

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 50 Free							
1	27.04	L	P	Abigail Kotze	16	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	27.08	L	F	Giuliana Vyncke	16	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
3	27.15	L	F	Maya Mgcina	16	ELEC FSH	12/12/2025 4th Africa Youth Games - Angol
4	27.51	L	F	Payton Aitken	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
5	27.64	L	F	Bailey Lambert	16	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
6	27.96	L	F	Sylvie de Bruyn	16	BULS MAN	03/12/2025 Free State Champs 2025
7	28.01	L	F	Sienna Gous	16	INFA NMA	28/06/2025 PEA Winter Gala 2025
8	28.42	L	F	Blake Morris	16	LINR JHB	27/11/2025 CGA Championships 2025
9	28.54	L S	F	Inge Vd Walt	16	DDA FSH	10/12/2025 NTS Championships 2025
10	28.56	L S	S	Ella Jv Rensburg	16	SS MPD	21/03/2026 Sa National JNR Age Group Champs-;
11	28.58	L	P	Shannon Hugo	16	AZON ETH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
12	28.65	L	P	Jade Van Vuuren	16	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
13	28.79	L	F	Milla Hulse	16	AZON ETH	18/12/2025 KZN Premier Provincial Championship
14*	28.84	L	F	Amara Okoye	16	PAC FSH	10/12/2025 NTS Championships 2025
14*	28.84	L	F	Anja Buitendach	16	MP EZD	24/04/2026 SA Schools Swimming Championship
16	28.86	L	P	Gemma Walters	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
17	28.87	L	F	Megan Jansen	16	MP EZD	24/04/2026 SA Schools Swimming Championship
18	28.95	L	P	Indigo Woodburn	16	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
19	29.02	L S	F	Zuria Venter	16	CA EKU	04/12/2025 EGA Summer Championships 2025
20	29.10	L	F	Ella-Mae Henning	16	VRC FSH	26/03/2026 SA Level 3 Regional Age Group Chan
21	29.12	L	F	Odette Upton	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
22	29.15	L	F	Leila Springer	16	SASE JHB	27/11/2025 CGA Championships 2025
23*	29.17	L	F	Ane Snyders	16	BLSS MAN	03/12/2025 Free State Champs 2025
23*	29.17	L S	F	Cara Visser	16	CYBE CPT	04/12/2025 Western Cape LC-A Championship 20
25	29.21	L	P	Ava Newton	16	CASC CPT	28/06/2025 PEA Winter Gala 2025
26	29.24	L	F	Addison Doolan	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
27	29.30	L	P	Nieke Engelbrecht	16	UPSK ZMD	26/03/2026 SA Level 3 Regional Age Group Chan
28	29.32	L	P	Mia Groenewald	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
29	29.37	L	F	Inneke Liebenberg	16	PGIM KKD	13/02/2026 NW School Championships 2026
30	29.38	L	F	Isabelle Welgemoed	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
31	29.46	L S	P	Riziki Magotsi	16	CYBE CPT	04/12/2025 Western Cape LC-A Championship 20
32	29.50	L	F	Minette Van Zyl	16	INFA NMA	16/08/2025 2nd A League Gala 2025
33	29.51	L S	F	Kaylin Fabricius	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
34	29.56	L	P	Madison Higgs	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
35	29.61	L	F	Mikayla Hinkley	16	GAU JHB	30/01/2026 Gauteng Schools Championships 202
36	29.63	L S	F	Jhuliana Lamprecht	16	CA EKU	04/12/2025 EGA Summer Championships 2025
37	29.64	L	P	Lilianne Hebler	16	LALE CED	21/03/2026 Sa National JNR Age Group Champs-;
38	29.66	L	F	Paige Meeser	16	CA EKU	27/06/2025 Treviso Cup
39	29.68	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
40	29.69	L	F	Lyla vd Spuy	16	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
41*	29.70	L	P	Béatrice Little	16	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
41*	29.70	L	F	Madison Coleman	16	BLMA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
43	29.71	L	P	Marike Raimond	16	TYGE CPT	21/03/2026 Sa National JNR Age Group Champs-;
44	29.74	L	F	Hana Duncan	16	BLOT MAN	23/08/2025 KOVSIE GALA
45	29.75	L	F	Mila De Souza	16	EXP FSH	10/12/2025 NTS Championships 2025
46	29.81	L	F	Sydni Adams	16	VINE CPT	28/06/2025 PEA Winter Gala 2025
47	29.84	L	F	Tchisank Banza	16	UNI EZD	05/12/2025 Mpumalanga Championships 2025
48	29.86	L	P	Emma-Lee Theron	16	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
49*	29.88	L	P	Sophia Trout	16	VINE CPT	21/03/2026 Sa National JNR Age Group Champs-;
49*	29.88	L	P	Isabella Bruyns	16	MDOL JHB	27/11/2025 CGA Championships 2025
51	29.91	L	P	Larissa Bouwer	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
52	29.93	L S	F	Lili Annandale	16	BLSS MAN	09/07/2025 TYR Prestige Tournament 2025
53	29.96	L S	F	Shi Han Huang	16	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
54	29.97	L	F	Kacey Hughes	16	STSC KCD	22/11/2025 KCDA Age Group 3 2025
55	30.03	L	P	Clarisë Van Niekerk	16	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
56	30.04	L S	F	Zuri Tome	16	TUKS FSH	11/12/2025 Campeonato Nacional de Clubes de V
57*	30.06	L	P	Milan Ferreira	16	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
57*	30.06	L	P	Eva Dal Cin	16	AA JHB	19/06/2025 MSF Winter Championships 2025

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	Time	P/F/S	Name	Age/Yr				
59*	30.13	L	F	Lize-Marie Kruger	16	INFA NMA	30/01/2026	Infinity Gala 2026
59*	30.13	L	F	Keilah-Naomi Holthuis	16	ESA CED	09/04/2026	SA Level 3 Regional Age Group Chan
61	30.14	L	P	Shalem Mashingaidze	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
62	30.17	L	F	Ella Lombard	16	TNDER FDD	05/09/2025	Bullsharks Gala
63	30.20	L	P	Juanè Burger	16	CASC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
64	30.21	L	P	Beané Noeth	16	NC FBD	24/04/2026	SA Schools Swimming Championship
65	30.22	L	P	Micke Prinsloo	16	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan
66	30.23	L	F	Arne' Dreyer	16	STAQ CED	13/02/2026	Winelands SL Fin - February 2026 - cc
67	30.24	L	P	Tara Saint	16	KLOO ETH	26/03/2026	SA Level 3 Regional Age Group Chan
68	30.26	L	P	Kapitolina Xaba	16	SASE JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
69	30.27	L	P	Kristen Burt	16	PSCP UMD	18/12/2025	KZN Premier Provincial Championship
70	30.30	L	F	Micaella White	16	INFA NMA	12/12/2025	NMBA Championships 2025
71	30.32	L	P	Zoe Steyn	16	CRSC JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
72	30.33	L	F	Lara Eckersley	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2026
73*	30.41	L S	F	Abbigail Kulynych	16	CA EKU	04/12/2025	EGA Summer Championships 2025
73*	30.41	L	P	Caitlin Rossiter	16	HREF BP	06/12/2025	NWS Championships 2025
75*	30.42	L	F	Emma Pinheiro	16	CRSC JHB	28/02/2026	CGA Challenge
75*	30.42	L	P	Emma Nolan	16	MDOL JHB	27/11/2025	CGA Championships 2025
77	30.43	L	F	Sharni-Marie Watson	16	HPS FSH	10/12/2025	NTS Championships 2025
78	30.45	L	F	Annabell Sirrals	16	TUKS FSH	23/01/2026	2026 NTS Sprint Gala
79	30.46	L	P	MacKenzie Bone	16	ELEC FSH	21/03/2026	Sa National JNR Age Group Champs-;
80	30.55	L	P	Taylor Kassebaum	16	AA JHB	27/11/2025	CGA Championships 2025
81	30.59	L	P	Chanel Van Tonder	16	SEAL UMD	18/12/2025	KZN Premier Provincial Championship
82	30.60	L	F	Caileigh De Beer	16	BLOT MAN	03/12/2025	Free State Champs 2025
83	30.63	L	P	Kerrigan Hayes	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
84*	30.69	L	P	Maxine Kearns	BR	VASA EKU	29/03/2026	SA Level 2 Regional Age Group Cham
84*	30.69	L	F	Abigail Blake	16	CASC CPT	13/02/2026	Winelands SL Fin - February 2026 - cc
86	30.75	L	F	Cara Rossouw	16	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
87	30.81	L	P	Annabelle Van Rensburg	16	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
88	30.84	L	P	Jessica Stedall	16	PAC FSH	21/03/2026	Sa National JNR Age Group Champs-;
89	30.85	L	P	Jenna Morris	16	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
90	30.87	L	F	Madison Smith	16	CA EKU	31/01/2026	EGA Last Chance Gala 2026
91*	30.91	L	F	Daniella Myburg	16	BLSS MAN	03/12/2025	Free State Champs 2025
91*	30.91	L	F	Carla Dannhauser	16	HPP BUF	31/01/2026	Limpopo School Champs & Limpopo A
93	30.92	L S	P	Carle Hager	16	ESA CED	04/12/2025	Western Cape LC-A Championship 20
94	31.01	L	F	Chane Fourie	16	BLSS MAN	03/12/2025	Free State Champs 2025
95	31.02	L	P	Rachel Fairweather	16	WATR JHB	27/11/2025	CGA Championships 2025
96	31.11	L	F	Feziwe Mondi	16	AWSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
97	31.15	L	F	Abigail Suckling	16	FSE KCD	31/03/2026	SA Level 2 Regional Age Group Cham
98	31.17	L	F	Katya O'Brien	16	MDOL JHB	14/02/2026	CGA Last Chance
99	31.24	L	F	Macayle Eisen	16	UNI EZD	05/12/2025	Mpumalanga Championships 2025
100*	31.29	L	F	Gabi Mc Quinn	16	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming I
100*	31.29	L	F	Rebecca Froneman	16	STSC KCD	01/11/2025	KCDA Age Group Gala 2 2025
102	31.32	L	F	Hannah Du Toit	16	ELEC FSH	17/10/2025	NTS Level 3+ October Age Group Gal
103	31.33	L	F	Nicola Carver	16	ELEC FSH	17/10/2025	NTS Level 3+ October Age Group Gal
104*	31.35	L	F	Sulize Henning	16	WAGH BP	13/02/2026	NW School Championships 2026
104*	31.35	L	P	Lethabo Masemola	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
106	31.37	L	F	Kyrach Mack	16	PEAS NMA	12/12/2025	NMBA Championships 2025
107	31.46	L	P	Maria Barreiros	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
108	31.49	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026	Limpopo School Champs & Limpopo A
109	31.51	L	P	Morgan Liversage	16	CRSC JHB	27/11/2025	CGA Championships 2025
110	31.52	L	F	Rozaan Korff	16	ACAQ CCD	28/11/2025	Limpopo Champs 2025
111	31.53	L	F	Shane Swarts	16	PSA ZLD	31/03/2026	SA Level 2 Regional Age Group Cham
112	31.55	L	P	Caitlin Knight	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
113	31.61	L	F	Hyzel Hutchison	16	GHSK	05/12/2025	NCASA CHAMPS 2025 - copied - copi
114	31.68	L	P	Sam Juries	16	CLA WCD	21/03/2026	Sa National JNR Age Group Champs-;
115	31.71	L	F	Tamlyn Kew	16	EXP FSH	29/03/2026	SA Level 2 Regional Age Group Cham
116	31.80	L	F	Kellan Lynch	16	XCEL CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
117	31.92	L	P	Paige Van Niekerk	16	SFSA JHB	27/11/2025	CGA Championships 2025

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	Time	P/F/S	Name	Age/Yr			
118	31.96	L	P	Megan Mayhew	16	WATR JHB	27/11/2025 CGA Championships 2025
119	31.97	L	F	Carmen Stapelberg	16	TINC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
120*	31.99	L	F	Leila Smit	16	TUKS FSH	23/01/2026 2026 NTS Sprint Gala
120*	31.99	L	F	Lara Janse van Rensburg	16	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
122	32.10	L	F	Erin Stead	16	FRA KCD	21/02/2026 KZN Schools Trials 2026
123	32.11	L	F	Sophia Wener	16	ASAC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
124	32.18	L S	F	Cailyn Clowes	16	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
125	32.20	L S	P	Ada Barnard	16	ESA GED	04/12/2025 Western Cape LC-A Championship 20
126	32.21	L	F	Roslyn Ramoholi	16	ACSA ETH	21/02/2026 KZN Schools Trials 2026
127	32.33	L	F	Mia-Isabelle Mans	16	CTA CPT	10/07/2025 Bulgarian Swimming Championships L
128*	32.38	L	P	Kirsten Myers	16	WCS	24/04/2026 SA Schools Swimming Championship
128*	32.38	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
130	32.39	L	F	Anieke Prinsloo	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
131	32.41	L	F	Elanri Du Randt	16	BETH FDD	23/08/2025 KOVSIE GALA
132	32.45	L	P	Emma Hagglund	16	SSISA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
133	32.48	L	F	Erin Olivier	16	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
134	32.54	L	F	Milnie Du Toit	16	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
135	32.59	L	F	Mine Prinsloo	16	BLSS MAN	03/10/2025 Curro AquaElite Gala
136	32.60	L	F	Kayden Mauer	16	USC BUF	30/01/2026 Infinity Gala 2026
137	32.63	L	F	Marlo Lensing	16	UPSK ZMD	17/01/2026 AGE GROUP 5 UPT 2026
138	32.72	L	F	Diane Munro	16	BLSS MAN	03/12/2025 Free State Champs 2025
139	32.87	L	F	Helena Rookoen-Smith	16	BRAVE GED	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
140	32.92	L	F	Catherine Roberts	16	PSCP UMD	21/02/2026 KZN Schools Trials 2026
141	32.99	L	F	Lika Vd Merwe	16	TUKS FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
142	33.00	L	F	Gabriela Sa	16	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
143	33.05	L	F	Hannah Struwig	16	HAAG UTD	21/02/2026 KZN Schools Trials 2026
144	33.06	L S	P	Oratile Matli	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
145	33.09	L	F	Mieke Griffiths	16	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
146	33.15	L	F	Liane' de Wet	16	BLOT MAN	03/10/2025 Curro AquaElite Gala
147	33.17	L	F	Rozel Scholtz	16	STELL RMD	30/03/2026 SA Level 2 Regional Age Group Cham
148	33.27	L	P	Cayley Hauptfleisch	16	PSCP UMD	18/12/2025 KZN Premier Provincial Championship
149	33.35	L	P	Alexa Cave	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
150	33.37	L	P	Kyra Home	16	AA JHB	27/11/2025 CGA Championships 2025
151	33.43	L	P	Jolane Holtzhausen	16	MDOL JHB	27/11/2025 CGA Championships 2025
152	33.47	L	F	Mia Koen	16	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
153	33.49	L	F	Miane Kasselmann	16	WES KKD	13/02/2026 NW School Championships 2026
154	33.60	L	P	Keira-Lize Martins	16	H2O EKU	26/03/2026 SA Level 3 Regional Age Group Chan
155	33.61	L S	P	Rachel Henley	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
156	33.62	L	F	Keone Molapo	16	RFA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
157	33.67	L	F	Zoe Espinheira	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
158	33.83	L	F	Leigh Chung Kim Yuen	16	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
159	33.84	L	F	Isabelle Botha	16	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
160*	33.89	L	F	Mariné Pretorius	16	UPSK ZMD	05/09/2025 Bullsharks Gala
160*	33.89	L	F	Atlegang Mogotsi	16	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
162	33.94	L	F	Ruth Saxton	16	HPHS BUF	28/02/2026 Eastern Cape School Provincial Trials
163	34.00	L	P	Rerapetse Ramohale	16	RBOT BPD	06/12/2025 NWS Championships 2025
164	34.02	L	F	Khanya Khalala	16	FLOD JHB	28/02/2026 AG Level 1 Regional Competition 2026
165	34.27	L	P	Skyla Reddy	16	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
166	34.37	L	F	Melandri Vermaak	16	TINC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
167	34.46	L	F	Tamsyn Thomson	16	BULS MAN	07/11/2025 Otters Prestige Gala 2025
168	34.48	L	F	Janke Steenkamp	16	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
169	34.55	L	F	Chloe Coetsee	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
170	34.57	L	F	Mia Pienaar	16	BULS MAN	03/12/2025 Free State Champs 2025
171	34.60	L	F	Talita Wessels	16	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
172	34.65	L	F	Mikaela Johst	16	ELEC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
173	34.90	L	F	Emmah Myburgh	16	UPSK ZMD	05/09/2025 Bullsharks Gala
174	35.13	L	F	Klara Groenewald	16	UNI EZD	05/12/2025 Mpumalanga Championships 2025
175	35.28	L	P	Tuhina Asharam	16	LEGC ETH	31/03/2026 SA Level 2 Regional Age Group Cham
176	35.32	L	F	Jordin-Li Van der Merwe	16	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI

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	Time	P/F/S	Name	Age/Yr			
177	35.41	L	F	Nina Wessels	16	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
178	35.42	L	F	Leila Visser	16	FAAC	07/02/2026 NC SPRINTS 2026
179	35.44	L	F	Savanna Poggenpoel	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
180*	35.49	L	P	Alexandra Sheppard	16	STAR BPD	06/12/2025 NWS Championships 2025
180*	35.49	L	F	Karla Lemmer	16	USH KCD	22/11/2025 KCDA Age Group 3 2025
182	35.58	L	F	Zea Zondag	16	WAGH BP	13/02/2026 NW School Championships 2026
183	35.64	L S	F	Carla Munro	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
184*	35.66	L	F	Chloe Strydom	16	BULS MAN	23/08/2025 KOVSIE GALA
184*	35.66	L	P	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
186	35.73	L	F	Emma Diener	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
187	35.78	L	F	Zephani Adams	16	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
188	35.89	L	F	Lesedi Tlolane	16	ATLA JHB	14/02/2026 CGA Last Chance
189	35.95	L	F	Ariel De Bruyn	16	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
190	36.12	L	F	Leane Ohlsen	16	KPA EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
191	36.24	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
192	36.40	L	F	Celia Carpinteiro	16	CA EKU	22/11/2025 EGA Summer 3 & 4
193	36.50	L	F	Bohlale Khahledi	16	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
194	36.66	L	F	Melisca Krige	16	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
195	36.80	L	P	Lilli-Hanna Black	16	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
196	36.87	L	F	Michaela Mohle	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
197	37.11	L	F	Nasheetah Jephta	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
198	37.43	L	F	Carmi van Wyk	16	HKLIP BUF	14/02/2026 BCSA School Trials 2026
199	37.60	L	F	Hannaan Mia	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
200	38.04	L	F	Sarona Boiteto	16	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
201	38.06	L	F	Sophie Okafor	16	QGH CHD	14/02/2026 BCSA School Trials 2026
202	38.07	L	P	Diëm Peens	16	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
203	38.10	L	F	Mia van der Westhuizen	16	UNI EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
204	38.27	L	F	Yamahlubi Radebe	16	USHPM UMD	21/02/2026 KZN Schools Trials 2026
205	38.33	L	F	Chloe Venter	16	BERG BPD	13/02/2026 NW School Championships 2026
206	38.44	L	F	Hayley-Ann Reyneke	16	BULS MAN	05/09/2025 Bullsharks Gala
207	38.49	L	F	IIne Bruwer	16	BLSS MAN	20/09/2025 Welkom Seals Gala
208*	38.68	L	F	Stella Combrink	16	ELEC TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
208*	38.68	L	F	Julia E melo	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
210	38.70	L	F	Alivia Ferreira	16	PENC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
211	39.06	L	F	Nina Cloete	16	FISH EDD	04/10/2025 EDEN 1st A-League Gala 2025
212	39.18	L	F	Siphwayinkosi Mnisi	16	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
213	39.29	L	F	Melinda Dippenaar	16	BS LLD	23/08/2025 KOVSIE GALA
214	39.43	L	F	Jessica Dos Santos	16	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
215	39.50	L	F	Bongeka Malindzisa	16	NGU TSH	05/12/2025 2025 The Tshwane Mayor's Gala
216	39.62	L	F	Johanika Groenewald	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
217	39.69	L	F	Megan Horner	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
218	39.94	L	F	Candace Van Der Merwe	16	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
219	40.09	L	F	Tshimologo Lephoi	16	BERG BPD	13/02/2026 NW School Championships 2026
220	40.40	L	F	Khazimla Nyikanan	16	QGH CHD	14/02/2026 BCSA School Trials 2026
221	40.49	L	F	Isabelle Conybeare	16	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
222	40.55	L	F	Ruby Diesel	16	CUR EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
223	41.12	L	F	Layla Isaacs	16	WALM CPT	29/11/2025 CTA B CHAMPS 2025
224	41.44	L	F	Jordan Schoultz	16	CA EKU	11/10/2025 EGA Summer 2
225	42.28	L	F	Mia Spies	16	PENC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
226	44.33	L	P	Aobakwe Molokoane	16	TLAC BPD	06/12/2025 NWS Championships 2025
227	44.94	L	F	Shauna Hoole	16	CAMBH BUF	14/02/2026 BCSA School Trials 2026
228	44.99	L S	P	Bokang Seheri	16	USHAK EKU	04/12/2025 EGA Summer Championships 2025
229	45.11	L	F	Boitshupo Motlapele	16	NGU TSH	03/10/2025 NTS Level 1+2 October Age Group 20
230	46.14	L	F	Thato Mamabolo	16	NGU TSH	23/01/2026 2026 NTS Sprint Gala
231	46.41	L	F	Madyson Windvogel	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
232	49.49	L S	P	Jo-Anne van Dyk	16	JAQ EKU	04/12/2025 EGA Summer Championships 2025
233	53.08	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025 Limpopo Champs 2025
234	59.14	L	F	Marcelle de Lange	16	OGIM BUF	14/02/2026 BCSA School Trials 2026
235	1:08.00	L	F	Onwaba Noqhakuva	16	TSS EZD	30/01/2026 ORTA SCHOOL TRIALS 2026

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
236	1:20.71 L	F	Usenathi Segone	16	BLNE MAN	24/10/2025	Neptunes Gala	
Women 100 Free								
1	57.80 L	F	Giuliana Vyncke	16	AGC TSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	58.69 L	F	Abigail Kotze	16	LALE CED	12/12/2025	4th Africa Youth Games - Angol	
3	59.11 L	F	Sienna Gous	16	INFA NMA	28/06/2025	PEA Winter Gala 2025	
4	59.18 L	F	Bailey Lambert	16	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-;	
5	59.69 L	F	Maya Mgcina	16	ELEC TSH	21/03/2026	Sa National JNR Age Group Champs-;	
6	59.84 L	P	Payton Aitken	16	WSTV ETH	21/03/2026	Sa National JNR Age Group Champs-;	
7	1:00.42 L	F	Anja Buitendach	16	MP EZD	24/04/2026	SA Schools Swimming Championship	
8	1:01.08 L	F	Zuria Venter	16	CA EKU	04/12/2025	EGA Summer Championships 2025	
9	1:01.18 L	P	Blake Morris	16	LINR JHB	21/03/2026	Sa National JNR Age Group Champs-;	
10	1:01.20 L	F	Sylvie de Bruyn	16	BULS MAN	24/10/2025	Neptunes Gala	
11	1:01.62 L	F	Cara Visser	16	CYBE CPT	21/03/2026	Sa National JNR Age Group Champs-;	
12	1:01.66 L	P	Jade Van Vuuren	16	WATR JHB	21/03/2026	Sa National JNR Age Group Champs-;	
13	1:01.71 L	F	Mia Groenewald	16	WCS	24/04/2026	SA Schools Swimming Championship	
14	1:01.73 L	P	Indigo Woodburn	16	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
15	1:02.24 L	F	Riziki Magotsi	16	CYBE CPT	03/10/2025	Curro AquaElite Gala	
16	1:02.37 L	P	Shannon Hugo	16	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-;	
17	1:02.50 L	F	Logan De Meuter	16	VINE CPT	24/01/2026	Berkshire & S.Bucks ASA County Chai	
18	1:02.56 L	P	Gemma Walters	16	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
19	1:02.59 L	P	Madison Higgs	16	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch	
20	1:02.63 L	F	Odette Upton	16	LP CCD	24/04/2026	SA Schools Swimming Championship	
21	1:03.11 L	P	Leila Springer	16	SASE JHB	21/03/2026	Sa National JNR Age Group Champs-;	
22	1:03.25 L	F	Béatrice Little	16	TUKS TSH	10/12/2025	NTS Championships 2025	
23	1:03.27 L	P	Lilianne Hebler	16	LALE CED	21/03/2026	Sa National JNR Age Group Champs-;	
24	1:03.36 L	P	Ava Newton	16	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
25	1:03.47 L	P	Kacey Hughes	16	STSC KCD	21/03/2026	Sa National JNR Age Group Champs-;	
26	1:03.48 L	F	Emma Pinheiro	16	CRSC JHB	27/11/2025	CGA Championships 2025	
27	1:03.57 L	F	Inge Vd Walt	16	DDA TSH	10/12/2025	NTS Championships 2025	
28	1:03.80 L	F	Ella-Mae Henning	16	VRC TSH	26/03/2026	SA Level 3 Regional Age Group Chan	
29	1:03.81 L	P	Marike Raimond	16	TYGE CPT	21/03/2026	Sa National JNR Age Group Champs-;	
30	1:03.88 L	P	Ella Jv Rensburg	16	SS MPD	21/03/2026	Sa National JNR Age Group Champs-;	
31	1:03.91 L	F	Mila De Souza	16	EXP TSH	28/02/2026	CGA Challenge	
32	1:03.94 L	F	Shi Han Huang	16	BLMA CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
33	1:04.10 L	P	Amara Okoye	16	PAC TSH	21/03/2026	Sa National JNR Age Group Champs-;	
34	1:04.27 L	P	Milla Hulse	16	AZON ETH	18/12/2025	KZN Premier Provincial Championship	
35	1:04.46 L	P	Lize-Marie Kruger	16	INFA NMA	30/01/2026	Infinity Gala 2026	
36	1:04.58 L	F	Paige Meeser	16	CA EKU	27/06/2025	Treviso Cup	
37	1:04.59 L	P	Ane Snyders	16	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-;	
38	1:04.82 L	F	Addison Doolan	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
39	1:04.84 L	F	Milan Ferreira	16	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan	
40	1:04.89 L	F	Keilah-Naomi Holthuis	16	ESA CED	09/04/2026	SA Level 3 Regional Age Group Chan	
41*	1:04.95 L	F	Isabelle Welgemoed	16	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
41*	1:04.95 L	F	Minette Van Zyl	16	INFA NMA	18/10/2025	4th A League Gala 2025	
43	1:05.00 L	P	Shalem Mashingaidze	16	WATR JHB	28/06/2025	PEA Winter Gala 2025	
44*	1:05.01 L	T	Megan Jansen	16	ROB EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI	
44*	1:05.01 L	F	Taylor Kassebaum	16	AA JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025	
46	1:05.11 L	F	Tchisank Banza	16	UNI EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025	
47	1:05.16 L	P	Inneke Liebenberg	16	POTC KKD	21/03/2026	Sa National JNR Age Group Champs-;	
48	1:05.42 L	F	Isabella Bruyns	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
49	1:05.51 L	F	Elizabeth Viljoen	16	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G	
50	1:05.62 L	F	Caitlin Knight	16	WATR JHB	14/02/2026	CGA Last Chance	
51	1:05.67 L	F	Hana Duncan	16	EGA MAN	03/12/2025	Free State Champs 2025	
52	1:05.70 L S	F	Zuri Tome	16	TUKS TSH	11/12/2025	Campeonato Nacional de Clubes de V	
53	1:05.79 L	P	Clarisë Van Niekerk	16	TUKS TSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
54	1:05.81 L	P	Tamzyn Kuhn	16	SAAW CPT	21/03/2026	Sa National JNR Age Group Champs-;	
55	1:05.95 L	P	Abigail Blake	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;	
56	1:05.98 L	F	Beané Noeth	16	JOIEC	05/12/2025	NCASA CHAMPS 2025 - copied - copi	
57	1:06.01 L	F	Tara Saint	16	KLOO ETH	18/12/2025	KZN Premier Provincial Championship	

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
58	1:06.03	L	F	Maria Barreiros	16	ELEC	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
59	1:06.14	L	F	Eva Dal Cin	16	AA	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
60	1:06.19	L	P	Madison Coleman	16	BLMA	CPT 21/03/2026 Sa National JNR Age Group Champs-
61	1:06.23	L	P	Evelyn Malan	16	TUKS	FSH 21/03/2026 Sa National JNR Age Group Champs-
62	1:06.28	L	P	Sophia Trout	16	WCS	24/04/2026 SA Schools Swimming Championship
63	1:06.29	L	F	Micaella White	16	INFA	NMA 20/09/2025 3rd A League Gala 2025
64	1:06.49	L	F	Marne' Van Rensburg	16	BLSS	MAN 26/03/2026 SA Level 3 Regional Age Group Chan
65	1:06.56	L	F	Lili Annandale	16	BLSS	MAN 09/07/2025 TYR Prestige Tournament 2025
66	1:06.64	L	P	Kaylin Fabricius	16	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
67	1:06.71	L	T	Sharni-Marie Watson	16	HPS	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
68	1:06.73	L	F	Jhuliana Lamprecht	16	CA	EKU 31/01/2026 EGA Last Chance Gala 2026
69	1:06.74	L	F	Emma-Lee Theron	16	BLOT	MAN 03/12/2025 Free State Champs 2025
70	1:06.86	L	F	Carla Dannhauser	16	HPP	BUF 31/01/2026 Limpopo School Champs & Limpopo A
71	1:06.94	L	F	Rozaan Korff	16	ACAQ	CCD 27/09/2025 Limpopo Age Group 4 of 2025/26
72	1:07.00	L	F	Margo Senekal	16	TYGE	CPT 22/11/2025 Swartland Prestige Gala 2025
73	1:07.05	L	F	Lyla vd Spuy	16	TUKS	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
74	1:07.06	L	P	Zoe Steyn	16	CRSC	JHB 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
75	1:07.09	L	F	Caitlin Rossiter	16	HREF	BP 06/12/2025 NWS Championships 2025
76	1:07.13	L	P	Megan Mayhew	16	WATR	JHB 26/03/2026 SA Level 3 Regional Age Group Chan
77	1:07.15	L	F	Abigail Kulynych	16	CA	EKU 26/03/2026 SA Level 3 Regional Age Group Chan
78	1:07.24	L	F	Madison Smith	16	CA	EKU 31/01/2026 EGA Last Chance Gala 2026
79	1:07.25	L	P	Kapitolina Xaba	16	SASE	JHB 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
80*	1:07.30	L	P	Chanel Van Tonder	16	GAU	JHB 24/04/2026 SA Schools Swimming Championship
80*	1:07.30	L	F	Larissa Bouwer	16	DORE	JHB 28/02/2026 CGA Challenge
80*	1:07.30	L	P	Mikje Bocking	16	PSCP	UMD 18/12/2025 KZN Premier Provincial Championship
83	1:07.33	L	F	Kerrigan Hayes	16	CASC	CPT 14/02/2026 CTA Elite Gala (L3+)
84	1:07.38	L	P	Juanè Burger	16	CASC	CPT 04/12/2025 Western Cape LC-A Championship 20
85	1:07.40	L	F	Ella Lombard	16	TNDER	FDD 20/09/2025 EGA Summer 1 2025
86	1:07.45	L	F	Rebecca Froneman	16	STSC	KCD 01/11/2025 KCDA Age Group Gala 2 2025
87	1:07.47	L	P	Sydni Adams	16	VINE	CPT 28/06/2025 PEA Winter Gala 2025
88	1:07.48	L	F	Mikayla Hinkley	16	GAU	JHB 30/01/2026 Gauteng Schools Championships 202
89	1:07.50	L	F	Kristen Burt	16	PSCP	UMD 26/03/2026 SA Level 3 Regional Age Group Chan
90	1:07.62	L	F	Maxine Kearns	BR	VASA	EKU 21/02/2026 EGA Lets Sprint Gala 2026
91	1:07.65	L	F	Nemzi Albino	16	SAAW	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
92	1:07.69	L	P	Carle Hager	16	ESA	GED 09/04/2026 SA Level 3 Regional Age Group Chan
93	1:07.70	L	F	Cara Rossouw	16	TYGE	CPT 25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
94	1:07.86	L	F	Stephanie Dannhauser	16	HPP	BUF 31/01/2026 Limpopo School Champs & Limpopo A
95	1:08.12	L	P	Rachel Fairweather	16	WATR	JHB 27/11/2025 CGA Championships 2025
96	1:08.18	L	P	Hyzel Hutchison	16	NC	FBD 24/04/2026 SA Schools Swimming Championship
97	1:08.22	L	F	Chane Fourie	16	BLSS	MAN 03/12/2025 Free State Champs 2025
98*	1:08.55	L	F	Annabell Sirrals	16	TUKS	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
98*	1:08.55	L	F	Lara Janse van Rensburg	16	CSA	EZD 13/09/2025 MP SPRINT 13 SEPTEMBER 2025
100	1:08.59	L	P	Lara Eckersley	16	AA	JHB 27/11/2025 CGA Championships 2025
101	1:08.86	L	P	Nieke Engelbrecht	16	UPSK	ZMD 26/03/2026 SA Level 3 Regional Age Group Chan
102	1:08.88	L	P	Lethabo Masemola	16	ELEC	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
103	1:08.93	L	F	Nicola Carver	16	ELEC	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
104	1:08.97	L	F	Kayden O'connor	16	PEAS	NMA 12/12/2025 NMBA Championships 2025
105	1:08.99	L	P	Emma Hagglund	16	SSISA	CPT 09/04/2026 SA Level 3 Regional Age Group Chan
106	1:09.08	L	F	Jessica Stedall	16	PAC	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
107	1:09.09	L	P	Daniella Myburg	16	BLSS	MAN 03/12/2025 Free State Champs 2025
108	1:09.10	L	F	Gertruida de Witt	16	POTC	KKD 06/12/2025 NWS Championships 2025
109	1:09.24	L	F	Mia-Isabelle Mans	16	CTA	CPT 10/07/2025 Bulgarian Swimming Championships L
110	1:09.33	L	F	Macayle Eisen	16	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
111	1:09.39	L	F	Cailleigh De Beer	16	BLOT	MAN 23/08/2025 KOVSIE GALA
112	1:09.55	L	F	Gabriella Boerstra	16	TUKS	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
113	1:09.71	L	F	Tamlyn Kew	16	EXP	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
114	1:09.78	L	F	Mine Prinsloo	16	BLSS	MAN 03/10/2025 Curro AquaElite Gala
115	1:09.81	L	F	Katya O'Brien	16	MDOL	JHB 14/02/2026 CGA Last Chance
116	1:09.91	L	P	Sam Juries	16	CLA	WCD 04/12/2025 Western Cape LC-A Championship 20

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
117	1:10.00	L	F	Paige Van Niekerk	16	SFSA	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
118	1:10.05	L	F	Sophia Wener	16	ASAC	CPT	09/04/2026 SA Level 3 Regional Age Group Cham
119	1:10.07	L	P	MacKenzie Bone	16	ELEC	TSH	10/12/2025 NTS Championships 2025
120	1:10.19	L	P	Emma Nolan	16	MDOL	JHB	26/03/2026 SA Level 3 Regional Age Group Cham
121	1:10.23	L	F	Leila Smit	16	TUKS	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
122	1:10.35	L	F	Mariné Pretorius	16	UPSK	ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
123	1:10.46	L	P	Ada Barnard	16	ESA	CED	09/04/2026 SA Level 3 Regional Age Group Chan
124	1:10.47	L	P	Feziwe Mondi	16	AWSC	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
125	1:10.58	L	F	Rachel Henley	16	ESTR	EKU	29/03/2026 SA Level 2 Regional Age Group Cham
126	1:10.60	L	F	Marlo Lensing	16	UPSK	ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
127	1:10.62	L	F	Cailyn Clowes	16	SEAL	UMD	09/07/2025 TYR Prestige Tournament 2025
128	1:10.70	L	F	Carmen Stapelberg	16	TINC	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
129	1:11.03	L	F	Amy Jackson	16	TCA	EKU	20/09/2025 EGA Summer 1 2025
130	1:11.13	L	P	Erin Olivier	16	ASAC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
131	1:11.18	L	F	Kirsten Myers	16	SSISA	CPT	20/09/2025 CTA INVITATIONAL LC MEET
132*	1:11.21	L	F	Anieke Prinsloo	16	BETH	FDD	30/03/2026 SA Level 2 Regional Age Group Cham
132*	1:11.21	L	F	Emma Labuschagne	16	PAC	TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
134	1:11.35	L	F	Erin Stead	16	FRA	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
135	1:11.44	L	F	Aliyah De Oliveira	16	TYGE	CPT	20/09/2025 CTA INVITATIONAL LC MEET
136	1:11.57	L	P	Shane Swarts	16	PSA	ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
137	1:11.71	L	F	Micke Prinsloo	16	HPP	BUF	31/01/2026 Limpopo School Champs & Limpopo A
138	1:11.88	L	P	Cayley Hauptfleisch	16	PSCP	UMD	21/03/2026 Sa National JNR Age Group Champs-2
139	1:12.08	L	F	Hannah Du Toit	16	ELEC	TSH	17/10/2025 NTS Level 3+ October Age Group Gala
140	1:12.09	L	F	Alexis Muller	16	AZON	ETH	09/07/2025 TYR Prestige Tournament 2025
141	1:12.29	L	F	Catherine Roberts	16	PSCP	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
142	1:12.35	L	F	Sulize Henning	16	WAGH	BP	13/02/2026 NW School Championships 2026
143	1:12.58	L	F	Kayden Mauer	16	USC	BUF	12/12/2025 NMBA Championships 2025
144	1:12.89	L	P	Helena Rookoen-Smith	16	BRAVE	CED	06/03/2026 SA Level 2 Regional Age Group Cham
145	1:12.98	L	F	Mieke Griffiths	16	UNI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
146	1:13.06	L	F	Kellan Lynch	16	XCEL	CPT	29/11/2025 CTA B CHAMPS 2025
147	1:13.17	L	F	Hannah Struwig	16	HAAG	UTD	21/02/2026 KZN Schools Trials 2026
148	1:13.28	L	F	Abigail Suckling	16	FSE	KCD	01/11/2025 KCDA Age Group Gala 2 2025
149	1:13.30	L	F	Gabriela Sa	16	ASAC	CPT	06/03/2026 SA Level 2 Regional Age Group Cham
150	1:13.37	L	P	Isabelle Botha	16	PGAC	EKU	04/12/2025 EGA Summer Championships 2025
151	1:13.41	L	P	Jolane Holtzhausen	16	MDOL	JHB	27/11/2025 CGA Championships 2025
152	1:13.83	L	F	Diane Munro	16	BLSS	MAN	03/12/2025 Free State Champs 2025
153	1:13.84	L	P	Keira-Lize Martins	16	H2O	EKU	26/03/2026 SA Level 3 Regional Age Group Chan
154	1:13.97	L	F	Oratile Matli	16	ESTR	EKU	11/10/2025 EGA Summer 2
155	1:14.07	L	P	Madisson De Bruyn	16	AFIN	JHB	27/11/2025 CGA Championships 2025
156	1:14.24	L	F	Keone Molapo	16	RFA	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
157	1:14.61	L	P	Morgan Liversage	16	CRSC	JHB	27/11/2025 CGA Championships 2025
158	1:14.69	L	P	Alexa Cave	16	MDOL	JHB	29/03/2026 SA Level 2 Regional Age Group Cham
159	1:14.99	L	F	Elanri Du Randt	16	BETH	FDD	07/11/2025 Otters Prestige Gala 2025
160	1:15.32	L	F	Melandri Vermaak	16	TINC	TSH	05/12/2025 2025 The Tshwane Mayor's Gala
161	1:15.43	L	F	Lika Vd Merwe	16	TUKS	TSH	31/10/2025 NTS Level 1+2 November Age Group :
162	1:15.51	L	F	Leigh Chung Kim Yuen	16	MANT	CPT	06/02/2026 WCA-B Champs - 2026
163	1:15.72	L	P	Mikaela Johst	16	ELEC	TSH	26/03/2026 SA Level 3 Regional Age Group Chan
164	1:15.84	L	P	Karla Lemmer	16	USH	KCD	31/03/2026 SA Level 2 Regional Age Group Cham
165	1:15.91	L	F	Alexandra Sheppard	16	STAR	BPD	30/03/2026 SA Level 2 Regional Age Group Cham
166	1:16.06	L	F	Skyla Reddy	16	SWIFT	EKU	11/10/2025 EGA Summer 2
167*	1:16.51	L	F	Ariel De Bruyn	16	CSA	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
167*	1:16.51	L	P	Carla Munro	16	PSCP	UMD	31/03/2026 SA Level 2 Regional Age Group Cham
169	1:17.31	L	F	Kyrah Mack	16	PEAS	NMA	09/10/2025 44th Freda Barnard Invitational Gala
170	1:17.75	L	F	Jani Visagie	16	SWAR	WCD	21/02/2026 Swartland Invitational Gala 2026
171	1:17.86	L	F	Rerapetse Ramohale	16	RBOT	BPD	06/12/2025 NWS Championships 2025
172	1:17.93	L	F	Ruth Saxton	16	HPHS	BUF	28/02/2026 Eastern Cape School Provincial Trials
173	1:17.98	L	P	Mia Koen	16	BULS	MAN	30/03/2026 SA Level 2 Regional Age Group Cham
174	1:18.32	L	F	Miane Kasselman	16	WES	KKD	13/02/2026 NW School Championships 2026
175	1:18.46	L	P	Mia Pienaar	16	BULS	MAN	03/12/2025 Free State Champs 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
176	1:18.48	L	F	Rozel Scholtz	16	STELL RMD	06/12/2025 NWS Championships 2025
177	1:18.56	L	P	Melinda Dippenaar	16	BLSS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
178	1:18.73	L	F	Klara Groenewald	16	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
179	1:18.76	L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
180	1:18.83	L	F	Atlegang Mogotsi	16	ESTR EKU	20/09/2025 EGA Summer 1 2025
181	1:19.25	L	F	Bianca Potgieter	16	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
182	1:19.34	L	F	Bohlale Khahledi	16	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
183	1:19.35	L	F	Celia Carpinteiro	16	CA EKU	20/09/2025 EGA Summer 1 2025
184	1:19.72	L	F	Zephani Adams	16	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
185	1:19.93	L	P	Chloe Strydom	16	BULS MAN	03/12/2025 Free State Champs 2025
186	1:20.10	L	F	Tamsyn Thomson	16	BULS MAN	07/11/2025 Otters Prestige Gala 2025
187	1:20.48	L	F	Emma Diener	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
188	1:20.56	L	F	Leila Visser	16	FAAC	07/02/2026 NC SPRINTS 2026
189	1:20.57	L	F	Khanya Khalala	16	FLOD JHB	28/02/2026 AG Level 1 Regional Competition 202f
190	1:21.00	L	P	Diëm Peens	16	CUHE QBD	06/03/2026 SA Level 2 Regional Age Group Cham
191	1:21.16	L	F	Hannaan Mia	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
192	1:21.18	L	F	Lesedi Tlolane	16	ATLA JHB	14/02/2026 CGA Last Chance
193	1:21.37	L	P	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
194	1:21.47	L	F	Lilli-Hanna Black	16	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
195	1:21.78	L	F	Nasheetah Jephtha	16	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
196	1:21.93	L	F	Stella Combrink	16	ELEC TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
197	1:22.05	L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026 uShaka Champs 2026
198	1:22.82	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
199	1:23.15	L	F	Lucie Jakob	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
200	1:23.50	L	F	Carmi van Wyk	16	HKLIP BUF	14/02/2026 BCSA School Trials 2026
201	1:24.43	L	P	Ilne Bruwer	16	BLSS MAN	03/12/2025 Free State Champs 2025
202	1:24.47	L S	F	Elizabeth Waldeck	16	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
203	1:25.63	L	F	Melisca Krige	16	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 202f
204	1:25.71	L	F	Sofiya Talip	16	MANT CPT	20/09/2025 CTA INVITATIONAL LC MEET
205	1:25.99	L S	F	Lyla Shekel	16	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
206	1:26.07	L	F	Yamahlobi Radebe	16	USHPM UMD	09/07/2025 TYR Prestige Tournament 2025
207	1:26.69	L	F	Khanyolwethu Fokazi	16	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
208	1:27.75	L	F	Julia E melo	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
209	1:28.29	L	F	Nina Cloete	16	FISH EDD	04/10/2025 EDEN 1st A-League Gala 2025
210	1:29.00	L	F	Hayley-Ann Reyneke	16	BULS MAN	05/09/2025 Bullsharks Gala
211	1:29.55	L	F	Zea Zondagh	16	WAGH BP	13/02/2026 NW School Championships 2026
212	1:31.93	L	F	Mia van der Westhuizen	16	UNI EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
213	1:32.40	L	F	Chloe Venter	16	BERG BPD	13/02/2026 NW School Championships 2026
214	1:32.56	L	F	Siphiwayinkosi Mnisi	16	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
215	1:33.33	L	F	Bongeka Malindzisa	16	NGU TSH	05/12/2025 2025 The Tshwane Mayor's Gala
216	1:33.96	L	F	Tshimologo Lephoi	16	BERG BPD	13/02/2026 NW School Championships 2026
217	1:34.01	L	P	Jordan Schoultz	16	CA EKU	04/12/2025 EGA Summer Championships 2025
218	1:35.14	L	F	Johanika Groenewald	16	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
219	1:35.96	L	F	Isabelle Conybeare	16	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
220	1:46.46	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025 Limpopo Champs 2025
221	1:46.51	L	F	Bokang Seheri	16	USHAK EKU	20/09/2025 EGA Summer 1 2025
222	1:46.64	L	F	Madyson Windvogel	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
223	2:06.99	L	F	Jo-Anne van Dyk	16	JAQ EKU	20/09/2025 EGA Summer 1 2025
Women 200 Free							
1	2:06.16	L	F	Giuliana Vyncke	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
2	2:06.72	L	P	Abigail Kotze	16	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:06.85	L	F	Bailey Lambert	16	SEAL UMD	12/12/2025 4th Africa Youth Games - Angol
4	2:07.79	L	F	Sienna Gous	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
5	2:10.36	L	P	Anja Buitendach	16	MP EZD	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	2:11.06	L	F	Amelie Kleine	16	TUKS TSH	10/12/2025 NTS Championships 2025
7	2:11.83	L	P	Shannon Hugo	16	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
8	2:12.06	L S	F	Zuria Venter	16	CA EKU	04/12/2025 EGA Summer Championships 2025
9	2:13.06	L	P	Blake Morris	16	LINR JHB	21/03/2026 Sa National JNR Age Group Champs-;
10	2:14.23	L	P	Indigo Woodburn	16	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
11	2:14.37	L	P	Kylie De Bruyn	16	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
12	2:14.95	L	P	Mia Groenewald	16	CASC	CPT	21/03/2026 Sa National JNR Age Group Champs-;
13	2:15.13	L	P	Taylor Kassebaum	16	AA	JHB	21/03/2026 Sa National JNR Age Group Champs-;
14	2:15.45	L	P	Kacey Hughes	16	STSC	KCD	21/03/2026 Sa National JNR Age Group Champs-;
15	2:16.30	L	P	Cara Visser	16	CYBE	CPT	21/03/2026 Sa National JNR Age Group Champs-;
16	2:16.37	L	P	Maya Mgcina	16	ELEC	FSH	21/03/2026 Sa National JNR Age Group Champs-;
17	2:16.83	L	F	Béatrice Little	16	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
18	2:16.90	L	P	Marike Raimond	16	TYGE	CPT	04/12/2025 Western Cape LC-A Championship 20
19	2:17.04	L	P	Jade Van Vuuren	16	WATR	JHB	21/03/2026 Sa National JNR Age Group Champs-;
20	2:17.65	L	F	Gemma Walters	16	AA	JHB	27/11/2025 CGA Championships 2025
21	2:18.01	L	F	Lize-Marie Kruger	16	INFA	NMA	18/10/2025 Fish Eagles Short Course Gala 2025
22	2:18.42	L	P	Riziki Magotsi	16	CYBE	CPT	21/03/2026 Sa National JNR Age Group Champs-;
23	2:18.46	L	F	Emma Pinheiro	16	CRSC	JHB	27/11/2025 CGA Championships 2025
24	2:18.58	L	P	Annabelle Van Rensburg	16	TUKS	FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
25	2:18.98	L	F	Mila De Souza	16	EXP	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
26	2:19.05	L	P	Leila Springer	16	SASE	JHB	21/03/2026 Sa National JNR Age Group Champs-;
27	2:19.18	L	F	Odette Upton	16	TKS	WBD	26/03/2026 SA Level 3 Regional Age Group Chan
28	2:19.84	L	P	Paige Meeser	16	CA	EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
29	2:20.01	L	F	Ava Newton	16	CASC	CPT	28/06/2025 PEA Winter Gala 2025
30	2:20.28	L	P	Tamzyn Kuhn	16	SAAW	CPT	21/03/2026 Sa National JNR Age Group Champs-;
31	2:20.43	L	F	Shi Han Huang	16	BLMA	CPT	09/04/2026 SA Level 3 Regional Age Group Chan
32	2:21.35	L	F	Caitlin Knight	16	GAU	JHB	30/01/2026 Gauteng Schools Championships 2026
33	2:21.62	L	P	Hana Duncan	16	EGA	MAN	21/03/2026 Sa National JNR Age Group Champs-;
34	2:22.05	L	P	Inneke Liebenberg	16	POTC	KKD	21/03/2026 Sa National JNR Age Group Champs-;
35	2:22.21	L	F	Inge Vd Walt	16	DDA	FSH	26/03/2026 SA Level 3 Regional Age Group Chan
36	2:22.50	L	F	Keilah-Naomi Holthuis	16	ESA	GED	13/02/2026 Winelands SL Fin - February 2026 - cc
37	2:23.04	L	P	Danielle Grobler	16	BLOT	MAN	03/12/2025 Free State Champs 2025
38	2:23.13	L	P	Abigail Blake	16	CASC	CPT	21/03/2026 Sa National JNR Age Group Champs-;
39	2:23.22	L	F	Zuri Tome	16	TUKS	FSH	11/12/2025 Campeonato Nacional de Clubes de V
40	2:23.82	L	P	Ane Snyders	16	BLSS	MAN	03/12/2025 Free State Champs 2025
41	2:23.91	L	F	Tchisank Banza	16	UNI	EZD	05/12/2025 Mpumalanga Championships 2025
42	2:24.20	L	P	Gabriella Boerstra	16	TUKS	FSH	21/03/2026 Sa National JNR Age Group Champs-;
43	2:24.26	L	F	Scarlett Friis	16	KLOO	ETH	03/10/2025 Curro AquaElite Gala
44	2:24.86	L	F	Ella Jv Rensburg	16	SS	MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
45	2:24.89	L	F	Addison Doolan	16	WATR	JHB	27/11/2025 CGA Championships 2025
46	2:25.15	L	P	Cara Rossouw	16	TYGE	CPT	04/12/2025 Western Cape LC-A Championship 20
47	2:25.24	L	F	Isabelle Welgemoed	16	BLSS	MAN	03/12/2025 Free State Champs 2025
48	2:25.27	L	F	Rozaan Korff	16	ACAQ	CCD	28/11/2025 Limpopo Champs 2025
49	2:25.47	L	P	Caitlin Rossiter	16	HREF	BP	21/03/2026 Sa National JNR Age Group Champs-;
50	2:25.52	L	F	Abbigail Kulynych	16	CA	EKU	22/11/2025 EGA Summer 3 & 4
51	2:25.56	L	F	Minette Van Zyl	16	INFA	NMA	18/10/2025 Fish Eagles Short Course Gala 2025
52	2:25.66	L	F	Isabella Bruyns	16	MDOL	JHB	27/11/2025 CGA Championships 2025
53	2:25.69	L	F	Lili Annandale	16	BLSS	MAN	09/07/2025 TYR Prestige Tournament 2025
54	2:25.76	L	F	Micaella White	16	INFA	NMA	12/12/2025 NMBA Championships 2025
55	2:25.77	L	P	Margo Senekal	16	TYGE	CPT	04/12/2025 Western Cape LC-A Championship 20
56	2:25.84	L	F	Sylvie de Bruyn	16	BULS	MAN	24/10/2025 Neptunes Gala
57	2:25.94	L	F	Shalem Mashingaidze	16	WATR	JHB	03/10/2025 Curro AquaElite Gala
58	2:26.51	L	P	Beané Noeth	16	NC	FBD	24/04/2026 SA Schools Swimming Championship
59	2:26.68	L	P	Megan Mayhew	16	WATR	JHB	26/03/2026 SA Level 3 Regional Age Group Chan
60	2:26.72	L	P	Amy Hartung	16	ASAC	CPT	04/12/2025 Western Cape LC-A Championship 20
61	2:27.06	L	F	Emma-Lee Theron	16	BLOT	MAN	26/03/2026 SA Level 3 Regional Age Group Chan
62	2:27.28	L	F	Lara Janse van Rensburg	16	CSA	EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
63	2:27.33	L	P	Ava Strong	16	ECSA	BUF	24/04/2026 SA Schools Swimming Championship
64	2:27.35	L	F	Ella-Mae Henning	16	VRC	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
65	2:27.38	L	F	Eva Dal Cin	16	AA	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
66	2:27.43	L S	F	Kerrigan Hayes	16	CASC	CPT	01/11/2025 CTA District A CHAMPS 2025
67	2:27.61	L	P	Sam Juries	16	CLA	WCD	21/03/2026 Sa National JNR Age Group Champs-;
68	2:27.70	L	F	Arne' Dreyer	16	STAQ	GED	14/11/2025 Winelands SL4 November 2025 & Sch
69	2:27.87	L	F	Madison Smith	16	CA	EKU	26/03/2026 SA Level 3 Regional Age Group Chan

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
70	2:29.38	L	F	Caillegh De Beer	16	BLOT MAN	23/08/2025 KOVSIE GALA
71	2:29.50	L	F	Cailyn Clowes	16	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
72	2:30.15	L	P	Kaylin Fabricius	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
73	2:30.43	L	F	Ella Lombard	16	TNDER FDD	14/11/2025 Valsrivier Gala
74*	2:30.53	L	F	Rebecca Froneman	16	STSC KCD	31/01/2026 uShaka Champs 2026
74*	2:30.53	L	P	Nicola Carver	16	ELEC TSH	10/12/2025 NTS Championships 2025
76	2:31.40	L	F	Evelyn Malan	16	GAU JHB	30/01/2026 Gauteng Schools Championships 2021
77	2:31.43	L	F	Mikayla Frösler	16	PEAS NMA	20/09/2025 3rd A League Gala 2025
78	2:31.55	L	F	Rachel Fairweather	16	WATR JHB	27/11/2025 CGA Championships 2025
79	2:31.56	L	F	Zoe Steyn	16	CRSC JHB	27/11/2025 CGA Championships 2025
80	2:32.00	L	P	Gertruida de Witt	16	POTC KKD	06/12/2025 NWS Championships 2025
81	2:32.05	L	F	Sharni-Marie Watson	16	HPS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
82	2:32.07	L	F	Juanè Burger	16	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
83	2:32.28	L	F	Mariné Pretorius	16	UPSK ZMD	14/02/2026 KALAHARI CLASSIC 2026
84	2:32.36	L	F	Maxine Kearns	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
85	2:32.37	L	P	Marne' Van Rensburg	16	BLSS MAN	03/12/2025 Free State Champs 2025
86	2:32.41	L	P	Daniella Myburg	16	FSS	24/04/2026 SA Schools Swimming Championship
87	2:32.49	L	F	Roslyn Ramoholi	16	ACSA ETH	21/02/2026 KZN Schools Trials 2026
88	2:32.61	L	P	Emma Hagglund	16	SSISA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
89	2:32.96	L	P	Carle Hager	16	ESA CED	04/12/2025 Western Cape LC-A Championship 20
90	2:33.43	L	P	Kapitolina Xaba	16	SASE JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
91	2:33.50	L	F	Hyzel Hutchison	16	GHSK	05/12/2025 NCASA CHAMPS 2025 - copied - copi
92	2:33.56	L S	P	Jhuliana Lamprecht	16	CA EKU	04/12/2025 EGA Summer Championships 2025
93	2:33.63	L	F	Mia-Isabelle Mans	16	CTA CPT	27/06/2025 Coop Services National LC Champion
94	2:33.71	L	F	Megan Jansen	16	UNIU EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
95	2:33.79	L	P	Chane Fourie	16	BLSS MAN	03/12/2025 Free State Champs 2025
96	2:33.97	L	P	Aliyah De Oliveira	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
97	2:34.28	L	P	Talitha Schuch	16	SEALE ETH	18/12/2025 KZN Premier Provincial Championship
98	2:34.42	L	F	Carla Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A
99*	2:34.93	L	F	Milan Ferreira	16	TASC MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
99*	2:34.93	L	F	Sydni Adams	16	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
101	2:35.68	L	F	Kayden O'connor	16	PEAS NMA	28/06/2025 PEA Winter Gala 2025
102	2:36.41	L	P	Cayley Hauptfleisch	16	PSCP UMD	18/12/2025 KZN Premier Provincial Championship
103	2:36.61	L	F	Ada Barnard	16	ESA CED	22/11/2025 Swartland Prestige Gala 2025
104	2:36.79	L	F	Kristen Burt	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
105	2:36.83	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
106	2:36.97	L	F	Nemzi Albino	16	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
107	2:37.31	L	F	Lethabo Masemola	16	ELEC TSH	14/11/2025 NTS Level 3+ November Age Group G
108	2:37.48	L	F	Larissa Bouwer	16	DORE JHB	06/02/2026 Crusaders & CGA Night Gala
109	2:37.82	L	F	Isabelle Botha	16	PGAC EKU	31/01/2026 EGA Last Chance Gala 2026
110	2:38.12	L	F	Marlo Lensing	16	UPSK ZMD	07/02/2026 NC SPRINTS 2026
111	2:38.58	L	F	Emma Nolan	16	MDOL JHB	27/11/2025 CGA Championships 2025
112	2:38.75	L	P	Mine Prinsloo	16	BLSS MAN	03/12/2025 Free State Champs 2025
113	2:39.08	L	F	Melandri Vermaak	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
114	2:39.21	L	F	Carmen Stapelberg	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
115	2:39.58	L	F	Tamlyn Kew	16	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
116	2:39.65	L	F	Leila Smit	16	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
117	2:39.84	L	F	Rachel Henley	16	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
118	2:39.96	L S	F	Kirsten Myers	16	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
119	2:40.16	L	F	Macayle Eisen	16	UNI EZD	05/12/2025 Mpumalanga Championships 2025
120	2:40.78	L	P	Kayden Mauer	16	USC BUF	09/04/2026 SA Level 3 Regional Age Group Chan
121	2:41.02	L	F	Paige Van Niekerk	16	SFSA JHB	27/11/2025 CGA Championships 2025
122	2:41.21	L	F	Karla Lemmer	16	USH KCD	31/01/2026 uShaka Champs 2026
123	2:41.44	L	F	Anieke Prinsloo	16	BETH FDD	14/11/2025 Valsrivier Gala
124	2:41.99	L	F	Helena Rookoen-Smith	16	BRAVE CED	06/02/2026 WCA-B Champs - 2026
125	2:42.59	L	F	Leigh Chung Kim Yuen	16	MANT CPT	20/09/2025 CTA INVITATIONAL LC MEET
126	2:42.70	L S	P	Keira-Lize Martins	16	H2O EKU	04/12/2025 EGA Summer Championships 2025
127	2:43.13	L	F	Jolane Holtzhausen	16	MDOL JHB	27/11/2025 CGA Championships 2025
128*	2:43.16	L	F	Mikayla Hinkley	16	AWSC JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
128*	2:43.16	L	F	Morgan Liversage	16	CRSC JHB	27/11/2025 CGA Championships 2025
130	2:43.20	L	F	Micke Prinsloo	16	TKS WBD	28/11/2025 Limpopo Champs 2025
131	2:43.23	L	P	Diane Munro	16	BLSS MAN	03/12/2025 Free State Champs 2025
132	2:43.59	L	F	Kananelo Linake	16	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
133	2:45.04	L	F	Kyra Home	16	AA JHB	27/11/2025 CGA Championships 2025
134	2:45.27	L	F	Erin Olivier	16	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
135	2:45.42	L	F	Elanri Du Randt	16	BETH FDD	26/09/2025 Pelicans Gala..
136	2:45.81	L	F	Nieke Engelbrecht	16	UPSK ZMD	07/02/2026 NC SPRINTS 2026
137	2:46.24	L	F	Gabriela Sa	16	ASAC CPT	06/02/2026 WCA-B Champs - 2026
138	2:46.45	L	F	Erin Stead	16	FRA KCD	31/03/2026 SA Level 2 Regional Age Group Cham
139	2:47.41	L	F	Abigail Suckling	16	FSE KCD	31/03/2026 SA Level 2 Regional Age Group Cham
140	2:47.42	L	F	Kellan Lynch	16	XCEL CPT	06/02/2026 WCA-B Champs - 2026
141	2:48.19	L	F	Lika Vd Merwe	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
142	2:49.10	L	F	Alexandra Sheppard	16	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
143	2:49.19	L	F	Madisson De Bruyn	16	AFIN JHB	27/11/2025 CGA Championships 2025
144	2:49.80	L	F	Feziwe Mondi	16	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
145	2:50.08	L S	P	Skyla Reddy	16	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
146	2:50.66	L S	P	Oratile Matli	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
147	2:51.37	L	F	Nasheetah Jephta	16	MANT CPT	28/06/2025 PEA Winter Gala 2025
148	2:51.92	L	F	Carla Munro	16	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
149	2:53.73	L	P	Melinda Dippenaar	16	BS LLD	03/12/2025 Free State Champs 2025
150	2:53.99	L	F	Keone Molapo	16	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
151	2:55.67	L	F	Diëm Peens	16	CUHE OBD	20/09/2025 CTA INVITATIONAL LC MEET
152	2:55.81	L	F	Ariel De Bruyn	16	CSA EZD	05/12/2025 Mpumalanga Championships 2025
153	2:57.25	L	F	Lilli-Hanna Black	16	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
154	2:58.52	L	F	Bohlale Khahledi	16	CASC CPT	29/11/2025 CTA B CHAMPS 2025
155	2:59.55	L	P	Rerapetse Ramohale	16	RBOT BPD	06/12/2025 NWS Championships 2025
156	3:00.71	L	P	Ilne Bruwer	16	BLSS MAN	03/12/2025 Free State Champs 2025
157	3:00.83	L	P	Mikaela Johst	16	ELEC TSH	10/12/2025 NTS Championships 2025
158	3:00.95	L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
159	3:01.96	L S	P	Celia Carpinteiro	16	CA EKU	04/12/2025 EGA Summer Championships 2025
160	3:02.25	L	F	Klara Groenewald	16	UNI EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
161	3:02.36	L S	F	Lyla Shekel	16	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
162	3:02.50	L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026 uShaka Champs 2026
163	3:02.81	L	F	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
164	3:03.24	L	F	Mia Pienaar	16	BULS MAN	23/01/2026 Mangaung Gala
165	3:03.71	L	F	Chloe Strydom	16	BULS MAN	23/01/2026 Mangaung Gala
166	3:04.16	L	F	Hannah Struwig	16	HAAG UTD	08/11/2025 UThukela Age Group Gala 2
167	3:05.44	L	F	Leila Visser	16	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
168	3:08.03	L	F	Stella Combrink	16	ELEC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
169	3:10.07	L	F	Melisca Krige	16	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
170	3:12.18	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
171	3:12.40	L	F	Lucie Jakob	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
172	3:13.37	L	F	Elme Swanepoel	16	BETH FDD	26/09/2025 Pelicans Gala..
173	3:13.76	L	F	Yamahlubi Radebe	16	USHPM UMD	31/01/2026 uShaka Champs 2026
174	3:20.91	L	F	Sofiya Talip	16	MANT CPT	20/09/2025 CTA INVITATIONAL LC MEET
175	3:34.14	L	F	Siphiwayinkosi Mnisi	16	UNI EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
176	3:38.44	L	F	Johanika Groenewald	16	UNI EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
177	3:40.65	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025 Limpopo Champs 2025
Women 400 Free							
1	4:29.97	L	F	Kylie De Bruyn	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
2	4:30.93	L	F	Amelie Kleine	16	TUKS TSH	10/12/2025 NTS Championships 2025
3	4:31.82	L	F	Giuliana Vyncke	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
4	4:31.87	L	F	Anja Buitendach	16	UNI EZD	21/03/2026 Sa National JNR Age Group Champs-;
5	4:32.14	L	F	Sienna Gous	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
6	4:32.41	L	F	Shannon Hugo	16	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
7	4:35.56	L	F	Zuria Venter	16	CA EKU	04/12/2025 EGA Summer Championships 2025
8	4:38.63	L	F	Taylor Kassebaum	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
9	4:38.73	L	F	Logan De Meuter	16	VINE CPT	24/01/2026 Guildford City L2 Winter Open Meet 20

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
10	4:41.64	L	F	Blake Morris	16	LINR JHB	21/03/2026 Sa National JNR Age Group Champs-:
11	4:42.74	L	F	Kacey Hughes	16	STSC KCD	21/03/2026 Sa National JNR Age Group Champs-:
12	4:42.85	L	F	Annabelle Van Rensburg	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-:
13	4:44.61	L	F	Béatrice Little	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-:
14	4:46.90	L	F	Marike Raimond	16	TYGE CPT	21/03/2026 Sa National JNR Age Group Champs-:
15	4:50.80	L	F	Indigo Woodburn	16	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-:
16	4:51.23	L	F	Evelyn Malan	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-:
17	4:53.97	L	F	Tamzyn Kuhn	16	SAAW CPT	21/03/2026 Sa National JNR Age Group Champs-:
18	4:55.85	L	F	Lize-Marie Kruger	16	INFA NMA	15/11/2025 5th A League Gala 2025
19	4:57.52	L	F	Odette Upton	16	TKS WBD	09/01/2026 2026 Grand Prix Invitation Swimming I
20	4:57.67	L	F	Cara Visser	16	CYBE CPT	14/02/2026 CTA Elite Gala (L3+)
21	4:58.02	L	F	Ava Newton	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
22	4:59.06	L	F	Mia Groenewald	16	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
23	4:59.12	L	P	Mila De Souza	16	EXP TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
24	4:59.21	L	F	Caitlin Knight	16	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
25	5:00.39	L	F	Gabriella Boerstra	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-:
26	5:01.14	L	F	Cara Rossouw	16	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
27	5:02.28	L	F	Megan Mayhew	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
28	5:03.19	L	F	Abigail Blake	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
29	5:04.60	L	F	Paige Meeser	16	CA EKU	04/12/2025 EGA Summer Championships 2025
30	5:05.49	L	F	Scarlett Friis	16	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
31	5:05.66	L	F	Keilah-Naomi Holthuis	16	ESA CED	22/11/2025 Swartland Prestige Gala 2025
32	5:06.48	L S	F	Zuri Tome	16	TUKS TSH	11/12/2025 Campeonato Nacional de Clubes de V
33	x5:07.94	L	F	Ava Strong	16	ECSA BUF	24/04/2026 SA Schools Swimming Championship
34	5:08.46	L	F	Lili Annandale	16	BLSS MAN	09/07/2025 TYR Prestige Tournament 2025
35	5:08.67	L	F	Lara Janse van Rensburg	16	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
36	5:08.86	L	F	Amy Hartung	16	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
37	5:10.50	L	F	Rozaan Korff	16	PHS CCD	31/01/2026 Limpopo School Champs & Limpopo A
38	5:11.66	L	F	Isabelle Welgemoed	16	BLSS MAN	03/12/2025 Free State Champs 2025
39	5:12.28	L	F	Cailyn Clowes	16	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
40	5:15.97	L	F	Emma-Lee Theron	16	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
41	5:16.35	L	F	Cailleigh De Beer	16	BLOT MAN	26/09/2025 Pelicans Gala..
42	5:16.46	L	F	Beané Noeth	16	JOIEC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
43	5:16.70	L	F	Sylvie de Bruyn	16	BULS MAN	03/12/2025 Free State Champs 2025
44	5:16.80	L	F	Talitha Schuch	16	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
45	5:17.53	L	F	Madison Smith	16	CA EKU	22/11/2025 EGA Summer 3 & 4
46	5:23.05	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
47	5:24.57	L	F	Chane Fourie	16	BLSS MAN	03/12/2025 Free State Champs 2025
48	5:24.73	L	F	Amy Walton	16	AZON ETH	06/10/2025 Seagulls Winter Championships 2025
49	5:25.00	L	F	Mariné Pretorius	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
50	5:25.25	L	F	Maxine Kearns	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
51	5:27.02	L	F	Marlo Lensing	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
52	5:28.22	L	F	Abbigail Kulynych	16	CA EKU	04/12/2025 EGA Summer Championships 2025
53	5:28.60	L	F	Inge Vd Walt	16	DDA TSH	17/10/2025 NTS Level 3+ October Age Group Gala
54	5:29.24	L S	F	Juanè Burger	16	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
55	5:29.41	L	F	Melandri Vermaak	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
56	5:29.43	L	F	Sydni Adams	16	VINE CPT	28/06/2025 PEA Winter Gala 2025
57	5:29.63	L	F	Isabelle Botha	16	PGAC EKU	21/02/2026 EGA Lets Sprint Gala 2026
58	5:29.74	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
59	5:30.20	L	F	Gertruida de Witt	16	POTC KKD	06/12/2025 NWS Championships 2025
60	5:30.32	L	F	Carle Hager	16	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
61	5:30.64	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
62	5:32.12	L	F	Katya O'Brien	16	MDOL JHB	14/02/2026 CGA Last Chance
63	5:32.73	L	F	Rebecca Froneman	16	STSC KCD	31/01/2026 uShaka Champs 2026
64	5:34.37	L	F	Zoe Steyn	16	CRSC JHB	27/11/2025 CGA Championships 2025
65	5:35.17	L	F	Keira-Lize Martins	16	H2O EKU	26/03/2026 SA Level 3 Regional Age Group Chan
66	5:40.02	L	F	Kristen Burt	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
67	5:40.16	L	F	Sharni-Marie Watson	16	HPS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
68	5:44.67	L	F	Karla Lemmer	16	USH KCD	31/01/2026 uShaka Champs 2026

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
69	5:45.11 L	F	Ella-Mae Henning	16	VIKI BUF	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
70	5:45.51 L	F	Paige Van Niekerk	16	SFSA JHB	27/11/2025	CGA Championships 2025
71	5:48.37 L	F	Tamlyn Kew	16	EXP TSH	31/10/2025	NTS Level 1+2 November Age Group :
72	5:48.53 L	F	Kellan Lynch	16	XCEL CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
73	5:50.64 L	F	Hyzel Hutchison	16	GHSK	25/10/2025	FLAMINGO & GOODHOPE GALA 202
74	5:51.90 L	F	Jhuliana Lamprecht	16	CA EKU	22/11/2025	EGA Summer 3 & 4
75	5:52.59 L	F	Sophia Wener	16	ASAC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
76	5:52.91 L	F	Megan Jansen	16	UNIU EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
77	5:55.74 L	F	Elanri Du Randt	16	BETH FDD	26/09/2025	Pelicans Gala..
78	5:55.90 L	F	Rachel Henley	16	ESTR EKU	04/12/2025	EGA Summer Championships 2025
79	5:56.29 L	F	Nasheetah Jephta	16	MANT CPT	06/02/2026	WCA-B Champs - 2026
80	5:56.51 L	F	Helena Rookoen-Smith	16	BRAVE CED	22/11/2025	Swartland Prestige Gala 2025
81	5:59.06 L	F	Kyra Home	16	AA JHB	27/11/2025	CGA Championships 2025
82	6:01.17 L	F	Emma Labuschagne	16	PAC TSH	13/02/2026	NTS Level 1+2 February Age Group 2I
83	6:01.82 L	F	Alexandra Sheppard	16	STAR BPD	06/12/2025	NWS Championships 2025
84	6:04.64 L	F	Ariel De Bruyn	16	CSA EZD	05/12/2025	Mpumalanga Championships 2025
85	6:07.09 L	F	Alexa Cave	16	MDOL JHB	27/11/2025	CGA Championships 2025
86	6:11.94 L	F	Carmen Stapelberg	16	TINC TSH	14/11/2025	NTS Level 3+ November Age Group G
87	6:12.69 L	F	Abigail Suckling	16	FSE KCD	31/01/2026	uShaka Champs 2026
88	6:13.88 L	F	Erin Olivier	16	ASAC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
89	6:16.51 L	F	Melinda Dippenaar	16	BS LLD	03/12/2025	Free State Champs 2025
90	6:18.60 L	F	Lilli-Hanna Black	16	HTSA CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
91	6:19.75 L	F	Rerapetse Ramohale	16	RBOT BPD	06/12/2025	NWS Championships 2025
92	6:22.69 L	F	Skyla Reddy	16	SWIFT EKU	04/12/2025	EGA Summer Championships 2025
93	6:27.15 L	F	Nieke Engelbrecht	16	UPSK ZMD	21/11/2025	AGE GROUP 2 & 3 UPT
94	6:30.29 L	F	Zephani Adams	16	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
95	6:33.62 L	F	Stella Combrink	16	ELEC TSH	13/02/2026	NTS Level 1+2 February Age Group 2I
96	6:34.29 L	F	Hannah Struwig	16	HAAG UTD	08/11/2025	UThukela Age Group Gala 2
97	6:40.21 L	F	Emmah Myburgh	16	UPSK ZMD	25/10/2025	FLAMINGO & GOODHOPE GALA 202
98	6:43.36 L	F	Keone Molapo	16	RFA TSH	13/02/2026	NTS Level 1+2 February Age Group 2I
99	7:29.21 L	F	Johanika Groenewald	16	UNIU EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
Women 800 Free							
1	9:17.31 L	F	Amelie Kleine	16	TUKS TSH	10/12/2025	NTS Championships 2025
2	9:19.48 L	F	Kylie De Bruyn	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
3	9:26.30 L	F	Shannon Hugo	16	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-;
4	9:26.41 L	F	Anja Buitendach	16	UNI EZD	21/03/2026	Sa National JNR Age Group Champs-;
5	9:27.65 L	F	Zuria Venter	16	CA EKU	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
6	9:36.12 L	F	Taylor Kassebaum	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-;
7	9:37.55 L	F	Logan De Meuter	16	VINE CPT	24/01/2026	Guildford City L2 Winter Open Meet 20
8	9:49.89 L	F	Annabelle Van Rensburg	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
9	9:50.56 L	F	Kacey Hughes	16	STSC KCD	21/03/2026	Sa National JNR Age Group Champs-;
10	9:51.51 L	F	Marike Raimond	16	TYGE CPT	21/03/2026	Sa National JNR Age Group Champs-;
11	9:52.58 L	F	Béatrice Little	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
12	9:52.85 L	F	Paige Meeser	16	CA EKU	21/03/2026	Sa National JNR Age Group Champs-;
13	10:02.27 L	F	Evelyn Malan	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
14	10:04.93 L	F	Blake Morris	16	LINR JHB	27/11/2025	CGA Championships 2025
15	10:14.86 L	F	Gabriella Boerstra	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
16	10:19.66 L	F	Scarlett Friis	16	KLOO ETH	18/12/2025	KZN Premier Provincial Championship
17	10:22.91 L	F	Mia Groenewald	16	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
18	10:23.40 L	F	Zuri Tome	16	TUKS TSH	11/12/2025	Campeonato Nacional de Clubes de V
19	10:29.19 L	F	Abigail Blake	16	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
20	10:43.62 L	F	Eva Dal Cin	16	AA JHB	19/06/2025	MSF Winter Championships 2025
21	10:45.09 L	F	Tamzyn Kuhn	16	SWC	10/12/2025	20th Botswana Swimming Nationals 2I
22	10:50.14 L	F	Riziki Magotsi	16	CYBE CPT	20/09/2025	CTA INVITATIONAL LC MEET
23	10:50.64 L	F	Lara Janse van Rensburg	16	CSA EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
24	10:54.64 L	F	Rozaan Korff	16	ACAQ CCD	28/11/2025	Limpopo Champs 2025
25	10:57.56 L	F	Cara Visser	16	CYBE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
26	11:06.25 L	F	Amy Hartung	16	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
27	11:09.00 L	F	Mariné Pretorius	16	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
28	11:09.03	L	F	Lili Annandale	16	BLSS MAN	05/09/2025 Bullsharks Gala
29	11:29.59	L	F	Beané Noeth	16	JOIEC	18/10/2025 AGE GROUP 1 UPINGTON 2025
30	11:30.97	L	F	Marlo Lensing	16	UPSK ZMD	25/10/2025 FLAMINGO & GOODHOPE GALA 202
31	11:41.10	L	F	Chane Fourie	16	BLSS MAN	24/10/2025 Neptunes Gala
32	11:54.79	L	F	Melandri Vermaak	16	TINC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
33	12:18.55	L	F	Nasheetah Jephta	16	MANT CPT	09/10/2025 44th Freda Barnard Invitational Gala
34	12:59.33	L	F	Nieke Engelbrecht	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
35	13:00.70	L	F	Lilli-Hanna Black	16	HTSA CPT	20/09/2025 CTA INVITATIONAL LC MEET
36	13:35.50	L	F	Melinda Dippenaar	16	BS LLD	05/09/2025 Bullsharks Gala
37	13:51.41	L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
Women 1000 Free							
1	13:36.00	L	F	Shannon Hugo	16	AZON ETH	23/11/2025 Capital K Open Water Swim Meet 202
2	15:59.00	L	F	Mikje Bocking	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 202
3	16:17.00	L	F	Tara Saint	16	KLOO ETH	23/11/2025 Capital K Open Water Swim Meet 202
4*	18:29.00	L	F	Robyn-Rae Purdon	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 202
4*	18:29.00	L	F	Carla Munro	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 202
6	20:00.00	L	F	Hannah Struwig	16	AQUA UTD	23/11/2025 Capital K Open Water Swim Meet 202
7	22:03.00	L	F	Catherine Roberts	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 202
Women 1500 Free							
1	17:30.01	L	F	Amelie Kleine	16	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	17:48.52	L	F	Kylie De Bruyn	16	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	17:51.33	L	O	Abigail Blake	16	CASC CPT	16/11/2025 CTA OWS - Series 2
4	18:03.20	L	F	Anja Buitendach	16	UNI EZD	21/03/2026 Sa National JNR Age Group Champs-;
5	18:08.93	L	F	Shannon Hugo	16	AZON ETH	21/03/2026 Sa National JNR Age Group Champs-;
6	18:19.24	L	F	Zuria Venter	16	CA EKU	04/12/2025 EGA Summer Championships 2025
7	18:37.60	L	F	Logan De Meuter	16	VINE CPT	24/01/2026 Berkshire & S.Bucks ASA County Cha
8	18:40.00	L	F	Taylor Kassebaum	16	AA JHB	06/12/2025 Primeview #2 2025
9	18:54.23	L	F	Blake Morris	16	LINR JHB	27/11/2025 CGA Championships 2025
10	19:06.28	L	F	Marike Raimond	16	TYGE CPT	21/03/2026 Sa National JNR Age Group Champs-;
11	19:36.76	L	F	Paige Meeser	16	CA EKU	22/11/2025 EGA Summer 3 & 4
12	19:39.13	L	F	Gabriella Boerstra	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
13	19:44.44	L	F	Lize-Marie Kruger	16	BLNE MAN	28/06/2025 PEA Winter Gala 2025
14	20:07.38	L	F	Zuri Tome	16	TUKS TSH	11/12/2025 Campeonato Nacional de Clubes de V
15	20:12.63	L	F	Ella Lombard	16	TNDER FDD	20/09/2025 EGA Summer 1 2025
16	20:37.14	L	F	Caitlin Rossiter	16	HREF BP	15/11/2025 NWS Age Group 3 2025
17	20:38.56	L	O	Nasheetah Jephta	16	MANT CPT	16/11/2025 CTA OWS - Series 2
18	20:41.63	L	F	Lili Annandale	16	BLSS MAN	10/10/2025 Super Seals Annual Gala
19	21:00.00	L	O	Mikayla Frösler	16	PEAS NMA	18/01/2026 NMBA OWS Championships 2026
20	21:12.67	L	F	Beané Noeth	16	JOIEC	21/11/2025 AGE GROUP 2 & 3 UPT
21	21:21.57	L	F	Mariné Pretorius	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
22	21:48.74	L	F	Alexis Muller	16	AZON ETH	06/10/2025 Seagulls Winter Championships 2025
23	22:18.37	L	F	Marlo Lensing	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
24	22:36.82	L	F	Kayden Mauer	16	USC BUF	28/11/2025 BCA Long Course Championships 202
25	23:08.00	L	F	Madison Smith	16	CA EKU	06/12/2025 Primeview #2 2025
26*	23:15.00	L	F	Abigail Kulynych	16	CA EKU	17/01/2026 Primeview Festival AG Champs 2026
26*	23:15.00	L	F	Talitha Schuch	16	SEALE ETH	15/11/2025 KZNA Open Water Championship
28	23:23.78	L	O	Lara Janse van Rensburg	16	CSA EZD	01/02/2026 MPUMALANGA OPEN WATER 1 FEB
29*	23:43.00	L	F	Indigo Woodburn	16	MDOL JHB	17/01/2026 Primeview Festival AG Champs 2026
29*	23:43.00	L	F	Amy Jackson	16	TCA EKU	06/12/2025 Primeview #2 2025
31	23:58.02	L	O	Bohlale Khahledi	16	CASC CPT	16/11/2025 CTA OWS - Series 2
32	25:20.95	L	F	Melinda Dippenaar	16	BS LLD	10/10/2025 Super Seals Annual Gala
33	26:40.06	L	O	Megan Jansen	16	UNIU EZD	12/10/2025 MPUMALANGA OPEN WATER 12 OC
34	26:50.34	L	F	Rerapetse Ramohale	16	RBOT BPD	15/11/2025 NWS Age Group 3 2025
35	27:07.00	L	O	Rachel Henley	16	ESTR EKU	12/10/2025 Manyaka OW Sprint 2025
36	32:49.27	L	O	Johanika Groenewald	16	UNIU EZD	09/11/2025 MPUMALANGA OPEN WATER 9 NOV
37	38:26.88	L	O	Leah Krige	16	IND MP	12/10/2025 MPUMALANGA OPEN WATER 12 OC
Women 3000 Free							
1	6:10.74	L	F	Sienna Gous	16	ECA BUF	06/03/2026 SA National Bombela OWS Champion

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	19:41.00	L	P	Anja Buitendach	16	MP EZD	06/03/2026 SA National Bombela OWS Champion
3	37:29.00	L	F	Taylor Kassebaum	16	AA JHB	06/12/2025 Primeview #2 2025
4	39:30.00	L	F	Zuria Venter	16	CA ECU	17/01/2026 Primeview Festival AG Champs 2026
5	39:51.10	L	O	Marike Raimond	16	TYGE CPT	30/11/2025 CTA OWS - Series 3
6	40:55.00	L	F	Shannon Hugo	16	AZON ETH	15/11/2025 KZNA Open Water Championship
7	42:17.88	L	O	Alexis Muller	16	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
8	42:34.62	L	O	Scarlett Friis	16	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
9	43:54.99	L	O	Lara Janse van Rensburg	16	MP EZD	06/03/2026 SA National Bombela OWS Champion
10	44:00.00	L	F	Caitlin Rossiter	16	HREF BPD	02/11/2025 Primeview #1 2025
11	44:00.07	L	O	Talitha Schuch	16	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
12	44:05.41	L	O	Abbigail Kulynych	16	AGA ECU	06/03/2026 SA National Bombela OWS Champion
13	44:20.00	L	O	Clarise Van Niekerk	16	TUKS TSH	12/10/2025 Manyaka OW Sprint 2025
14	44:48.73	L	O	Madison Smith	16	AGA ECU	06/03/2026 SA National Bombela OWS Champion
15	44:51.03	L	O	Amy Walton	16	AGA ETH	06/03/2026 SA National Bombela OWS Champion
16	44:52.00	L	F	Gabriella Boerstra	16	TUKS TSH	17/01/2026 Primeview Festival AG Champs 2026
17	45:36.00	L	F	Kylie De Bruyn	16	TUKS TSH	02/11/2025 Primeview #1 2025
18	46:33.18	L	O	Kay-Lee Mouton	16	LALE CED	30/11/2025 CTA OWS - Series 3
19	47:15.00	L	F	Indigo Woodburn	16	MDOL JHB	17/01/2026 Primeview Festival AG Champs 2026
20	48:47.00	L	F	Cayley Hauptfleisch	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 2025
21	49:04.00	L	F	Amy Jackson	16	TCA ECU	06/12/2025 Primeview #2 2025
22	50:11.00	L	F	Evelyn Malan	16	TUKS TSH	02/11/2025 Primeview #1 2025
23	50:58.00	L	O	Erin Olivier	16	ASAC CPT	14/12/2025 CTA OWS - Series 4
24	54:27.00	L	F	Kristen Burt	16	PSCP UMD	23/11/2025 Capital K Open Water Swim Meet 2025
25	57:27.00	L	F	Rachel Henley	16	ESTR ECU	02/11/2025 Primeview #1 2025
26	1:08:15.00	L	F	Yamahlubi Radebe	16	USHPM UMD	23/11/2025 Capital K Open Water Swim Meet 2025
Women 5000 Free							
1	1:01:59.00	L	O	Marike Raimond	16	TYGE CPT	10/01/2026 WCA Open Water Champions
2	1:03:14.87	L	O	Sienna Gous	16	ECA BUF	06/03/2026 SA National Bombela OWS Champion
3	1:05:15.00	L	O	Taylor Kassebaum	16	AA JHB	06/12/2025 Primeview #2 2025
4	1:07:16.39	L	O	Shannon Hugo	16	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
5	1:07:23.80	L	O	Anja Buitendach	16	MP EZD	06/03/2026 SA National Bombela OWS Champion
6	1:13:06.00	L	F	Caitlin Rossiter	16	HREF BPD	02/11/2025 Primeview #1 2025
7	1:14:30.00	L	O	Gabriella Boerstra	16	TUKS TSH	17/01/2026 Primeview Festival AG Champs 2026
8	1:14:37.19	L	O	Mikayla Frösler	16	ECA BUF	06/03/2026 SA National Bombela OWS Champion
9	1:17:52.80	L	O	Lara Janse van Rensburg	16	CSA EZD	15/02/2026 MPUMALANGA OPEN WATER 15 FE
10	1:46:04.00	L	O	Alexa Cave	16	MDOL JHB	06/12/2025 Primeview #2 2025
Women 7500 Free							
1	1:37:31.00	L	O	Sienna Gous	16	ECA BUF	06/03/2026 SA National Bombela OWS Champion
2	1:40:52.87	L	O	Taylor Kassebaum	16	AGB JHB	06/03/2026 SA National Bombela OWS Champion
3	2:04:18.20	L	O	Marike Raimond	16	TYGE CPT	16/11/2025 CTA OWS - Series 2
Women 10000 Free							
1	2:16:02.29	L	O	Taylor Kassebaum	16	AGB JHB	06/03/2026 SA National Bombela OWS Champion
Women 50 Back							
1	30.04	L	F	Bailey Lambert	16	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	30.89	L	F	Lilianne Hebler	16	LALE CED	21/03/2026 Sa National JNR Age Group Champs-;
3	31.17	L	F	Gemma Walters	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
4	31.24	L	F	Mia Groenewald	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
5	31.36	L	F	Sylvie de Bruyn	16	BULS MAN	03/12/2025 Free State Champs 2025
6	31.66	L	F	Sophia Trout	16	VINE CPT	21/03/2026 Sa National JNR Age Group Champs-;
7	32.00	L S	S	Clarise Van Niekerk	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
8	32.08	L	P	Jenna Morris	16	VINE CPT	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
9	32.09	L	P	Sienna Gous	16	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
10	32.11	L	F	Ava Newton	16	CASC CPT	28/06/2025 PEA Winter Gala 2025
11	32.16	L	F	Madison Higgs	16	INFA NMA	30/01/2026 Infinity Gala 2026
12	32.36	L S	S	Ella Jv Rensburg	16	SS MPD	21/03/2026 Sa National JNR Age Group Champs-;
13	32.38	L	F	Hana Duncan	16	BLOT MAN	05/09/2025 Bullsharks Gala
14	32.68	L	F	Lyla vd Spuy	16	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
15	32.73	L	P	Addison Doolan	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
16	33.24	L	F	Payton Aitken	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
17	33.27	L	P	Isabella Bruyns	16	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
18	33.40	L	F	Milan Ferreira	16	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
19	33.51	L	P	Kerrigan Hayes	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
20	33.54	L	P	Cara Visser	16	CYBE CPT	21/03/2026 Sa National JNR Age Group Champs-;
21	33.56	L	F	Maya Mgcina	16	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
22	33.57	L	P	Tessa Battheu	16	TUKS TSH	10/12/2025 NTS Championships 2025
23	33.58	L	P	Jade Van Vuuren	16	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
24	33.63	L	P	Amara Okoye	16	PAC TSH	10/12/2025 NTS Championships 2025
25	33.74	L	P	Blake Morris	16	LINR JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
26	33.77	L	P	Milla Hulse	16	AZON ETH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
27	33.84	L	F	Mikayla Frösler	16	NMBA NM	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
28	33.87	L	P	Ava Strong	16	PEAS NMA	21/03/2026 Sa National JNR Age Group Champs-;
29	34.03	L	F	Mi-Ly Vd Merwe	16	LALE CED	04/12/2025 Western Cape LC-A Championship 20
30	34.04	L	F	Carla Dannhauser	16	LP CCD	24/04/2026 SA Schools Swimming Championship
31	34.14	L	F	Shi Han Huang	16	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
32	34.16	L	F	Larissa Bouwer	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
33	34.32	L	F	Elizabeth Viljoen	16	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
34	34.33	L	F	Anja Buitendach	16	UNI EZD	05/12/2025 Mpumalanga Championships 2025
35	34.36	L	P	Indigo Woodburn	16	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
36	34.49	L	P	Taylor Kassebaum	16	AA JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
37	34.55	L	P	Madison Coleman	16	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
38	34.56	L	F	Ane Snyders	16	BLSS MAN	24/10/2025 Neptunes Gala
39	34.63	L	F	Kacey Hughes	16	STSC KCD	01/11/2025 KCDA Age Group Gala 2 2025
40	34.72	L	F	Odette Upton	16	TKS WBD	28/11/2025 Limpopo Champs 2025
41	34.77	L	F	Lili Annandale	16	BLSS MAN	09/07/2025 TYR Prestige Tournament 2025
42*	34.79	L	P	Caitlin Rossiter	16	NC FBD	24/04/2026 SA Schools Swimming Championship
42*	34.79	L	P	Zoe Steyn	16	CRSC JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
44*	34.81	L	F	Sam Juries	16	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
44*	34.81	L	F	Lara Janse van Rensburg	16	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
44*	34.81	L	F	Logan De Meuter	16	VINE CPT	24/01/2026 Berkshire & S.Bucks ASA County Cha
47	34.89	L	P	Megan Jansen	16	MP EZD	24/04/2026 SA Schools Swimming Championship
48	34.96	L	P	Eva Dal Cin	16	AA JHB	27/11/2025 CGA Championships 2025
49	35.05	L	F	Sulize Henning	16	WAGH BP	13/02/2026 NW School Championships 2026
50	35.06	L	F	Kristen Burt	16	PSCP UMD	26/03/2026 SA Level 3 Regional Age Group Chan
51*	35.19	L	F	Mikayla Hinkley	16	AWSC JHB	27/11/2025 CGA Championships 2025
51*	35.19	L	P	Carle Hager	16	ESA CED	04/12/2025 Western Cape LC-A Championship 20
53	35.20	L	F	Caitlin Knight	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
54	35.21	L	F	Inge Vd Walt	16	DDA TSH	26/03/2026 SA Level 3 Regional Age Group Chan
55	35.24	L	F	Minette Van Zyl	16	INFA NMA	20/09/2025 3rd A League Gala 2025
56	35.28	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A
57	35.39	L	F	Alexis Muller	16	AZON ETH	03/10/2025 Curro AquaElite Gala
58	35.41	L	F	Ella-Mae Henning	16	VRC TSH	14/11/2025 NTS Level 3+ November Age Group G
59*	35.46	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
59*	35.46	L	P	Keilah-Naomi Holthuis	16	ESA CED	04/12/2025 Western Cape LC-A Championship 20
61	35.48	L	F	Megan Mayhew	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
62	35.49	L	F	Cara Rossouw	16	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
63	35.54	L	F	Rachel Fairweather	16	WATR JHB	27/11/2025 CGA Championships 2025
64	35.71	L	P	Evelyn Malan	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
65	35.73	L	F	Gabriella Baillie	16	LALE CED	09/10/2025 44th Freda Barnard Invitational Gala
66*	35.80	L	F	Zuri Tome	16	TUKS TSH	11/12/2025 Campeonato Nacional de Clubes de V
66*	35.80	L	F	Emma-Lee Theron	16	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
68	35.83	L	F	Hannah Du Toit	16	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
69	35.85	L	P	Emma Pinheiro	16	CRSC JHB	27/11/2025 CGA Championships 2025
70	35.88	L	F	Sydni Adams	16	VINE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
71	35.93	L	F	Marike Raimond	16	TYGE CPT	22/11/2025 Swartland Prestige Gala 2025
72	36.13	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
73	36.24	L	F	Cailleigh De Beer	16	BLOT MAN	03/12/2025 Free State Champs 2025
74	36.28	L	P	Maria Barreiros	16	ELEC TSH	10/12/2025 NTS Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
75	36.29	L	P	Shalem Mashingaidze	16	WATR JHB	28/06/2025 PEA Winter Gala 2025
76	36.33	L	P	Annabelle Van Rensburg	16	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-
77	36.35	L	P	Lara Eckersley	16	AA JHB	27/11/2025 CGA Championships 2025
78	36.40	L	F	Tara Saint	16	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
79	36.48	L	P	Lize-Marie Kruger	16	BLNE MAN	28/06/2025 PEA Winter Gala 2025
80	36.50	L	F	Gertruida de Witt	16	FER KKD	13/02/2026 NW School Championships 2026
81	36.52	L	F	Annabell Sirrals	16	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
82	36.55	L	F	Sharni-Marie Watson	16	HPS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
83	36.64	L	F	Gabi Mc Quinn	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
84	36.67	L	F	Isabelle Welgemoed	16	BLSS MAN	03/12/2025 Free State Champs 2025
85*	36.73	L	F	Riziki Magotsi	16	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
85*	36.73	L	F	Ariel De Bruyn	16	CUR EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
87	36.74	L	P	Catherine Roberts	16	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
88	36.75	L	P	Jessica Stedall	16	PAC FSH	10/12/2025 NTS Championships 2025
89	36.78	L	F	Carmen Stapelberg	16	TINC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
90	36.79	L	P	Elme Swanepoel	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
91	36.94	L	F	Macayle Eisen	16	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
92	36.99	L	P	Juanè Burger	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
93	37.00	L	P	Leila Smit	16	TUKS FSH	10/12/2025 NTS Championships 2025
94*	37.23	L	F	Sahana Dayaram	16	DORE JHB	06/02/2026 Crusaders & CGA Night Gala
94*	37.23	L	P	Jhuliana Lamprecht	16	CA EKU	04/12/2025 EGA Summer Championships 2025
96	37.25	L	P	Kaylin Fabricius	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
97	37.28	L	F	Abigail Blake	16	CASC CPT	13/02/2026 Winelands SL Fin - February 2026 - cc
98	37.33	L	P	Emma Hagglund	16	SSISA CPT	04/12/2025 Western Cape LC-A Championship 20
99*	37.37	L	F	Ella Lombard	16	PGH KKD	13/02/2026 NW School Championships 2026
99*	37.37	L	P	Kirsten Myers	16	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
101	37.41	L	P	Micke Prinsloo	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
102	37.46	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
103	37.50	L	F	Beané Noeth	16	JOIEC	18/10/2025 AGE GROUP 1 UPINGTON 2025
104	37.60	L	P	Madison Smith	16	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
105	37.62	L	F	Daniella Myburg	16	BLSS MAN	24/10/2025 Neptunes Gala
106	37.71	L	F	Maxine Kearns	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
107	37.75	L	F	Gabriela Sa	16	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
108	37.82	L	F	Mia-Isabelle Mans	16	CTA CPT	10/07/2025 Bulgarian Swimming Championships L
109	37.93	L	P	Nemzi Albino	16	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
110	37.97	L	F	Jolane Holtzhausen	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
111	38.01	L	F	Abigail Suckling	16	FSE KCD	31/03/2026 SA Level 2 Regional Age Group Cham
112	38.04	L	F	Tchisank Banza	16	PENC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
113	38.11	L	F	Miane Kasselmann	16	WES KKD	13/02/2026 NW School Championships 2026
114	38.17	L	F	Lethabo Masemola	16	ELEC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
115	38.18	L	F	Elanri Du Randt	16	BETH FDD	23/08/2025 KOVSIE GALA
116	38.25	L	F	Emma Labuschagne	16	PAC FSH	13/02/2026 NTS Level 1+2 February Age Group 2I
117	38.31	L	F	Rachel Henley	16	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
118	38.49	L	F	Jani Visagie	16	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
119	38.55	L	F	Cailyn Clowes	16	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
120	38.59	L	F	Kellan Lynch	16	XCEL CPT	29/11/2025 CTA B CHAMPS 2025
121	38.61	L	F	Mine Prinsloo	16	BLSS MAN	10/10/2025 Super Seals Annual Gala
122	38.72	L	F	Talitha Schuch	16	SEALE ETH	21/02/2026 KZN Schools Trials 2026
123	38.75	L	F	Rebecca Froneman	16	STSC KCD	21/02/2026 KZN Schools Trials 2026
124	38.79	L	P	Nicola Carver	16	ELEC FSH	10/12/2025 NTS Championships 2025
125	38.80	L	F	Hyzel Hutchison	16	GHSK	05/12/2025 NCASA CHAMPS 2025 - copied - copi
126	38.93	L	F	Helena Rookan-Smith	16	BRAVE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
127	39.00	L	F	Liane' de Wet	16	BLOT MAN	03/10/2025 Curro AquaElite Gala
128	39.05	L	P	Abbigail Kulynych	16	CA EKU	26/03/2026 SA Level 3 Regional Age Group Chan
129	39.08	L	P	Alexa Cave	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
130	39.24	L	P	Morgan Liversage	16	CRSC JHB	27/11/2025 CGA Championships 2025
131	39.44	L	F	Hannah Struwig	16	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
132	39.49	L	F	Nieke Engelbrecht	16	UPSK ZMD	17/01/2026 AGE GROUP 5 UPT 2026
133	39.53	L	F	Emmah Myburgh	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
134	39.54 L	F	Leigh Chung Kim Yuen	16	MANT CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
135	39.60 L	F	Keone Molapo	16	RFA FSH	05/12/2025	2025 The Tshwane Mayor's Gala
136	39.79 L	F	Ada Barnard	16	ESA CED	22/11/2025	Swartland Prestige Gala 2025
137	39.85 L	F	Paige Van Niekerk	16	SFSA JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
138	39.87 L	P	Klara Groenewald	16	UNI EZD	05/12/2025	Mpumalanga Championships 2025
139	40.30 L	F	Shane Swarts	16	PSA ZLD	31/03/2026	SA Level 2 Regional Age Group Cham
140	40.37 L	F	Bohlale Khahledi	16	CASC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
141	40.46 L	F	Diane Munro	16	BLSS MAN	03/12/2025	Free State Champs 2025
142	40.53 L	F	Rerapetse Ramohale	16	RBOT BPD	30/03/2026	SA Level 2 Regional Age Group Cham
143	40.63 L	F	Anieke Prinsloo	16	BETH FDD	05/09/2025	Bullsharks Gala
144	41.01 L	F	Marlo Lensing	16	UPSK ZMD	17/01/2026	AGE GROUP 5 UPT 2026
145	41.15 L	F	Taylin Van Wyk	16	PENC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
146	41.24 L	F	Lilli-Hanna Black	16	HTSA CPT	29/11/2025	CTA B CHAMPS 2025
147	41.28 L	P	Feziwe Mondli	16	AWSC JHB	29/03/2026	SA Level 2 Regional Age Group Cham
148	41.49 L	F	Zephani Adams	16	WEST CPT	09/10/2025	44th Freda Barnard Invitational Gala
149	41.55 L	F	Robyn-Rae Purdon	16	PSCP UMD	06/10/2025	Seagulls Winter Championships 2025
150	41.67 L	P	Isabelle Botha	16	PGAC EKU	29/03/2026	SA Level 2 Regional Age Group Cham
151	41.71 L	F	Carla Munro	16	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025
152	41.80 L	P	Keira-Lize Martins	16	H2O EKU	04/12/2025	EGA Summer Championships 2025
153	41.91 L	F	Tamlyn Kew	16	EXP FSH	23/01/2026	2026 NTS Sprint Gala
154	42.03 L	F	Mieke Griffiths	16	UNI EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
155	42.13 L	F	Milnie Du Toit	16	NHS EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
156	42.36 L	F	Rozel Scholtz	16	STEL RMD	13/02/2026	NW School Championships 2026
157	42.66 L	F	Mariné Pretorius	16	UPSK ZMD	05/12/2025	NCASA CHAMPS 2025 - copied - copi
158	42.73 L	F	Lucie Jakob	16	TUKS FSH	31/10/2025	NTS Level 1+2 November Age Group :
159	42.99 L	F	Johanika Groenewald	16	ROB EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
160	43.08 L	P	Skyla Reddy	16	SWIFT EKU	29/03/2026	SA Level 2 Regional Age Group Cham
161	43.23 L	F	Chloe Coetsee	16	ROB EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
162	43.29 L	F	Emma Diener	16	TUKS FSH	31/10/2025	NTS Level 1+2 November Age Group :
163	43.32 L	F	Karla Lemmer	16	USH KCD	31/01/2026	uShaka Champs 2026
164	43.36 L	F	Chane Fourie	16	BLSS MAN	26/09/2025	Pelicans Gala..
165	43.43 L	F	Zoe Espinheira	16	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming I
166	43.55 L	F	Chloe Strydom	16	BULS MAN	24/10/2025	Neptunes Gala
167	43.72 L	F	Mia Pienaar	16	BULS MAN	23/08/2025	KOVSIE GALA
168	43.73 L	F	Lesedi Tlolane	16	ATLA JHB	14/02/2026	CGA Last Chance
169	44.04 L	P	Callen Campbell	16	MARL CPT	28/06/2025	PEA Winter Gala 2025
170	44.64 L	F	Khanya Khalala	16	FLOD JHB	28/02/2026	AG Level 1 Regional Competition 2026
171*	44.94 L	F	Ruby Diesel	16	CUR EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
171*	44.94 L	F	Ruth Saxton	16	HPHS BUF	14/02/2026	BCSA School Trials 2026
173	45.07 L	F	Leane Ohlsen	16	KPA EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
174	45.16 L	F	Danielle Kruger	16	AZON ETH	06/10/2025	Seagulls Winter Championships 2025
175	45.17 L	F	Leila Visser	16	FAAC	31/10/2025	UPINGTON PRESTIGE GALA 2025
176	45.26 L	F	Tamsyn Thomson	16	BULS MAN	24/10/2025	Neptunes Gala
177	45.36 L	F	Melinda Dippenaar	16	BS LLD	23/08/2025	KOVSIE GALA
178	45.58 L	F	Mia Koen	16	BULS MAN	05/09/2025	Bullsharks Gala
179	45.68 L	P	Celia Carpinteiro	16	CA EKU	04/12/2025	EGA Summer Championships 2025
180	45.84 L	F	Stella Combrink	16	ELEC FSH	13/02/2026	NTS Level 1+2 February Age Group 2f
181	46.09 L	F	Alivia Ferreira	16	PENC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
182	46.26 L	F	Hannaan Mia	16	MANT CPT	29/11/2025	CTA B CHAMPS 2025
183	46.35 L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026	uShaka Champs 2026
184	46.64 L	F	Nina Wessels	16	ROB EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
185	46.65 L	F	Jordan Schoultz	16	CA EKU	06/10/2025	Seagulls Winter Championships 2025
186	47.16 L	F	Ilne Bruwer	16	BLSS MAN	10/10/2025	Super Seals Annual Gala
187	47.21 L	F	Melandri Vermaak	16	TINC FSH	23/01/2026	2026 NTS Sprint Gala
188	47.85 L	F	Melisca Krige	16	SWISA FSH	23/01/2026	2026 NTS Sprint Gala
189	48.54 L	F	Megan Horner	16	VPHS NMA	14/03/2026	Level 1 District Age Group Gala 2026
190	48.93 L	F	Julia E melo	16	VPHS NMA	14/03/2026	Level 1 District Age Group Gala 2026
191	49.04 L	F	Hayley-Ann Reyneke	16	BULS MAN	03/12/2025	Free State Champs 2025
192	49.09 L	F	Siphiwayinkosi Mnisi	16	UNI EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025

Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
193	49.14	L	F	Mia van der Westhuizen	16	UNI EZD	28/02/2026	SSA LEVEL 1 REGIONAL CHAMPS 2
194	49.28	L	F	Janke Steenkamp	16	ROB EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
195	49.33	L	F	Mia Spies	16	PENC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
196	50.61	L	F	Jessica Dos Santos	16	UPC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
197	51.46	L	F	Bongeka Malindzisa	16	NGU TSH	31/10/2025	NTS Level 1+2 November Age Group ;
198	52.14	L	F	Candace Van Der Merwe	16	MHS NGD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
199	53.41	L	F	Isabelle Conybeare	16	DRGN JHB	20/02/2026	CGA Level 1 and Level 2 Championsh
200	55.49	L	P	Jo-Anne van Dyk	16	JAQ EKV	04/12/2025	EGA Summer Championships 2025
201	56.55	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025	Limpopo Champs 2025
202	56.96	L	F	Boitshupo Motlapele	16	NGU TSH	23/01/2026	2026 NTS Sprint Gala
203	57.48	L	F	Madyson Windvogel	16	VPHS NMA	14/03/2026	Level 1 District Age Group Gala 2026
204	59.53	L	F	Chloe Venter	16	BERG BPD	13/02/2026	NW School Championships 2026
205	1:00.25	L	F	Tshimologo Lephoi	16	BERG BPD	13/02/2026	NW School Championships 2026
206	1:02.29	L	P	Aobakwe Molokoane	16	TLAC BPD	06/12/2025	NWS Championships 2025
207	1:36.03	L	F	Usenathi Segone	16	BLNE MAN	24/10/2025	Neptunes Gala
Women 100 Back								
1	1:03.00	L	F	Bailey Lambert	16	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	1:06.64	L	P	Lilianne Hebler	16	LALE CED	21/03/2026	Sa National JNR Age Group Champs-;
3	1:06.79	L	F	Madison Higgs	16	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-;
4	1:07.27	L	F	Gemma Walters	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-;
5	1:07.69	L	F	Sylvie de Bruyn	16	FSS	24/04/2026	SA Schools Swimming Championship
6	1:07.79	L	F	Sienna Gous	16	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-;
7	1:08.00	L	F	Ava Newton	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
8	1:08.03	L	F	Sophia Trout	16	VINE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
9	1:08.28	L	F	Amelie Kleine	16	TUKS TSH	10/12/2025	NTS Championships 2025
10	1:08.51	L	F	Mia Groenewald	16	WCS	24/04/2026	SA Schools Swimming Championship
11	1:08.79	L	F	Giuliana Vyncke	16	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
12	1:10.49	L	F	Logan De Meuter	16	VINE CPT	24/01/2026	Berkshire & S.Bucks ASA County Cha
13	1:10.59	L	F	Ella Jv Rensburg	16	LP CCD	24/04/2026	SA Schools Swimming Championship
14	1:10.67	L	P	Cara Visser	16	CYBE CPT	21/03/2026	Sa National JNR Age Group Champs-;
15	1:10.99	L	P	Taylor Kassebaum	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-;
16	1:11.05	L	F	Payton Aitken	16	GAU JHB	24/04/2026	SA Schools Swimming Championship
17	1:11.09	L	P	Tessa Battheu	16	TUKS TSH	10/12/2025	NTS Championships 2025
18	1:11.11	L	F	Hana Duncan	16	EGA MAN	03/12/2025	Free State Champs 2025
19	1:11.30	L	P	Jenna Morris	16	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
20	1:11.38	L	F	Lyla vd Spuy	16	TUKS TSH	26/03/2026	SA Level 3 Regional Age Group Chan
21	1:11.43	L	P	Kerrigan Hayes	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
22	1:11.45	L	F	Addison Doolan	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
23	1:12.07	L	F	Anja Buitendach	16	MP EZD	24/04/2026	SA Schools Swimming Championship
24	1:12.72	L	F	Milan Ferreira	16	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan
25	1:12.99	L	F	Mikayla Frösler	16	PEAS NMA	12/12/2025	NMBA Championships 2025
26	1:13.04	L	F	Ava Strong	16	PEAS NMA	12/12/2025	NMBA Championships 2025
27	1:13.65	L	P	Isabella Bruyns	16	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
28	1:13.77	L	P	Mi-Ly Vd Merwe	16	LALE CED	04/12/2025	Western Cape LC-A Championship 20
29	1:13.81	L	P	Ane Snyders	16	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-;
30	1:13.89	L	P	Carla Dannhauser	16	LP CCD	24/04/2026	SA Schools Swimming Championship
31	1:14.01	L	P	Sam Juries	16	CLA WCD	21/03/2026	Sa National JNR Age Group Champs-;
32	1:14.16	L	P	Madison Coleman	16	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
33	1:14.23	L	P	Caitlin Rossiter	16	HREF BP	21/03/2026	Sa National JNR Age Group Champs-;
34	1:14.25	L	P	Kacey Hughes	16	STSC KCD	18/12/2025	KZN Premier Provincial Championship
35	1:14.35	L	P	Gertruida de Witt	16	POTC KKD	06/12/2025	NWS Championships 2025
36	1:14.38	L	P	Tamzyn Kuhn	16	SAAW CPT	21/03/2026	Sa National JNR Age Group Champs-;
37	1:14.40	L	F	Marike Raimond	16	TYGE CPT	01/11/2025	CTA District A CHAMPS 2025
38	1:14.53	L	P	Mikje Bocking	16	PSCP UMD	21/03/2026	Sa National JNR Age Group Champs-;
39	1:15.01	L	F	Larissa Bouwer	16	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan
40	1:15.06	L	F	Megan Mayhew	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan
41	1:15.09	L	P	Shi Han Huang	16	BLMA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
42	1:15.12	L	P	Evelyn Malan	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
43	1:15.24	L	F	Lara Janse van Rensburg	16	CSA EZD	09/01/2026	2026 Grand Prix Invitation Swimming I

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
44	1:15.35	L	P	Lara Eckersley	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-
45	1:15.39	L	P	Jade Van Vuuren	16	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-
46	1:15.44	L	F	Cara Rossouw	16	TYGE CPT	09/04/2026 SA Level 3 Regional Age Group Chan
47	1:15.45	L	P	Amara Okoye	16	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-
48	1:15.57	L	F	Caitlin Knight	16	WATR JHB	14/02/2026 CGA Last Chance
49	1:15.73	L	F	Odette Upton	16	TKS WBD	25/10/2025 Limpopo Age Group 5 of 2025/26
50	1:15.92	L	F	Mila De Souza	16	EXP TSH	14/11/2025 NTS Level 3+ November Age Group G
51	1:16.02	L	F	Lili Annandale	16	BLSS MAN	09/07/2025 TYR Prestige Tournament 2025
52	1:16.38	L	P	Inge Vd Walt	16	DDA TSH	10/12/2025 NTS Championships 2025
53	1:16.44	L	F	Eva Dal Cin	16	AA JHB	27/11/2025 CGA Championships 2025
54	1:16.55	L	F	Carle Hager	16	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
55	1:16.79	L	F	Keilah-Naomi Holthuis	16	ESA CED	22/11/2025 Swartland Prestige Gala 2025
56*	1:16.88	L	P	Ella-Mae Henning	16	VRC TSH	10/12/2025 NTS Championships 2025
56*	1:16.88	L	F	Milla Hulse	16	AZON ETH	12/12/2025 NMBA Championships 2025
58	1:17.02	L	F	Alexis Muller	16	AZON ETH	21/02/2026 KZN Schools Trials 2026
59	1:17.05	L	F	Minette Van Zyl	16	INFA NMA	18/10/2025 4th A League Gala 2025
60	1:17.57	L	F	Kristen Burt	16	PSCP JMD	21/02/2026 KZN Schools Trials 2026
61	1:17.72	L	F	Rachel Fairweather	16	WATR JHB	27/11/2025 CGA Championships 2025
62	1:18.11	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A
63	1:18.13	L	F	Megan Jansen	16	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
64	1:18.14	L	F	Amy Jackson	16	TCA EKU	20/09/2025 EGA Summer 1 2025
65	1:18.16	L	F	Gabriella Baillie	16	LALE CED	09/10/2025 44th Freda Barnard Invitational Gala
66	1:18.47	L	F	Juanè Burger	16	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
67	1:18.63	L	F	Nemzi Albino	16	SAAW CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
68	1:18.64	L	F	Sulize Henning	16	WAGH BP	13/02/2026 NW School Championships 2026
69	1:19.02	L	F	Cailleigh De Beer	16	BLOT MAN	03/12/2025 Free State Champs 2025
70	1:19.03	L	P	Zoe Steyn	16	CRSC JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
71	1:19.25	L	F	Leila Smit	16	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
72	1:19.27	L	F	Tara Saint	16	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Chan
73	1:19.45	L	P	Maria Barreiros	16	ELEC TSH	10/12/2025 NTS Championships 2025
74	1:19.47	L	F	Indigo Woodburn	16	MDOL JHB	27/11/2025 CGA Championships 2025
75	1:19.53	L	F	Jamie-Lee Graham	16	AA JHB	14/02/2026 CGA Last Chance
76	1:19.59	L	F	Carmen Stapelberg	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
77	1:19.60	L	F	Maxine Kearns	BR	VASA EKU	31/01/2026 EGA Last Chance Gala 2026
78	1:19.70	L	F	Aliyah De Oliveira	16	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
79	1:19.73	L	F	Mikayla Hinkley	16	AWSC JHB	27/11/2025 CGA Championships 2025
80	1:19.80	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
81	1:20.17	L	F	Emma Nolan	16	MDOL JHB	27/11/2025 CGA Championships 2025
82	1:20.33	L	P	Emma Hagglund	16	SSISA CPT	04/12/2025 Western Cape LC-A Championship 20
83	1:20.40	L	P	Margo Senekal	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
84	1:20.56	L	F	Mine Prinsloo	16	BLSS MAN	03/12/2025 Free State Champs 2025
85	1:20.64	L	F	Isabelle Welgemoed	16	BLSS MAN	03/12/2025 Free State Champs 2025
86*	1:20.67	L	F	Madison Smith	16	CA EKU	20/09/2025 EGA Summer 1 2025
86*	1:20.67	L	F	Ella Lombard	16	TNDER FDD	20/09/2025 EGA Summer 1 2025
88	1:20.82	L	P	Jessica Stedall	16	PAC TSH	10/12/2025 NTS Championships 2025
89	1:20.95	L	F	Daniella Myburg	16	BLSS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
90	1:21.00	L	P	Sahana Dayaram	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
91	1:21.06	L	P	Sharni-Marie Watson	16	HPS TSH	10/12/2025 NTS Championships 2025
92	1:21.36	L	F	Mia-Isabelle Mans	16	CTA CPT	27/06/2025 Coop Services National LC Champion
93	1:21.37	L	P	Abigail Blake	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
94	1:21.53	L	F	Hannah Du Toit	16	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
95	1:21.64	L	P	Lethabo Masemola	16	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
96	1:21.72	L	P	Rachel Henley	16	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
97	1:21.76	L	F	Emma-Lee Theron	16	BLOT MAN	03/12/2025 Free State Champs 2025
98	1:21.98	L	F	Abigail Suckling	16	FSE KCD	21/02/2026 KZN Schools Trials 2026
99	1:22.07	L	F	Gabriela Sa	16	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
100	1:22.21	L	F	Ariel De Bruyn	16	CSA EZD	05/12/2025 Mpumalanga Championships 2025
101	1:22.56	L	F	Rebecca Froneman	16	STSC KCD	31/01/2026 uShaka Champs 2026
102	1:22.64	L	F	Jolane Holtzhausen	16	MDOL JHB	27/11/2025 CGA Championships 2025

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
103	1:23.32	L	P	Shalem Mashingaidze	16	WATR	JHB	28/06/2025	PEA Winter Gala 2025
104	1:23.52	L	P	Kirsten Myers	16	WCS		24/04/2026	SA Schools Swimming Championship
105	1:23.58	L	F	Jani Visagie	16	SWAR	WCD	22/11/2025	Swartland Prestige Gala 2025
106*	1:23.66	L	F	Micke Prinsloo	16	HPP	BUF	31/01/2026	Limpopo School Champs & Limpopo A
106*	1:23.66	L	P	Lize-Marie Kruger	16	BLNE	MAN	28/06/2025	PEA Winter Gala 2025
108	1:24.08	L	P	Elme Swanepoel	16	BETH	FDD	30/03/2026	SA Level 2 Regional Age Group Cham
109	1:24.23	L	F	Keone Molapo	16	RFA	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
110	1:24.34	L	F	Shane Swarts	16	PSA	ZLD	31/03/2026	SA Level 2 Regional Age Group Cham
111	1:24.48	L	F	Liane' de Wet	16	BLOT	MAN	03/10/2025	Curro AquaElite Gala
112	1:24.60	L	F	Kellan Lynch	16	XCEL	CPT	29/11/2025	CTA B CHAMPS 2025
113	1:24.73	L	F	Miane Kasselman	16	WES	KKD	13/02/2026	NW School Championships 2026
114	1:24.77	L	F	Helena Rookoen-Smith	16	BRAVE	GED	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
115	1:24.82	L	P	Alexa Cave	16	MDOL	JHB	29/03/2026	SA Level 2 Regional Age Group Cham
116	1:25.15	L S	P	Abigail Kulynych	16	CA	EKU	04/12/2025	EGA Summer Championships 2025
117	1:25.23	L	P	Cailyn Clowes	16	SEAL	UMD	18/12/2025	KZN Premier Provincial Championship
118	1:25.24	L	F	Hyzel Hutchison	16	GHSK		05/12/2025	NCASA CHAMPS 2025 - copied - copi
119	1:25.51	L	F	Morgan Liversage	16	CRSC	JHB	27/11/2025	CGA Championships 2025
120	1:25.69	L	F	Anike Taljaard	16	PSCP	UMD	21/02/2026	KZN Schools Trials 2026
121	1:25.81	L	F	Nieke Engelbrecht	16	UPSK	ZMD	07/02/2026	NC SPRINTS 2026
122	1:26.38	L	F	Lilli-Hanna Black	16	HTSA	CPT	29/11/2025	CTA B CHAMPS 2025
123	1:26.47	L	F	Catherine Roberts	16	PSCP	UMD	31/03/2026	SA Level 2 Regional Age Group Cham
124	1:26.76	L	F	Leigh Chung Kim Yuen	16	MANT	CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
125	1:26.87	L S	P	Oratile Matli	16	ESTR	EKU	04/12/2025	EGA Summer Championships 2025
126	1:26.96	L	F	Rerapetse Ramohale	16	RBOT	BPD	28/02/2026	NWS Last Chance 2026
127	1:27.12	L	F	Elanri Du Randt	16	BETH	FDD	07/11/2025	Otters Prestige Gala 2025
128	1:27.15	L	F	Bohlale Khahledi	16	CASC	CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
129	1:27.40	L	P	Isabelle Botha	16	PGAC	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
130	1:27.41	L	F	Marlo Lensing	16	UPSK	ZMD	18/10/2025	AGE GROUP 1 UPINGTON 2025
131	1:27.78	L	F	Jhuliana Lamprecht	16	CA	EKU	22/11/2025	EGA Summer 3 & 4
132	1:28.35	L	F	Kananelo Linake	16	TRAZ	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
133	1:28.65	L S	P	Keira-Lize Martins	16	H2O	EKU	04/12/2025	EGA Summer Championships 2025
134	1:29.55	L S	P	Atlegang Mogotsi	16	ESTR	EKU	04/12/2025	EGA Summer Championships 2025
135	1:29.56	L	F	Emmah Myburgh	16	UPSK	ZMD	07/02/2026	NC SPRINTS 2026
136	1:29.81	L	F	Mieke Griffiths	16	UNI	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
137	1:30.18	L	P	Klara Groenewald	16	UNI	EZD	05/12/2025	Mpumalanga Championships 2025
138	1:31.33	L	P	Skyla Reddy	16	SWIFT	EKU	29/03/2026	SA Level 2 Regional Age Group Cham
139	1:31.43	L	F	Zephani Adams	16	WEST	CPT	09/10/2025	44th Freda Barnard Invitational Gala
140	1:32.15	L	F	Kayden Maurer	16	USC	BUF	28/11/2025	BCA Long Course Championships 202
141	1:32.27	L	F	Erin Olivier	16	ASAC	CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
142	1:33.10	L	F	Mariné Pretorius	16	UPSK	ZMD	07/02/2026	NC SPRINTS 2026
143	1:33.33	L	P	Karla Lemmer	16	USH	KCD	31/03/2026	SA Level 2 Regional Age Group Cham
144	1:34.50	L	F	Lesedi Tlolane	16	ATLA	JHB	14/02/2026	CGA Last Chance
145	1:34.51	L	F	Melinda Dippenaar	16	BS	LLD	24/10/2025	Neptunes Gala
146	1:35.94	L	P	Mia Pienaar	16	BULS	MAN	03/12/2025	Free State Champs 2025
147	1:37.10	L	P	Ilne Bruwer	16	BLSS	MAN	03/12/2025	Free State Champs 2025
148	1:38.15	L S	F	Elizabeth Waldeck	16	ESA	GED	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
149	1:38.16	L S	P	Celia Carpinteiro	16	CA	EKU	04/12/2025	EGA Summer Championships 2025
150	1:38.68	L S	F	Callen Campbell	16	MARL	CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
151	1:38.98	L	P	Tamsyn Thomson	16	BULS	MAN	03/12/2025	Free State Champs 2025
152	1:40.18	L	F	Stella Combrink	16	ELEC	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
153	1:41.41	L	F	Hannaan Mia	16	MANT	CPT	29/11/2025	CTA B CHAMPS 2025
154	1:42.89	L	F	Johanika Groenewald	16	UNI	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
155	1:43.47	L	F	Yamahlabi Radebe	16	USHPM	UMD	31/01/2026	uShaka Champs 2026
156	1:43.93	L	F	Melisca Krige	16	SWISA	TSH	05/12/2025	2025 The Tshwane Mayor's Gala
157	1:49.07	L	F	Jordan Schoultz	16	CA	EKU	06/10/2025	Seagulls Winter Championships 2025
158	1:49.79	L	P	Hayley-Ann Reyneke	16	BULS	MAN	03/12/2025	Free State Champs 2025
159	1:52.61	L	F	Mia Spies	16	PENC	EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
160	1:54.17	L	F	Isabel Landman	16	PGIM	KKD	13/02/2026	NW School Championships 2026
161	1:55.98	L	F	Siphiwayinkosi Mnisi	16	UNI	EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
162	2:01.24 L S	P	Jo-Anne van Dyk	16	JAQ EKU	04/12/2025	EGA Summer Championships 2025	
163	2:17.99 L	F	Chloe Venter	16	BERG BPD	13/02/2026	NW School Championships 2026	
Women 200 Back								
1	2:24.35 L S	F	Gemma Walters	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-	
2	2:25.67 L S	F	Mia Groenewald	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-	
3	2:26.47 L S	F	Lilianne Hebler	16	LALE CED	21/03/2026	Sa National JNR Age Group Champs-	
4	2:26.53 L S	F	Ava Newton	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-	
5	2:27.23 L S	F	Bailey Lambert	16	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-	
6	2:30.16 L	F	Logan De Meuter	16	VINE CPT	24/01/2026	2025 Wycombe SC L3 County & Regic	
7	2:30.33 L	F	Sophia Trout	16	VINE CPT	14/02/2026	CTA Elite Gala (L3+)	
8	2:32.18 L	F	Taylor Kassebaum	16	AA JHB	27/11/2025	CGA Championships 2025	
9	2:33.03 L S	P	Hana Duncan	16	EGA MAN	21/03/2026	Sa National JNR Age Group Champs-	
10	2:33.60 L	F	Sylvie de Bruyn	16	FSS	24/04/2026	SA Schools Swimming Championship	
11	2:33.89 L S	P	Ava Strong	16	PEAS NMA	21/03/2026	Sa National JNR Age Group Champs-	
12	2:34.67 L	F	Lyla vd Spuy	16	TUKS FSH	26/03/2026	SA Level 3 Regional Age Group Chan	
13	2:35.52 L S	F	Cara Visser	16	CYBE CPT	01/11/2025	CTA District A CHAMPS 2025	
14	2:35.81 L	F	Kerrigan Hayes	16	CASC CPT	14/02/2026	CTA Elite Gala (L3+)	
15	2:36.00 L	P	Addison Doolan	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
16	2:36.21 L	F	Sienna Gous	16	INFA NMA	30/01/2026	Infinity Gala 2026	
17	2:36.80 L	F	Caitlin Rossiter	16	HREF BP	10/12/2025	NTS Championships 2025	
18	2:37.07 L	F	Cara Rossouw	16	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
19	2:37.69 L	F	Megan Mayhew	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
20	2:37.70 L S	P	Ella Jv Rensburg	16	SS MPD	21/03/2026	Sa National JNR Age Group Champs-	
21	2:38.09 L S	P	Payton Aitken	16	WSTV ETH	21/03/2026	Sa National JNR Age Group Champs-	
22	2:38.57 L	F	Madison Coleman	16	BLMA CPT	22/11/2025	Swartland Prestige Gala 2025	
23	2:38.89 L	F	Lara Janse van Rensburg	16	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF	
24	2:39.37 L S	P	Sam Juries	16	CLA WCD	21/03/2026	Sa National JNR Age Group Champs-	
25	2:39.55 L	F	Mikayla Frösler	16	PEAS NMA	28/06/2025	PEA Winter Gala 2025	
26	2:39.56 L	F	Tessa Battheu	16	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
27	2:39.82 L	P	Isabella Bruyns	16	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
28	2:40.42 L	P	Clarisë Van Niekerk	16	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
29	2:40.67 L	F	Mila De Souza	16	EXP FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
30	2:41.39 L S	P	Marike Raimond	16	TYGE CPT	21/03/2026	Sa National JNR Age Group Champs-	
31	2:41.72 L	F	Milan Ferreira	16	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan	
32	2:41.75 L	F	Larissa Bouwer	16	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
33	2:41.97 L	F	Madison Higgs	16	INFA NMA	18/10/2025	Fish Eagles Short Course Gala 2025	
34	2:42.07 L S	P	Tamzyn Kuhn	16	SAAW CPT	21/03/2026	Sa National JNR Age Group Champs-	
35	2:42.13 L	F	Rachel Fairweather	16	WATR JHB	27/11/2025	CGA Championships 2025	
36	2:43.23 L	P	Mi-Ly Vd Merwe	16	LALE CED	04/12/2025	Western Cape LC-A Championship 20	
37	2:43.27 L	F	Gertruida de Witt	16	POTC KKD	06/12/2025	NWS Championships 2025	
38	2:44.32 L	P	Kacey Hughes	16	STSC KCD	18/12/2025	KZN Premier Provincial Championship	
39	2:44.57 L	F	Lara Eckersley	16	AA JHB	09/01/2026	2026 Grand Prix Invitation Swimming I	
40	2:44.90 L	F	Keilah-Naomi Holthuis	16	ESA CED	04/12/2025	Western Cape LC-A Championship 20	
41	2:44.94 L	F	Margo Senekal	16	TYGE CPT	04/12/2025	Western Cape LC-A Championship 20	
42	2:45.02 L	F	Gabriella Baillie	16	LALE CED	04/12/2025	Western Cape LC-A Championship 20	
43	2:45.91 L	P	Inge Vd Walt	16	DDA FSH	26/03/2026	SA Level 3 Regional Age Group Chan	
44	2:45.98 L S	F	Lili Annandale	16	BLSS MAN	09/07/2025	TYR Prestige Tournament 2025	
45	2:46.46 L	F	Odette Upton	16	TKS WBD	28/11/2025	Limpopo Champs 2025	
46	2:46.54 L	P	Caitlin Knight	16	WATR JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
47	2:46.55 L S	F	Zuri Tome	16	TUKS FSH	11/12/2025	Campeonato Nacional de Clubes de V	
48	2:46.79 L	F	Jenna Morris	16	VINE CPT	12/12/2025	NMBA Championships 2025	
49	2:48.11 L	F	Amy Jackson	16	TCA EKU	06/10/2025	Seagulls Winter Championships 2025	
50	2:48.13 L	P	Carla Dannhauser	16	LP CCD	24/04/2026	SA Schools Swimming Championship	
51	2:50.00 L	F	Kristen Burt	16	PSCP UMD	26/03/2026	SA Level 3 Regional Age Group Chan	
52	2:50.46 L	F	Alexis Muller	16	AZON ETH	03/10/2025	Curro AquaElite Gala	
53	2:51.63 L	P	Emma Hagglund	16	SSISA CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
54	2:51.89 L	F	Eva Dal Cin	16	AA JHB	27/11/2025	CGA Championships 2025	
55	2:51.98 L	P	Sahana Dayaram	16	DORE JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
56	2:52.13 L	P	Carle Hager	16	ESA CED	09/04/2026	SA Level 3 Regional Age Group Chan	

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
57	2:52.72	L	F	Ella Lombard	16	NWUC KKD	28/02/2026 NWS Last Chance 2026
58	2:53.24	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A
59	2:53.70	L	F	Lethabo Masemola	16	ELEC TSH	14/11/2025 NTS Level 3+ November Age Group G
60	2:53.75	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Cham
61	2:53.76	L	F	Carmen Stapelberg	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
62	2:53.83	L	F	Emma Nolan	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
63	2:53.84	L S	F	Daniella Myburg	16	BLSS MAN	03/12/2025 Free State Champs 2025
64	2:54.39	L S	F	Mine Prinsloo	16	BLSS MAN	03/12/2025 Free State Champs 2025
65	2:54.51	L	F	Tara Saint	16	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
66	2:54.63	L	P	Juanè Burger	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
67	2:55.55	L	P	Aliyah De Oliveira	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
68	2:55.76	L	F	Shi Han Huang	16	BLMA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
69	2:56.23	L	F	Amara Okoye	16	PAC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
70	2:56.34	L	F	Rebecca Froneman	16	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
71	2:56.69	L	F	Jolane Holtzhausen	16	MDOL JHB	27/11/2025 CGA Championships 2025
72	2:57.47	L S	F	Kellan Lynch	16	XCEL CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
73	2:58.01	L	F	Maxine Kearns	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
74	2:58.58	L	F	Jani Visagie	16	SWAR WCD	22/11/2025 Swartland Prestige Gala 2025
75	2:58.97	L	F	Rachel Henley	16	ESTR EKU	31/01/2026 EGA Last Chance Gala 2026
76	2:59.00	L	F	Zoe Steyn	16	CRSC JHB	27/11/2025 CGA Championships 2025
77	2:59.18	L	F	Gabriela Sa	16	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
78	3:00.95	L	F	Sharni-Marie Watson	16	HPS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
79	3:01.31	L	F	Riziki Magotsi	16	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
80	3:01.46	L	F	Kirsten Myers	16	SAAW CPT	14/02/2026 CTA Elite Gala (L3+)
81	3:02.05	L	F	Marlo Lensing	16	UPSK ZMD	25/10/2025 FLAMINGO & GOODHOPE GALA 202
82	3:02.89	L	F	Helena Rookeen-Smith	16	BRAVE CED	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
83	3:03.09	L	F	Isabelle Botha	16	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
84	3:04.41	L	F	Megan Jansen	16	UNIU EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
85	3:04.95	L	F	Abigail Suckling	16	FSE KCD	31/03/2026 SA Level 2 Regional Age Group Cham
86	3:04.96	L	F	Kananelo Linake	16	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
87	3:05.73	L	F	Keone Molapo	16	RFA TSH	05/12/2025 2025 The Tshwane Mayor's Gala
88	3:07.25	L	F	Elanri Du Randt	16	BETH FDD	23/01/2026 Mangaung Gala
89	3:07.72	L	F	Oratile Matli	16	ESTR EKU	11/10/2025 EGA Summer 2
90	3:08.53	L	F	Rerapetse Ramohale	16	RBOT BPD	28/02/2026 NWS Last Chance 2026
91	3:09.06	L	F	Emma-Lee Theron	16	BLSS MAN	03/10/2025 Curro AquaElite Gala
92	3:09.87	L	F	Lilli-Hanna Black	16	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
93	3:10.03	L	F	Alexa Cave	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
94	3:10.37	L	F	Bohlale Khahledi	16	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
95	3:10.42	L	P	Atlegang Mogotsi	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
96	3:10.56	L	F	Leigh Chung Kim Yuen	16	MANT CPT	06/02/2026 WCA-B Champs - 2026
97	3:10.61	L	F	Ariel De Bruyn	16	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
98	3:11.83	L	F	Nieke Engelbrecht	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
99	3:13.27	L	F	Emmah Myburgh	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
100	3:13.87	L	F	Nasheetah Jephtha	16	MANT CPT	09/10/2025 44th Freda Barnard Invitational Gala
101	3:17.72	L	F	Madisson De Bruyn	16	AFIN JHB	27/11/2025 CGA Championships 2025
102	3:22.31	L	P	Skyla Reddy	16	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
103	3:23.01	L	F	Mariné Pretorius	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
104	3:24.87	L	F	Zephani Adams	16	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
105	3:25.16	L	F	Melinda Dippenaar	16	BS LLD	10/10/2025 Super Seals Annual Gala
106	3:25.85	L	P	Celia Carpinteiro	16	CA EKU	04/12/2025 EGA Summer Championships 2025
107	3:27.03	L	F	Mia Pienaar	16	BULS MAN	23/01/2026 Mangaung Gala
108	3:27.78	L	F	Lucie Jakob	16	TUKS TSH	31/10/2025 NTS Level 1+2 November Age Group :
109	3:28.14	L	F	Johanika Groenewald	16	UNIU EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
110	3:30.46	L	F	Lesedi Tlolane	16	ATLA JHB	14/02/2026 CGA Last Chance
111	3:32.27	L	F	Karla Lemmer	16	USH KCD	04/10/2025 KCDA Age Group Gala 1 2025
112	3:49.93	L	F	Stella Combrink	16	ELEC TSH	03/10/2025 NTS Level 1+2 October Age Group 20
113	4:16.96	L	F	Siphwayinkosi Mnisi	16	UNI EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
114	4:33.46	L	P	Jo-Anne van Dyk	16	JAQ EKU	04/12/2025 EGA Summer Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 50 Breast							
1	32.91 L	F	Tchisank Banza	16	UNI EZD	05/12/2025	Mpumalanga Championships 2025
2	34.42 L	P	Jessica Stedall	16	PAC FSH	21/03/2026	Sa National JNR Age Group Champs-
3	34.68 L	F	Izarra Ganas	16	ACSA ETH	21/03/2026	Sa National JNR Age Group Champs-
4	34.79 L	F	Mikje Bocking	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026
5	34.97 L	F	Danielle Grobler	16	BLOT MAN	03/12/2025	Free State Champs 2025
6	35.26 L	P	Leila Springer	16	SASE JHB	21/03/2026	Sa National JNR Age Group Champs-
7	35.31 L	F	Zuria Venter	16	CA EKU	22/11/2025	EGA Summer 3 & 4
8	35.42 L	F	Madison Coleman	16	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-
9	35.55 L	F	Arne' Dreyer	16	STAQ CED	04/12/2025	Western Cape LC-A Championship 20
10	35.58 L	F	MacKenzie Bone	16	ELEC FSH	10/12/2025	NTS Championships 2025
11	35.63 L	F	Lilianne Hebler	16	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc
12	35.83 L	F	Chanel Van Tonder	16	GAU JHB	24/04/2026	SA Schools Swimming Championship
13	36.07 L	P	Sylvie de Bruyn	16	BULS MAN	03/12/2025	Free State Champs 2025
14	36.11 L	P	Ane Snyders	16	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-
15	36.31 L	F	Lize-Marie Kruger	16	INFA NMA	18/10/2025	4th A League Gala 2025
16	36.36 L S	F	Paige Meeser	16	CA EKU	04/12/2025	EGA Summer Championships 2025
17	36.47 L	F	Talitha Schuch	16	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
18	36.53 L	F	Micke Prinsloo	16	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan
19	36.63 L	F	Béatrice Little	16	TUKS FSH	10/12/2025	NTS Championships 2025
20	36.70 L	P	Clarisë Van Niekerk	16	TUKS FSH	21/03/2026	Sa National JNR Age Group Champs-
21	36.97 L	F	Sydni Adams	16	VINE CPT	28/06/2025	PEA Winter Gala 2025
22	37.00 L	P	Gemma Walters	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-
23	37.02 L	P	Annabelle Van Rensburg	16	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
24	37.18 L	F	Keira-Lize Martins	16	H2O EKU	26/03/2026	SA Level 3 Regional Age Group Chan
25	37.22 L	F	Nicola Carver	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
26	37.34 L	F	Anja Buitendach	16	UNI EZD	05/12/2025	Mpumalanga Championships 2025
27	37.37 L	F	Ella Jv Rensburg	16	LP CCD	24/04/2026	SA Schools Swimming Championship
28	37.64 L	F	Caileigh De Beer	16	BLOT MAN	03/12/2025	Free State Champs 2025
29	37.75 L	P	Maya Mgcina	16	ELEC FSH	21/03/2026	Sa National JNR Age Group Champs-
30	37.77 L	P	Jenna Morris	16	VINE CPT	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
31	37.90 L	P	Blake Morris	16	LINR JHB	21/03/2026	Sa National JNR Age Group Champs-
32	38.07 L	P	Nemzi Albino	16	SAAW CPT	09/04/2026	SA Level 3 Regional Age Group Chan
33*	38.10 L	P	Eva Dal Cin	16	AA JHB	19/06/2025	MSF Winter Championships 2025
33*	38.10 L	F	Robyn-Rae Purdon	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026
35	38.16 L	F	Kaylin Fabricius	16	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
36*	38.32 L	F	Emma Nolan	16	MDOL JHB	27/11/2025	CGA Championships 2025
36*	38.32 L	F	Riziki Magotsi	16	CYBE CPT	20/09/2025	CTA INVITATIONAL LC MEET
38*	38.35 L	F	Milan Ferreira	16	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan
38*	38.35 L	P	Inneke Liebenberg	16	POTC KKD	06/12/2025	NWS Championships 2025
40	38.48 L	F	Mikaela Johst	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
41	38.54 L	F	Elizabeth Viljoen	16	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
42	38.72 L	F	Mia Groenewald	16	WCS	24/04/2026	SA Schools Swimming Championship
43	38.73 L	F	Kayden O'connor	16	PEAS NMA	12/12/2025	NMBA Championships 2025
44	38.78 L	F	Sophia Wener	16	ASAC CPT	09/04/2026	SA Level 3 Regional Age Group Chan
45	38.81 L	F	Hyzel Hutchison	16	GHSK	25/10/2025	FLAMINGO & GOODHOPE GALA 202
46	38.95 L	P	Lara Eckersley	16	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
47	39.05 L	F	Ava Newton	16	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
48	39.19 L	P	Emma Pinheiro	16	CRSC JHB	27/11/2025	CGA Championships 2025
49	39.24 L	P	Cayley Hauptfleisch	16	PSCP UMD	18/12/2025	KZN Premier Provincial Championship
50	39.25 L	F	Cara Rossouw	16	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
51	39.26 L	F	Ada Barnard	16	ESA CED	09/10/2025	44th Freda Barnard Invitational Gala
52	39.37 L	F	Diane Munro	16	BLSS MAN	10/10/2025	Super Seals Annual Gala
53	39.76 L	F	Daniella Myburg	16	BLSS MAN	24/10/2025	Neptunes Gala
54	39.81 L	P	Maria Barreiros	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
55	39.85 L	F	Leila Smit	16	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
56	39.88 L	F	Margo Senekal	16	TYGE CPT	22/11/2025	Swartland Prestige Gala 2025
57	39.91 L	F	Madison Smith	16	CA EKU	26/03/2026	SA Level 3 Regional Age Group Chan
58*	39.97 L	F	Kyrach Mack	16	PEAS NMA	12/12/2025	NMBA Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
58*	39.97	L	F	Sharni-Marie Watson	16	HPS	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
60	40.22	L	F	Aliyah De Oliveira	16	TYGE	CPT 20/09/2025 CTA INVITATIONAL LC MEET
61	40.37	L	P	Mine Prinsloo	16	BLSS	MAN 03/12/2025 Free State Champs 2025
62	40.39	L	F	Gabriella Baillie	16	LALE	CED 09/10/2025 44th Freda Barnard Invitational Gala
63	40.44	L	F	Minette Van Zyl	16	INFA	NMA 16/08/2025 2nd A League Gala 2025
64	40.45	L	P	Mikayla Frösler	16	PEAS	NMA 21/03/2026 Sa National JNR Age Group Champs-2
65	40.53	L	F	Ava Strong	16	PEAS	NMA 30/01/2026 Infinity Gala 2026
66	40.60	L	F	Isabelle Welgemoed	16	BLSS	MAN 26/03/2026 SA Level 3 Regional Age Group Chan
67	40.67	L	F	Odette Upton	16	HSBV	SKD 31/01/2026 Limpopo School Champs & Limpopo A
68	40.74	L	P	Kapitolina Xaba	16	SASE	JHB 26/03/2026 SA Level 3 Regional Age Group Chan
69	40.76	L	F	Anike Taljaard	16	PSCP	UMD 21/02/2026 KZN Schools Trials 2026
70	40.94	L	P	Marne' Van Rensburg	16	BLSS	MAN 03/12/2025 Free State Champs 2025
71	40.99	L	F	Cailyn Clowes	16	SEAL	UMD 09/07/2025 TYR Prestige Tournament 2025
72	41.06	L	F	Stephanie Dannhauser	16	HPP	BUF 31/01/2026 Limpopo School Champs & Limpopo A
73	41.07	L	F	Kellan Lynch	16	XCEL	CPT 29/11/2025 CTA B CHAMPS 2025
74	41.09	L	F	Kayden Mauer	16	USC	BUF 24/01/2026 BCA January Age Group Gala 2026
75	41.35	L	P	Nieke Engelbrecht	16	UPSK	ZMD 26/03/2026 SA Level 3 Regional Age Group Chan
76	41.76	L S	P	Abbigail Kulynych	16	CA	EKU 04/12/2025 EGA Summer Championships 2025
77	41.79	L	F	Inge Vd Walt	16	DDA	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
78	42.10	L	F	Tamlyn Kew	16	EXP	FSH 29/03/2026 SA Level 2 Regional Age Group Cham
79	42.28	L	F	Milnie Du Toit	16	NHS	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
80	42.32	L	P	Ella-Mae Henning	16	VRC	FSH 10/12/2025 NTS Championships 2025
81	42.43	L	F	Paige Van Niekerk	16	SFSA	JHB 27/11/2025 CGA Championships 2025
82	42.46	L	F	Megan Jansen	16	ROB	EZD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
83	42.50	L	F	Emmah Myburgh	16	UPSK	ZMD 31/10/2025 WINGTON PRESTIGE GALA 2025
84	42.53	L	F	Sulize Henning	16	WAGH	BP 13/02/2026 NW School Championships 2026
85	42.94	L	F	Catherine Roberts	16	PSCP	UMD 31/03/2026 SA Level 2 Regional Age Group Cham
86	43.02	L	F	Rozaan Korff	16	PHS	CCD 31/01/2026 Limpopo School Champs & Limpopo A
87	43.07	L S	P	Rachel Henley	16	ESTR	EKU 04/12/2025 EGA Summer Championships 2025
88	43.10	L	F	Amy Jackson	16	TCA	EKU 06/10/2025 Seagulls Winter Championships 2025
89	43.34	L	F	Nasheetah Jephtha	16	MANT	CPT 17/01/2026 CTA BRIAN BUTTON Qualifying Meet
90	43.44	L	F	Zoe Steyn	16	CRSC	JHB 28/02/2026 CGA Challenge
91	43.60	L	P	Mia Pienaar	16	BULS	MAN 03/12/2025 Free State Champs 2025
92	43.77	L	F	Shalem Mashingaidze	16	WATR	JHB 03/10/2025 Curro AquaElite Gala
93	43.78	L	F	Shane Swarts	16	PSA	ZLD 31/03/2026 SA Level 2 Regional Age Group Cham
94	43.79	L	F	Ella Lombard	16	TNDER	FDD 05/09/2025 Bullsharks Gala
95	43.81	L	P	Larissa Bouwer	16	DORE	JHB 27/11/2025 CGA Championships 2025
96	44.11	L	P	Carla Munro	16	PSCP	UMD 31/03/2026 SA Level 2 Regional Age Group Cham
97	44.13	L	F	Alexa Cave	16	MDOL	JHB 29/03/2026 SA Level 2 Regional Age Group Cham
98	44.23	L	F	Melandri Vermaak	16	TINC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
99	44.25	L	P	Rachel Fairweather	16	WATR	JHB 27/11/2025 CGA Championships 2025
100	44.26	L	F	Gabi Mc Quinn	16	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
101	44.29	L	F	Juanè Burger	16	CASC	CPT 20/09/2025 CTA INVITATIONAL LC MEET
102	44.33	L	P	Kyra Home	16	AA	JHB 27/11/2025 CGA Championships 2025
103	44.34	L	F	Mariné Pretorius	16	UPSK	ZMD 05/09/2025 Bullsharks Gala
104	44.35	L S	F	Zuri Tome	16	TUKS	FSH 11/12/2025 Campeonato Nacional de Clubes de V
105	44.50	L	F	Mia-Isabelle Mans	16	CTA	CPT 10/07/2025 Bulgarian Swimming Championships L
106	44.57	L	F	Abigail Suckling	16	FSE	KCD 31/03/2026 SA Level 2 Regional Age Group Cham
107	44.58	L	F	Yamahlubi Radebe	16	USHPM	UMD 21/02/2026 KZN Schools Trials 2026
108	44.77	L	F	Carla Dannhauser	16	HPP	BUF 31/01/2026 Limpopo School Champs & Limpopo A
109	44.94	L	F	Marlo Lensing	16	UPSK	ZMD 07/02/2026 NC SPRINTS 2026
110	45.09	L	F	Lethabo Masemola	16	ELEC	FSH 26/03/2026 SA Level 3 Regional Age Group Chan
111	45.20	L	F	Tuhina Asharam	16	LEGC	ETH 31/03/2026 SA Level 2 Regional Age Group Cham
112	45.37	L	F	Amina Putter	16	NHS	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
113	45.38	L	F	Chloe Coetsee	16	ROB	EZD 18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
114	45.41	L	F	Erin Olivier	16	ASAC	CPT 06/02/2026 WCA-B Champs - 2026
115	45.47	L	F	Chane Fourie	16	BLSS	MAN 03/10/2025 Curro AquaElite Gala
116	45.50	L	F	Jessica Dos Santos	16	UPC	EZD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
117	45.58	L	F	Atlegang Mogotsi	16	ESTR	EKU 31/01/2026 EGA Last Chance Gala 2026

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	46.01	L	F	Zea Zondagh	16	WAGH BP	13/02/2026 NW School Championships 2026
119	46.17	L	P	Mia Koen	16	BULS MAN	03/12/2025 Free State Champs 2025
120	46.21	L	F	Alexandra Sheppard	16	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
121	46.28	L	F	Karla Lemmer	16	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
122	46.34	L	F	Jolane Holtzhausen	16	MDOL JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
123	46.38	L	F	Bianca Potgieter	16	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2t
124	46.52	L	F	Tamsyn Thomson	16	BULS MAN	03/12/2025 Free State Champs 2025
125	46.61	L	F	Isabelle Conybeare	16	DRGN JHB	20/02/2026 CGA Level 1 and Level 2 Championsh
126	46.76	L	F	Hannah Struwig	16	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
127	46.77	L	F	Diëm Peens	16	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
128	46.86	L	F	Isabelle Botha	16	PGAC EKU	11/10/2025 EGA Summer 2
129	47.04	L	F	Skyla Reddy	16	SWIFT EKU	31/01/2026 EGA Last Chance Gala 2026
130	47.08	L	F	Melisca Krige	16	SWISA TSH	28/02/2026 AG Level 1 Regional Competition 2026
131	47.12	L	F	Lilli-Hanna Black	16	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
132	47.13	L	F	Elanri Du Randt	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
133	47.27	L	F	Carmen Stapelberg	16	TINC TSH	23/01/2026 2026 NTS Sprint Gala
134	47.37	L	P	Hayley-Ann Reyneke	16	BULS MAN	03/12/2025 Free State Champs 2025
135	47.52	L	F	Rozel Scholtz	16	STELL RMD	28/02/2026 NWS Last Chance 2026
136	47.56	L	F	Khanya Khalala	16	FLOD JHB	28/02/2026 AG Level 1 Regional Competition 2026
137	47.92	L	F	Ruth Saxton	16	HPHS BUF	14/02/2026 BCSA School Trials 2026
138	48.03	L	F	Julia E melo	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
139	48.26	L	F	Zoe Espinheira	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming F
140	48.47	L	F	Sophie Okafor	16	QGH CHD	14/02/2026 BCSA School Trials 2026
141	48.59	L	F	Mieke Griffiths	16	HTSM NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
142	48.75	L	F	Miane Kasselman	16	WES KKD	13/02/2026 NW School Championships 2026
143	48.81	L	F	Layla Isaacs	16	WALM CPT	29/11/2025 CTA B CHAMPS 2025
144	48.95	L	F	Carmi van Wyk	16	HKLIP BUF	14/02/2026 BCSA School Trials 2026
145	49.00	L	F	Michaela Mohle	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
146	49.09	L	F	Savanna Poggenpoel	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
147	49.36	L	F	Janke Steenkamp	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
148	49.61	L	F	Keone Molapo	16	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
149	49.93	L	F	Leila Visser	16	FAAC	21/02/2026 AGE GROUP 6 KBY 2026
150	49.98	L	F	Anieke Prinsloo	16	BETH FDD	05/09/2025 Bullsharks Gala
151	49.99	L	F	Bohlale Khahledi	16	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
152*	50.18	L	F	Jordan Schoultz	16	CA EKU	31/01/2026 EGA Last Chance Gala 2026
152*	50.18	L	P	Chloe Strydom	16	BULS MAN	03/12/2025 Free State Champs 2025
154	50.25	L	F	Melinda Dippenaar	16	BS LLD	23/08/2025 KOVSIE GALA
155	50.34	L	F	Ilne Bruwer	16	BLSS MAN	10/10/2025 Super Seals Annual Gala
156	50.65	L	F	Nina Cloete	16	FISH EDD	04/10/2025 EDEN 1st A-League Gala 2025
157	50.66	L	F	Klara Groenewald	16	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
158	50.82	L	F	Sarona Boiteto	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
159	51.00	L	F	Ariel De Bruyn	16	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
160	51.24	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
161	51.32	L	F	Candace Van Der Merwe	16	MHS NGD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
162	51.50	L	F	Elizabeth Waldeck	16	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
163	52.03	L	P	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
164	52.31	L	F	Lesedi Tlolane	16	ATLA JHB	14/02/2026 CGA Last Chance
165	53.19	L	F	Alivia Ferreira	16	PENC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
166	53.63	L	F	Zephani Adams	16	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
167	55.01	L	F	Bokang Seheri	16	USHAK EKU	11/10/2025 EGA Summer 2
168	55.06	L	F	Mia van der Westhuizen	16	UNI EZD	28/02/2026 SSA LEVEL 1 REGIONAL CHAMPS 2
169	55.54	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025 Limpopo Champs 2025
170	55.57	L	F	Chloe Venter	16	BERG BPD	13/02/2026 NW School Championships 2026
171	57.74	L	F	Siphiwayinkosi Mnisi	16	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
172	58.58	L	F	Johanika Groenewald	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
173	59.14	L	F	Isabel Landman	16	PGIM KKD	13/02/2026 NW School Championships 2026
174	1:03.38	L	F	Megan Horner	16	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
175	1:03.47	L	F	Thato Mamabolo	16	NGU TSH	23/01/2026 2026 NTS Sprint Gala
176	1:10.62	L	P	Aobakwe Molokoane	16	TLAC BPD	06/12/2025 NWS Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
177	1:12.41 L	F	Bongeka Malindzisa	16	NGU TSH	03/10/2025	Swimpartners Gala (Blue vs White) Oc	
178	1:44.57 L	F	Usenathi Segone	16	BLNE MAN	24/10/2025	Neptunes Gala	
179	3:50.59 L	F	Onwaba Noqhakuva	16	TSS EZD	30/01/2026	ORTA SCHOOL TRIALS 2026	
Women 100 Breast								
1	1:11.84 L	P	Tchisank Banza	16	MP EZD	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	1:16.62 L	F	Izarra Ganas	16	ACSA ETH	18/12/2025	KZN Premier Provincial Championship	
3	1:16.85 L	F	Jessica Stedall	16	PAC TSH	21/03/2026	Sa National JNR Age Group Champs-	
4	1:17.17 L	P	Zuria Venter	16	CA EKU	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
5	1:17.22 L	F	Ane Snyders	16	FSS	24/04/2026	SA Schools Swimming Championship	
6	1:18.05 L	P	Madison Coleman	16	BLMA CPT	21/03/2026	Sa National JNR Age Group Champs-	
7	1:18.46 L	P	Anja Buitendach	16	UNI EZD	21/03/2026	Sa National JNR Age Group Champs-	
8	1:19.24 L	F	Mikje Bocking	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026	
9	1:19.91 L	F	MacKenzie Bone	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
10	1:19.97 L	F	Chanel Van Tonder	16	SEAL UMD	18/12/2025	KZN Premier Provincial Championship	
11	1:20.03 L	F	Keira-Lize Martins	16	H2O EKU	26/03/2026	SA Level 3 Regional Age Group Chan	
12	1:20.18 L	P	Arne' Dreyer	16	STAQ CED	21/03/2026	Sa National JNR Age Group Champs-	
13	1:20.54 L	P	Gemma Walters	16	GAU JHB	24/04/2026	SA Schools Swimming Championship	
14	1:20.56 L	F	Sylvie de Bruyn	16	BULS MAN	03/12/2025	Free State Champs 2025	
15	1:20.59 L	P	Clarise Van Niekerk	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
16	1:20.77 L	P	Jenna Morris	16	VINE CPT	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
17	1:20.79 L	F	Riziki Magotsi	16	CYBE CPT	03/10/2025	Curro AquaElite Gala	
18	1:21.04 L	F	Danielle Grobler	16	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
19	1:21.18 L	F	Lize-Marie Kruger	16	INFA NMA	12/12/2025	NMBA Championships 2025	
20	1:21.34 L	F	Leila Springer	16	SASE JHB	27/11/2025	CGA Championships 2025	
21	1:21.48 L	P	Lilianne Hebler	16	LALE CED	21/03/2026	Sa National JNR Age Group Champs-	
22	1:21.67 L	F	Sydni Adams	16	VINE CPT	28/06/2025	PEA Winter Gala 2025	
23	1:21.79 L	F	Talitha Schuch	16	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan	
24	1:21.97 L	P	Annabelle Van Rensburg	16	TUKS TSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
25	1:22.13 L	F	Inneke Liebenberg	16	NC FBD	24/04/2026	SA Schools Swimming Championship	
26	1:22.66 L	P	Diane Munro	16	BLSS MAN	03/12/2025	Free State Champs 2025	
27	1:22.70 L	P	Béatrice Little	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
28	1:22.86 L	F	Robyn-Rae Purdon	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026	
29	1:23.11 L	P	Tamzyn Kuhn	16	SAAW CPT	21/03/2026	Sa National JNR Age Group Champs-	
30	1:23.49 L	P	Micke Prinsloo	16	TKS WBD	26/03/2026	SA Level 3 Regional Age Group Chan	
31	1:23.55 L	F	Emma Pinheiro	16	CRSC JHB	27/11/2025	CGA Championships 2025	
32	1:23.62 L	P	Ella Jv Rensburg	16	SS MPD	21/03/2026	Sa National JNR Age Group Champs-	
33	1:23.79 L	F	Eva Dal Cin	16	AA JHB	19/06/2025	MSF Winter Championships 2025	
34	1:24.13 L	F	Ava Newton	16	CASC CPT	04/12/2025	Western Cape LC-A Championship 20	
35	1:24.28 L	P	Cayley Hauptfleisch	16	PSCP UMD	18/12/2025	KZN Premier Provincial Championship	
36	1:24.85 L	F	Kayden O'connor	16	PEAS NMA	15/11/2025	5th A League Gala 2025	
37	1:25.00 L	F	Nemzi Albino	16	SAAW CPT	14/02/2026	CTA Elite Gala (L3+)	
38	1:25.06 L	P	Mikayla Frösler	16	ECSA BUF	24/04/2026	SA Schools Swimming Championship	
39	1:25.10 L	F	Caileigh De Beer	16	BLOT MAN	03/12/2025	Free State Champs 2025	
40	1:25.17 L	F	Sophia Wener	16	ASAC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet	
41	1:25.23 L	F	Emma Nolan	16	MDOL JHB	26/03/2026	SA Level 3 Regional Age Group Chan	
42	1:25.27 L	F	Paige Meeser	16	CA EKU	22/11/2025	EGA Summer 3 & 4	
43	1:25.45 L	F	Kaylin Fabricius	16	CASC CPT	04/12/2025	Western Cape LC-A Championship 20	
44	1:25.50 L	F	Hyzel Hutchison	16	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026	
45	1:25.92 L	F	Nicola Carver	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
46	1:26.24 L	F	Indigo Woodburn	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2026	
47	1:26.53 L	F	Ada Barnard	16	ESA CED	04/12/2025	Western Cape LC-A Championship 20	
48	1:26.64 L	F	Milan Ferreira	16	TASC MPD	26/03/2026	SA Level 3 Regional Age Group Chan	
49	1:26.74 L	F	Mine Prinsloo	16	BLSS MAN	03/12/2025	Free State Champs 2025	
50	1:26.77 L	F	Cara Rossouw	16	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan	
51	1:26.86 L	F	Amy Walton	16	AZON ETH	03/10/2025	Curro AquaElite Gala	
52	1:27.29 L	P	Blake Morris	16	LINR JHB	21/03/2026	Sa National JNR Age Group Champs-	
53	1:27.36 L	P	Lara Eckersley	16	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
54	1:27.41 L	F	Isabelle Welgemoed	16	BLSS MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
55	1:27.60 L	F	Gabriella Baillie	16	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc	

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
56	1:27.88	L	P	Kacey Hughes	16	STSC KCD	18/12/2025 KZN Premier Provincial Championship
57	1:28.26	L	P	Gertruida de Witt	16	NC FBD	24/04/2026 SA Schools Swimming Championship
58	1:28.47	L	F	Mia Groenewald	16	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
59	1:28.89	L	F	Kyrah Mack	16	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
60	1:29.01	L	F	Hana Duncan	16	EGA MAN	07/11/2025 Otters Prestige Gala 2025
61	1:29.05	L	F	Leila Smit	16	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
62	1:29.06	L	F	Elizabeth Viljoen	16	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
63	1:29.08	L S	P	Maria Barreiros	16	ELEC TSH	10/12/2025 NTS Championships 2025
64	1:29.39	L	F	Anike Taljaard	16	PSCP UMD	21/02/2026 KZN Schools Trials 2026
65	1:29.48	L	P	Cailyn Clowes	16	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
66	1:29.69	L	P	Daniella Myburg	16	FSS	24/04/2026 SA Schools Swimming Championship
67	1:29.81	L	F	Madison Smith	16	CA EKU	31/01/2026 EGA Last Chance Gala 2026
68	1:29.92	L	F	Kayden Mauer	16	USC BUF	28/11/2025 BCA Long Course Championships 202
69	1:30.00	L	P	Mikaela Johst	16	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
70	1:32.26	L	F	Kellan Lynch	16	XCEL CPT	29/11/2025 CTA B CHAMPS 2025
71	1:32.36	L S	P	Mila De Souza	16	EXP TSH	10/12/2025 NTS Championships 2025
72	1:32.43	L	F	Cara Visser	16	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
73	1:32.86	L	P	Larissa Bouwer	16	DORE JHB	27/11/2025 CGA Championships 2025
74	1:32.97	L	F	Kapitolina Xaba	16	SASE JHB	27/11/2025 CGA Championships 2025
75	1:33.12	L	P	Abbigail Kulynych	16	CA EKU	04/12/2025 EGA Summer Championships 2025
76	1:33.44	L	F	Minette Van Zyl	16	CHSA CPT	28/02/2026 Eastern Cape School Provincial Trials
77	1:33.52	L	P	Megan Mayhew	16	WATR JHB	27/11/2025 CGA Championships 2025
78	1:33.54	L	F	Nasheetah Jephta	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
79	1:33.82	L	P	Tamlyn Kew	16	EXP TSH	29/03/2026 SA Level 2 Regional Age Group Cham
80	1:33.89	L	P	Sahana Dayaram	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
81	1:34.65	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
82	1:34.67	L	F	Inge Vd Walt	16	DDA TSH	27/02/2026 NTS Level 3+ February Age Group Ga
83	1:35.37	L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
84	1:36.09	L	F	Melandri Vermaak	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
85	1:36.46	L	F	Catherine Roberts	16	PSCP UMD	06/10/2025 Seagulls Winter Championships 2025
86	1:37.08	L	F	Megan Jansen	16	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
87	1:37.30	L	F	Mia Pienaar	16	BULS MAN	03/12/2025 Free State Champs 2025
88	1:37.58	L	F	Marlo Lensing	16	UPSK ZMD	07/02/2026 NC SPRINTS 2026
89	1:37.68	L	F	Kristen Burt	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
90	1:37.74	L	P	Rachel Henley	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
91	1:37.80	L	F	Mariné Pretorius	16	UPSK ZMD	18/10/2025 AGE GROUP 1 KATHU 2025
92	1:37.83	L	F	Carla Munro	16	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
93	1:38.37	L	P	Kyra Home	16	AA JHB	27/11/2025 CGA Championships 2025
94	1:38.46	L S	P	Lethabo Masemola	16	ELEC TSH	10/12/2025 NTS Championships 2025
95	1:39.28	L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026 uShaka Champs 2026
96	1:39.44	L	F	Melinda Dippenaar	16	BS LLD	24/10/2025 Neptunes Gala
97	1:39.50	L	F	Erin Olivier	16	ASAC CPT	20/09/2025 CTA INVITATIONAL LC MEET
98	1:39.99	L	F	Chane Fourie	16	BLSS MAN	03/10/2025 Curro AquaElite Gala
99	1:40.48	L	P	Atlegang Mogotsi	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
100	1:40.80	L	F	Alexa Cave	16	MDOL JHB	14/02/2026 CGA Last Chance
101	1:40.83	L	F	Isabelle Botha	16	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
102	1:40.93	L	P	Kananelo Linake	16	TRAZ TSH	29/03/2026 SA Level 2 Regional Age Group Cham
103	1:41.11	L	F	Oratile Matli	16	ESTR EKU	11/10/2025 EGA Summer 2
104	1:41.32	L	F	Jani Visagie	16	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
105	1:41.83	L	F	Alexandra Sheppard	16	STAR BPD	28/02/2026 NWS Last Chance 2026
106	1:42.92	L	F	Yamahlubi Radebe	16	USHPM UMD	21/02/2026 KZN Schools Trials 2026
107	1:43.04	L	F	Mia Koen	16	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
108	1:43.21	L	F	Rozel Scholtz	16	STELL RMD	06/12/2025 NWS Championships 2025
109	1:43.81	L	P	Karla Lemmer	16	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
110	1:44.27	L	F	Elanri Du Randt	16	BETH FDD	07/11/2025 Otters Prestige Gala 2025
111	1:44.40	L	F	Ilne Bruwer	16	BLSS MAN	23/01/2026 Mangaung Gala
112	1:44.43	L	F	Nieke Engelbrecht	16	UPSK ZMD	05/09/2025 Bullsharks Gala
113	1:44.45	L	F	Bianca Potgieter	16	TUKS TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
114	1:44.66	L	F	Beané Noeth	16	JOIEC	18/10/2025 AGE GROUP 1 UPINGTON 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
115	1:44.91	L	F	Hayley-Ann Reyneke	16	BULS MAN	07/11/2025	Otters Prestige Gala 2025
116	1:44.94	L	F	Melisca Krige	16	SWISA TSH	28/02/2026	AG Level 1 Regional Competition 2025
117	1:44.95	L	F	Zea Zondagh	16	WAGH BP	13/02/2026	NW School Championships 2026
118	1:45.07	L	F	Lilli-Hanna Black	16	HTSA CPT	29/11/2025	CTA B CHAMPS 2025
119	1:46.59	L	F	Layla Isaacs	16	WALM CPT	29/11/2025	CTA B CHAMPS 2025
120	1:49.21	L	P	Diëm Peens	16	CUHE OBD	06/03/2026	SA Level 2 Regional Age Group Cham
121	1:49.56	L	F	Keone Molapo	16	RFA TSH	03/10/2025	NTS Level 1+2 October Age Group 20
122	1:50.02	L S	F	Lyla Shekel	16	CYBE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
123	1:50.10	L	F	Carmi van Wyk	16	HKLIP BUF	14/02/2026	BCSA School Trials 2026
124	1:50.57	L	F	Tamsyn Thomson	16	BULS MAN	07/11/2025	Otters Prestige Gala 2025
125	1:50.66	L	F	Bohlale Khahledi	16	CASC CPT	29/11/2025	CTA B CHAMPS 2025
126	1:50.72	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025	CTA B CHAMPS 2025
127	1:51.49	L	F	Miane Kasselman	16	WES KKD	13/02/2026	NW School Championships 2026
128	1:51.56	L	F	Leila Visser	16	FAAC	31/10/2025	UPINGTON PRESTIGE GALA 2025
129	1:51.84	L	P	Chloe Strydom	16	BULS MAN	03/12/2025	Free State Champs 2025
130	1:52.00	L	F	Nina Cloete	16	FISH EDD	04/10/2025	EDEN 1st A-League Gala 2025
131	1:52.75	L	F	Khanyolwethu Fokazi	16	CYBE CPT	20/09/2025	CTA INVITATIONAL LC MEET
132	1:52.92	L	F	Jordan Schoultz	16	CA EKU	31/01/2026	EGA Last Chance Gala 2026
133	1:53.78	L	F	Callen Campbell	16	MARL CPT	29/11/2025	CTA B CHAMPS 2025
134	1:54.50	L	F	Skyla Reddy	16	SWIFT EKU	11/10/2025	EGA Summer 2
135	1:56.89	L	F	Stella Combrink	16	ELEC TSH	03/10/2025	NTS Level 1+2 October Age Group 20
136	1:59.67	L	F	Hannaan Mia	16	MANT CPT	29/11/2025	CTA B CHAMPS 2025
137	2:04.82	L	P	Bokang Seheri	16	USHAK EKU	04/12/2025	EGA Summer Championships 2025
138	2:08.32	L	F	Chloe Venter	16	BERG BPD	13/02/2026	NW School Championships 2026
139	2:10.66	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025	Limpopo Champs 2025
140	2:16.18	L	F	Johanika Groenewald	16	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025
Women 200 Breast								
1	2:37.42	L	F	Tchisank Banza	16	MP EZD	24/04/2026	SA Schools Swimming Championship
2	2:46.19	L S	F	Ane Snyders	16	BLSS MAN	21/03/2026	Sa National JNR Age Group Champs-;
3	2:46.62	L	F	Zuria Venter	16	GAU JHB	24/04/2026	SA Schools Swimming Championship
4	2:50.52	L	F	Clarisë Van Niekerk	16	TUKS TSH	10/12/2025	NTS Championships 2025
5	2:52.15	L S	F	Izarra Ganas	16	ACSA ETH	18/12/2025	KZN Premier Provincial Championship
6	2:53.09	L S	P	Jessica Stedall	16	PAC TSH	21/03/2026	Sa National JNR Age Group Champs-;
7	2:54.12	L S	P	Chanel Van Tonder	16	SEAL UMD	21/03/2026	Sa National JNR Age Group Champs-;
8	2:54.27	L S	P	Inneke Liebenberg	16	POTC KKD	21/03/2026	Sa National JNR Age Group Champs-;
9	2:55.01	L	F	Lize-Marie Kruger	16	INFA NMA	18/10/2025	4th A League Gala 2025
10	2:55.32	L	F	MacKenzie Bone	16	GAU JHB	24/04/2026	SA Schools Swimming Championship
11	2:55.47	L	F	Madison Coleman	16	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
12	2:55.91	L	F	Mikayla Frösler	16	PEAS NMA	30/01/2026	Infinity Gala 2026
13	2:55.98	L S	P	Annabelle Van Rensburg	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;
14	2:56.75	L	F	Mikje Boeking	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026
15	2:56.91	L	F	Talitha Schuch	16	SEAL UMD	26/03/2026	SA Level 3 Regional Age Group Chan
16	2:56.97	L S	P	Jenna Morris	16	VINE CPT	21/03/2026	Sa National JNR Age Group Champs-;
17	2:57.00	L	F	Robyn-Rae Purdon	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026
18	2:57.47	L	F	Cayley Hauptfleisch	16	PSCP UMD	21/02/2026	KZN Schools Trials 2026
19	2:58.02	L	F	Keira-Lize Martins	16	H2O EKU	26/03/2026	SA Level 3 Regional Age Group Chan
20	2:59.76	L	F	Tamzyn Kuhn	16	SAAW CPT	10/12/2025	20th Botswana Swimming Nationals 21
21	3:00.71	L	F	Eva Dal Cin	16	AA JHB	19/06/2025	MSF Winter Championships 2025
22	3:01.64	L S	P	Leila Springer	16	SASE JHB	21/03/2026	Sa National JNR Age Group Champs-;
23	3:03.94	L	F	Ava Newton	16	CASC CPT	28/06/2025	PEA Winter Gala 2025
24	3:04.50	L S	P	Diane Munro	16	BLSS MAN	03/12/2025	Free State Champs 2025
25	3:04.62	L	F	Cara Rossouw	16	TYGE CPT	09/04/2026	SA Level 3 Regional Age Group Chan
26	3:04.79	L S	F	Cailleigh De Beer	16	BLOT MAN	03/12/2025	Free State Champs 2025
27	3:05.16	L	F	Nicola Carver	16	GAU JHB	30/01/2026	Gauteng Schools Championships 2025
28	3:05.63	L	F	Micke Prinsloo	16	TKS WBD	28/11/2025	Limpopo Champs 2025
29	3:05.84	L	P	Riziki Magotsi	16	CYBE CPT	04/12/2025	Western Cape LC-A Championship 20
30	3:06.85	L	F	Sydni Adams	16	VINE CPT	12/12/2025	NMBA Championships 2025
31	3:06.88	L S	F	Cailyn Clowes	16	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
32	3:07.38	L	F	Kayden O'connor	16	PEAS NMA	15/11/2025	5th A League Gala 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	3:07.86	L	F	Sophia Wener	16	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Cham
34	3:08.09	L	F	Ada Barnard	16	ESA CED	22/11/2025 Swartland Prestige Gala 2025
35	3:08.79	L S	F	Mine Prinsloo	16	BLSS MAN	03/12/2025 Free State Champs 2025
36*	3:08.86	L	F	Arne' Dreyer	16	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
36*	3:08.86	L	P	Gabriella Baillie	16	LALE CED	04/12/2025 Western Cape LC-A Championship 20
38	3:09.00	L	F	Amy Walton	16	AZON ETH	03/10/2025 Curro AquaElite Gala
39	3:09.14	L	F	Madison Smith	16	CA EKU	04/12/2025 EGA Summer Championships 2025
40	3:09.55	L	F	Mia Groenewald	16	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
41	3:09.84	L	F	Nemzi Albino	16	SAAW CPT	14/02/2026 CTA Elite Gala (L3+)
42	3:10.24	L	F	Hyzel Hutchison	16	GHSK	05/12/2025 NCASA CHAMPS 2025 - copied - copi
43	3:10.66	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Cham
44	3:11.00	L	F	Ella Jv Rensburg	16	SS MPD	28/11/2025 Limpopo Champs 2025
45	3:11.14	L	F	Paige Meeser	16	CA EKU	04/12/2025 EGA Summer Championships 2025
46	3:11.34	L	F	Sylvie de Bruyn	16	BULS MAN	23/01/2026 Mangaung Gala
47	3:12.71	L	F	Indigo Woodburn	16	MDOL JHB	27/11/2025 CGA Championships 2025
48	3:13.32	L	F	Anike Taljaard	16	PSCP UMD	21/02/2026 KZN Schools Trials 2026
49	3:13.64	L	F	Aliyah De Oliveira	16	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
50	3:14.01	L	F	Mila De Souza	16	EXP TSH	17/10/2025 NTS Level 3+ October Age Group Gal
51	3:14.79	L	F	Cara Visser	16	CYBE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
52	3:15.68	L	F	Larissa Bouwer	16	DORE JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
53	3:15.78	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
54	3:16.24	L	F	Leila Smit	16	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
55	3:17.20	L	F	Kayden Mauer	16	USC BUF	28/11/2025 BCA Long Course Championships 202
56	3:18.72	L	P	Kyrah Mack	16	ECSA BUF	24/04/2026 SA Schools Swimming Championship
57	3:20.13	L	F	Mikaela Johst	16	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
58	3:20.48	L	F	Nasheetah Jephtha	16	MANT CPT	06/02/2026 WCA-B Champs - 2026
59	3:26.23	L	F	Emmah Myburgh	16	UPSK ZMD	21/11/2025 AGE GROUP 2 & 3 UPT
60	3:27.23	L	F	Melandri Vermaak	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
61	3:27.48	L	F	Marlo Lensing	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
62	3:27.76	L	F	Rachel Henley	16	ESTR EKU	20/09/2025 EGA Summer 1 2025
63	3:28.32	L	F	Mariné Pretorius	16	UPSK ZMD	07/02/2026 NC SPRINTS 2026
64	3:29.70	L S	F	Kellan Lynch	16	XCEL CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
65	3:29.81	L	F	Carla Munro	16	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
66	3:31.61	L	F	Tamlyn Kew	16	EXP TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
67	3:32.85	L	F	Inge Vd Walt	16	DDA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
68	3:32.86	L S	F	Melinda Dippenaar	16	BS LLD	03/12/2025 Free State Champs 2025
69	3:33.81	L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026 uShaka Champs 2026
70	3:34.59	L	F	Karla Lemmer	16	USH KCD	31/01/2026 uShaka Champs 2026
71	3:37.61	L	F	Alexandra Sheppard	16	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
72	3:37.75	L	P	Atlegang Mogotsi	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
73	3:39.26	L	F	Mia Pienaar	16	BULS MAN	23/01/2026 Mangaung Gala
74	3:40.28	L	F	Alexa Cave	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
75	3:46.80	L	F	Lilli-Hanna Black	16	HTSA CPT	29/11/2025 CTA B CHAMPS 2025
76	3:47.81	L	F	Kananelo Linake	16	TRAZ TSH	03/10/2025 NTS Level 1+2 October Age Group 20
77	3:48.19	L	F	Rozel Scholtz	16	STELL RMD	28/02/2026 NWS Last Chance 2026
78	3:50.71	L	F	Feziwe Mondl	16	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
79	3:51.22	L	F	Ilne Bruwer	16	BLSS MAN	23/01/2026 Mangaung Gala
80	3:53.89	L	F	Yamahlabi Radebe	16	USHPM UMD	31/01/2026 uShaka Champs 2026
81	3:53.92	L	F	Nieke Engelbrecht	16	UPSK ZMD	31/10/2025 UPPINGTON PRESTIGE GALA 2025
82	3:54.04	L	F	Oratile Matli	16	ESTR EKU	20/09/2025 EGA Summer 1 2025
83	3:54.72	L	P	Diëm Peens	16	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
84	3:55.99	L	F	Melisca Krige	16	SWISA TSH	13/02/2026 NTS Level 1+2 February Age Group 2f
85	3:57.36	L	F	Hayley-Ann Reyneke	16	BULS MAN	23/01/2026 Mangaung Gala
86	3:57.95	L	F	Leila Visser	16	FAAC	21/11/2025 AGE GROUP 2 & 3 KIMBERLEY - cop
87	4:01.01	L	F	Bohlale Khahledi	16	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
88	4:02.02	L	F	Layla Isaacs	16	WALM CPT	29/11/2025 CTA B CHAMPS 2025
89	4:05.08	L	F	Jordan Schoultz	16	CA EKU	22/11/2025 EGA Summer 3 & 4
90	4:07.09	L	F	Chloe Strydom	16	BULS MAN	23/01/2026 Mangaung Gala
91	4:07.34	L	F	Nina Cloete	16	FISH EDD	04/10/2025 EDEN 1st A-League Gala 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 50 Fly							
1	27.71	L S	F	Abigail Kotze	16	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	28.52	L S	F	Giuliana Vyncke	16	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	29.25	L	F	Maya Mgcina	16	ELEC TSH	12/12/2025 4th Africa Youth Games - Angol
4	29.42	L	F	Amara Okoye	16	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-;
5	29.45	L	F	Gemma Walters	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
6	29.64	L	F	Payton Aitken	16	WSTV ETH	21/03/2026 Sa National JNR Age Group Champs-;
7	30.03	L	F	Sophia Trout	16	VINE CPT	03/10/2025 Curro AquaElite Gala
8	30.05	L	F	Madison Higgs	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
9	30.09	L	F	Indigo Woodburn	16	MDOL JHB	21/03/2026 Sa National JNR Age Group Champs-;
10	30.27	L	F	Sienna Gous	16	INFA NMA	28/06/2025 PEA Winter Gala 2025
11	30.44	L	F	Leila Springer	16	SASE JHB	27/11/2025 CGA Championships 2025
12	30.58	L	P	Emma Pinheiro	16	CRSC JHB	21/03/2026 Sa National JNR Age Group Champs-;
13	30.74	L	F	Shalem Mashingaidze	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
14	30.76	L	F	Hana Duncan	16	FSS	24/04/2026 SA Schools Swimming Championship
15	30.79	L	P	Cara Visser	16	CYBE CPT	21/03/2026 Sa National JNR Age Group Champs-;
16	30.93	L	F	Ella-Mae Henning	16	VRC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
17	30.98	L	F	Nieke Engelbrecht	16	UPSK ZMD	26/03/2026 SA Level 3 Regional Age Group Chan
18	31.05	L	F	Lyla vd Spuy	16	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
19	31.08	L	F	Sylvie de Bruyn	16	BULS MAN	24/10/2025 Neptunes Gala
20	31.13	L	F	Kacey Hughes	16	STSC KCD	21/02/2026 KZN Schools Trials 2026
21	31.23	L	F	Ane Snyders	16	BLSS MAN	10/10/2025 Super Seals Annual Gala
22	31.28	L	P	Jade Van Vuuren	16	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
23	31.30	L	F	Odette Upton	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
24	31.36	L	F	Lize-Marie Kruger	16	INFA NMA	18/10/2025 Fish Eagles Short Course Gala 2025
25	31.38	L	F	Riziki Magotsi	16	CYBE CPT	04/12/2025 Western Cape LC-A Championship 20
26	31.39	L	P	Milla Hulse	16	AZON ETH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
27	31.42	L	F	Maria Barreiros	16	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
28	31.48	L	F	Carla Dannhauser	16	LP CCD	24/04/2026 SA Schools Swimming Championship
29*	31.50	L	F	Logan De Meuter	16	VINE CPT	24/01/2026 Berkshire & S.Bucks ASA County Chai
29*	31.50	L	P	Shi Han Huang	16	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
31	31.51	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
32	31.57	L	F	Izarra Ganas	16	ACSA ETH	21/02/2026 KZN Schools Trials 2026
33	31.65	L	P	Mia Groenewald	16	WCS	24/04/2026 SA Schools Swimming Championship
34	31.69	L	P	Kerrigan Hayes	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
35	31.84	L	F	Jenna Morris	16	VINE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
36	31.96	L	F	Anja Buitendach	16	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
37	32.00	L S	S	Sharni-Marie Watson	16	HPS TSH	10/12/2025 NTS Championships 2025
38	32.04	L	F	Cara Rossouw	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
39	32.08	L	P	Isabelle Welgemoed	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
40*	32.23	L	P	Addison Doolan	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
40*	32.23	L	F	Milan Ferreira	16	TASC MPD	28/11/2025 Limpopo Champs 2025
42	32.24	L	F	Elizabeth Viljoen	16	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
43	32.27	L	F	Tara Saint	16	KLOO ETH	18/12/2025 KZN Premier Provincial Championship
44	32.32	L	P	Evelyn Malan	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
45	32.38	L	P	Inge Vd Walt	16	DDA TSH	26/03/2026 SA Level 3 Regional Age Group Chan
46	32.39	L	P	Danielle Grobler	16	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
47	32.42	L	F	Paige Meeser	16	CA EKU	22/11/2025 EGA Summer 3 & 4
48	32.45	L	F	Mikje Bocking	16	PSCP UMD	18/12/2025 KZN Premier Provincial Championship
49	32.48	L	F	Minette Van Zyl	16	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
50	32.55	L	F	Juanè Burger	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
51	32.57	L	F	Alexis Muller	16	AZON ETH	21/02/2026 KZN Schools Trials 2026
52	32.60	L	P	Jessica Stedall	16	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-;
53	32.71	L	F	Tchisank Banza	16	PENC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
54	32.75	L	P	Blake Morris	16	LINR JHB	21/03/2026 Sa National JNR Age Group Champs-;
55	32.86	L	P	Ava Strong	16	PEAS NMA	28/06/2025 PEA Winter Gala 2025
56	32.93	L	P	Beané Noeth	16	NC FBD	24/04/2026 SA Schools Swimming Championship
57	32.94	L	P	Sydni Adams	16	VINE CPT	28/06/2025 PEA Winter Gala 2025
58	32.97	L	F	Talitha Schuch	16	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	32.99	L	P	Abigail Blake	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-
60	33.07	L	F	Isabella Bruyns	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
61	33.12	L	F	Caileigh De Beer	16	BLOT MAN	23/08/2025 KOVSIE GALA
62	33.20	L S	P	Tessa Battheu	16	TUKS FSH	10/12/2025 NTS Championships 2025
63	33.27	L	F	Rachel Fairweather	16	WATR JHB	27/11/2025 CGA Championships 2025
64	33.31	L	F	Gertruida de Witt	16	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
65	33.36	L	F	Caitlin Rossiter	16	HREF BP	06/12/2025 NWS Championships 2025
66	33.42	L	F	Annabell Sirrals	16	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
67	33.44	L	F	Amy Walton	16	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
68	33.48	L S	P	Tamzyn Kuhn	16	SWC	10/12/2025 20th Botswana Swimming Nationals 2f
69	33.49	L	F	Madison Smith	16	CA EKU	20/09/2025 EGA Summer 1 2025
70	33.52	L	F	Taylor Kassebaum	16	AA JHB	03/10/2025 Curro AquaElite Gala
71	33.66	L	F	Mikayla Frösler	16	PEAS NMA	12/12/2025 NMBA Championships 2025
72	33.76	L	F	Gabi Mc Quinn	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
73	33.79	L	F	Eva Dal Cin	16	AA JHB	14/02/2026 CGA Last Chance
74*	33.86	L	F	Mikayla Hinkley	16	AWSC JHB	27/11/2025 CGA Championships 2025
74*	33.86	L	F	Micaella White	16	INFA NMA	12/12/2025 NMBA Championships 2025
76	33.93	L	F	Lili Annandale	16	BLSS MAN	03/10/2025 Curro AquaElite Gala
77	33.97	L	P	Lara Eckersley	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-
78	34.01	L	F	Zoe Steyn	16	CRSC JHB	28/02/2026 CGA Challenge
79	34.02	L	F	Marike Raimond	16	TYGE CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
80	34.23	L	F	Ava Newton	16	CASC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
81	34.24	L	F	Keona Landman	16	AACTA CPT	20/09/2025 CTA INVITATIONAL LC MEET
82	34.28	L	P	Carle Hager	16	ESA CED	04/12/2025 Western Cape LC-A Championship 20
83	34.29	L	P	Cailyn Clowes	16	SEAL UMD	18/12/2025 KZN Premier Provincial Championship
84	34.30	L	P	Sophia Wener	16	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
85	34.32	L	F	Jolane Holtzhausen	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
86	34.42	L	P	Megan Jansen	16	UNIU EZD	26/03/2026 SA Level 3 Regional Age Group Chan
87*	34.47	L	F	Kyrach Mack	16	PEAS NMA	12/12/2025 NMBA Championships 2025
87*	34.47	L	F	Ella Jv Rensburg	16	HMER MPD	31/01/2026 Limpopo School Champs & Limpopo A
89	34.49	L	F	Mia-Isabelle Mans	16	CTA CPT	27/06/2025 Coop Services Nattional LC Champion
90	34.52	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
91	34.59	L	F	Aliyah De Oliveira	16	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
92	34.60	L	F	Macayle Eisen	16	PENC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
93	34.71	L	F	Hannah Struwig	16	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
94	34.80	L	P	Micke Prinsloo	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
95	34.82	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A
96	34.96	L	F	Ariel De Bruyn	16	CSA EZD	30/01/2026 AG 5 MP SA SCHOOLS TRIALS 30 J/
97	34.99	L	F	Roslyn Ramoholi	16	ACSA ETH	21/02/2026 KZN Schools Trials 2026
98	35.00	L	F	Sulize Henning	16	WAGH BP	13/02/2026 NW School Championships 2026
99	35.11	L	F	Lara Janse van Rensburg	16	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
100	35.19	L	F	Anieke Prinsloo	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
101	35.39	L	F	Elme Swanepoel	16	BETH FDD	03/12/2025 Free State Champs 2025
102	35.40	L	F	Emma Haggglund	16	SSISA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
103	35.46	L	F	Kristen Burt	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
104	35.48	L	F	Erin Olivier	16	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
105	35.50	L	F	Tamlyn Kew	16	EXP FSH	29/03/2026 SA Level 2 Regional Age Group Cham
106	35.54	L	F	Carmen Stapelberg	16	TINC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
107	35.62	L	P	Megan Mayhew	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
108	35.63	L	P	Kapitolina Xaba	16	SASE JHB	27/11/2025 CGA Championships 2025
109	35.64	L	P	Keira-Lize Martins	16	H2O EKU	26/03/2026 SA Level 3 Regional Age Group Chan
110	35.68	L	F	MacKenzie Bone	16	ELEC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
111	35.82	L	F	Amy Jackson	16	TCA EKU	20/09/2025 EGA Summer 1 2025
112	35.93	L	F	Rozel Scholtz	16	STELL RMD	30/03/2026 SA Level 2 Regional Age Group Cham
113	36.10	L	F	Feziwe Mondl	16	AWSC JHB	29/03/2026 SA Level 2 Regional Age Group Cham
114*	36.17	L	F	Kellan Lynch	16	XCEL CPT	06/02/2026 WCA-B Champs - 2026
114*	36.17	L	P	Paige Van Niekerk	16	SFSA JHB	27/11/2025 CGA Championships 2025
116	36.19	L	F	Catherine Roberts	16	PSCP UMD	21/02/2026 KZN Schools Trials 2026
117	36.44	L S	P	Leila Smit	16	TUKS FSH	10/12/2025 NTS Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	36.52	L	P	Diane Munro	16	BLSS MAN	03/12/2025 Free State Champs 2025
119	36.54	L	P	Robyn-Rae Purdon	16	PSCP UMD	21/03/2026 Sa National JNR Age Group Champs-
120	36.56	L	P	Morgan Liversage	16	CRSC JHB	27/11/2025 CGA Championships 2025
121	36.62	L	F	Abigail Suckling	16	FSE KCD	21/02/2026 KZN Schools Trials 2026
122	36.76	L	P	Caitlin Knight	16	WATR JHB	27/11/2025 CGA Championships 2025
123	36.89	L	F	Keilah-Naomi Holthuis	16	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
124*	36.93	L	F	Kayden Mauer	16	USC BUF	30/01/2026 Infinity Gala 2026
124*	36.93	L	P	Maxine Kearns	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
126	37.05	L	F	Erin Stead	16	FRA KCD	31/03/2026 SA Level 2 Regional Age Group Cham
127	37.14	L	F	Rozaan Korff	16	PHS CCD	31/01/2026 Limpopo School Champs & Limpopo A
128	37.15	L	F	Marlo Lensing	16	UPSK ZMD	07/02/2026 NC SPRINTS 2026
129	37.48	L	P	Kirsten Myers	16	SAAW CPT	04/12/2025 Western Cape LC-A Championship 20
130	37.80	L	F	Emma-Lee Theron	16	BLOT MAN	10/10/2025 Super Seals Annual Gala
131	37.95	L	F	Hyzel Hutchison	16	GHSK	25/10/2025 FLAMINGO & GOODHOPE GALA 202
132	38.02	L	P	Oratile Matli	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
133	38.14	L	F	Bohlale Khahledi	16	CASC CPT	29/11/2025 CTA B CHAMPS 2025
134	38.36	L	F	Tamsyn Thomson	16	BULS MAN	10/10/2025 Super Seals Annual Gala
135	38.45	L	F	Rerapetse Ramohale	16	RBOT BPD	06/12/2025 NWS Championships 2025
136	38.54	L	P	Chane Fourie	16	BLSS MAN	03/12/2025 Free State Champs 2025
137	38.66	L	F	Diëm Peens	16	CUHE QBD	20/09/2025 CTA INVITATIONAL LC MEET
138	38.67	L	F	Chloe Coetsee	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
139	38.72	L	P	Shane Swarts	16	PSA ZLD	31/03/2026 SA Level 2 Regional Age Group Cham
140	38.74	L	F	Isabelle Botha	16	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
141	38.79	L	F	Zephani Adams	16	WEST CPT	09/10/2025 44th Freda Barnard Invitational Gala
142	39.05	L	P	Ada Barnard	16	ESA CED	09/04/2026 SA Level 3 Regional Age Group Chan
143	39.06	L	P	Nemzi Albino	16	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Chan
144	39.15	L	P	Jhuliana Lamprecht	16	CA EKU	04/12/2025 EGA Summer Championships 2025
145	39.28	L	F	Atlegang Mogotsi	16	ESTR EKU	20/09/2025 EGA Summer 1 2025
146	39.42	L	P	Alexandra Sheppard	16	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
147	39.58	L	P	Madisson De Bruyn	16	AFIN JHB	27/11/2025 CGA Championships 2025
148	39.59	L	P	Alexa Cave	16	MDOL JHB	29/03/2026 SA Level 2 Regional Age Group Cham
149	39.64	L	P	Rachel Henley	16	ESTR EKU	04/12/2025 EGA Summer Championships 2025
150	39.77	L	F	Ella Lombard	16	TNDER FDD	05/09/2025 Bullsharks Gala
151	39.99	L	F	Mariné Pretorius	16	UPSK ZMD	18/10/2025 AGE GROUP 1 KATHU 2025
152	40.37	L	F	Ruth Saxton	16	HPHS BUF	14/02/2026 BCSA School Trials 2026
153	40.41	L	F	Klara Groenewald	16	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
154	40.47	L	F	Nasheetah Jephtha	16	MANT CPT	09/10/2025 44th Freda Barnard Invitational Gala
155	40.62	L	F	Danielle Kruger	16	AZON ETH	06/10/2025 Seagulls Winter Championships 2025
156	40.69	L	F	Taylin Van Wyk	16	PENC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
157	40.73	L	F	Leigh Chung Kim Yuen	16	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
158	40.92	L	F	Janke Steenkamp	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
159	41.00	L	F	Emmah Myburgh	16	UPSK ZMD	05/09/2025 Bullsharks Gala
160	41.24	L	F	Melinda Dippenaar	16	BS LLD	23/08/2025 KOVSIE GALA
161	41.84	L	F	Helena Rookan-Smith	16	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
162	41.85	L	F	Jani Visagie	16	SWAR WCD	21/02/2026 Swartland Invitational Gala 2026
163	42.02	L	P	Skyla Reddy	16	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
164	42.08	L	P	Melandri Vermaak	16	TINC FSH	29/03/2026 SA Level 2 Regional Age Group Cham
165	42.46	L	F	Elanri Du Randt	16	BETH FDD	23/08/2025 KOVSIE GALA
166	42.52	L	F	Stella Combrink	16	ELEC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
167	42.90	L	F	Hannah Myburgh	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
168	43.01	L	F	Sofiya Talip	16	MANT CPT	20/09/2025 CTA INVITATIONAL LC MEET
169	43.11	L	P	Lilli-Hanna Black	16	HTSA CPT	06/03/2026 SA Level 2 Regional Age Group Cham
170	43.39	L	F	Melisca Krige	16	SWISA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
171	43.42	L	F	Talita Wessels	16	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
172	43.61	L	P	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
173	43.95	L	F	Karla Lemmer	16	USH KCD	22/11/2025 KCDA Age Group 3 2025
174	44.00	L	P	Mia Koen	16	BULS MAN	30/03/2026 SA Level 2 Regional Age Group Cham
175	44.07	L	F	Keone Molapo	16	RFA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
176	45.02	L	F	Mia Pienaar	16	BULS MAN	20/09/2025 Welkom Seals Gala

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
177	45.15	L	F	Leila Visser	16	FAAC	07/02/2026 NC SPRINTS 2026
178	45.41	L	F	Zoe Espinheira	16	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming I
179	45.51	L	F	Cayley Hauptfleisch	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
180	45.64	L	F	Hannaan Mia	16	MANT CPT	29/11/2025 CTA B CHAMPS 2025
181	46.54	L	F	Mieke Griffiths	16	HTSM NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
182	46.65	L	P	Chloe Strydom	16	BULS MAN	03/12/2025 Free State Champs 2025
183	46.85	L	F	Yamahlubi Radebe	16	USHPM UMD	31/01/2026 uShaka Champs 2026
184	48.02	L	P	Jordan Schoultz	16	CA EKU	04/12/2025 EGA Summer Championships 2025
185	48.58	L	F	Khanyolwethu Fokazi	16	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
186	49.61	L	F	Chloe Venter	16	BERG BPD	13/02/2026 NW School Championships 2026
187	50.40	L	P	Hayley-Ann Reyneke	16	BULS MAN	03/12/2025 Free State Champs 2025
188	50.52	L	P	Celia Carpinteiro	16	CA EKU	04/12/2025 EGA Summer Championships 2025
189	52.68	L	F	Siphwayinkosi Mnisi	16	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
190	54.98	L	F	Bongeka Malindzisa	16	NGU TSH	23/01/2026 2026 NTS Sprint Gala
191	59.95	L	P	Bokang Seheri	16	USHAK EKU	04/12/2025 EGA Summer Championships 2025
192	1:10.07	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025 Limpopo Champs 2025
193	1:11.44	L	F	Aobakwe Molokoane	16	TLAC BPD	06/12/2025 NWS Championships 2025
194	1:27.68	L	F	Usenathi Segone	16	BLNE MAN	24/10/2025 Neptunes Gala
Women 100 Fly							
1	1:00.90	L	F	Abigail Kotze	16	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	1:02.66	L	F	Giuliana Vyncke	16	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	1:05.35	L	F	Maya Mgcina	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
4*	1:05.59	L S	F	Madison Higgs	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
4*	1:05.59	L S	F	Sienna Gous	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
6	1:07.16	L S	F	Gemma Walters	16	AA JHB	21/03/2026 Sa National JNR Age Group Champs-;
7	1:07.29	L S	F	Amara Okoye	16	PAC TSH	21/03/2026 Sa National JNR Age Group Champs-;
8	1:07.84	L	P	Leila Springer	16	SASE JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
9	1:08.42	L	F	Kacey Hughes	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
10	1:08.46	L	F	Indigo Woodburn	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
11	1:08.62	L	F	Hana Duncan	16	FSS	24/04/2026 SA Schools Swimming Championship
12	1:08.67	L	F	Sophia Trout	16	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
13	1:08.75	L S	P	Cara Visser	16	CYBE CPT	21/03/2026 Sa National JNR Age Group Champs-;
14	1:09.80	L	F	Lyla vd Spuy	16	TUKS TSH	26/03/2026 SA Level 3 Regional Age Group Chan
15	1:10.09	L S	F	Riziki Magotsi	16	CYBE CPT	01/11/2025 CTA District A CHAMPS 2025
16	1:10.22	L	F	Shalem Mashingaidze	16	WATR JHB	28/06/2025 PEA Winter Gala 2025
17	1:10.23	L S	P	Emma Pinheiro	16	CRSC JHB	21/03/2026 Sa National JNR Age Group Champs-;
18	1:10.36	L	F	Anja Buitendach	16	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
19	1:10.63	L S	P	Abigail Blake	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
20	1:10.68	L	F	Carla Dannhauser	16	LP CCD	24/04/2026 SA Schools Swimming Championship
21	1:11.24	L	F	Shi Han Huang	16	BLMA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
22	1:11.41	L S	P	Kylie De Bruyn	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
23	1:11.48	L S	P	Jade Van Vuuren	16	WATR JHB	21/03/2026 Sa National JNR Age Group Champs-;
24	1:11.66	L	F	Lize-Marie Kruger	16	INFA NMA	15/11/2025 5th A League Gala 2025
25	1:11.69	L	F	Tessa Battheu	16	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
26	1:12.05	L S	P	Logan De Meuter	16	VINE CPT	21/03/2026 Sa National JNR Age Group Champs-;
27	1:12.09	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
28	1:12.10	L S	F	Sylvie de Bruyn	16	BULS MAN	03/12/2025 Free State Champs 2025
29	1:12.25	L	F	Cara Rossouw	16	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
30	1:12.51	L	F	Ella-Mae Henning	16	VRC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
31	1:12.74	L	F	Odette Upton	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
32	1:12.95	L	P	Ava Strong	16	PEAS NMA	30/01/2026 Infinity Gala 2026
33	1:13.10	L S	F	Kerrigan Hayes	16	CASC CPT	01/11/2025 CTA District A CHAMPS 2025
34	1:13.12	L	F	Nieke Engelbrecht	16	UPSK ZMD	26/03/2026 SA Level 3 Regional Age Group Chan
35	1:13.30	L	P	Annabelle Van Rensburg	16	TUKS TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
36	1:13.57	L	P	Gertruida de Witt	16	POTC KKD	06/12/2025 NWS Championships 2025
37*	1:14.01	L S	F	Marike Raimond	16	TYGE CPT	01/11/2025 CTA District A CHAMPS 2025
37*	1:14.01	L S	P	Danielle Grobler	16	BLOT MAN	03/12/2025 Free State Champs 2025
39	1:14.16	L	F	Lili Annandale	16	BLSS MAN	24/10/2025 Neptunes Gala
40	1:14.93	L S	P	Evelyn Malan	16	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
41	1:15.14 L	F	Inge Vd Walt	16	DDA FSH	26/03/2026	SA Level 3 Regional Age Group Chan
42	1:15.23 L	F	Minette Van Zyl	16	INFA NMA	30/08/2025	Madibaz Swim Meet 2025
43	1:15.42 L	F	Maria Barreiros	16	ELEC FSH	26/03/2026	SA Level 3 Regional Age Group Chan
44	1:16.85 L	F	Alexis Muller	16	AZON ETH	21/02/2026	KZN Schools Trials 2026
45	1:16.86 L	F	Cailyn Clowes	16	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
46	1:17.06 L	F	Jamie-Lee Graham	16	AA JHB	14/02/2026	CGA Last Chance
47	1:17.09 L	F	Mikayla Frösler	16	PEAS NMA	18/10/2025	Fish Eagles Short Course Gala 2025
48	1:17.14 L	F	Mia Groenewald	16	KTS	05/12/2025	NCASA CHAMPS 2025 - copied - copi
49	1:17.48 L	F	Kayden O'connor	16	PEAS NMA	12/12/2025	NMBA Championships 2025
50	1:17.82 L S	F	Kaylin Fabricius	16	CASC CPT	04/12/2025	Western Cape LC-A Championship 20
51	1:18.18 L	F	Amy Walton	16	AZON ETH	03/10/2025	Curro AquaElite Gala
52	1:18.28 L	F	Emma Hagglund	16	SSISA CPT	09/04/2026	SA Level 3 Regional Age Group Chan
53	1:18.67 L	F	Taylor Kassebaum	16	AA JHB	03/10/2025	Curro AquaElite Gala
54	1:18.95 L	F	Ariel De Bruyn	16	CSA EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
55	1:19.10 L	F	Mia-Isabelle Mans	16	CTA CPT	27/06/2025	Coop Services Nattional LC Champion
56	1:20.10 L	P	Keira-Lize Martins	16	H2O EKU	04/12/2025	EGA Summer Championships 2025
57	1:20.28 L	F	Isabella Bruyns	16	MDOL JHB	08/11/2025	CGA Summer 3 - Level 2+ - 2025
58	1:20.67 L	F	Erin Olivier	16	ASAC CPT	06/03/2026	SA Level 2 Regional Age Group Cham
59	1:21.04 L	F	Beané Noeth	16	JOIEC	31/10/2025	UPINGTON PRESTIGE GALA 2025
60	1:21.36 L	F	Madison Smith	16	CA EKU	20/09/2025	EGA Summer 1 2025
61	1:21.64 L	F	Caileigh De Beer	16	BLOT MAN	05/09/2025	Bullsharks Gala
62	1:22.24 L	F	Roslyn Ramoholi	16	ACSA ETH	21/02/2026	KZN Schools Trials 2026
63	1:22.34 L S	F	Isabelle Welgemoed	16	BLSS MAN	03/12/2025	Free State Champs 2025
64	1:22.92 L	P	Hannah Struwig	16	HAAG UTD	31/03/2026	SA Level 2 Regional Age Group Cham
65	1:23.74 L	F	Marlo Lensing	16	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
66	1:23.97 L S	F	Kristen Burt	16	PSCP UMD	18/12/2025	KZN Premier Provincial Championship
67	1:24.22 L	F	Jolane Holtzhausen	16	MDOL JHB	29/03/2026	SA Level 2 Regional Age Group Cham
68	1:24.59 L	F	Scarlett Friis	16	KLOO ETH	03/10/2025	Curro AquaElite Gala
69	1:25.43 L	F	Macayle Eisen	16	PENC EZD	18/02/2026	EHLANZENI INTER HIGH GALA 18 FI
70	1:25.55 L	F	Anieke Prinsloo	16	BETH FDD	14/11/2025	Valsrivier Gala
71	1:26.32 L	P	Kayden Mauer	16	USC BUF	09/04/2026	SA Level 3 Regional Age Group Chan
72	1:27.99 L	F	Melinda Dippenaar	16	BS LLD	24/10/2025	Neptunes Gala
73	1:28.10 L	F	Oratile Matli	16	ESTR EKU	04/12/2025	EGA Summer Championships 2025
74	1:29.57 L	F	Bohlale Khahledi	16	CASC CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
75	1:30.09 L	F	Amy Jackson	16	TCA EKU	06/10/2025	Seagulls Winter Championships 2025
76	1:30.90 L	F	Rozel Scholtz	16	STELL RMD	30/03/2026	SA Level 2 Regional Age Group Cham
77	1:33.80 L	F	Kananelo Linake	16	TRAZ FSH	05/12/2025	2025 The Tshwane Mayor's Gala
78	1:34.91 L	F	Rerapetse Ramohale	16	RBOT BPD	06/12/2025	NWS Championships 2025
79	1:38.27 L	P	Nasheetah Jephtha	16	MANT CPT	28/06/2025	PEA Winter Gala 2025
80	1:38.57 L S	F	Tamsyn Thomson	16	BULS MAN	03/12/2025	Free State Champs 2025
81	1:39.85 L	F	Stella Combrink	16	ELEC FSH	31/10/2025	NTS Level 1+2 November Age Group :
82	1:40.32 L	F	Mariné Pretorius	16	UPSK ZMD	18/10/2025	AGE GROUP 1 KATHU 2025
83	1:41.68 L	F	Tamlyn Kew	16	EXP FSH	27/02/2026	NTS Level 3+ February Age Group Ga
84	1:44.20 L S	F	Callen Campbell	16	MARL CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
85	1:46.76 L	F	Hyzel Hutchison	16	GHSK	21/11/2025	AGE GROUP 2 & 3 KIMBERLEY - cop
86	1:47.15 L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025	UPINGTON PRESTIGE GALA 2025
Women 200 Fly							
1	2:17.98 L	F	Abigail Kotze	16	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	2:30.99 L	F	Madison Higgs	16	INFA NMA	21/03/2026	Sa National JNR Age Group Champs-;
3	2:34.31 L	F	Kacey Hughes	16	GAU JHB	24/04/2026	SA Schools Swimming Championship
4	2:34.85 L	F	Logan De Meuter	16	VINE CPT	24/01/2026	2025 Wycombe SC L3 County & Regic
5	2:35.20 L	F	Abigail Blake	16	CASC CPT	21/03/2026	Sa National JNR Age Group Champs-;
6	2:40.88 L	F	Hana Duncan	16	FSS	24/04/2026	SA Schools Swimming Championship
7	2:45.87 L S	F	Riziki Magotsi	16	CYBE CPT	01/11/2025	CTA District A CHAMPS 2025
8	2:46.94 L	F	Cara Rossouw	16	TYGE CPT	04/12/2025	Western Cape LC-A Championship 20
9	2:48.21 L	F	Lyla vd Spuy	16	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
10	2:49.13 L	F	Lize-Marie Kruger	16	BLNE MAN	28/06/2025	PEA Winter Gala 2025
11	2:54.40 L	F	Indigo Woodburn	16	MDOL JHB	14/11/2025	NTS Level 3+ November Age Group G
12	3:00.98 L	F	Amy Walton	16	AZON ETH	06/10/2025	Seagulls Winter Championships 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
13	3:09.97	L	F	Alexis Muller	16	AZON ETH	06/10/2025 Seagulls Winter Championships 2025
14	3:15.74	L	F	Beané Noeth	16	JOIEC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
15	3:15.85	L	F	Marlo Lensing	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
16	3:16.30	L	F	Ariel De Bruyn	16	CSA EZD	10/10/2025 MP AGE GROUP 2 10-11 OCTOBER
17	3:24.32	L	F	Melinda Dippenaar	16	BS LLD	03/12/2025 Free State Champs 2025
18	3:35.60	L	F	Mariné Pretorius	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
Women 200 IM							
1	2:23.11	L	F	Bailey Lambert	16	SEAL UMD	12/12/2025 4th Africa Youth Games - Angol
2	2:23.32	L	F	Giuliana Vyncke	16	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
3	2:28.16	L	F	Gemma Walters	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
4	2:29.65	L	F	Zuria Venter	16	CA EKU	04/12/2025 EGA Summer Championships 2025
5	2:30.75	L	F	Anja Buitendach	16	MP EZD	24/04/2026 SA Schools Swimming Championship
6	2:31.03	L	F	Ane Snyders	16	BLSS MAN	21/03/2026 Sa National JNR Age Group Champs-;
7	2:31.51	L	F	Abigail Kotze	16	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
8	2:32.81	L	F	Logan De Meuter	16	VINE CPT	24/01/2026 2025 Wycombe SC L3 County & Regi
9	2:33.20	L S	F	Clarise Van Niekerk	16	TUKS FSH	10/12/2025 NTS Championships 2025
10	2:34.32	L	F	Sylvie de Bruyn	16	BULS MAN	21/03/2026 Sa National JNR Age Group Champs-;
11	2:34.33	L	P	Lilianne Hebler	16	LALE CED	04/12/2025 Western Cape LC-A Championship 20
12	2:34.36	L	F	Emma Pinheiro	16	CRSC JHB	27/11/2025 CGA Championships 2025
13	2:34.69	L	P	Maya Mgcina	16	ELEC FSH	21/03/2026 Sa National JNR Age Group Champs-;
14	2:35.35	L	P	Indigo Woodburn	16	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
15	2:35.69	L	P	Ava Newton	16	CASC CPT	21/03/2026 Sa National JNR Age Group Champs-;
16	2:35.73	L	F	Tchisank Banza	16	UNI EZD	05/12/2025 Mpumalanga Championships 2025
17	2:36.09	L	F	Cara Rossouw	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
18	2:36.11	L	F	Madison Coleman	16	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
19	2:36.19	L	F	Cara Visser	16	CYBE CPT	04/12/2025 Western Cape LC-A Championship 20
20	2:36.79	L	F	Payton Aitken	16	GAU JHB	24/04/2026 SA Schools Swimming Championship
21	2:37.02	L	P	Annabelle Van Rensburg	16	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
22	2:37.12	L	F	Kacey Hughes	16	STSC KCD	21/02/2026 KZN Schools Trials 2026
23	2:37.55	L	P	Mikayla Frösler	16	PEAS NMA	21/03/2026 Sa National JNR Age Group Champs-;
24	2:38.07	L	P	Leila Springer	16	SASE JHB	21/03/2026 Sa National JNR Age Group Champs-;
25	2:38.51	L	P	Ava Strong	16	PEAS NMA	21/03/2026 Sa National JNR Age Group Champs-;
26	2:38.76	L	F	Madison Higgs	16	INFA NMA	30/01/2026 Infinity Gala 2026
27	2:38.89	L	F	Sienna Gous	16	INFA NMA	19/07/2025 1st A League Gala 2025
28	2:39.33	L	P	Tamzyn Kuhn	16	SAAW CPT	21/03/2026 Sa National JNR Age Group Champs-;
29	2:39.91	L	P	Hana Duncan	16	EGA MAN	21/03/2026 Sa National JNR Age Group Champs-;
30	2:39.92	L	P	Lize-Marie Kruger	16	INFA NMA	21/03/2026 Sa National JNR Age Group Champs-;
31	2:40.02	L	F	Caitlin Rossiter	16	HREF BP	06/12/2025 NWS Championships 2025
32	2:40.20	L	F	Danielle Grobler	16	BLOT MAN	05/09/2025 Bullsharks Gala
33	2:40.22	L	F	Mikje Bocking	16	PSCP UMD	18/12/2025 KZN Premier Provincial Championship
34	2:41.05	L	F	Mia Groenewald	16	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
35	2:41.56	L	F	Riziki Magotsi	16	CYBE CPT	01/11/2025 CTA District A CHAMPS 2025
36	2:41.76	L	F	Odette Upton	16	HSBV SKD	31/01/2026 Limpopo School Champs & Limpopo A
37	2:42.12	L	F	Addison Doolan	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
38	2:42.54	L	F	Béatrice Little	16	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
39	2:42.95	L	F	Emma Nolan	16	MDOL JHB	26/03/2026 SA Level 3 Regional Age Group Chan
40	2:42.96	L	P	Eva Dal Cin	16	AA JHB	27/11/2025 CGA Championships 2025
41	2:43.58	L	F	Shi Han Huang	16	BLMA CPT	09/04/2026 SA Level 3 Regional Age Group Chan
42	2:44.50	L	F	Maria Barreiros	16	ELEC FSH	26/03/2026 SA Level 3 Regional Age Group Chan
43	2:44.64	L	F	Isabelle Welgemoed	16	BLSS MAN	03/12/2025 Free State Champs 2025
44	2:44.70	L	F	Milan Ferreira	16	TASC MPD	26/03/2026 SA Level 3 Regional Age Group Chan
45	2:45.18	L	F	Kayden O'connor	16	PEAS NMA	12/12/2025 NMBA Championships 2025
46	2:45.21	L	F	Jade Van Vuuren	16	WATR JHB	27/11/2025 CGA Championships 2025
47	2:45.40	L	F	Sydni Adams	16	VINE CPT	28/06/2025 PEA Winter Gala 2025
48	2:45.41	L	F	Marike Raimond	16	TYGE CPT	28/06/2025 PEA Winter Gala 2025
49	2:45.43	L	F	Margo Senekal	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
50	2:45.59	L	F	Ella-Mae Henning	16	VRC FSH	26/03/2026 SA Level 3 Regional Age Group Chan
51	2:45.71	L	F	Amy Walton	16	AZON ETH	03/10/2025 Curro AquaElite Gala
52	2:46.06	L	F	Lili Annandale	16	BLSS MAN	09/07/2025 TYR Prestige Tournament 2025

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
53	2:46.15	L	F	Talitha Schuch	16	SEAL UMD	26/03/2026 SA Level 3 Regional Age Group Chan
54	2:46.20	L	F	Shalem Mashingaidze	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
55	2:46.22	L	F	Ella Jv Rensburg	16	SS MPD	28/11/2025 Limpopo Champs 2025
56	2:46.25	L	F	Minette Van Zyl	16	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
57	2:46.30	L	F	Inneke Liebenberg	16	POTC KKD	06/12/2025 NWS Championships 2025
58	2:46.70	L	F	Keilah-Naomi Holthuis	16	ESA CED	04/12/2025 Western Cape LC-A Championship 20
59	2:47.10	L	F	Sophia Trout	16	VINE CPT	28/06/2025 PEA Winter Gala 2025
60	2:47.31	L	F	Izarra Ganas	16	ACSA ETH	18/12/2025 KZN Premier Provincial Championship
61	2:47.70	L	F	Kerrigan Hayes	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
62	2:47.83	L	F	Jenna Morris	16	VINE CPT	12/12/2025 NMBA Championships 2025
63	2:48.02	L	P	Megan Mayhew	16	WATR JHB	26/03/2026 SA Level 3 Regional Age Group Chan
64	2:48.17	L	F	Caileigh De Beer	16	BLOT MAN	23/08/2025 KOVSIE GALA
65	2:48.23	L	F	Gertruida de Witt	16	POTC KKD	06/12/2025 NWS Championships 2025
66	2:48.35	L	F	Madison Smith	16	CA EKU	31/01/2026 EGA Last Chance Gala 2026
67	2:48.67	L	F	Arne' Dreyer	16	STAQ CED	13/02/2026 Winelands SL Fin - February 2026 - cc
68	2:48.90	L	P	Kaylin Fabricius	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
69	2:49.05	L	P	Lara Eckersley	16	AA JHB	27/11/2025 CGA Championships 2025
70	2:49.66	L	P	Isabella Bruyns	16	MDOL JHB	27/11/2025 CGA Championships 2025
71	2:50.08	L	P	MacKenzie Bone	16	ELEC TSH	21/03/2026 Sa National JNR Age Group Champs-;
72	2:50.51	L	F	Marne' Van Rensburg	16	BLSS MAN	26/03/2026 SA Level 3 Regional Age Group Chan
73	2:50.57	L	P	Emma Hagglund	16	SSISA CPT	04/12/2025 Western Cape LC-A Championship 20
74	2:50.86	L	F	Lyla vd Spuy	16	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
75	2:50.90	L	P	Juanè Burger	16	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
76	2:51.22	L	P	Nicola Carver	16	ELEC TSH	26/03/2026 SA Level 3 Regional Age Group Chan
77	2:51.40	L	P	Aliyah De Oliveira	16	TYGE CPT	04/12/2025 Western Cape LC-A Championship 20
78	2:51.66	L	F	Inge Vd Walt	16	DDA TSH	14/11/2025 NTS Level 3+ November Age Group G
79	2:51.68	L	F	Micke Prinsloo	16	TKS WBD	26/03/2026 SA Level 3 Regional Age Group Chan
80	2:51.70	L	F	Maxine Kearns	BR	VASA EKU	29/03/2026 SA Level 2 Regional Age Group Cham
81	2:51.78	L	F	Cailyn Clowes	16	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
82	2:51.94	L	F	Scarlett Friis	16	KLOO ETH	03/10/2025 Curro AquaElite Gala
83	2:52.33	L	F	Rozaan Korff	16	PHS CCD	31/01/2026 Limpopo School Champs & Limpopo A
84	2:52.40	L	F	Caitlin Knight	16	WATR JHB	27/11/2025 CGA Championships 2025
85	2:52.41	L	F	Sam Juries	16	CLA WCD	22/11/2025 Swartland Prestige Gala 2025
86	2:52.80	L	F	Mine Prinsloo	16	BLSS MAN	03/12/2025 Free State Champs 2025
87	2:52.83	L	P	Daniella Myburg	16	FSS	24/04/2026 SA Schools Swimming Championship
88	2:52.96	L	F	Amy Jackson	16	TCA EKU	06/10/2025 Seagulls Winter Championships 2025
89	2:53.24	L	F	Larissa Bouwer	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Chan
90	2:53.96	L	F	Ada Barnard	16	ESA CED	09/04/2026 SA Level 3 Regional Age Group Chan
91	2:54.11	L	F	Mila De Souza	16	EXP TSH	26/07/2025 NTS 200 IM Time Trials
92	2:54.42	L	F	Keira-Lize Martins	16	H2O EKU	04/12/2025 EGA Summer Championships 2025
93	2:54.45	L	P	Sophia Wener	16	ASAC CPT	09/04/2026 SA Level 3 Regional Age Group Chan
94	2:54.72	L	F	Carle Hager	16	ESA CED	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
95	2:54.81	L	F	Robyn-Rae Purdon	16	PSCP UMD	21/02/2026 KZN Schools Trials 2026
96	2:55.05	L	F	Leila Smit	16	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
97	2:55.77	L	F	Megan Jansen	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
98	2:55.98	L	F	Hyzel Hutchison	16	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
99	2:56.51	L	F	Rachel Henley	16	ESTR EKU	29/03/2026 SA Level 2 Regional Age Group Cham
100	2:56.91	L	F	Mi-Ly Vd Merwe	16	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
101	2:57.90	L	F	Emma-Lee Theron	16	BLOT MAN	03/12/2025 Free State Champs 2025
102	2:58.50	L	F	Evelyn Malan	16	TUKS TSH	26/07/2025 NTS 200 IM Time Trials
103	2:58.55	L	F	Diane Munro	16	BLSS MAN	03/12/2025 Free State Champs 2025
104	2:58.66	L	F	Kristen Burt	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
105	2:58.81	L	P	Kapitolina Xaba	16	SASE JHB	27/11/2025 CGA Championships 2025
106	2:59.21	L	F	Lara Janse van Rensburg	16	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
107	3:00.27	L	F	Ella Lombard	16	TNDER FDD	05/09/2025 Bullsharks Gala
108	3:00.42	L	F	Kayden Mauer	16	USC BUF	12/12/2025 NMBA Championships 2025
109	3:00.55	L	F	Isabelle Botha	16	PGAC EKU	29/03/2026 SA Level 2 Regional Age Group Cham
110	3:00.82	L	P	Paige Van Niekerk	16	SFSA JHB	27/11/2025 CGA Championships 2025
111	3:01.06	L	F	Stephanie Dannhauser	16	HPP BUF	31/01/2026 Limpopo School Champs & Limpopo A

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
112	3:01.09	L	P	Nemzi Albino	16	SAAW CPT	09/04/2026 SA Level 3 Regional Age Group Cham
113	3:02.31	L	F	Marlo Lensing	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
114	3:02.57	L	P	Sahana Dayaram	16	DORE JHB	26/03/2026 SA Level 3 Regional Age Group Cham
115	3:02.59	L	F	Alexis Muller	16	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
116	3:02.96	L	P	Tara Saint	16	KLOO ETH	26/03/2026 SA Level 3 Regional Age Group Cham
117	3:03.15	L	F	Micaella White	16	INFA NMA	19/07/2025 1st A League Gala 2025
118	3:04.13	L	F	Kellan Lynch	16	XCEL CPT	06/02/2026 WCA-B Champs - 2026
119	3:04.47	L	F	Beané Noeth	16	JOIEC	18/10/2025 AGE GROUP 1 UPINGTON 2025
120	3:05.13	L	F	Carla Munro	16	PSCP UMD	31/03/2026 SA Level 2 Regional Age Group Cham
121	3:06.84	L	F	Anja Volschenk	16	BLSS MAN	05/09/2025 Bullsharks Gala
122	3:07.07	L	F	Nasheetah Jephta	16	MANT CPT	09/10/2025 44th Freda Barnard Invitational Gala
123	3:07.28	L	P	Anieke Prinsloo	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
124	3:07.36	L	F	Liane' de Wet	16	BLOT MAN	03/10/2025 Curro AquaElite Gala
125	3:07.73	L	F	Kananelo Linake	16	TRAZ TSH	05/12/2025 2025 The Tshwane Mayor's Gala
126	3:08.71	L	P	Alexandra Sheppard	16	STAR BPD	30/03/2026 SA Level 2 Regional Age Group Cham
127	3:08.79	L	P	Hannah Struwig	16	HAAG UTD	31/03/2026 SA Level 2 Regional Age Group Cham
128	3:09.03	L	F	Nieke Engelbrecht	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
129	3:09.14	L	F	Tamlyn Kew	16	EXP TSH	17/10/2025 NTS Level 3+ October Age Group Gal
130	3:09.22	L	P	Erin Olivier	16	ASAC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
131	3:09.32	L	F	Rebecca Froneman	16	STSC KCD	31/03/2026 SA Level 2 Regional Age Group Cham
132	3:09.43	L	F	Chane Fourie	16	BLSS MAN	10/10/2025 Super Seals Annual Gala
133	3:09.62	L	F	Jani Visagie	16	SWAR WCD	13/02/2026 Winelands SL Fin - February 2026 - cc
134	3:09.68	L	F	Catherine Roberts	16	PSCP UMD	06/10/2025 Seagulls Winter Championships 2025
135	3:09.72	L	F	Melandri Vermaak	16	TINC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
136	3:10.25	L	F	Zoe Steyn	16	CRSC JHB	14/11/2025 NTS Level 3+ November Age Group G
137	3:10.65	L	F	Mariné Pretorius	16	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
138	3:10.71	L	F	Lethabo Masemola	16	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
139	3:11.06	L	P	Madisson De Bruyn	16	AFIN JHB	27/11/2025 CGA Championships 2025
140	3:11.20	L	F	Cayley Hauptfleisch	16	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
141	3:11.34	L	F	Kirsten Myers	16	SAAW CPT	01/11/2025 CTA District A CHAMPS 2025
142	3:11.39	L	P	Jolane Holtzhausen	16	MDOL JHB	27/11/2025 CGA Championships 2025
143	3:11.55	L	F	Kyrach Mack	16	PEAS NMA	09/10/2025 44th Freda Barnard Invitational Gala
144	3:11.92	L	P	Elme Swanepoel	16	BETH FDD	30/03/2026 SA Level 2 Regional Age Group Cham
145	3:12.15	L	F	Emmah Myburgh	16	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
146	3:12.59	L	F	Melinda Dippenaar	16	BS LLD	03/12/2025 Free State Champs 2025
147	3:13.08	L	F	Ariel De Bruyn	16	CSA EZD	05/12/2025 Mpumalanga Championships 2025
148	3:13.12	L	F	Lika Vd Merwe	16	TUKS TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
149	3:13.34	L	F	Keona Landman	16	AACTA CPT	20/09/2025 CTA INVITATIONAL LC MEET
150	3:13.82	L	P	Karla Lemmer	16	USH KCD	31/03/2026 SA Level 2 Regional Age Group Cham
151	3:14.43	L	P	Bohlale Khahledi	16	CASC CPT	06/03/2026 SA Level 2 Regional Age Group Cham
152	3:15.39	L	P	Rozel Scholtz	16	STELL RMD	30/03/2026 SA Level 2 Regional Age Group Cham
153	3:15.95	L S	F	Lilli-Hanna Black	16	HTSA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
154	3:16.46	L	F	Carmen Stapelberg	16	TINC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
155	3:17.24	L	F	Helena Rookoen-Smith	16	BRAVE CED	06/03/2026 SA Level 2 Regional Age Group Cham
156	3:19.41	L	F	Elanri Du Randt	16	BETH FDD	23/08/2025 KOVSIE GALA
157	3:20.67	L	F	Atlegang Mogotsi	16	ESTR EKU	31/01/2026 EGA Last Chance Gala 2026
158	3:20.73	L	F	Abigail Suckling	16	FSE KCD	31/01/2026 uShaka Champs 2026
159	3:21.05	L	P	Kyra Home	16	AA JHB	27/11/2025 CGA Championships 2025
160	3:21.11	L	F	Rerapetse Ramohale	16	RBOT BPD	06/12/2025 NWS Championships 2025
161	3:21.76	L	F	Erin Stead	16	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
162	3:21.84	L	F	Mieke Griffiths	16	HTSM NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
163	3:23.69	L	F	Leigh Chung Kim Yuen	16	MANT CPT	20/09/2025 CTA INVITATIONAL LC MEET
164	3:25.52	L	P	Diëm Peens	16	CUHE OBD	06/03/2026 SA Level 2 Regional Age Group Cham
165	3:26.50	L	F	Khanyolwethu Fokazi	16	CYBE CPT	20/09/2025 CTA INVITATIONAL LC MEET
166	3:26.53	L	F	Mia Pienaar	16	BULS MAN	10/10/2025 Super Seals Annual Gala
167	3:27.19	L S	F	Lyla Shekel	16	CYBE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
168	3:27.38	L	F	Skyla Reddy	16	SWIFT EKU	29/03/2026 SA Level 2 Regional Age Group Cham
169	3:28.45	L	F	Callen Campbell	16	MARL CPT	28/06/2025 PEA Winter Gala 2025
170	3:30.23	L	F	Chloe Coetsee	16	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS

Individual Top Times

Times since: 01-May-25 Times until: 30-Apr-26

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
171	3:30.33	L	F	Danielle Kruger	16	AZON ETH	06/10/2025	Seagulls Winter Championships 2025
172	3:30.41	L	F	Mia Koen	16	BULS MAN	24/10/2025	Neptunes Gala
173	3:30.54	L	F	Ilne Bruwer	16	BLSS MAN	10/10/2025	Super Seals Annual Gala
174	3:34.51	L	F	Klara Groenewald	16	UNI EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J
175	3:35.46	L	F	Janke Steenkamp	16	ROB EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
176	3:36.43	L	F	Celia Carpinteiro	16	CA EKU	20/09/2025	EGA Summer 1 2025
177	3:36.47	L	F	Tuhina Asharam	16	LEGC ETH	31/01/2026	uShaka Champs 2026
178	3:39.08	L	F	Yamahlubi Radebe	16	USHPM UMD	31/01/2026	uShaka Champs 2026
179	3:39.33	L	F	Chloe Strydom	16	BULS MAN	05/09/2025	Bullsharks Gala
180	3:40.95	L	F	Leila Visser	16	FAAC	07/02/2026	NC SPRINTS 2026
181	3:43.11	L	F	Tamsyn Thomson	16	BULS MAN	05/09/2025	Bullsharks Gala
182	3:45.08	L	F	Sofiya Talip	16	MANT CPT	20/09/2025	CTA INVITATIONAL LC MEET
183	3:51.63	L	P	Jordan Schoultz	16	CA EKU	04/12/2025	EGA Summer Championships 2025
184	3:57.09	L	F	Hayley-Ann Reyneke	16	BULS MAN	10/10/2025	Super Seals Annual Gala
185	4:04.07	L	F	Johanika Groenewald	16	UNIU EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25
186	4:18.18	L	F	Siphiwayinkosi Mnisi	16	UPC EZD	24/10/2025	MP TOP SCHOOLS HIGH SCHOOLS
187	4:32.26	L	F	Anuschka Swanepoel	16	ELRAS WBD	28/11/2025	Limpopo Champs 2025
188	4:39.02	L	F	Bongeka Malindzisa	16	NGU TSH	31/10/2025	NTS Level 1+2 November Age Group :
Women 400 IM								
1	5:16.27	L	F	Zuria Venter	16	CA EKU	21/03/2026	Sa National JNR Age Group Champs-:
2	5:19.43	L	F	Kylie De Bruyn	16	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-:
3	5:21.09	L	F	Logan De Meuter	16	VINE CPT	24/01/2026	2025 Wycombe SC L3 County & Regic
4	5:22.14	L	F	Giuliana Vyncke	16	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
5	5:25.14	L	F	Taylor Kassebaum	16	AA JHB	21/03/2026	Sa National JNR Age Group Champs-:
6	5:27.78	L	F	Annabelle Van Rensburg	16	TUKS TSH	14/11/2025	NTS Level 3+ November Age Group G
7	5:28.98	L	F	Gemma Walters	16	AA JHB	27/11/2025	CGA Championships 2025
8	5:32.33	L	F	Kacey Hughes	16	STSC KCD	21/03/2026	Sa National JNR Age Group Champs-:
9	5:39.62	L	F	Caitlin Rossiter	16	HREF BP	21/03/2026	Sa National JNR Age Group Champs-:
10	5:40.74	L	F	Ava Strong	16	PEAS NMA	21/03/2026	Sa National JNR Age Group Champs-:
11	5:41.71	L	F	Mikayla Frösler	16	PEAS NMA	21/03/2026	Sa National JNR Age Group Champs-:
12	5:42.07	L	F	Cara Rossouw	16	TYGE CPT	04/12/2025	Western Cape LC-A Championship 20
13	5:42.33	L	F	Madison Coleman	16	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20
14	5:46.26	L	F	Emma Pinheiro	16	CRSC JHB	27/11/2025	CGA Championships 2025
15	5:46.45	L	F	Lize-Marie Kruger	16	BLNE MAN	28/06/2025	PEA Winter Gala 2025
16	5:48.25	L	F	Riziki Magotsi	16	CYBE CPT	04/12/2025	Western Cape LC-A Championship 20
17	5:51.25	L	F	Cara Visser	16	CYBE CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
18	5:52.08	L	F	Indigo Woodburn	16	MDOL JHB	14/02/2026	CGA Last Chance
19	5:52.66	L	F	Amy Hartung	16	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20
20	5:55.82	L	F	Lili Annandale	16	BLSS MAN	26/09/2025	Pelicans Gala..
21	5:56.45	L	F	Amy Walton	16	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
22	6:19.49	L	F	Amy Jackson	16	TCA EKU	06/10/2025	Seagulls Winter Championships 2025
23	6:19.56	L	F	Keira-Lize Martins	16	H2O EKU	04/12/2025	EGA Summer Championships 2025
24	6:25.17	L	F	Marlo Lensing	16	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
25	6:25.95	L	F	Rozaan Korff	16	ACAQ CCD	27/09/2025	Limpopo Age Group 4 of 2025/26
26	6:39.36	L	F	Mariné Pretorius	16	UPSK ZMD	18/10/2025	AGE GROUP 1 KATHU 2025
27	7:10.98	L	F	Emmah Myburgh	16	UPSK ZMD	18/10/2025	AGE GROUP 1 UPINGTON 2025
28	7:11.71	L	F	Melinda Dippenaar	16	BS LLD	10/10/2025	Super Seals Annual Gala
29	7:27.60	L	F	Nieke Engelbrecht	16	UPSK ZMD	18/10/2025	AGE GROUP 1 UPINGTON 2025