03/2026 SA Level 2 Regional Age Group Cham
129	35.95	L	F	Olivia Latimer	14	SAAW CPT	20/09/2025 CTA INVITATIONAL LC MEET
130	35.98	L S	P	Zamajobe Mtetwa	14	PAC FSH	10/12/2025 NTS Championships 2025
131	35.99	L	P	Simoné Groenewald	14	TINC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
132	36.13	L S	P	Hayleigh Sutherland	14	TUKS FSH	10/12/2025 NTS Championships 2025
133	36.15	L S	P	Tischke Rischmuller	14	RFA FSH	10/12/2025 NTS Championships 2025
134*	36.16	L	F	Anya Sonnekus	14	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
134*	36.16	L	P	Mia Pienaar	14	CA EKU	04/12/2025 EGA Summer Championships 2025
136	36.22	L	F	Nangamso Bodlani	14	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
137	36.23	L	P	Leah Stewart	14	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
138	36.24	L	P	Mienke Rutherford	14	POTC KKD	30/03/2026 SA Level 2 Regional Age Group Cham
139	36.33	L	P	Zuwena Khamanga	14	LEGC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
140	36.41	L	F	Belen Neethling	14	VINE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
141	36.42	L	F	Courtney Biggs	14	SASE JHB	06/02/2026 Crusaders & CGA Night Gala
142*	36.44	L	F	Carle Scholtz	14	CRSC JHB	28/02/2026 CGA Challenge
142*	36.44	L	F	Holly Webb	14	SSISA CPT	29/11/2025 CTA B CHAMPS 2025
144	36.47	L	P	Mia Strydom	14	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
145	36.48	L	F	Jessica Gibson	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
146	36.53	L S	P	Layla Labuschagne	14	PAC FSH	10/12/2025 NTS Championships 2025
147	36.70	L	F	Kinique Stols	14	TKS WBD	28/11/2025 Limpopo Champs 2025
148	36.76	L	F	Abigail Goodchild	14	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
149*	36.81	L	F	Rachele Goosen	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
149*	36.81	L	F	Abigail Slabber	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
151	36.82	L	F	Moné De Kock	14	ELRAS WBD	28/11/2025 Limpopo Champs 2025
152	36.92	L	F	Elle Joubert	14	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
153	37.05	L	F	Mayra Singh	14	PSCP UMD	21/02/2026 KZN Schools Trials 2026
154	37.07	L	P	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-:
155	37.15	L	F	Morgan Coskey	14	SGUL ETH	21/02/2026 KZN Schools Trials 2026
156	37.19	L	F	Caylie Azar	14	BLSS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
157	37.26	L	F	Mari Moolman	14	INFA NMA	12/12/2025 NMBA Championships 2025
158	37.31	L	F	Neema Muriro	14	CTO CPT	06/03/2026 SA Level 2 Regional Age Group Cham
159	37.45	L	F	Mia Bogacz	14	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
160*	37.49	L	P	Saheli Kalpage	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
160*	37.49	L	F	Cara Louw	14	RBOT BPD	06/12/2025 NWS Championships 2025
162	37.65	L	F	Peyton Van Der Ross	14	TYGE CPT	06/03/2026 SA Level 2 Regional Age Group Cham
163	37.67	L	F	Sarah-Rose Pohlmann	14	BEST NMA	20/09/2025 3rd A League Gala 2025
164	37.70	L	P	Lua Malan	14	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
165	37.72	L	F	Lene Bester	14	MATL KKD	06/12/2025 NWS Championships 2025
166*	37.75	L	P	Isabella Mare	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-:
166*	37.75	L	P	Sasha Bailey	14	RACE JHB	27/11/2025 CGA Championships 2025
168*	37.81	L	F	Nina Oosthuizen	14	NHS EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
168*	37.81	L	P	Hope Maseru	14	DMSS	26/03/2026 SA Level 3 Regional Age Group Chan
170	37.87	L	F	Zala Rentel	14	MMD CPT	29/11/2025 CTA B CHAMPS 2025
171	37.99	L	F	Annabelle Marsh	14	TINC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
172	38.11	L	F	Danielle Ortell	14	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
173*	38.15	L	F	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
173*	38.15	L	P	Kiara Naidoo	14	MAKO EKU	29/03/2026 SA Level 2 Regional Age Group Cham
175	38.20	L	P	Savannah Thirsk	14	TYGE CPT	28/06/2025 PEA Winter Gala 2025
176	38.23	L	F	Aimee Liebenberg	14	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
177	38.29	L	P	Ilane' Smit	14	BULS MAN	03/12/2025 Free State Champs 2025
178*	38.37	L	P	Emerson Woods	14	ESTR 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			
178*	38.37	L	F	Liandri Terblanche	14	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
180	38.41	L	F	Hayley Hodnett	14	AFIN JHB	14/02/2026 CGA Last Chance
181	38.48	L	P	Cornelea Breedt	14	ESP EKU	04/12/2025 EGA Summer Championships 2025
182	38.51	L	F	Livia Gutter	14	BLOT MAN	05/09/2025 Bullsharks Gala
183	38.54	L	P	Casey Lee Mccabe	14	SS MPD	29/03/2026 SA Level 2 Regional Age Group Cham
184	38.56	L	F	Zibusiso Xulu	14	KLOO ETH	03/10/2025 Curro AquaElite Gala
185	38.57	L	F	Tatum Van der Merwe	14	OHAN ILD	15/11/2025 KZN Junior Championships 2025
186	38.61	L	F	Maleleko Mushikita	14	UNIU EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
187	38.76	L	F	Gemma Di Terlizzi	14	AA JHB	14/02/2026 CGA Last Chance
188	38.80	L	F	Ava Diessner	14	PEAS NMA	12/12/2025 NMBA Championships 2025
189	38.83	L	F	Zaila Forsdyke De Almeida	14	RACE JHB	14/02/2026 CGA Last Chance
190	38.85	L	F	Katlego Maja	14	TRAZ TSH	14/11/2025 NTS Level 3+ November Age Group G
191	38.90	L	F	Jemah Van der Westhuizen	14	VINE CPT	29/11/2025 CTA B CHAMPS 2025
192	38.91	L	P	Swapnika Kasireddy	14	SASE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
193	38.97	L	F	Grace Williams	14	PSCP UMD	15/11/2025 KZN Junior Championships 2025
194	38.99	L	P	Lore Hoek	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
195	39.01	L	F	Inge Borman	14	BULS MAN	05/09/2025 Bullsharks Gala
196	39.03	L	P	Angelique Marais	14	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
197	39.06	L	P	Alexia Montgomery	14	BETH FDD	03/12/2025 Free State Champs 2025
198	39.14	L	F	Jada Bailey	14	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
199	39.17	L	F	Elnye Potgieter	14	RFA TSH	14/11/2025 NTS Level 3+ November Age Group G
200	39.18	L	F	Mika Potterill	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
201	39.24	L	P	Nobuciko Mabunda	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
202	39.45	L	F	Amieka Henning	14	WAGH BP	13/02/2026 NW School Championships 2026
203	39.56	L	P	Charlotte Costa	14	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
204	39.58	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
205	39.59	L	F	Alane Brits	14	BULS MAN	20/09/2025 Welkom Seals Gala
206	39.61	L	P	Rebecca Manson	14	AAS JHB	27/11/2025 CGA Championships 2025
207	39.66	L	F	Aisha Bhabha	14	MDOL JHB	14/02/2026 CGA Last Chance
208*	39.69	L	F	Jany Norval	14	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
208*	39.69	L	F	Ashley Williams	14	BLNE MAN	24/10/2025 Neptunes Gala
210	39.74	L	F	Esté Gersbach	14	CASC CPT	06/02/2026 WCA-B Champs - 2026
211	39.75	L	F	Hesmari Mac Robert	14	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
212	39.82	L	P	Tatum Venter	14	WSS ILD	30/03/2026 SA Level 2 Regional Age Group Cham
213	39.83	L	F	Beah-Zita Cerone	14	HAAG UTD	06/12/2025 UThukela District Age Group 3
214	39.87	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025 NWS Championships 2025
215	39.94	L	F	Pippa Wolmarans	14	PEAS NMA	12/12/2025 NMBA Championships 2025
216	39.95	L	F	Zanie Van Rooyen	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
217	40.04	L	P	Kopano Lempe	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
218	40.13	L	F	Zola Cristini	14	MMD CPT	29/11/2025 CTA B CHAMPS 2025
219	40.18	L	P	Nina Van Staden	14	KSC EZD	05/12/2025 Mpumalanga Championships 2025
220	40.23	L	F	Lyla Barnard	14	RFA TSH	23/01/2026 2026 NTS Sprint Gala
221	40.29	L	F	Emily Ackerman	14	QUES JHB	14/02/2026 CGA Last Chance
222	40.56	L	F	Jane Botha	14	VALS FDD	24/10/2025 Neptunes Gala
223	40.77	L	F	Ditebogo Tladi	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
224	40.92	L	F	Emma Terblanche	14	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
225	41.01	L	P	Rua De Wit	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
226	41.03	L	F	Danielle Du Plessis	14	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
227	41.04	L	P	Adiana Van der Merwe	14	STGR XRD	30/03/2026 SA Level 2 Regional Age Group Cham
228	41.31	L	P	Jani Du Plessis	14	ROA EDD	06/03/2026 SA Level 2 Regional Age Group Cham
229	41.34	L	F	Chloe Oosthuizen	14	SWISA TSH	23/01/2026 2026 NTS Sprint Gala
230	41.36	L	F	Isabellea Dhassiah	14	RETR CPT	29/11/2025 CTA B CHAMPS 2025
231	41.63	L	F	Alessia Diterlizzi	14	AA JHB	06/02/2026 Crusaders & CGA Night Gala
232	41.69	L	P	Kate Tager	14	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
233	41.74	L	F	Annika Schuch	14	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
234	41.78	L	P	Lucy Seymour	14	CRSC JHB	27/11/2025 CGA Championships 2025
235	41.81	L	P	Amelia Kyprou	14	ESP EKU	04/12/2025 EGA Summer Championships 2025
236	41.91	L	P	Ava-Sophia Smith	14	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
237	41.97	L	F	Mikayla Twali	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
238	42.00	L	F	Daniela de Gouveia	14	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
239	42.02	L	F	Holly Oosthuizen	14	HAAG	UTD 10/10/2025 Super Seals Annual Gala
240*	42.05	L	F	Alize Spangenberg	14	EXP	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
240*	42.05	L	F	Xandri Hattingh	14	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
242	42.15	L	F	Juané Labuschagne	14	SS	MPD 27/09/2025 Limpopo Age Group 4 of 2025/26
243	42.27	L	F	Ayazingca Dyasi	14	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
244	42.47	L	P	Tenele Taole	14	SWIFT	EKU 04/12/2025 EGA Summer Championships 2025
245	42.56	L	F	Gia De Wit	14	XCEL	CPT 29/11/2025 CTA B CHAMPS 2025
246*	42.60	L	F	Jay-Dee De Jager	14	ROA	EDD 09/10/2025 44th Freda Barnard Invitational Gala
246*	42.60	L	F	Jadyne Dowie	14	WATR	JHB 14/02/2026 CGA Last Chance
248	42.62	L	F	Nomathemba Makhasane	14	MATL	KKD 06/12/2025 NWS Championships 2025
249	42.65	L	F	Sumayya Dangor	14	ATLA	JHB 14/02/2026 CGA Last Chance
250	42.66	L	P	Ciara Kroef	14	SOUL	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
251	42.97	L	F	Nala Hlapho	14	TLAC	BPD 06/12/2025 NWS Championships 2025
252	43.04	L	F	Jodie Marais	14	HE	CCD 31/01/2026 Limpopo School Champs & Limpopo A
253	43.14	L	F	Leah Hopper	14	KNYA	EDD 04/10/2025 EDEN 1st A-League Gala 2025
254	43.32	L	F	Riley Thompson	14	HARL	BUF 28/11/2025 BCA Long Course Championships 202
255	43.55	L	F	Keishia Roux	14	DDA	TSH 23/01/2026 2026 NTS Sprint Gala
256	43.64	L	F	Deode Coetzee	14	LINR	JHB 06/02/2026 Crusaders & CGA Night Gala
257	43.67	L	P	Christie Russell	14	SWIMS	EKU 04/12/2025 EGA Summer Championships 2025
258	44.07	L	P	Catherine Esterhyse	14	CLA	WCD 06/03/2026 SA Level 2 Regional Age Group Cham
259	44.46	L	F	Kaira Nel	14	WSS	LLD 20/09/2025 Welkom Seals Gala
260	44.47	L	F	Kaitlin Groenewald	14	NAE	EZD 13/09/2025 MP SPRINT 13 SEPTEMBER 2025
261	44.73	L	F	Millieke Ferreira	14	TINC	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
262	44.81	L	F	Rebecca Goldswain	14	USC	BUF 12/12/2025 NMBA Championships 2025
263	45.11	L	F	Zoe Bayisayi	14	TCA	EKU 06/10/2025 Seagulls Winter Championships 2025
264	45.12	L	P	Amahle Mazula	14	MAKO	EKU 04/12/2025 EGA Summer Championships 2025
265	45.20	L	F	Emmalynn Strydom	14	TUKS	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
266	45.26	L	F	Nokukhanya Maseko	14	MAKO	EKU 20/09/2025 EGA Summer 1 2025
267	45.58	L	F	Ellene' Van Zyl	14	BLNE	MAN 05/09/2025 Bullsharks Gala
268	45.65	L	F	Morgan Roebuck	14	MAKO	EKU 28/02/2026 AG Level 1 Regional Competition 2026
269	46.01	L	F	Kayla De Lange	14	HMER	MPD 31/01/2026 Limpopo School Champs & Limpopo A
270	46.11	L	F	Makanaka Makoto	14	NSAD	EZD 10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
271	46.17	L	F	Mieke Rautenbach	14	BLNE	MAN 10/10/2025 Super Seals Annual Gala
272	46.56	L	F	Isabella Gilbert	14	VPHS	NMA 14/03/2026 Level 1 District Age Group Gala 2026
273	46.60	L	F	Carissa Pitout	14	BETH	FDD 14/11/2025 Valsrivier Gala
274	46.85	L	P	Miahlee Flink	14	UWCA	CPT 28/06/2025 PEA Winter Gala 2025
275	46.98	L	F	Madason Grose	14	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
276	47.00	L	F	Kirsten Koopman	14	LEGC	ETH 30/03/2026 KZNA Level 1 Championships
277	47.29	L	P	Ngoko Seke	14	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
278	47.35	L	F	Amare Victor	14	CPSC	TSH 05/12/2025 2025 The Tshwane Mayor's Gala
279	47.44	L	F	Keletso Goeieman	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
280	48.19	L	P	Mieka Janse van Rensburg	14	JAQ	EKU 29/03/2026 SA Level 2 Regional Age Group Cham
281	48.39	L	F	Kendal Few	14	FIELD	BP 13/02/2026 NW School Championships 2026
282	48.43	L	F	Rhandzu Siwele	14	UPC	EZD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
283	48.46	L	F	Kendra Samuels	14	CASC	CPT 29/11/2025 CTA B CHAMPS 2025
284	48.73	L	F	Jennifer Mostert	14	TASC	MPD 28/11/2025 Limpopo Champs 2025
285	48.82	L	F	Lunè Botes	14	BS	LLD 14/11/2025 Valsrivier Gala
286	48.91	L	P	Tihopang Rakhoale	14	PAC	TSH 29/03/2026 SA Level 2 Regional Age Group Cham
287	49.16	L	F	Isabelle Boyd	14	MHS	NGD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
288	49.29	L	F	Marion Münch	14	RHS	BPD 13/02/2026 NW School Championships 2026
289	50.04	L	F	Francesca Signorile	14	USC	BUF 07/02/2026 BCA Feb Age Group Gala 2026
290	50.31	L	F	Naailah Moosa	14	ATLA	JHB 14/02/2026 CGA Last Chance
291	50.34	L	F	Landri Du Toit	14	BULS	MAN 24/10/2025 Neptunes Gala
292	50.39	L	F	Reneilwe Gowoka	14	PGH	KKD 13/02/2026 NW School Championships 2026
293	50.51	L	P	Orefile Ramphele	14	MATL	KKD 30/03/2026 SA Level 2 Regional Age Group Cham
294	50.62	L	F	Roaluswa Manenzhe	14	MATL	KKD 06/12/2025 NWS Championships 2025
295	50.94	L	F	Melokuhle Makinza	14	TYGE	CPT 29/11/2025 CTA B CHAMPS 2025
296	51.16	L	F	Logan Nieuwenhuys	14	KALA	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			
297	51.60 L	F	Khenso Mabasa	14	SS MPD	28/11/2025	Limpopo Champs 2025
298	53.39 L	P	Ava Rough	14	BARA EKU	04/12/2025	EGA Summer Championships 2025
299	53.73 L	F	Chardè Bocks	14	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
300	54.03 L	F	Minentle Mbana	14	MHS NGD	30/01/2026	ORTA SCHOOL TRIALS 2026
301	55.06 L	F	Oratile Motaung	14	MAKO EKU	28/02/2026	AG Level 1 Regional Competition 2026
302	57.32 L	P	Rebaone Mbamali	14	PELIC MAN	03/12/2025	Free State Champs 2025
303	57.76 L	F	Caitlyn Botha	14	CA EKU	22/11/2025	EGA Summer 3 & 4
304	57.79 L	F	Athandiwe Maseko	14	CA EKU	20/09/2025	EGA Summer 1 2025
305	1:01.41 L	F	Ami Wiesner	14	CUHE QBD	06/02/2026	WCA-B Champs - 2026
306	1:04.05 L	F	Lehny Richmond	14	HAAG UTD	08/11/2025	UThukela Age Group Gala 2
307	1:05.26 L	F	Thea Saunders	14	KHAY CPT	09/10/2025	44th Freda Barnard Invitational Gala
308	1:09.93 L	F	Mamelo Mohapi	14	VALS FDD	14/11/2025	Valsrivier Gala
Women 13-14 100 Fly							
1	1:04.31 L S	F	Isabeau Coetsee	14	FISH EDD	21/03/2026	Sa National JNR Age Group Champs-26
2	1:04.52 L S	F	Irma Kotzé	14	POTC KKD	21/03/2026	Sa National JNR Age Group Champs-26
3	1:06.24 L S	F	Thandi Bosman	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-26
4	1:06.93 L	F	Gemma Spies	14	INFA NMA	12/12/2025	NMBA Championships 2025
5	1:06.97 L	F	Sharli Durandt	14	CTA CPT	10/07/2025	Bulgarian Swimming Championships L
6	1:08.84 L S	P	Ava Lorenzen	14	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-26
7	1:08.91 L	F	Lauren Walker	14	WATR JHB	27/11/2025	CGA Championships 2025
8	1:10.45 L	F	Mila Strydom	14	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
9	1:10.65 L S	F	Mia Jansen van Rensburg	14	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-26
10	1:11.20 L	P	Sophie Smith	14	VINE CPT	28/06/2025	PEA Winter Gala 2025
11	1:11.34 L	F	Caeli Ferreira	14	CRSC JHB	03/10/2025	Curro AquaElite Gala
12	1:11.47 L S	F	Jenna Joyce	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 2026
13	1:11.49 L	F	April Jooman	14	ECSA BUF	24/04/2026	SA Schools Swimming Championship
14	1:11.55 L S	P	Nina Steyn	14	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-26
15	1:12.28 L	F	Layla Barber-Luna	14	CA EKU	04/12/2025	EGA Summer Championships 2025
16	1:12.39 L	F	Hannah-Grace Havinga	14	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
17	1:12.87 L S	P	Cara Mills	14	UNIU EZD	21/03/2026	Sa National JNR Age Group Champs-26
18	1:12.89 L	F	Mackenzie Abrams	14	USC BUF	12/12/2025	NMBA Championships 2025
19	1:13.16 L	F	Kiersten Hillen	BR	VASA EKU	31/01/2026	EGA Last Chance Gala 2026
20	1:13.85 L	F	Chloe Potgieter	14	SEAL UMD	21/02/2026	KZN Schools Trials 2026
21	1:13.92 L	P	Jothany Ngnotchouye	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
22	1:13.97 L S	F	Lulu Swanepoel	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 2026
23	1:14.56 L	F	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
24	1:15.24 L	F	Mary Maponyane	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
25	1:15.30 L	F	Martinet Bezuidenhout	14	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
26	1:16.29 L	P	Rebecca Nilsson	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
27	1:16.40 L S	F	Julie Olivier	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 2026
28	1:16.45 L	F	Daniella McLean	14	PEAS NMA	09/04/2026	SA Level 3 Regional Age Group Chan
29	1:16.71 L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026	Infinity Gala 2026
30	1:16.81 L	F	Jaimee Cronje	14	COMS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
31	1:16.90 L S	F	Ella Van Viegen	14	BLSS MAN	03/12/2025	Free State Champs 2025
32	1:16.96 L	F	Gea March	14	UPSK ZMD	26/03/2026	SA Level 3 Regional Age Group Chan
33	1:17.13 L	F	Donyelle Cupido	14	BLNE MAN	26/03/2026	SA Level 3 Regional Age Group Chan
34	1:17.15 L	F	Aimee van der Merwe	14	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
35	1:17.27 L	P	Roxanne De Lange	14	PAC TSH	10/12/2025	NTS Championships 2025
36	1:17.42 L	F	Emma Groenewald	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
37*	1:17.48 L	F	Zoe Morgado	14	BLOT MAN	23/01/2026	Mangaung Gala
37*	1:17.48 L	F	Leah Stewart	14	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan
39	1:17.51 L	P	Mia Stilwaney	14	WCS	24/04/2026	SA Schools Swimming Championship
40	1:18.05 L	F	Elmiah Vd Merwe	14	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
41	1:18.21 L	F	Ella Bunge	14	BLUO UGD	21/02/2026	KZN Schools Trials 2026
42	1:18.31 L	F	Mbalenhle Jared	14	ELEC TSH	19/02/2026	Senior National Championships 2026
43	1:18.36 L	F	Jessica Wood	14	CA EKU	04/12/2025	EGA Summer Championships 2025
44	1:19.03 L	F	Pippa Roberts	14	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
45	1:19.36 L	P	Chloe' Oliphant	14	PAC TSH	26/03/2026	SA Level 3 Regional Age Group Chan
46	1:19.53 L	F	Abigail Weber	14	DRGN JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
47	1:19.73	L	P	Amaru Mapulane	14	CA EKU	04/12/2025	EGA Summer Championships 2025
48	1:19.79	L S	F	Inge Opperman	14	BLOT MAN	03/12/2025	Free State Champs 2025
49	1:20.06	L	P	Melokuhle Mhlongo	14	PSCP UMD	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
50	1:20.08	L S	F	Lika Zietsman	14	BLSS MAN	03/12/2025	Free State Champs 2025
51	1:20.33	L	F	Rebecca Botha	14	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
52	1:20.52	L	F	Leane Van der Merwe	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
53	1:20.73	L	F	Bokang Maruping	14	LINR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
54	1:20.86	L	P	Kristen Roos	14	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
55	1:21.32	L	F	Mari Bruwer	14	HBV MP	31/01/2026	Limpopo School Champs & Limpopo A
56	1:21.38	L	F	Megan Els	14	BAS EKU	26/03/2026	SA Level 3 Regional Age Group Chan
57	1:21.43	L	F	Gabriella Lloyd-Swanepoel	14	MAKO EKU	20/09/2025	EGA Summer 1 2025
58	1:21.63	L	F	Mikah Cillie	14	TUKS TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc
59	1:21.78	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025	CGA Championships 2025
60	1:22.27	L S	P	Mia Lourens	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
61	1:22.34	L	F	Hannah Wright	14	CA EKU	04/12/2025	EGA Summer Championships 2025
62	1:22.44	L S	F	Anya Sonnekus	14	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
63	1:22.86	L	F	Abigail Da Silva	14	TUKS TSH	06/10/2025	Seagulls Winter Championships 2025
64	1:23.19	L	F	Amalia van der Westhuizen	14	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
65	1:23.27	L	F	Shellaine Pahl	14	QSSC CPT	14/02/2026	CTA Elite Gala (L3+)
66	1:23.39	L	F	Isabella Oswald	14	CRSC JHB	27/11/2025	CGA Championships 2025
67	1:23.42	L	P	Kiana Kalpage	BR	VASA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
68	1:23.45	L	P	Trinity Kavanagh	14	TCA EKU	04/12/2025	EGA Summer Championships 2025
69	1:23.56	L	F	Hayleigh Sutherland	14	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
70	1:23.93	L	P	Ava Longueira	14	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
71	1:24.05	L	F	Alice Esterhuyse	14	WAC EDD	25/10/2025	Zasu 1st League OYDC 2025-26
72	1:24.10	L	F	Esté Gersbach	14	CASC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
73	1:24.30	L	F	Kiara Naidoo	14	MAKO EKU	29/03/2026	SA Level 2 Regional Age Group Cham
74	1:24.66	L S	F	Melan van der Spuy	14	BLOT MAN	03/12/2025	Free State Champs 2025
75	1:25.01	L	P	Mikayla Stevenson	14	QSSC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
76	1:25.08	L	F	Mikaela Roff	14	ROA EDD	09/10/2025	44th Freda Barnard Invitational Gala
77	1:25.17	L	F	Lene Bester	14	MATL KKD	06/12/2025	NWS Championships 2025
78	1:25.22	L	F	Chloe-Leigh Jurgens	14	VINE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
79	1:25.51	L	P	Elizabeth Desilla	14	SASE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
80	1:25.75	L	F	Claire Gabriels	14	WATR JHB	29/03/2026	SA Level 2 Regional Age Group Cham
81	1:25.77	L	F	Lua Malan	14	PLAY CED	13/02/2026	Winelands SL Fin - February 2026 - cc
82	1:25.84	L	P	Emily Ackerman	14	QUES JHB	26/03/2026	SA Level 3 Regional Age Group Chan
83	1:26.44	L	F	Amelia Minnaar	14	USC BUF	12/12/2025	NMBA Championships 2025
84	1:26.52	L	F	Sofia Nixon	14	VINE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
85	1:26.87	L	F	Melanie Munyoro	14	WATR JHB	14/02/2026	CGA Last Chance
86	1:27.51	L	F	Ava Constantinides	14	CA EKU	06/10/2025	Seagulls Winter Championships 2025
87	1:27.72	L	F	Mia Janse van Rensburg	14	MGSC UGD	21/02/2026	KZN Schools Trials 2026
88	1:27.92	L	F	Cornelea Breedt	14	ESP EKU	29/03/2026	SA Level 2 Regional Age Group Cham
89	1:28.19	L	P	Erin Theron	14	WATR JHB	27/11/2025	CGA Championships 2025
90	1:28.42	L S	F	Hope Maseru	14	DMSS	09/04/2026	6th DMSS Gators Gala 2026
91	1:29.06	L	F	Nangamso Bodlani	14	STSC KCD	31/01/2026	uShaka Champs 2026
92	1:29.50	L	P	Swapnika Kasireddy	14	SASE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
93	1:29.71	L	F	Emerson Woods	14	ESTR EKU	04/12/2025	EGA Summer Championships 2025
94	1:29.76	L	F	Riley Thompson	14	BCA BUF	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
95	1:30.41	L	F	Belen Neethling	14	VINE CPT	06/02/2026	WCA-B Champs - 2026
96	1:30.42	L	F	Nina Oosthuizen	14	NHS EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
97	1:30.48	L	F	Annabelle Marsh	14	TINC TSH	29/03/2026	SA Level 2 Regional Age Group Cham
98	1:30.66	L	F	Moné De Kock	14	ELRAS WBD	28/11/2025	Limpopo Champs 2025
99	1:30.68	L	F	Nicole Uys	14	MDOL JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
100	1:30.84	L	F	Rachele Goosen	14	UNIU EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/
101	1:31.34	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025	NWS Championships 2025
102	1:31.65	L	F	Tinokudzaishe Shoniwa	14	MDOL JHB	27/11/2025	CGA Championships 2025
103	1:32.02	L S	F	Jessica Stewart	14	PSC TSH	10/12/2025	20th Botswana Swimming Nationals 2I
104	1:32.45	L	F	Jessica Gibson	14	PSCP UMD	15/11/2025	KZN Junior Championships 2025
105	1:32.55	L	F	Zibusiso Xulu	14	KLOO ETH	03/10/2025	Curro AquaElite 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			
106*	1:33.57	L	P	Kopano Lempe	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
106*	1:33.57	L	F	Caylie Azar	14	BLSS MAN	03/10/2025 Curro AquaElite Gala
108	1:34.16	L	P	Addyson Ronnie	14	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Cham
109	1:34.95	L	F	Camryn Weber	14	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
110	1:35.15	L	P	Mayra Singh	14	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
111	1:35.47	L S	P	Kate Tager	14	CUHE OBD	04/12/2025 Western Cape LC-A Championship 20
112	1:36.05	L	P	Rua De Wit	14	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
113	1:36.23	L	P	Balatitu Ilupeju	14	MGSC UGD	31/03/2026 SA Level 2 Regional Age Group Cham
114	1:36.53	L	F	Casey Lee Mccabe	14	SS MPD	28/11/2025 Limpopo Champs 2025
115	1:37.03	L S	F	Miahlee Flink	14	UWCA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
116	1:38.02	L	F	Mari Moolman	14	BLOT MAN	14/02/2026 MA LAST CHANCE GALA
117	1:38.42	L	F	Nobuciko Mabunda	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
118	1:38.71	L	P	Clarise Stadler	14	TRAZ TSH	10/12/2025 NTS Championships 2025
119	1:38.96	L	F	Nomathemba Makhasane	14	STEL RMD	13/02/2026 NW School Championships 2026
120	1:39.31	L	F	Alexia Montgomery	14	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
121	1:40.75	L	P	Esona Sekeleni	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
122	1:41.24	L	F	Rebecca Goldswain	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
123	1:41.54	L	F	Maleleko Mushikita	14	UNIU EZD	29/03/2026 SA Level 2 Regional Age Group Cham
124	1:42.31	L	F	Ngoko Seke	14	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
125	1:44.83	L	P	Nokukhanya Maseko	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
126	1:45.15	L	F	Isabellea Dhassiah	14	RETR CPT	29/11/2025 CTA B CHAMPS 2025
127	1:45.51	L	F	Ditebogo Tladi	14	TUKS TSH	28/02/2026 AG Level 1 Regional Competition 2026
128	1:46.13	L	F	Mikayla Twali	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
129	1:46.25	L	F	Beah-Zita Cerone	14	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
130	1:51.74	L	F	Amelia Kyprou	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
131	1:52.65	L	P	Tenele Taole	14	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
132	1:54.83	L	F	Millieke Ferreira	14	TINC TSH	31/10/2025 NTS Level 1+2 November Age Group :
133	1:56.50	L	F	Carissa Pitout	14	BETH FDD	07/11/2025 Otters Prestige Gala 2025
134	2:05.21	L	F	Francesca Signorile	14	USC BUF	28/11/2025 BCA Long Course Championships 202
135	2:05.46	L	P	Paballo Mabote	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
136	2:10.67	L	F	Ava Rough	14	BARA EKU	20/09/2025 EGA Summer 1 2025

Women 13-14 200 Fly

1	2:23.85	L	F	Irma Kotzé	14	POTC KKD	21/03/2026 Sa National JNR Age Group Champs-:
2	2:28.03	L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-:
3	2:30.61	L	F	Thandi Bosman	14	USC BUF	12/12/2025 NMBA Championships 2025
4	2:36.33	L	F	Isabeau Coetsee	14	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
5	2:40.15	L	F	Caeli Ferreira	14	CRSC JHB	21/03/2026 Sa National JNR Age Group Champs-:
6	2:42.62	L	F	Mia Jansen van Rensburg	14	XCEL CPT	21/03/2026 Sa National JNR Age Group Champs-:
7	2:44.05	L	F	Lauren Walker	14	WATR JHB	14/02/2026 CGA Last Chance
8	2:45.76	L	F	Mila Strydom	14	GHSK	07/02/2026 NC SPRINTS 2026
9	2:46.43	L	F	Sharli Durandt	14	CTA CPT	27/06/2025 Coop Services Nattional LC Champion
10	2:46.49	L	F	Julie Olivier	14	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
11	2:46.99	L S	F	Lulu Swanepoel	14	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
12	2:47.49	L	F	April Jooman	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-:
13	2:48.63	L	F	Nina Steyn	14	BLSS MAN	10/10/2025 Super Seals Annual Gala
14	2:52.41	L	F	Cara Mills	14	UNIU EZD	21/03/2026 Sa National JNR Age Group Champs-:
15	2:52.63	L	F	Kiersten Hillen	BR	VASA EKU	21/03/2026 Sa National JNR Age Group Champs-:
16	2:57.67	L	F	Mia Stilwaney	14	PAQU CED	04/12/2025 Western Cape LC-A Championship 20
17	3:02.79	L	F	Donyelle Cupido	14	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
18	3:04.96	L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026 Infinity Gala 2026
19	3:07.56	L	F	Bokang Maruping	14	LINR JHB	27/11/2025 CGA Championships 2025
20	3:26.19	L	F	Gea March	14	UPSK ZMD	07/02/2026 NC SPRINTS 2026
21	3:39.09	L	F	Riley Thompson	14	HARL BUF	28/11/2025 BCA Long Course Championships 202
22	3:39.82	L	F	Annabelle Marsh	14	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
23	4:00.05	L	F	Kopano Lempe	14	MAKO EKU	22/11/2025 EGA Summer 3 & 4

Women 13-14 200 IM

1	2:24.68	L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026 Sa National JNR Age Group Champs-:
2	2:26.89	L	F	Tyla-Jade Thomas	14	MDOL 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			
3	2:27.78	L	F	Thandi Bosman	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-;
4	2:27.84	L	F	Isabeau Coetsee	14	FISH EDD	21/03/2026 Sa National JNR Age Group Champs-;
5	2:29.78	L	F	Taylia Smith	14	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
6	2:31.79	L	F	Irma Kotzé	14	POTC KKD	21/03/2026 Sa National JNR Age Group Champs-;
7	2:32.11	L	F	Caeli Ferreira	14	CRSC JHB	21/03/2026 Sa National JNR Age Group Champs-;
8	2:35.04	L	P	Amelia Oosthuizen	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
9	2:35.52	L	F	Gemma Spies	14	INFA NMA	07/02/2026 BCA Feb Age Group Gala 2026
10	2:38.24	L	F	Kaylee Watt	14	CA EKU	04/12/2025 EGA Summer Championships 2025
11	2:38.38	L	P	Jenna-Lee Watson	14	HPS TSH	21/03/2026 Sa National JNR Age Group Champs-;
12	2:38.40	L	F	Chloe Potgieter	14	SEAL UMD	21/02/2026 KZN Schools Trials 2026
13	2:38.71	L	F	Chiniq Breet	14	MP EZD	24/04/2026 SA Schools Swimming Championship
14	2:39.03	L	F	Julie Olivier	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
15	2:39.43	L	P	Mackenzie Abrams	14	USC BUF	21/03/2026 Sa National JNR Age Group Champs-;
16	2:40.22	L	F	Kiersten Hillen	BR	VASA EKU	27/06/2025 Treviso Cup
17	2:40.62	L	P	Lauren Walker	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
18	2:40.90	L	P	Elmiah Vd Merwe	14	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
19	2:41.75	L	P	Sharli Durandt	14	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
20	2:41.86	L	F	Morgan Tandy	14	CA EKU	04/12/2025 EGA Summer Championships 2025
21	2:41.98	L	F	Ava Constantinides	14	CA EKU	04/12/2025 EGA Summer Championships 2025
22	2:42.25	L	P	April Jooman	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-;
23	2:42.31	L	F	Mia Jansen van Rensburg	14	XCEL CPT	04/12/2025 Western Cape LC-A Championship 20
24	2:42.49	L	F	Hannah-Grace Havinga	14	TUKS TSH	12/12/2025 NMBA Championships 2025
25	2:43.02	L	F	Amelia Fury	14	VINE CPT	28/06/2025 PEA Winter Gala 2025
26	2:43.10	L	F	Ella Bunge	14	BLUO UGD	06/12/2025 Stingrays Champs 2025
27	2:43.47	L	P	Talia McCabe	14	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
28	2:43.50	L	P	Lulu Swanepoel	14	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
29	2:43.98	L	P	Aimee van der Merwe	14	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
30	2:44.15	L	F	Amber Gaddin	14	CRSC JHB	27/11/2025 CGA Championships 2025
31	2:44.18	L	P	Jenna Joyce	14	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
32	2:44.77	L	P	Layla Barber-Luna	14	CA EKU	04/12/2025 EGA Summer Championships 2025
33	2:44.92	L	P	Martinet Bezuidenhout	14	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
34	2:45.05	L	P	Nina Steyn	14	BLSS MAN	21/03/2026 Sa National JNR Age Group Champs-;
35	2:45.35	L	F	Mary Maponyane	14	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
36	2:46.29	L	F	Jothany Nngotchouye	14	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
37	2:46.64	L S	P	Mbalenhle Jared	14	ELEC TSH	19/02/2026 Senior National Championships 2026
38	2:46.75	L	F	Olivia Latimer	14	SAAW CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
39	2:46.93	L	F	Livia Gutter	14	BLOT MAN	12/12/2025 NMBA Championships 2025
40	2:47.32	L	P	Amaru Mapulane	14	CA EKU	04/12/2025 EGA Summer Championships 2025
41	2:47.33	L	P	Sarah-Rose Pohlmann	14	BEST NMA	21/03/2026 Sa National JNR Age Group Champs-;
42	2:47.58	L	P	Elrie Moolman	BR	VASA EKU	21/03/2026 Sa National JNR Age Group Champs-;
43	2:47.67	L	F	Daniella McLean	14	PEAS NMA	12/12/2025 NMBA Championships 2025
44	2:48.20	L	F	Megan Els	14	BAS EKU	26/03/2026 SA Level 3 Regional Age Group Chan
45	2:48.42	L	F	Hayley De Haas	14	USHPM UMD	26/03/2026 SA Level 3 Regional Age Group Chan
46	2:48.75	L	P	Sianne Wilson	14	SAAW CPT	21/03/2026 Sa National JNR Age Group Champs-;
47	2:48.81	L	F	Zoi Dimatellis	14	WAC EDD	30/01/2026 Infinity Gala 2026
48	2:48.83	L	F	Ella Van Viegen	14	BLSS MAN	03/12/2025 Free State Champs 2025
49	2:48.92	L	F	Emily Ackerman	14	QUES JHB	26/03/2026 SA Level 3 Regional Age Group Chan
50	2:49.13	L	F	Liv Van den Heever	14	AZON ETH	26/03/2026 SA Level 3 Regional Age Group Chan
51	2:49.62	L	F	Zoe Morgado	14	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
52	2:49.86	L	P	Alice Esterhuyse	14	WAC EDD	04/12/2025 Western Cape LC-A Championship 20
53*	2:49.92	L	F	Inge Opperman	14	BLOT MAN	03/12/2025 Free State Champs 2025
53*	2:49.92	L	F	Mila Strydom	14	NC FBD	24/04/2026 SA Schools Swimming Championship
55	2:49.96	L	F	Cara Mills	14	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
56	2:50.01	L	F	Anya Sonnekus	14	CASC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
57	2:50.07	L S	F	Sienna Seagram	14	ELEC TSH	10/12/2025 NTS Championships 2025
58	2:50.38	L	P	Emily Geldart	14	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
59	2:50.68	L	P	Katelyn Dutton	14	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
60	2:50.86	L	F	Donyelle Cupido	14	BLNE MAN	26/03/2026 SA Level 3 Regional Age Group Chan
61	2:50.96	L	F	Emma Groenewald	14	CASC 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				
62	2:51.13	L	F	Amy Madeley	14	ANAX CPT	09/04/2026	SA Level 3 Regional Age Group Chan
63	2:51.18	L	F	Courtney Logie	14	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
64	2:51.19	L	F	Leane Van der Merwe	14	UNI EZD	26/03/2026	SA Level 3 Regional Age Group Chan
65	2:51.57	L	F	Leah de Jager	14	CRSC JHB	27/11/2025	CGA Championships 2025
66	2:51.64	L	P	Rebecca Botha	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
67	2:51.79	L	P	Kristen Roos	14	TRAZ TSH	26/03/2026	SA Level 3 Regional Age Group Chan
68	2:51.98	L	F	Isabella Oswald	14	CRSC JHB	26/03/2026	SA Level 3 Regional Age Group Chan
69	2:52.07	L	F	Zenicke Van Schalkwyk	14	BLOT MAN	12/12/2025	NMBA Championships 2025
70	2:52.37	L	F	Morgan Maree	14	DRGN JHB	27/11/2025	CGA Championships 2025
71	2:52.40	L	F	Savannah Thirsk	14	CASC CPT	01/11/2025	CTA District A CHAMPS 2025
72	2:52.54	L	P	Jamie Shand	14	PSCP UMD	21/03/2026	Sa National JNR Age Group Champs-;
73	2:52.84	L S	F	Roxanne De Lange	14	PAC TSH	10/12/2025	NTS Championships 2025
74	2:52.93	L	F	Amelia Minnaar	14	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
75	2:52.99	L	F	Elizabeth Desilla	14	SASE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
76	2:53.13	L	F	Courtney Biggs	14	SASE JHB	27/11/2025	CGA Championships 2025
77	2:53.47	L	F	Anri Jonker	14	TUKS TSH	27/02/2026	NTS Level 3+ February Age Group Ga
78*	2:53.75	L	P	Melokuhle Mhlongo	14	PSCP UMD	21/03/2026	Sa National JNR Age Group Champs-;
78*	2:53.75	L	F	Talia Hill	14	HPS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
80	2:53.79	L	P	Mia Stilwaney	14	WCS	24/04/2026	SA Schools Swimming Championship
81	2:54.17	L	F	Mari Bruwer	14	SS MPD	28/11/2025	Limpopo Champs 2025
82	2:54.64	L	T	Olivia Botha	14	OHAN ILD	21/02/2026	KZN Schools Trials 2026
83	2:54.65	L	P	Isabella Mare	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
84	2:54.72	L	F	Jessica Wood	14	CA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
85	2:55.29	L	F	Kinique Stols	14	TKS WBD	28/11/2025	Limpopo Champs 2025
86	2:55.38	L	F	Mia Pienaar	14	CA EKU	04/12/2025	EGA Summer Championships 2025
87	2:55.58	L	P	Nicole Uys	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-;
88	2:55.61	L S	P	Abigail Goodchild	14	TUKS TSH	10/12/2025	NTS Championships 2025
89	2:55.68	L	P	Mia Strydom	14	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
90	2:55.83	L	P	Leah Stewart	14	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan
91	2:55.84	L	F	Chloe' Oliphant	14	PAC TSH	17/10/2025	NTS Level 3+ October Age Group Gal
92	2:56.08	L	P	Jane Retief	14	LALE CED	04/12/2025	Western Cape LC-A Championship 20
93	2:56.16	L	F	Anelle Ward	14	TUKS TSH	26/07/2025	NTS 200 IM Time Trials
94	2:56.21	L	P	Amalia van der Westhuizen	14	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan
95	2:56.32	L	P	Hannah Wright	14	CA EKU	04/12/2025	EGA Summer Championships 2025
96	2:56.40	L	P	Cara Louw	14	NC FBD	24/04/2026	SA Schools Swimming Championship
97	2:56.46	L	P	Zani Van Dyk	14	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
98	2:56.67	L	P	Abigail Weber	14	DRGN JHB	26/03/2026	SA Level 3 Regional Age Group Chan
99	2:56.87	L	P	Trinity Kavanagh	14	TCA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
100*	2:56.97	L	P	Charlotte Costa	14	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan
100*	2:56.97	L	F	Elle Gasson	14	BLSS MAN	07/11/2025	Otters Prestige Gala 2025
102	2:57.28	L	P	Lika Zietsman	14	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan
103	2:57.75	L	F	Abigail Slabber	14	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
104	2:58.18	L	P	Mia Lourens	14	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
105	2:58.26	L S	P	Isabella Van Rooyen	14	AADUB ETH	18/12/2025	KZN Premier Provincial Championship
106	2:58.43	L	F	Gea March	14	UPSK ZMD	26/03/2026	SA Level 3 Regional Age Group Chan
107	2:58.53	L	F	Mia Putter	14	FER KKD	13/02/2026	NW School Championships 2026
108	2:58.70	L	F	Violet Maritz	14	SEAL UMD	21/02/2026	KZN Schools Trials 2026
109	2:58.78	L	P	Melanie Munyoro	14	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
110	2:58.93	L	F	Rebecca Nilsson	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
111	2:59.29	L	F	Jessica Gibson	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
112*	2:59.48	L	P	Mikayla Stevenson	14	QSSC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
112*	2:59.48	L	F	Jaimee Cronje	14	COMS TSH	14/11/2025	NTS Level 3+ November Age Group G
114	2:59.70	L	F	Pippa Roberts	14	UPC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
115	2:59.89	L	F	Addyson Ronnie	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
116	3:00.32	L	F	Hayley Hodnett	14	AFIN JHB	29/03/2026	SA Level 2 Regional Age Group Cham
117	3:00.41	L	F	Ziva Filday	14	AZON ETH	06/10/2025	Seagulls Winter Championships 2025
118	3:00.84	L	F	Gemma Lyon-MacGregor	14	CRSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
119*	3:01.24	L	F	Abigail Moodley	14	PSCP UMD	21/02/2026	KZN Schools Trials 2026
119*	3:01.24	L	F	Kaila Sudding	14	SAAW 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				
121	3:01.29	L	P	Surayia Harris	14	CRSC	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
122	3:01.34	L	P	Chloe-Leigh Jurgens	14	VINE	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
123	3:01.42	L	P	Gabriella Lloyd-Swanepoel	14	MAKO	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
124	3:01.57	L	P	Isabella De Beer	14	PLAY	GED	04/12/2025 Western Cape LC-A Championship 20
125	3:01.61	L	F	Maike Wheeler	14	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
126	3:01.62	L	F	Ashley Williams	14	BLNE	MAN	07/11/2025 Otters Prestige Gala 2025
127	3:01.85	L	F	Emma Terblanche	14	NHS	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
128	3:02.04	L	P	Tatum Venter	14	WSS	LLD	30/03/2026 SA Level 2 Regional Age Group Cham
129	3:02.09	L	P	Isabella Redfern	14	CRSC	JHB	27/11/2025 CGA Championships 2025
130	3:02.11	L	F	Elle Joubert	14	PLAY	GED	06/03/2026 SA Level 2 Regional Age Group Cham
131	3:02.22	L	F	Isabella Cownie	14	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
132	3:02.39	L	F	Milan Coleman	14	FISH	EDD	08/11/2025 EDEN 3rd A-League Gala 2025
133	3:02.43	L	F	Erin Theron	14	WATR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
134	3:02.48	L	F	Paiton Van Der Merwe	14	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
135	3:02.80	L	F	Reabetswe Pabalinga	14	KLOO	ETH	26/03/2026 SA Level 3 Regional Age Group Chan
136	3:02.87	L	F	Abigail Da Silva	14	TUKS	FSH	22/11/2025 EGA Summer 3 & 4
137	3:03.01	L	P	Kiana Kalpage	BR	VASA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
138	3:03.07	L	F	Dunay Zovitzkey	14	TUKS	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
139	3:03.15	L	P	Lua Malan	14	PLAY	GED	04/12/2025 Western Cape LC-A Championship 20
140	3:03.17	L	F	Zaila Forsdyke De Almeida	14	RACE	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
141	3:03.33	L	F	Lene Bester	14	MATL	KKD	06/12/2025 NWS Championships 2025
142	3:03.36	L	F	Jordan Godfrey	14	AFIN	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
143	3:03.63	L	P	Emma Love	14	MDOL	JHB	27/11/2025 CGA Championships 2025
144*	3:03.71	L	P	Taylor Siebrits	14	STSC	KCD	26/03/2026 SA Level 3 Regional Age Group Chan
144*	3:03.71	L	F	Camryn Weber	14	AQUA	BUF	28/11/2025 BCA Long Course Championships 202
146	3:04.00	L	P	Rebekah Tennant	14	DORE	JHB	27/11/2025 CGA Championships 2025
147	3:04.32	L	F	Annelie Thiar	14	CLA	WCD	22/11/2025 Swartland Prestige Gala 2025
148	3:04.43	L	P	Rua De Wit	14	CASC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
149	3:04.45	L	P	Morgan Coskey	14	SGUL	ETH	31/03/2026 SA Level 2 Regional Age Group Cham
150	3:04.50	L	P	Leonie Wink	14	VINE	CPT	04/12/2025 Western Cape LC-A Championship 20
151	3:04.99	L	F	Taya Du Plooy	14	TRAZ	FSH	26/07/2025 NTS 200 IM Time Trials
152	3:05.00	L	F	Caylie Azar	14	BLSS	MAN	10/10/2025 Super Seals Annual Gala
153	3:05.19	L	F	Ava Diessner	14	PEAS	NMA	12/12/2025 NMBA Championships 2025
154	3:05.40	L	F	Kiara Naidoo	14	MAKO	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
155	3:05.41	L S	F	Mia Bogacz	14	CUHE	QBD	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
156	3:06.21	L	F	Alexia Montgomery	14	BETH	FDD	30/03/2026 SA Level 2 Regional Age Group Cham
157	3:06.28	L	F	Beah-Zita Cerone	14	HAAG	UTD	21/02/2026 KZN Schools Trials 2026
158	3:06.41	L	F	Rebecca Allderman	14	ASAC	CPT	20/09/2025 CTA INVITATIONAL LC MEET
159	3:06.60	L	F	Tischke Rischmuller	14	RFA	FSH	26/07/2025 NTS 200 IM Time Trials
160	3:06.82	L	P	Ava-Sophia Smith	14	USC	BUF	09/04/2026 SA Level 3 Regional Age Group Chan
161	3:07.12	L	F	Esté Gersbach	14	CASC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
162	3:07.40	L	F	Ava Longueira	14	ASAC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
163	3:07.60	L	F	Mia Lombard	14	HARL	BUF	28/11/2025 BCA Long Course Championships 202
164	3:07.64	L	F	Nangamso Bodlani	14	STSC	KCD	01/11/2025 KCDA Age Group Gala 2 2025
165	3:07.77	L S	F	Jemah Van der Westhuizen	14	VINE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
166	3:07.84	L	F	Sofia Nixon	14	VINE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
167	3:07.85	L	P	Daniela Kleb	14	ELEC	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
168	3:07.88	L S	F	Sophia Hoffmann	14	ORCAS	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
169	3:08.12	L	F	Sumien Camphor	14	SS	MPD	28/11/2025 Limpopo Champs 2025
170	3:08.13	L	P	Yvette Louw	14	TYGE	CPT	04/12/2025 Western Cape LC-A Championship 20
171	3:08.18	L	F	Victoria Jackson	14	SOUL	EKU	20/09/2025 EGA Summer 1 2025
172*	3:08.43	L	F	Emma Gotthardt	14	ELEC	FSH	26/07/2025 NTS 200 IM Time Trials
172*	3:08.43	L	F	Hayleigh Sutherland	14	TUKS	FSH	26/07/2025 NTS 200 IM Time Trials
174	3:08.60	L	F	Claire Gabriels	14	WATR	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
175	3:08.70	L	F	Anika Muller	14	MHS	NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
176	3:09.03	L	F	Melan van der Spuy	14	BLOT	MAN	05/09/2025 Bullsharks Gala
177	3:09.10	L	P	Swapnika Kasireddy	14	SASE	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
178	3:09.28	L	F	Annabelle Marsh	14	TINC	FSH	29/03/2026 SA Level 2 Regional Age Group Cham
179	3:09.39	L	F	Jessica Stewart	14	TUKS	FSH	14/11/2025 NTS Level 3+ November Age Group G

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
180	3:10.50	L	F	Alessia Diterlizzi	14	AA JHB	29/03/2026 SA Level 2 Regional Age Group Cham
181	3:11.33	L	F	Cornelea Breedt	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
182	3:11.49	L	F	Madison Botha	VR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
183	3:11.54	L	F	Ciara Kroef	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
184	3:11.61	L	F	Mazvita Masiya	14	ELEC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
185	3:11.75	L	F	Aneska Nazarenko	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
186	3:12.04	L	F	Alouise Supra	14	TNDER FDD	05/09/2025 Bullsharks Gala
187	3:12.22	L	F	Mienke Rutherford	14	PGIM KKD	13/02/2026 NW School Championships 2026
188	3:12.23	L	P	Kopano Lempe	14	MAKO EKU	04/12/2025 EGA Summer Championships 2025
189	3:12.53	L	F	Casey Lee Mccabe	14	SS MPD	28/11/2025 Limpopo Champs 2025
190	3:12.66	L	F	Nina Oosthuizen	14	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 Jf
191	3:12.71	L	F	Riley Thompson	14	HARL BUF	12/12/2025 NMBA Championships 2025
192	3:12.80	L	P	Charleri Kritzinger	14	PELIC MAN	30/03/2026 SA Level 2 Regional Age Group Cham
193	3:13.04	L	P	Sasha Bailey	14	RACE JHB	27/11/2025 CGA Championships 2025
194	3:13.31	L	F	Zanie Van Rooyen	14	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
195	3:13.96	L	P	Danielle Ortell	14	UWCA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
196	3:13.98	L	F	Rachele Goosen	14	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 Ff
197	3:13.99	L	F	Lucy Seymour	14	CRSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
198	3:14.14	L	P	Tinokudzaishe Shoniwa	14	MDOL JHB	27/11/2025 CGA Championships 2025
199	3:14.16	L	F	Janike Marais	14	TUKS TSH	26/07/2025 NTS 200 IM Time Trials
200	3:15.23	L	F	Mikah Cillie	14	TUKS TSH	03/10/2025 NTS Level 1+2 October Age Group 20
201	3:15.31	L	P	Pippa Wolmarans	14	PEAS NMA	06/03/2026 SA Level 2 Regional Age Group Cham
202	3:15.44	L	F	Mari Moolman	14	BLOT MAN	14/02/2026 MA LAST CHANCE GALA
203	3:15.46	L	F	Peighton Le Roux	14	SOUL EKU	29/03/2026 SA Level 2 Regional Age Group Cham
204	3:15.62	L S	F	Miahlee Flink	14	UWCA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
205	3:16.23	L	P	Sameeha Valli	14	MDOL JHB	27/11/2025 CGA Championships 2025
206	3:16.48	L	F	Taylor Henderson	14	COMS TSH	31/10/2025 NTS Level 1+2 November Age Group :
207	3:16.70	L	F	Lyla Barnard	14	RFA TSH	26/07/2025 NTS 200 IM Time Trials
208	3:16.89	L	P	Gabriella Pearse	14	SASE JHB	27/11/2025 CGA Championships 2025
209*	3:16.90	L	P	Rebecca Manson	14	AAS JHB	27/11/2025 CGA Championships 2025
209*	3:16.90	L	F	Isabelle Boyd	14	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
211	3:17.56	L	F	Holly Oosthuizen	14	HAAG UTD	10/10/2025 Super Seals Annual Gala
212	3:17.69	L	F	Jana Durrans	14	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
213	3:18.21	L	F	Liane' Pienaar	14	DDA TSH	31/10/2025 NTS Level 1+2 November Age Group :
214	3:18.61	L	F	Jane Botha	14	VALS FDD	03/12/2025 Free State Champs 2025
215	3:19.03	L	P	Lore Hoek	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
216	3:19.52	L	F	Susanna Ellis	14	NWUC KKD	06/12/2025 NTS Championships 2025
217	3:19.53	L	F	Amée Mc Laughlin	14	RFA TSH	26/07/2025 NTS 200 IM Time Trials
218	3:19.70	L	F	Zuwena Khamanga	14	LEGC ETH	15/11/2025 KZN Junior Championships 2025
219	3:20.17	L	F	Grace Williams	14	PSCP UMD	15/11/2025 KZN Junior Championships 2025
220	3:20.52	L	P	Balatitu Ilupeju	14	MGSC UGD	31/03/2026 SA Level 2 Regional Age Group Cham
221	3:20.56	L	F	Suzanne Marais	14	TUKS TSH	26/07/2025 NTS 200 IM Time Trials
222	3:20.70	L	F	Mika Potterill	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
223	3:20.81	L	F	Maya Johnstone	14	AFIN JHB	14/02/2026 CGA Last Chance
224	3:20.85	L	F	Gia De Wit	14	XCEL CPT	29/11/2025 CTA B CHAMPS 2025
225	3:20.97	L	F	Xandri Hattingh	14	KTS	17/01/2026 AGE GROUP 5 KATHU 2026
226	3:20.99	L	F	Angelique Marais	14	EXP TSH	26/07/2025 NTS 200 IM Time Trials
227	3:21.05	L	P	Aisha Bhabha	14	MDOL JHB	27/11/2025 CGA Championships 2025
228	3:21.19	L	F	Zoe Goodenough	14	DORE JHB	06/02/2026 Crusaders & CGA Night Gala
229	3:21.62	L	F	Peyton Van Der Ross	14	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
230	3:21.95	L	F	Jadyne Dowie	14	WATR JHB	29/03/2026 SA Level 2 Regional Age Group Cham
231	3:22.12	L	P	Neema Muriro	14	CTO CPT	04/12/2025 Western Cape LC-A Championship 20
232	3:23.21	L	F	Megan Bosch	14	RFA TSH	26/07/2025 NTS 200 IM Time Trials
233	3:23.23	L	F	Ingamarie Griffioen	14	AA JHB	14/02/2026 CGA Last Chance
234	3:23.47	L	F	Hesmari Mac Robert	14	FISH EDD	22/11/2025 Eden LC Champs 2025
235	3:24.04	L	F	Ayazingca Dyasi	14	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
236	3:24.22	L	P	Zoe Bayisayi	14	TCA EKU	04/12/2025 EGA Summer Championships 2025
237	3:24.78	L	P	Annika Schuch	14	RBOT BPD	30/03/2026 SA Level 2 Regional Age Group Cham
238	3:24.94	L	F	Lia Basson	14	TUKS TSH	26/07/2025 NTS 200 IM Time Trials

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
239	3:25.00	L	F	Bella Spolander	14	AA JHB	14/02/2026 CGA Last Chance
240*	3:25.32	L	F	Isabella Wener	14	ASAC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
240*	3:25.32	L	F	Gemma Di Terlizzi	14	AA JHB	14/02/2026 CGA Last Chance
242	3:25.35	L	F	Mayra Singh	14	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
243	3:25.81	L	F	Jay-Dee De Jager	14	ROA EDD	09/10/2025 44th Freda Barnard Invitational Gala
244	3:26.31	L	F	Jany Norval	14	SS MPD	27/09/2025 Limpopo Age Group 4 of 2025/26
245	3:26.80	L	P	Heleina Esterhuysen	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
246	3:26.91	L	F	Amelia Kyprou	14	ESP EKU	29/03/2026 SA Level 2 Regional Age Group Cham
247	3:26.94	L	F	Keziah Beukes	14	SOUL EKU	28/02/2026 AG Level 1 Regional Competition 2026
248	3:27.92	L	F	Inge Borman	14	BULS MAN	20/09/2025 Welkom Seals Gala
249	3:27.98	L	F	Kendra McNamara	14	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
250	3:28.23	L	F	Chloe Oosthuizen	14	SWISA FSH	28/02/2026 AG Level 1 Regional Competition 2026
251	3:28.31	L	F	Esona Sekeleni	14	SHS KK	14/02/2026 BCSA School Trials 2026
252	3:28.34	L	P	Rebecca Goldswain	14	USC BUF	06/03/2026 SA Level 2 Regional Age Group Cham
253	3:28.88	L	F	Kaira Nel	14	WSS LLD	14/11/2025 Valsrivier Gala
254	3:29.70	L	F	Ilane' Smit	14	BULS MAN	05/09/2025 Bullsharks Gala
255	3:30.82	L	F	Simone Swanepoel	14	CSA EZD	05/12/2025 Mpumalanga Championships 2025
256	3:31.03	L	P	Catherine Esterhyse	14	CLA WCD	06/03/2026 SA Level 2 Regional Age Group Cham
257	3:31.33	L	F	Emmalynn Strydom	14	TUKS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
258	3:31.86	L	F	Saheli Kalpage	BR	VASA EKU	14/02/2026 CGA Last Chance
259*	3:32.06	L	P	Tenele Taole	14	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
259*	3:32.06	L	F	Angelique Kyanda-Kaboza	14	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
261	3:32.77	L	F	Ngoko Seke	14	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
262	3:32.86	L	F	Laaiah Abrahams	14	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
263	3:33.40	L	F	Maleleko Mushikita	14	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
264	3:33.75	L	F	Lika Els	14	WCS	24/04/2026 SA Schools Swimming Championship
265	3:34.02	L	F	Elnye Potgieter	14	GAU JHB	24/04/2026 SA Schools Swimming Championship
266	3:34.19	L	F	Morgan Roebuck	14	MAKO EKU	28/02/2026 AG Level 1 Regional Competition 2026
267	3:35.52	L	F	Ditebogo Tladi	14	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 21
268	3:35.85	L	F	Paballo Mabote	14	MAKO EKU	31/01/2026 EGA Last Chance Gala 2026
269	3:36.68	L	F	Anneke Pieterse	14	AOLY FSH	05/12/2025 2025 The Tshwane Mayor's Gala
270	3:37.17	L	F	Emma Artman	14	AAS JHB	14/02/2026 CGA Last Chance
271	3:37.35	L	F	Simoné Groenewald	14	TINC FSH	31/10/2025 NTS Level 1+2 November Age Group :
272	3:37.78	L	F	Jani Du Plessis	14	ROA EDD	04/10/2025 EDEN 1st A-League Gala 2025
273	3:38.05	L	F	Keishia Roux	14	DDA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
274	3:38.25	L	F	Ellene' Van Zyl	14	BLNE MAN	23/08/2025 KOVSIE GALA
275	3:38.35	L	F	Millieke Ferreira	14	TINC FSH	31/10/2025 NTS Level 1+2 November Age Group :
276	3:38.49	L	F	Jenna Bester	14	RFA FSH	13/02/2026 NTS Level 1+2 February Age Group 21
277	3:38.60	L	F	Keletso Goeieman	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
278	3:38.75	L	F	Nomathemba Makhasane	14	MATL KKD	06/12/2025 NWS Championships 2025
279	3:39.81	L	F	Francesca Signorile	14	USC BUF	12/12/2025 NMBA Championships 2025
280	3:39.83	L	F	Nina Van Staden	14	KSC EZD	05/12/2025 Mpumalanga Championships 2025
281	3:40.81	L	F	Carissa Pitout	14	BETH FDD	23/01/2026 Mangaung Gala
282	3:40.86	L	F	Amare Victor	14	CPSC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
283	3:41.39	L	F	Xysca Bezuidenhout	14	FRA KCD	31/01/2026 uShaka Champs 2026
284	3:41.84	L	P	Sarah Wakefield	14	MANT CPT	06/03/2026 SA Level 2 Regional Age Group Cham
285	3:41.92	L	F	Kirsten Koopman	14	LEGC ETH	31/01/2026 uShaka Champs 2026
286	3:42.41	L	F	Sumayya Dangor	14	ATLA JHB	14/02/2026 CGA Last Chance
287	3:44.85	L	P	Christie Russell	14	SWIMS EKU	04/12/2025 EGA Summer Championships 2025
288	3:45.29	L	F	Mieka Janse van Rensburg	14	JAQ EKU	31/01/2026 EGA Last Chance Gala 2026
289	3:46.21	L	F	Nala Hlapho	14	TLAC BPD	06/12/2025 NWS Championships 2025
290	3:47.73	L	F	Nobuciko Mabunda	14	UNIU EZD	05/12/2025 Mpumalanga Championships 2025
291	3:48.01	L	F	Amber Terclavers	14	SOUL EKU	20/09/2025 EGA Summer 1 2025
292	3:48.18	L	F	Logan Nieuwenhuys	14	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
293	3:48.31	L	F	Adiana Van der Merwe	14	STGR XRD	25/10/2025 FLAMINGO & GOODHOPE GALA 202
294	3:48.38	L	F	Kaitlin Groenewald	14	NAE EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
295	3:48.64	L	F	Marion Münch	14	RHS BPD	13/02/2026 NW School Championships 2026
296	3:50.10	L	F	Kayla De Lange	14	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
297	3:52.51	L	F	Mieke Rautenbach	14	BLNE MAN	10/10/2025 Super Seals Annual Gala

Individual Top Times

Times since: 01-May-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
298	3:52.56 L	F	Yalsha Moodley	14	AADUB ETH	06/10/2025	Seagulls Winter Championships 2025
299	3:52.79 L S	F	Sandisokuhle Mguli	14	SAAW CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
300	3:52.89 L	F	Georgina Dominguez Baya	14	AA JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
301	3:55.54 L	P	Orefile Ramphele	14	MATL KKD	30/03/2026	SA Level 2 Regional Age Group Cham
302	3:58.37 L	F	Landri Du Toit	14	BULS MAN	03/12/2025	Free State Champs 2025
303	4:02.09 L	F	Lizae Swanepoel	14	STGR XRD	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
304	4:06.31 L	F	Oratile Motaung	14	MAKO EKU	28/02/2026	AG Level 1 Regional Competition 2026
305	4:06.52 L	F	Naailah Moosa	14	ATLA JHB	14/02/2026	CGA Last Chance
306	4:08.88 L	F	Olivia Worley	14	HARL BUF	07/02/2026	BCA Feb Age Group Gala 2026
307	4:18.59 L	F	Ava Rough	14	BARA EKU	22/11/2025	EGA Summer 3 & 4
308	4:46.46 L	F	Makatendeka Gondokondo	14	AA JHB	28/02/2026	CGA Challenge
309	4:58.00 L	F	Londiwe Khumalo	14	MPAR JHB	28/02/2026	CGA Challenge
Women 13-14 400 IM							
1	5:11.83 L	F	Ava Lorenzen	14	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-
2	5:13.84 L	F	Tyla-Jade Thomas	14	MDOL JHB	21/03/2026	Sa National JNR Age Group Champs-
3	5:14.53 L	F	Thandi Bosman	14	USC BUF	21/03/2026	Sa National JNR Age Group Champs-
4	5:16.49 L	F	Irma Kotzé	14	POTC KKD	21/03/2026	Sa National JNR Age Group Champs-
5	5:25.15 L	F	Caeli Ferreira	14	CRSC JHB	21/03/2026	Sa National JNR Age Group Champs-
6	5:29.39 L	F	Taylia Smith	14	GAU JHB	24/04/2026	SA Schools Swimming Championship
7	5:34.59 L	F	Lulu Swanepoel	14	ASAC CPT	21/03/2026	Sa National JNR Age Group Champs-
8	5:35.22 L	F	Isabeau Coetsee	14	FISH EDD	25/10/2025	Zasu 1st League OYDC 2025-26
9	5:35.79 L	F	Julie Olivier	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-
10	5:36.24 L	F	Sharli Durandt	14	ASAC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
11	5:49.01 L	F	Jenna Joyce	14	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-
12	5:49.24 L	F	April Jooman	14	BEST NMA	16/08/2025	2nd A League Gala 2025
13	5:51.33 L	F	Mia Jansen van Rensburg	14	XCEL CPT	21/03/2026	Sa National JNR Age Group Champs-
14	5:55.47 L	F	Chiniq Breet	14	CSA EZD	07/11/2025	MP AGE GROUP 3 - 7-8 NOV 2025
15	5:56.00 L	F	Jenna-Lee Watson	14	HPS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
16	5:58.17 L	F	Jothany Ngotchouye	14	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
17	6:01.44 L	F	Zoi Dimatellis	14	WAC EDD	22/11/2025	Eden LC Champs 2025
18	6:01.56 L	F	Mary Maponyane	14	BAS EKU	04/12/2025	EGA Summer Championships 2025
19	6:03.59 L	F	Mbalenhle Jared	14	ELEC TSH	19/02/2026	Senior National Championships 2026
20	6:04.74 L	F	Anya Sonnekus	14	TYGE CPT	28/06/2025	PEA Winter Gala 2025
21	6:05.95 L	F	Nina Steyn	14	BLSS MAN	10/10/2025	Super Seals Annual Gala
22	6:08.06 L	F	Mia Stilwaney	14	PAQU CED	21/03/2026	Sa National JNR Age Group Champs-
23	6:11.75 L	F	Amy Madeley	14	ANAX CPT	04/12/2025	Western Cape LC-A Championship 20
24	6:17.93 L	F	Zoe Morgado	14	BLOT MAN	26/09/2025	Pelicans Gala..
25	6:18.27 L	F	Sarah-Rose Pohlmann	14	BEST NMA	16/08/2025	2nd A League Gala 2025
26	6:21.49 L	F	Donyelle Cupido	14	BLNE MAN	10/10/2025	Super Seals Annual Gala
27	6:30.03 L	F	Leah Stewart	14	TASC MPD	28/11/2025	Limpopo Champs 2025
28	6:31.10 L	F	Mikayla Stevenson	14	QSSC CPT	04/12/2025	Western Cape LC-A Championship 20
29	6:37.03 L	F	Mia Strydom	14	INFA NMA	28/06/2025	PEA Winter Gala 2025
30	6:37.19 L	F	Rebecca Nilsson	14	CASC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
31	6:38.73 L	F	Maike Wheeler	14	MDOL JHB	27/11/2025	CGA Championships 2025
32	6:45.99 L	F	Annabelle Marsh	14	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
33	6:56.54 L	F	Gea March	14	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
34	7:27.07 L	F	Cornelea Breedt	14	ESP EKU	11/10/2025	EGA Summer 2