

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	26.59	L	F	Ashley Scholtz	17	AGA EKU	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	26.70	L	F	Jaime Mote	17	INFA NMA	20/09/2025 3rd A League Gala 2025
3	26.95	L	F	Jesse-Leah Laderach	17	PEAS NMA	18/03/2026 Sa National Youth Champs 2026 NMB
4	27.14	L	F	Tanatswa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
5	27.15	L	F	Leila Yazbek	17	EGA MAN	03/12/2025 Free State Champs 2025
6	27.23	L	F	Kendra Begley	17	INFA NMA	18/03/2026 Sa National Youth Champs 2026 NMB
7	27.36	L	F	Emily Palmer	17	USC BUF	21/03/2026 Sa National JNR Age Group Champs-;
8	27.39	L	P	Scarlett Le Roux	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
9	27.56	L	P	Mila Vd Linde	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
10	27.71	L	P	Katherine Williams	17	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	27.72	L	P	Danielle Cronjè	17	LALE CED	18/03/2026 Sa National Youth Champs 2026 NMB
12	27.78	L	F	Lara Gouws	17	TUKS FSH	10/12/2025 NTS Championships 2025
13	27.84	L	P	Kayla Gous	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
14	27.86	L	F	Anri van der Westhuizen	17	BLOT MAN	03/12/2025 Free State Champs 2025
15	27.88	L	F	Mikayla Lombard	17	TUKS FSH	10/12/2025 NTS Championships 2025
16	27.93	L	F	Jana Vorster	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
17	27.94	L	F	Leah Scott	17	BLUO UGD	21/02/2026 KZN Schools Trials 2026
18	27.96	L	F	Tafadzwa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
19	28.03	L	F	Ruth Dredge	17	PAC FSH	10/12/2025 NTS Championships 2025
20	28.09	L	P	Chanel Veldsman	17	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
21	28.21	L	P	Amy Combrink	17	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
22	28.34	L	P	Kailey Joubert	17	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
23	28.37	L	F	Karla Myburgh	17	TUKS FSH	10/12/2025 NTS Championships 2025
24	28.38	L	F	Annebel Stewart	17	AZON ETH	03/10/2025 Curro AquaElite Gala
25	28.40	L	F	Gizelle Maritz	17	TUKS FSH	03/10/2025 Curro AquaElite Gala
26	28.51	L	F	Corli Liversage	17	BLSS MAN	03/12/2025 Free State Champs 2025
27	28.55	L	P	Jemma Pearse	17	VINE CPT	28/06/2025 PEA Winter Gala 2025
28	28.56	L	F	Ava-Loren Van Galen	17	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
29	28.61	L	F	Zandri Knoetze	17	INFA NMA	30/08/2025 Madibaz Swim Meet 2025
30	28.87	L	P	Leah Markgraaff	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
31	28.93	L	S	Madisynn Elliott	17	AA JHB	27/11/2025 CGA Championships 2025
32	28.97	L	P	Stacey Smith	17	PAC FSH	18/03/2026 Sa National Youth Champs 2026 NMB
33	28.99	L	F	Juliette van Vught	17	SASE JHB	27/11/2025 CGA Championships 2025
34*	29.02	L	F	Chloe Olivier	17	CA EKU	22/11/2025 EGA Summer 3 & 4
34*	29.02	L	F	Lily van Aswegen	17	TRAZ FSH	10/12/2025 NTS Championships 2025
36	29.09	L	P	Nyriam Morais	17	UWCA CPT	28/06/2025 PEA Winter Gala 2025
37	29.12	L	F	Katelyn Fourie	17	TUKS FSH	10/12/2025 NTS Championships 2025
38	29.13	L	P	Abigail Roberts	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
39	29.14	L	F	Gianna Collard	17	TUKS FSH	10/12/2025 NTS Championships 2025
40	29.21	L	F	Mari Wium	17	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
41	29.25	L	F	Rouxne Du Plessis	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
42	29.27	L S	F	Araya de Waal	17	CA EKU	04/12/2025 EGA Summer Championships 2025
43	29.30	L	F	Ella Eldar	17	TUKS FSH	10/12/2025 NTS Championships 2025
44	29.33	L	P	Lily Durant	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
45	29.36	L	F	Kelci Leech	17	BLSS MAN	03/12/2025 Free State Champs 2025
46	29.41	L	S	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
47	29.43	L	P	Caitlyn Dube	17	MDOL JHB	27/11/2025 CGA Championships 2025
48	29.47	L	P	Amy-Lee Jones	17	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
49	29.48	L	F	Tyra Penn	17	WATR JHB	12/12/2025 NMBA Championships 2025
50	29.52	L	P	Kaylie Groenewald	17	ACAQ CCD	18/03/2026 Sa National Youth Champs 2026 NMB
51	29.54	L	F	Elizabeth Victor	17	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
52	29.56	L	P	Amy O'Connor	17	CRSC JHB	18/03/2026 Sa National Youth Champs 2026 NMB
53	29.63	L	F	Abigail Pieterse	17	ECSA BUF	24/04/2026 SA Schools Swimming Championship
54	29.65	L	P	Marlene Ward	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
55	29.66	L	P	Jaime Roome	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
56	29.69	L	P	Catherine Desilla	17	SASE JHB	18/03/2026 Sa National Youth Champs 2026 NMB
57	29.70	L	P	Mea Harding	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
58	29.71	L	F	Kate-Lynn de Jager	17	BLOT MAN	23/08/2025 KOVSIE 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			
59	29.72	L	F	Grace Powell	17	TRAZ	F5H 14/11/2025 NTS Level 3+ November Age Group G
60	29.77	L	P	Gemma Goncalves	17	SEAL	UMD 18/03/2026 Sa National Youth Champs 2026 NMB
61	29.89	L	P	Stephanie Jurado	17	VINE	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
62	30.00	L	F	Danielle Harbron	17	BLOT	MAN 24/10/2025 Neptunes Gala
63	30.04	L	F	Danika Van Zyl	17	FRA	KCD 21/02/2026 KZN Schools Trials 2026
64*	30.08	L	P	Danaleigh Swanepoel	17	RFA	F5H 18/03/2026 Sa National Youth Champs 2026 NMB
64*	30.08	L	F	Jaime Maritz	17	CUR	EZD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
66	30.11	L	P	Rii Spoelstra	17	TUKS	F5H 18/03/2026 Sa National Youth Champs 2026 NMB
67	30.14	L	F	Mignon Richter	17	CTA	CPT 27/06/2025 Coop Services Nattional LC Champion
68	30.16	L	F	Antonella Del Fabbro	17	TUKS	F5H 10/12/2025 NTS Championships 2025
69	30.19	L	P	Shanna-Leigh Zeelie	17	BLMA	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
70	30.26	L	F	Jana Swiegers	17	TUKS	F5H 14/11/2025 NTS Level 3+ November Age Group G
71	30.31	L	F	Kayleigh Hahn	17	WAC	EDD 09/10/2025 44th Freda Barnard Invitational Gala
72	30.33	L S	F	Emily Liebenberg	17	ESA	GED 04/12/2025 Western Cape LC-A Championship 20
73	30.34	L	P	Robyn Barbour	17	MDOL	JHB 18/03/2026 Sa National Youth Champs 2026 NMB
74*	30.35	L	P	Emma Lategan	17	CASC	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
74*	30.35	L	P	Jessica Sardinha	17	CA	EKU 18/03/2026 Sa National Youth Champs 2026 NMB
76	30.41	L S	F	Veronique Riekert	17	TUKS	F5H 09/07/2025 TYR Prestige Tournament 2025
77*	30.48	L	F	Carne Louw	17	HMER	MPD 31/01/2026 Limpopo School Champs & Limpopo A
77*	30.48	L	F	Donne Bruyns	17	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
79	30.52	L S	P	Kelly Stork	17	BAS	EKU 04/12/2025 EGA Summer Championships 2025
80	30.55	L S	P	Savannah Mostert	17	PLAY	GED 04/12/2025 Western Cape LC-A Championship 20
81*	30.62	L	P	Rebecca White	17	SSISA	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
81*	30.62	L	P	Ivana Vyncke	17	AGC	F5H 14/04/2026 BombelaSA National Aquatic SNR-Ch
83	30.69	L	P	Tayla Dowie	17	WATR	JHB 27/11/2025 CGA Championships 2025
84	30.73	L	P	Catherine O'Grady	17	UNI	EZD 05/12/2025 Mpumalanga Championships 2025
85	30.87	L	F	Anne Steyl	17	UPSK	ZMD 05/12/2025 NCASA CHAMPS 2025 - copied - copi
86	30.91	L	P	Paris Shiwundlana	17	AFIN	JHB 27/11/2025 CGA Championships 2025
87	30.97	L	F	Kaylin Bezuidenhou	17	BLOT	MAN 23/08/2025 KOVSIE GALA
88	30.98	L	F	Keera De Esclana	17	VRC	F5H 10/12/2025 NTS Championships 2025
89*	31.04	L	P	Johane Janse van Rensburg	17	TRAZ	F5H 18/03/2026 Sa National Youth Champs 2026 NMB
89*	31.04	L	F	Chrisley Barnard	17	BS	LLD 23/01/2026 Mangaung Gala
91	31.13	L	F	Gabriella Otto	17	ELEC	F5H 10/12/2025 NTS Championships 2025
92	31.18	L	F	Milan Van Heerden	17	AZON	ETH 03/10/2025 Curro AquaElite Gala
93	31.19	L	F	Yvonne Pretorius	17	TUKS	F5H 10/12/2025 NTS Championships 2025
94	31.21	L	F	Simone Cussons	17	NHS	EZD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
95	31.26	L S	P	Katia Jacob	BR	VASA	EKU 04/12/2025 EGA Summer Championships 2025
96	31.29	L	F	Elrike du Plessis	17	HSB	BP 13/02/2026 NW School Championships 2026
97	31.41	L	P	Kayla Vosloo	17	BLOT	MAN 18/03/2026 Sa National Youth Champs 2026 NMB
98*	31.56	L	P	Storme Badenhorst	17	MARL	CPT 28/06/2025 PEA Winter Gala 2025
98*	31.56	L	F	Megan Webster	17	RFA	F5H 10/12/2025 NTS Championships 2025
100	31.61	L S	P	Hannah Burke	17	SLAQ	CPT 04/12/2025 Western Cape LC-A Championship 20
101	31.73	L	F	Claire Randall	17	TUKS	F5H 05/12/2025 2025 The Tshwane Mayor's Gala
102*	31.75	L	F	Maria Steyn	17	BLSS	MAN 20/09/2025 Welkom Seals Gala
102*	31.75	L	F	Maria Tselentis	17	OHAN	ILD 06/10/2025 Seagulls Winter Championships 2025
104	31.76	L	F	Mia Wellsted	17	CRSC	JHB 06/02/2026 Crusaders & CGA Night Gala
105	31.79	L	F	Daniëlla Müller	17	TUKS	F5H 14/11/2025 NTS Level 3+ November Age Group G
106	31.82	L	P	Tarryn Barnes	17	QUES	JHB 27/11/2025 CGA Championships 2025
107	31.88	L	F	Kayla Verbaan	17	USHPM	UMD 31/01/2026 uShaka Champs 2026
108	31.96	L	F	Maya McCollum	17	ALPHA	CPT 09/10/2025 44th Freda Barnard Invitational Gala
109	31.99	L	P	Anè Kemp	17	SWAR	WCD 18/03/2026 Sa National Youth Champs 2026 NMB
110	32.03	L S	P	Hannah Schreuder	17	SAAW	CPT 04/12/2025 Western Cape LC-A Championship 20
111	32.35	L	F	Ilanthy Moolman	17	MHS	NGD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
112	32.40	L	P	Izolde Lombard	17	PSC	F5H 10/12/2025 20th Botswana Swimming Nationals 2t
113	32.43	L	F	Deoné Borstlap	17	VOLK	NMA 13/02/2026 NW School Championships 2026
114	32.44	L	F	Kayla Welgemoed	17	BLSS	MAN 26/09/2025 Pelicans Gala..
115	32.45	L	F	Jaimee Marais	17	ELRAS	WBD 28/11/2025 Limpopo Champs 2025
116	32.51	L S	P	Mariel van der Net	17	JAQ	EKU 04/12/2025 EGA Summer Championships 2025
117	32.54	L	F	Lara Wink	17	VINE	CPT 29/11/2025 CTA B CHAMPS 2025

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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	32.57	L	F	Hannah Sandilands	17	MDOL	JHB	14/02/2026 CGA Last Chance
119	32.66	L	F	Nicole Norman	17	BAS	EKU	31/01/2026 EGA Last Chance Gala 2026
120	32.70	L	F	Vera Chen	17	BLSS	MAN	20/09/2025 Welkom Seals Gala
121*	32.78	L	F	Bianke Von Schlichting	17	UNI	EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
121*	32.78	L	F	Sian Kleynhans	17	WAC	EDD	30/01/2026 Infinity Gala 2026
123	32.82	L S	P	Andria Le Roux	17	JAQ	EKU	04/12/2025 EGA Summer Championships 2025
124*	32.83	L	F	Christi Serfontein	17	QSSC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
124*	32.83	L	F	Ayanke Stander	17	ESA	GED	13/02/2026 Winelands SL Fin - February 2026 - cc
126	32.91	L	F	Shay-Leigh Pieters	17	HURAQ	CPT	09/10/2025 44th Freda Barnard Invitational Gala
127	32.93	L	F	Elizabeth Opperman	17	FAAC		05/12/2025 NCASA CHAMPS 2025 - copied - copi
128	32.94	L	P	Shyenne Laubscher	17	WSS	LLD	18/03/2026 Sa National Youth Champs 2026 NMB
129	32.95	L	F	Emma Barnard	17	EVO	CPT	03/10/2025 Curro AquaElite Gala
130	32.96	L	F	Rienke Blignaut	17	BLSS	MAN	14/11/2025 Valsrivier Gala
131	33.02	L	F	Mia De Klerk	17	NHS	EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
132	33.17	L S	P	Sandri Visser	17	PLAY	GED	04/12/2025 Western Cape LC-A Championship 20
133	33.21	L	F	Anmi Slabbert	17	PAQU	GED	06/03/2026 SA Level 2 Regional Age Group Cham
134	33.25	L	F	Natalie Robinson	17	STAR	BPD	28/02/2026 NWS Last Chance 2026
135	33.34	L	P	Ashley Seymour	17	WELA	LLD	18/03/2026 Sa National Youth Champs 2026 NMB
136*	33.35	L	F	Kuzingca Siramza	17	SHS	KK	14/02/2026 BCSA School Trials 2026
136*	33.35	L S	P	Katey Nel	17	SOUL	EKU	04/12/2025 EGA Summer Championships 2025
138	33.54	L S	P	Esther Sauls	17	PGAC	EKU	04/12/2025 EGA Summer Championships 2025
139	33.64	L	F	Mia Botha	17	FISH	EDD	22/11/2025 Eden LC Champs 2025
140	33.69	L S	P	Kholofelo Seabi	17	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
141	33.80	L	P	Imaan Velloo	17	MANT	CPT	28/06/2025 PEA Winter Gala 2025
142	33.88	L	F	Megan Van den Heever	17	ROB	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
143	33.91	L	F	Chrystil Raymond	17	CUR	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
144	34.08	L	F	Jessica Carver	17	ELEC	TSH	17/10/2025 NTS Level 3+ October Age Group Gal
145	34.19	L	F	Madison du Plessis	17	BLOT	MAN	05/09/2025 Bullsharks Gala
146	34.46	L	F	Gabriella Oaten	17	CASC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
147	34.71	L S	F	Kate Allwood	17	ASAC	CPT	01/11/2025 CTA District A CHAMPS 2025
148	34.72	L	F	Minette Els	17	BETH	FDD	03/12/2025 Free State Champs 2025
149	34.94	L	F	Miela Smit	17	HARL	BUF	28/11/2025 BCA Long Course Championships 202
150	35.14	L	F	Chelsea Snyman	17	HBV	MP	31/01/2026 Limpopo School Champs & Limpopo A
151	35.42	L	P	Tatiana Ioannides	17	BLSS	MAN	18/03/2026 Sa National Youth Champs 2026 NMB
152	35.81	L	F	Hannah van der Veen	17	AQUA	BUF	24/01/2026 BCA January Age Group Gala 2026
153	36.26	L	F	Mia Lea Osbourne	17	UPC	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
154	36.52	L	F	Thandolwenkosi Mabaso	17	FRA	KCD	22/11/2025 KCDA Age Group 3 2025
155	36.74	L	F	Kaycee Fincham	17	NHS	EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
156	36.89	L	F	Sharvani Govender	17	ELEC	TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
157	37.38	L	F	Helena Van Vuuren	17	KALA		07/02/2026 NC SPRINTS 2026
158	37.46	L	F	Lucy James	17	UPC	EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
159	37.68	L	F	Izelle du Toit	17	OGIM	BUF	14/02/2026 BCSA School Trials 2026
160	38.24	L	F	Veera Khusal	17	MAKO	EKU	22/11/2025 EGA Summer 3 & 4
161	38.76	L	F	Olivia Van der Nest	17	UPC	EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
162	39.14	L	F	Tehobo Mokoena	17	FAC	EKU	31/01/2026 EGA Last Chance Gala 2026
163	39.45	L	F	Karabo Malinga	17	USHAK	EKU	11/10/2025 EGA Summer 2
164	39.97	L	F	Nazley Jacobs	17	TRAZ	TSH	31/10/2025 NTS Level 1+2 November Age Group :
165	40.62	L	F	Gabrielle Kramer	17	VPHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
166	40.95	L	F	Naseerah Du Toit	17	WCS		24/04/2026 SA Schools Swimming Championship
167	41.60	L	F	Mia Coertzen	17	PGH	KKD	13/02/2026 NW School Championships 2026
168	41.83	L	F	Melandie van Staden	17	QGH	CHD	14/02/2026 BCSA School Trials 2026
169	41.90	L	F	Taslin Davids	17	CAMBH	BUF	14/02/2026 BCSA School Trials 2026
170	43.69	L S	P	Zoë Pierce	17	ESTR	EKU	04/12/2025 EGA Summer Championships 2025
171	46.16	L	F	Esethu Mabula	17	UHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
172	47.84	L	F	Amelie du Plessis	17	RFA	TSH	28/02/2026 AG Level 1 Regional Competition 202
173	1:31.56	L	F	Asemahle Mayekiso	17	TSS	EZD	30/01/2026 ORTA SCHOOL TRIALS 2026
Women 100 Free								
1	57.78	L	F	Jaime Mote	17	INFA	NMA	28/06/2025 PEA Winter Gala 2025
2	57.97	L	F	Scarlett Le Roux	17	TUKS	TSH	18/03/2026 Sa National Youth Champs 2026 NMB

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3	58.03	L	P	Ashley Scholtz	17	AGA EKU	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	58.48	L	F	Jesse-Leah Laderach	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
5	58.59	L	F	Emily Palmer	17	USC BUF	21/03/2026 Sa National JNR Age Group Champs-
6	59.03	L	P	Leila Yazbek	17	EGA MAN	03/12/2025 Free State Champs 2025
7	59.52	L	F	Gizelle Maritz	17	TUKS FSH	12/12/2025 4th Africa Youth Games - Angol
8	59.56	L	F	Lara Gouws	17	TUKS FSH	10/12/2025 NTS Championships 2025
9	1:00.00	L	F	Karla Myburgh	17	TUKS FSH	10/12/2025 NTS Championships 2025
10	1:00.23	L	P	Mila Vd Linde	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	1:00.61	L	P	Ruth Dredge	17	PAC FSH	28/06/2025 PEA Winter Gala 2025
12	1:00.64	L	F	Annebel Stewart	17	AZON ETH	12/12/2025 NMBA Championships 2025
13	1:00.68	L	P	Mikayla Lombard	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
14	1:01.15	L	P	Leah Markgraaff	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
15	1:01.33	L	F	Jemma Pearse	17	VINE CPT	28/06/2025 PEA Winter Gala 2025
16	1:01.34	L	P	Kailey Joubert	17	AZON ETH	18/12/2025 KZN Premier Provincial Championship
17	1:01.47	L	F	Tanatswa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
18	1:01.61	L	F	Leah Scott	17	BLUO UGD	21/02/2026 KZN Schools Trials 2026
19	1:01.97	L	F	Corli Liversage	17	BLSS MAN	03/12/2025 Free State Champs 2025
20	1:02.08	L	F	Zandri Knoetze	17	INFA NMA	12/12/2025 NMBA Championships 2025
21	1:02.21	L	F	Amy Combrink	17	WCS	24/04/2026 SA Schools Swimming Championship
22	1:02.25	L	P	Grace Powell	17	TRAZ FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
23	1:02.27	L	F	Rouxne Du Plessis	17	TUKS FSH	10/12/2025 NTS Championships 2025
24	1:02.38	L	P	Danielle Cronjè	17	LALE CED	18/03/2026 Sa National Youth Champs 2026 NMB
25	1:02.41	L	P	Tafadzwa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
26	1:02.48	L	F	Chloe Olivier	17	CA EKU	04/12/2025 EGA Summer Championships 2025
27	1:02.51	L	F	Anri van der Westhuizen	17	BLOT MAN	03/12/2025 Free State Champs 2025
28	1:02.54	L	F	Kendra Begley	17	INFA NMA	12/12/2025 NMBA Championships 2025
29	1:02.77	L	P	Jana Vorster	17	TRAZ FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
30	1:03.06	L	F	Lily van Aswegen	17	TRAZ FSH	17/10/2025 NTS Level 3+ October Age Group Gal
31	1:03.47	L	P	Amy-Lee Jones	17	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
32	1:03.57	L	P	Lily Durant	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
33	1:03.81	L	F	Danika Van Zyl	17	FRA KCD	18/12/2025 KZN Premier Provincial Championship
34	1:03.89	L	F	Araya de Waal	17	CA EKU	04/12/2025 EGA Summer Championships 2025
35	1:03.99	L	P	Mari Wium	17	BRAVE CED	18/03/2026 Sa National Youth Champs 2026 NMB
36	1:04.02	L	P	Gianna Collard	17	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-
37	1:04.05	L	P	Marlene Ward	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
38	1:04.12	L	F	Abigail Pieterse	17	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
39	1:04.14	L	F	Katelyn Fourie	17	TUKS FSH	10/12/2025 NTS Championships 2025
40	1:04.27	L	F	Caitylyn Dube	17	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
41	1:04.55	L	P	Kelci Leech	17	BLSS MAN	18/03/2026 Sa National Youth Champs 2026 NMB
42	1:04.66	L	F	Madsynn Elliott	17	GAU JHB	30/01/2026 Gauteng Schools Championships 202
43	1:04.68	L	F	Nyriam Morais	17	UWCA CPT	01/11/2025 CTA District A CHAMPS 2025
44	1:04.78	L	F	Elizabet Victor	17	UNI EZZ	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
45	1:04.79	L	P	Emily Liebenberg	17	ESA CED	18/03/2026 Sa National Youth Champs 2026 NMB
46	1:04.95	L	F	Jaime Roome	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
47	1:04.99	L	P	Robyn Barbour	17	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
48	1:05.00	L	P	Mea Harding	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
49	1:05.31	L	P	Jaime Maritz	17	CSA EZZ	18/03/2026 Sa National Youth Champs 2026 NMB
50*	1:05.32	L	F	Amy O'Connor	17	CRSC JHB	28/02/2026 CGA Challenge
50*	1:05.32	L	F	Gemma Goncalves	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
52	1:05.45	L	P	Shanna-Leigh Zeelie	17	BLMA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
53	1:05.47	L	P	Jessica Sardinha	17	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
54	1:05.62	L	P	Danaleigh Swanepoel	17	RFA FSH	18/03/2026 Sa National Youth Champs 2026 NMB
55	1:05.94	L	F	Donne Bruyns	17	UNI EZZ	05/12/2025 Mpumalanga Championships 2025
56	1:05.97	L	P	Kaylie Groenewald	17	ACAQ CCD	18/03/2026 Sa National Youth Champs 2026 NMB
57	1:05.98	L	F	Kiara Banks	17	TUKS FSH	12/12/2025 NMBA Championships 2025
58	1:06.10	L	F	Rebecca White	17	SSISA CPT	01/11/2025 CTA District A CHAMPS 2025
59	1:06.17	L	P	Abigail Roberts	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
60	1:06.28	L	F	Veronique Riekert	17	TUKS FSH	09/07/2025 TYR Prestige Tournament 2025
61	1:06.30	L	F	Danielle Harbron	17	BLOT MAN	05/09/2025 Bullsharks 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			
62	1:06.43	L	P	Antonella Del Fabbro	17	TUKS FSH	10/12/2025 NTS Championships 2025
63	1:06.62	L	F	Kayleigh Hahn	17	WAC EDD	25/10/2025 Zasu 1st League OYDC 2025-26
64	1:06.72	L	P	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
65	1:06.73	L	P	Yvonne Pretorius	17	TUKS FSH	26/03/2026 SA Level 3 Regional Age Group Chan
66	1:06.82	L	P	Tayla Dowie	17	WATR JHB	27/11/2025 CGA Championships 2025
67	1:06.86	L	P	Rii Spoelstra	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
68*	1:06.87	L	P	Carme Louw	17	LP CCD	24/04/2026 SA Schools Swimming Championship
68*	1:06.87	L	P	Catherine Desilla	17	SASE JHB	18/03/2026 Sa National Youth Champs 2026 NMB
68*	1:06.87	L	F	Ivana Vyncke	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
71	1:06.90	L	P	Kate-Lynn de Jager	17	BLOT MAN	21/03/2026 Sa National JNR Age Group Champs-
72	1:06.96	L	F	Mignon Richter	17	CTA CPT	27/06/2025 Coop Services National LC Champion
73	1:06.97	L	F	Madison du Plessis	17	BLOT MAN	23/08/2025 KOVSIE GALA
74	1:07.26	L	P	Keera De Esclana	17	VRC FSH	18/03/2026 Sa National Youth Champs 2026 NMB
75	1:07.30	L	F	Kelly Stork	17	BAS EKU	27/06/2025 Treviso Cup
76	1:07.65	L	P	René Kotzé	17	POTC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
77	1:07.67	L	P	Johane Janse van Rensburg	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
78*	1:07.75	L	F	Jaimee Marais	17	ELRAS WBD	25/10/2025 Limpopo Age Group 5 of 2025/26
78*	1:07.75	L	F	Jade O'Connor	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
80	1:07.76	L	P	Daniëlla Müller	17	TUKS FSH	10/12/2025 NTS Championships 2025
81	1:07.90	L	F	Emma Rossouw	17	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
82	1:07.93	L	P	Skyla Perumal	17	TRAZ FSH	10/12/2025 NTS Championships 2025
83	1:08.16	L	F	Anne Steyl	17	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
84	1:08.50	L	F	Chrisley Barnard	17	BS LLD	23/01/2026 Mangaung Gala
85	1:08.65	L	F	Kayla Verbaan	17	USHPM UMD	31/01/2026 uShaka Champs 2026
86	1:08.77	L	F	Ayanke Stander	17	ESA CED	06/02/2026 WCA-B Champs - 2026
87	1:09.06	L	P	Hannah Burke	17	SLAQ CPT	04/12/2025 Western Cape LC-A Championship 20
88	1:09.23	L	F	Catherine O'Grady	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
89	1:09.39	L	P	Zianè Jantzen	17	QSSC CPT	04/12/2025 Western Cape LC-A Championship 20
90	1:09.45	L	F	Emma Barnard	17	EVO CPT	03/10/2025 Curro AquaElite Gala
91	1:09.53	L	P	Gabriella Otto	17	ELEC FSH	10/12/2025 NTS Championships 2025
92	1:09.59	L	P	Emma Lategan	17	CASC CPT	28/06/2025 PEA Winter Gala 2025
93	1:09.64	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
94	1:09.89	L	F	Maria Tselentis	17	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
95	1:10.01	L	P	Katia Jacob	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
96	1:10.15	L	F	Sienna Lombard	17	TRAZ FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
97	1:10.57	L	P	Kuzingca Siramza	17	ECSA BUF	24/04/2026 SA Schools Swimming Championship
98	1:10.66	L	F	Zoe Kruger	17	AQUA UTD	06/12/2025 UThukela District Age Group 3
99	1:10.70	L	F	Hannah Naidoo	17	BEAV ETH	18/12/2025 KZN Premier Provincial Championship
100	1:10.71	L	P	Anè Kemp	17	SWAR WCD	18/03/2026 Sa National Youth Champs 2026 NMB
101	1:10.75	L	F	Hannah Schreuder	17	SAAW CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
102	1:10.78	L	F	Storme Badenhorst	17	MARL CPT	14/02/2026 CTA Elite Gala (L3+)
103	1:10.79	L	P	Vera Chen	17	FSS	24/04/2026 SA Schools Swimming Championship
104	1:10.85	L	F	Kaylin Bezuidenhout	17	BLOT MAN	03/12/2025 Free State Champs 2025
105	1:10.95	L	F	Christi Serfontein	17	QSSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
106	1:11.05	L	F	Maya McCollum	17	ALPHA CPT	01/11/2025 CTA District A CHAMPS 2025
107*	1:11.09	L	F	Chrystil Raymond	17	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
107*	1:11.09	L	F	Claire Randall	17	TUKS FSH	29/03/2026 SA Level 2 Regional Age Group Cham
109	1:11.33	L	P	Lumka Ntaka	17	UMSH ETH	18/12/2025 KZN Premier Provincial Championship
110	1:11.48	L	F	Hannah Sandilands	17	MDOL JHB	09/01/2026 2026 Grand Prix Invitation Swimming f
111	1:11.51	L	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
112	1:11.93	L	F	Amylee Holtzhausen	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
113	1:12.04	L	F	Elrike du Plessis	17	RBOT BPD	06/12/2025 NWS Championships 2025
114	1:12.11	L	F	Lara Wink	17	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
115	1:12.15	L	F	Leah Crozier	17	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 202
116	1:12.45	L	F	Kganya Mashigo	17	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
117	1:12.70	L	F	Imaan Velloo	17	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
118	1:12.71	L	F	Shyenne Laubscher	17	WSS LLD	23/01/2026 Mangaung Gala
119	1:12.81	L	F	Gaby Bishop	17	BETH FDD	05/09/2025 Bullsharks Gala
120	1:12.83	L S	F	Izolde Lombard	17	PSC FSH	10/12/2025 20th Botswana Swimming Nationals 2f

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			
121	1:13.54	L	P	Paris Shiwundlana	17	AFIN JHB	27/11/2025 CGA Championships 2025
122	1:13.76	L	F	Sian Kleynhans	17	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
123	1:13.93	L	P	Ashley Seymour	17	WELA LLD	03/12/2025 Free State Champs 2025
124	1:14.17	L	F	Gabriella Oaten	17	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
125	1:14.23	L	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
126	1:14.24	L	F	Caitlin Scheepers	17	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
127	1:14.26	L	P	Tarryn Barnes	17	QUES JHB	27/11/2025 CGA Championships 2025
128	1:14.40	L	F	Rienke Blignaut	17	BLSS MAN	14/11/2025 Valsrivier Gala
129	1:14.66	L	P	Katey Nel	17	SOUL EKU	04/12/2025 EGA Summer Championships 2025
130*	1:14.69	L	F	Sinoah Pretorius	17	HPS TSH	14/11/2025 NTS Level 3+ November Age Group G
130*	1:14.69	L	P	Jessica Carver	17	ELEC TSH	10/12/2025 NTS Championships 2025
132	1:14.72	L	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
133	1:14.98	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
134	1:15.18	L	F	Kholofelo Seabi	17	SWIFT EKU	11/10/2025 EGA Summer 2
135	1:15.20	L	F	Nicole Norman	17	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
136	1:15.51	L	F	Kate Allwood	17	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
137	1:15.96	L	F	Emily Tsai	17	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
138	1:16.10	L	F	Bianke Von Schlichting	17	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
139	1:16.15	L	F	Sandri Visser	17	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
140	1:16.67	L	F	Elizabeth Opperman	17	FAAC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
141	1:16.98	L	F	Anmi Slabbert	17	PAQU CED	09/10/2025 44th Freda Barnard Invitational Gala
142*	1:17.38	L	P	Minette Els	17	BETH FDD	03/12/2025 Free State Champs 2025
142*	1:17.38	L	F	Thandolwenkosi Mabaso	17	FRA KCD	06/12/2025 Stingrays Champs 2025
144*	1:17.62	L	F	Miela Smit	17	HARL BUF	28/11/2025 BCA Long Course Championships 202
144*	1:17.62	L	F	Mia Botha	17	FISH EDD	08/11/2025 EDEN 3rd A-League Gala 2025
146	1:17.74	L	F	Hannah van der Veen	17	AQUA BUF	28/11/2025 BCA Long Course Championships 202
147	1:17.95	L	F	Emma Davies	17	BAS EKU	20/09/2025 EGA Summer 1 2025
148	1:20.81	L	F	Helena Van Vuuren	17	KALA	07/02/2026 NC SPRINTS 2026
149	1:22.13	L	F	Sharvani Govender	17	ELEC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
150	1:25.19	L	F	Chelsea Snyman	17	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
151	1:28.38	L	F	Tehobo Mokoena	17	FAC EKU	31/01/2026 EGA Last Chance Gala 2026
152	1:29.57	L	F	Nazley Jacobs	17	TRAZ TSH	31/10/2025 NTS Level 1+2 November Age Group :
153	1:29.90	L	F	Izelle du Toit	17	OGIM BUF	14/02/2026 BCSA School Trials 2026
154	1:30.04	L	F	Simoné Bronkhorst	17	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
155	1:30.82	L	F	Gabrielle Kramer	17	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
156	1:32.75	L	F	Karabo Malinga	17	USHAK EKU	20/09/2025 EGA Summer 1 2025
157	1:36.09	L	F	Naseerah Du Toit	17	WCS	24/04/2026 SA Schools Swimming Championship
158	1:39.00	L	F	Mia Coertzen	17	PGH KKD	13/02/2026 NW School Championships 2026
159	1:39.40	L	F	Melandie van Staden	17	QGH CHD	14/02/2026 BCSA School Trials 2026
160	1:40.19	L	F	Zoë Pierce	17	ESTR EKU	20/09/2025 EGA Summer 1 2025
161	1:48.02	L	F	Esethu Mabula	17	UHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
162	1:57.16	L	F	Amelie du Plessis	17	RFA TSH	28/02/2026 AG Level 1 Regional Competition 2026
163	3:26.12	L	F	Nasiphi Khanyile	17	MPAR JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
Women 200 Free							
1	2:04.18	L	F	Scarlett Le Roux	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	2:06.38	L	F	Jaime Mote	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:08.35	L	F	Leila Yazbek	17	EGA MAN	21/03/2026 Sa National JNR Age Group Champs-;
4	2:08.62	L	F	Emily Palmer	17	USC BUF	21/03/2026 Sa National JNR Age Group Champs-;
5	2:09.15	L	P	Karla Myburgh	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	2:11.21	L	P	Annebel Stewart	17	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
7	2:11.34	L	P	Leah Markgraaff	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
8	2:11.47	L	F	Kailey Joubert	17	AZON ETH	18/12/2025 KZN Premier Provincial Championship
9	2:11.76	L	F	Kendra Begley	17	INFA NMA	18/03/2026 Sa National Youth Champs 2026 NMB
10	2:12.07	L	F	Ashley Scholtz	17	CA EKU	22/11/2025 EGA Summer 3 & 4
11	2:13.07	L	F	Mila Vd Linde	17	TUKS TSH	28/06/2025 PEA Winter Gala 2025
12	2:13.41	L	P	Lara Gouws	17	TUKS TSH	10/12/2025 NTS Championships 2025
13	2:14.31	L	F	Grace Powell	17	TRAZ TSH	18/03/2026 Sa National Youth Champs 2026 NMB
14	2:14.52	L	F	Corli Liversage	17	BLSS MAN	18/03/2026 Sa National Youth Champs 2026 NMB
15	2:15.14	L	F	Kayla Gous	17	USC BUF	28/11/2025 BCA Long Course Championships 202

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	2:15.34	L	F	Ella Eldar	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
17	2:15.36	L	F	Zandri Knoetze	17	INFA NMA	12/12/2025 NMBA Championships 2025
18	2:15.91	L	F	Jemma Pearse	17	VINE CPT	28/06/2025 PEA Winter Gala 2025
19	2:17.40	L	F	Leah Scott	17	BLUO UGD	21/02/2026 KZN Schools Trials 2026
20	2:17.47	L	F	Chloe Olivier	17	CA EKU	22/11/2025 EGA Summer 3 & 4
21	2:17.52	L	P	Rouxne Du Plessis	17	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-
22	2:17.96	L	P	Amy-Lee Jones	17	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
23	2:18.36	L	P	Kiara Banks	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
24	2:18.51	L	P	Lily Durant	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
25	2:18.90	L	P	Kate-Lynn de Jager	17	BLOT MAN	21/03/2026 Sa National JNR Age Group Champs-
26	2:19.77	L	P	Gianna Collard	17	TUKS FSH	10/12/2025 NTS Championships 2025
27	2:19.90	L	F	Stacey Smith	17	PAC FSH	10/12/2025 NTS Championships 2025
28	2:19.97	L	F	Gemma Goncalves	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
29	2:20.73	L	F	Danielle Cronjè	17	LALE CED	04/12/2025 Western Cape LC-A Championship 20
30	2:20.87	L	P	Emily Liebenberg	17	ESA CED	18/03/2026 Sa National Youth Champs 2026 NMB
31	2:20.97	L	P	Tanatswa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
32	2:21.00	L	P	Ruth Dredge	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
33	2:21.11	L	F	Mikayla Lombard	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
34	2:21.13	L	P	Marlene Ward	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
35	2:21.61	L	F	Madisynn Elliott	17	GAU JHB	30/01/2026 Gauteng Schools Championships 202
36	2:21.84	L S	P	Araya de Waal	17	CA EKU	04/12/2025 EGA Summer Championships 2025
37	2:22.04	L	F	Robyn Barbour	17	GAU JHB	30/01/2026 Gauteng Schools Championships 202
38	2:22.34	L	P	Jana Vorster	17	TRAZ FSH	10/12/2025 NTS Championships 2025
39	2:22.80	L	F	Danielle Harbron	17	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
40	2:22.85	L	P	Veronique Riekert	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
41	2:22.86	L	F	Shanna-Leigh Zeelie	17	BLMA CPT	04/12/2025 Western Cape LC-A Championship 20
42	2:23.02	L	P	Nyriam Morais	17	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
43*	2:23.36	L	F	Abigail Pieterse	17	INFA NMA	15/11/2025 5th A League Gala 2025
43*	2:23.36	L	P	Jana Swiegers	17	TUKS FSH	10/12/2025 NTS Championships 2025
45	2:23.51	L	F	Rebecca White	17	SSISA CPT	03/10/2025 Curro AquaElite Gala
46	2:24.17	L	P	Tayla Dowie	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
47	2:24.39	L	P	Jessica Sardinha	17	CA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
48	2:24.72	L	P	Daniëlla Müller	17	TUKS FSH	10/12/2025 NTS Championships 2025
49	2:24.88	L	P	Katia Jacob	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
50	2:25.02	L S	P	Rachel Hinckley	17	CA EKU	04/12/2025 EGA Summer Championships 2025
51	2:25.23	L	P	Mea Harding	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
52	2:25.33	L	F	Elizabeth Victor	17	UNI EKD	05/12/2025 Mpumalanga Championships 2025
53	2:25.36	L	F	Donne Bruyns	17	UNI EKD	05/12/2025 Mpumalanga Championships 2025
54	2:25.48	L	F	Amy O'Connor	17	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
55	2:25.64	L	P	René Kotzé	17	POTC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
56	2:26.11	L	F	Ayanke Stander	17	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
57	2:26.20	L	P	Tafadzwa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
58	2:26.31	L	P	Rii Spoelstra	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
59	2:26.52	L	P	Antonella Del Fabbro	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
60	2:26.54	L	F	Caitlyn Dube	17	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
61	2:27.25	L	F	Yvonne Pretorius	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
62	2:27.55	L	F	Hannah Sandilands	17	MDOL JHB	27/11/2025 CGA Championships 2025
63	2:27.77	L	P	Ivana Vyncke	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
64	2:27.94	L	F	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
65	2:28.00	L	P	Stephanie Jurado	17	VINE CPT	18/03/2026 Sa National Youth Champs 2026 NMB
66	2:28.08	L	F	Chanel Veldsman	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
67	2:28.24	L	F	Kaylie Groenewald	17	ACAQ CCD	28/11/2025 Limpopo Champs 2025
68	2:28.26	L	P	Catherine Desilla	17	SASE JHB	18/03/2026 Sa National Youth Champs 2026 NMB
69	2:28.43	L	F	Kelly Stork	17	BAS EKU	22/11/2025 EGA Summer 3 & 4
70*	2:28.48	L	F	Anri van der Westhuizen	17	BLOT MAN	23/08/2025 KOVSIE GALA
70*	2:28.48	L	F	Hannah Schreuder	17	SAAW CPT	20/09/2025 CTA INVITATIONAL LC MEET
72	2:28.84	L	P	Kelci Leech	17	BLSS MAN	18/03/2026 Sa National Youth Champs 2026 NMB
73	2:28.88	L	F	Madison du Plessis	17	BLOT MAN	23/08/2025 KOVSIE GALA
74	2:28.92	L	F	Jaimee Marais	17	ELRAS WBD	25/10/2025 Limpopo Age Group 5 of 2025/26

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	2:28.95	L	F	Danika Van Zyl	17	FRA KCD	21/02/2026 KZN Schools Trials 2026
76	2:29.47	L	F	Amylee Holtzhausen	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
77	2:30.65	L	F	Carne Louw	17	TASC MPD	28/11/2025 Limpopo Champs 2025
78	2:31.09	L	P	Johane Janse van Rensburg	17	TRAZ TSH	18/03/2026 Sa National Youth Champs 2026 NMB
79	2:31.14	L	F	Kayla Verbaan	17	USHPM UMD	31/01/2026 uShaka Champs 2026
80	2:31.20	L	F	Jaime Roome	17	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
81	2:31.70	L	F	Jaime Maritz	17	CSA EZD	16/01/2026 MP AGE GROUP 4 - 16-17 JANUARY
82	2:32.65	L	F	Jade O'Connor	17	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
83	2:32.73	L	F	Jesse-Leah Laderach	17	PEAS NMA	30/01/2026 Infinity Gala 2026
84	2:33.44	L	P	Deoné Borstlap	17	POTC KKD	06/12/2025 NWS Championships 2025
85	2:33.60	L	F	Kuzingca Siramza	17	SHS KK	14/02/2026 BCSA School Trials 2026
86	2:34.02	L	F	Chrystil Raymond	17	CSA EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
87	2:34.15	L	F	Maria Tselentis	17	OHAN ILD	31/01/2026 uShaka Champs 2026
88	2:34.47	L	P	Chrisley Barnard	17	BS ILLD	03/12/2025 Free State Champs 2025
89	2:34.58	L	P	Zianè Jantzen	17	QSSC CPT	04/12/2025 Western Cape LC-A Championship 20
90	2:34.62	L	F	Catherine O'Grady	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
91	2:34.79	L	F	Storme Badenhorst	17	MARL CPT	28/06/2025 PEA Winter Gala 2025
92	2:35.16	L	F	Maria Steyn	17	BLSS MAN	26/09/2025 Pelicans Gala..
93	2:35.44	L	P	Hannah Naidoo	17	BEAV ETH	18/12/2025 KZN Premier Provincial Championship
94	2:35.84	L	F	Lerize Du Toit	17	ACAQ CCD	28/11/2025 Limpopo Champs 2025
95	2:35.92	L	P	Sian Kleynhans	17	WAC EDD	04/12/2025 Western Cape LC-A Championship 20
96	2:36.09	L	F	Gaby Bishop	17	BETH FDD	26/09/2025 Pelicans Gala..
97	2:36.42	L S	F	Maya McCollum	17	ALPHA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
98	2:36.43	L	F	Vera Chen	17	BLSS MAN	26/09/2025 Pelicans Gala..
99	2:37.14	L	P	Anè Kemp	17	SWAR WCD	18/03/2026 Sa National Youth Champs 2026 NMB
100	2:37.45	L	P	Ashley Seymour	17	WELA ILLD	18/03/2026 Sa National Youth Champs 2026 NMB
101	2:37.64	L	F	Emma Barnard	17	EVO CPT	03/10/2025 Curro AquaElite Gala
102	2:37.67	L	F	Anne Steyl	17	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
103	2:38.16	L S	F	Kate Allwood	17	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
104	2:38.46	L	P	Shyenne Laubscher	17	WSS ILLD	18/03/2026 Sa National Youth Champs 2026 NMB
105	2:38.66	L	F	Imaan Velloo	17	MANT CPT	06/02/2026 WCA-B Champs - 2026
106	x2:39.43	L	F	Kemantha Ayair	17	BEAV ETH	30/03/2026 KZNA Level 1 Championships
107	2:39.79	L	F	Jessica Bosman	17	QSSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
108	2:40.75	L	F	Christi Serfontein	17	QSSC CPT	14/02/2026 CTA Elite Gala (L3+)
109	2:40.77	L S	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
110	2:41.12	L	F	Alexandra Santos	17	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
111	2:41.22	L	F	Claire Randall	17	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
112	2:41.30	L	F	Miela Smit	17	HARL BUF	28/11/2025 BCA Long Course Championships 202
113	2:41.57	L	F	Leah Crozier	17	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 202
114	2:42.93	L	F	Kayla Vosloo	17	BLOT MAN	23/08/2025 KOVSIE GALA
115	2:43.78	L	F	Gabriella Oaten	17	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
116	2:48.37	L S	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
117	2:48.94	L S	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
118	2:49.14	L	P	Kayla Welgemoed	17	BLSS MAN	03/12/2025 Free State Champs 2025
119	2:49.16	L	F	Thandolwenkosi Mabaso	17	FRA KCD	22/11/2025 KCDA Age Group 3 2025
120	2:49.21	L	F	Bianke Von Schlichting	17	UNI EZD	13/02/2026 MP AGE GROUP 6 GALA 13-14 FEBF
121	2:51.97	L S	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
122	2:52.00	L	F	Hannah van der Veen	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
123	2:53.14	L	F	Anmi Slabbert	17	PAQU CED	06/02/2026 WCA-B Champs - 2026
124	2:53.73	L S	P	Nicole Norman	17	BAS EKU	04/12/2025 EGA Summer Championships 2025
125	2:54.44	L	F	Minette Els	17	BETH FDD	03/12/2025 Free State Champs 2025
126	2:55.89	L	F	Mia Botha	17	FISH EDD	22/11/2025 Eden LC Champs 2025
127	2:56.15	L	F	Maria Dos Santos	17	MCSH BPD	13/02/2026 NW School Championships 2026
128	3:02.06	L	F	Helena Van Vuuren	17	KALA	17/01/2026 AGE GROUP 5 KATHU 2026
129	3:03.22	L	F	Richelle Rothmann	17	VHD ZLD	08/11/2025 UThukela Age Group Gala 2
130	3:10.16	L	F	Tatiana Ioannides	17	BLSS MAN	07/11/2025 Otters Prestige Gala 2025
131	3:23.67	L	F	Simoné Bronkhorst	17	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
132	3:24.84	L	F	Tehobo Mokoena	17	FAC EKU	31/01/2026 EGA Last Chance Gala 2026
133	3:25.37	L	F	Veera Khusal	17	MAKO EKU	22/11/2025 EGA Summer 3 & 4

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	3:30.76 L	F	Andrea Stevenson	17	TYGE CPT	20/09/2025	CTA INVITATIONAL LC MEET	
135	3:35.69 L S	P	Zoë Pierce	17	ESTR EKU	04/12/2025	EGA Summer Championships 2025	
Women 400 Free								
1	4:24.32 L S	F	Scarlett Le Roux	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	4:27.26 L S	F	Leah Markgraaff	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
3	4:29.15 L	F	Karla Myburgh	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
4	4:41.96 L S	F	Kailey Joubert	17	AZON ETH	18/12/2025	KZN Premier Provincial Championship	
5	4:42.55 L	P	Kiara Banks	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
6	4:49.87 L	F	Annebel Stewart	17	AZON ETH	06/10/2025	Seagulls Winter Championships 2025	
7	4:50.49 L	F	Marlene Ward	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
8	4:51.56 L	F	Corli Liversage	17	FSS	24/04/2026	SA Schools Swimming Championship	
9	4:53.42 L	F	Gemma Goncalves	17	SEAL UMD	18/03/2026	Sa National Youth Champs 2026 NMB	
10	4:55.05 L	F	Amy O'Connor	17	CRSC JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
11	4:55.32 L	F	Daniëlla Müller	17	TUKS FSH	10/12/2025	NTS Championships 2025	
12	4:56.29 L	F	Kate-Lynn de Jager	17	BLOT MAN	03/12/2025	Free State Champs 2025	
13	4:56.36 L	F	Robyn Barbour	17	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
14	4:56.57 L	P	Amy-Lee Jones	17	CA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
15	4:56.65 L	F	Veronique Riekert	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
16	4:57.65 L	F	Danielle Harbron	17	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan	
17	5:00.18 L	F	Jana Swiegers	17	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
18	5:00.59 L	F	Mieke Vd Wal	17	CASC CPT	04/12/2025	Western Cape LC-A Championship 20	
19	5:01.54 L	P	Rii Spoelstra	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
20	5:02.52 L	F	Shanna-Leigh Zeelie	17	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20	
21	5:03.37 L	F	Mikayla Lombard	17	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
22	5:03.54 L	P	Mea Harding	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
23	5:06.91 L	F	Donne Bruyns	17	UNI EZD	05/12/2025	Mpumalanga Championships 2025	
24	5:07.89 L	F	Madisynn Elliott	17	AA JHB	27/11/2025	CGA Championships 2025	
25	5:07.95 L	F	Rachel Hinckley	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
26	5:08.02 L	P	Tayla Dowie	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
27	5:08.23 L	F	Nyriam Morais	17	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20	
28	5:10.75 L	P	Ayanke Stander	17	ESA CED	18/03/2026	Sa National Youth Champs 2026 NMB	
29	5:12.71 L	F	Yvonne Pretorius	17	TUKS FSH	26/03/2026	SA Level 3 Regional Age Group Chan	
30	5:14.36 L S	F	Lumka Ntaka	17	UMSH ETH	18/12/2025	KZN Premier Provincial Championship	
31	5:15.24 L	F	Danaleigh Swanepoel	17	RFA FSH	27/02/2026	NTS Level 3+ February Age Group Ga	
32	5:16.25 L	F	Elizabet Victor	17	UNIU EZD	30/01/2026	AG 5 MP SA SCHOOLS TRIALS 30 J/	
33	5:17.21 L	P	Katia Jacob	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
34	5:17.38 L	F	Sian Kleynhans	17	WAC EDD	09/04/2026	SA Level 3 Regional Age Group Chan	
35	5:17.95 L	P	Catherine Desilla	17	SASE JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
36	5:18.58 L	F	Kayla Verbaan	17	USHPM UMD	21/02/2026	KZN Schools Trials 2026	
37	5:18.65 L	F	Jaimee Marais	17	ELRAS WBD	25/10/2025	Limpopo Age Group 5 of 2025/26	
38	5:19.31 L S	F	Maria Tselentis	17	OHAN ILD	18/12/2025	KZN Premier Provincial Championship	
39	5:20.85 L	F	Chloe Jewell	17	PEAS NMA	28/06/2025	PEA Winter Gala 2025	
40	5:21.96 L	F	Kaylie Groenewald	17	ACAQ CCD	28/11/2025	Limpopo Champs 2025	
41	5:26.36 L	F	Kuzingca Siramza	17	SHS KK	14/02/2026	BCSA School Trials 2026	
42	5:26.69 L	F	Jade O'Connor	17	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
43	5:29.65 L	F	Lerize Du Toit	17	ACAQ CCD	28/11/2025	Limpopo Champs 2025	
44	5:31.17 L	F	Chrystil Raymond	17	CSA EZD	26/09/2025	MP AGE GROUP 1 26-27 SEPT'25	
45	5:32.14 L	F	Chrisley Barnard	17	BS LLD	03/12/2025	Free State Champs 2025	
46	5:32.36 L S	F	Maya McCollum	17	ALPHA CPT	01/11/2025	CTA District A CHAMPS 2025	
47	5:33.90 L	F	Sienna Lombard	17	TRAZ FSH	13/02/2026	NTS Level 1+2 February Age Group 2f	
48	5:36.16 L	P	Shyenne Laubscher	17	WSS LLD	18/03/2026	Sa National Youth Champs 2026 NMB	
49	5:38.91 L	F	Leah Crozier	17	FAAC	05/12/2025	NCASA CHAMPS 2025 - copied - copi	
50	5:39.85 L	F	Hannah Naidoo	17	BEAV ETH	31/01/2026	uShaka Champs 2026	
51	5:40.58 L	F	Jaime Roome	17	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
52	5:40.85 L	F	Jessica Bosman	17	QSSC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)	
53	5:41.19 L	F	Ashley Seymour	17	WELA LLD	03/12/2025	Free State Champs 2025	
54	5:43.12 L	F	Miela Smit	17	HARL BUF	28/11/2025	BCA Long Course Championships 202	
55	5:46.80 L	F	Imaan Velloo	17	MANT CPT	28/06/2025	PEA Winter Gala 2025	
56	5:49.52 L	F	Storme Badenhorst	17	MARL CPT	09/10/2025	44th Freda Barnard Invitational 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			
57	5:53.06 L	F	Emma Barnard	17	EVO CPT	22/11/2025	Swartland Prestige Gala 2025
58	5:57.76 L	F	Mariel van der Net	17	JAQ EKU	22/11/2025	EGA Summer 3 & 4
59	6:02.36 L	F	Claire Randall	17	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
60	6:07.73 L	F	Bianke Von Schlichting	17	UNI EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF
61	6:16.74 L	F	Andria Le Roux	17	JAQ EKU	22/11/2025	EGA Summer 3 & 4
62	6:24.78 L	F	Anne Steyl	17	UPSK ZMD	17/01/2026	AGE GROUP 5 UPT 2026
63	6:27.84 L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala
64	6:41.44 L	F	Mia Botha	17	FISH EDD	25/10/2025	Zasu 1st League OYDC 2025-26
65	6:48.44 L	F	Helena Van Vuuren	17	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
Women 800 Free							
1	9:05.91 L	F	Scarlett Le Roux	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	9:10.69 L	F	Leah Markgraaff	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
3	9:35.86 L	F	Kiara Banks	17	TUKS FSH	12/12/2025	NMBA Championships 2025
4	9:48.78 L	F	Kailey Joubert	17	AZON ETH	21/03/2026	Sa National JNR Age Group Champs-;
5	9:52.82 L	F	Kate-Lynn de Jager	17	BLOT MAN	21/03/2026	Sa National JNR Age Group Champs-;
6	10:07.09 L	F	Jana Swiegers	17	TUKS FSH	10/12/2025	NTS Championships 2025
7	10:08.11 L	F	Daniëlla Müller	17	TUKS FSH	10/12/2025	NTS Championships 2025
8	10:11.34 L	F	Ella Eldar	17	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
9	10:22.98 L	F	Robyn Barbour	17	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB
10	10:24.86 L	F	Rii Spoelstra	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
11	10:33.62 L	F	Tayla Dowie	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB
12	10:34.44 L	F	Madisynn Elliott	17	AA JHB	27/11/2025	CGA Championships 2025
13	10:40.38 L	F	Emily Liebenberg	17	ESA CED	13/02/2026	Winelands SL Fin - February 2026 - cc
14	10:40.87 L	F	Rachel Hinckley	17	CA EKU	04/12/2025	EGA Summer Championships 2025
15	10:41.39 L	F	Mea Harding	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB
16	10:42.40 L	F	Donne Bruyns	17	UNI EZD	05/12/2025	Mpumalanga Championships 2025
17	10:44.92 L	F	Emma Rossouw	17	TYGE CPT	20/09/2025	CTA INVITATIONAL LC MEET
18	10:48.08 L	F	Sian Kleynhans	17	WAC EDD	04/12/2025	Western Cape LC-A Championship 20
19	10:51.52 L	F	Hannah Sandilands	17	MDOL JHB	14/11/2025	NTS Level 3+ November Age Group G
20	10:53.90 L	F	Kelly Stork	17	BAS EKU	11/10/2025	EGA Summer 2
21	11:01.24 L	F	Katia Jacob	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB
22	11:03.82 L	F	Corli Liversage	17	BLSS MAN	05/09/2025	Bullsharks Gala
23	11:21.40 L	F	Lerize Du Toit	17	ACAA CCD	28/11/2025	Limpopo Champs 2025
24	11:22.15 L	F	Maria Tselentis	17	OHAN ILD	06/10/2025	Seagulls Winter Championships 2025
25	11:25.85 L	F	Chrystil Raymond	17	CSA EZD	10/10/2025	MP AGE GROUP 2 10-11 OCTOBER
26	11:32.85 L	F	Maya McCollum	17	ALPHA CPT	09/10/2025	44th Freda Barnard Invitational Gala
27	11:38.93 L	F	Deoné Borstlap	17	POTC KKD	06/12/2025	NWS Championships 2025
28	11:41.30 L	F	Chrisley Barnard	17	BS ILD	24/10/2025	Neptunes Gala
29	11:45.86 L	F	Kuzingca Siramza	17	AQUA BUF	28/11/2025	BCA Long Course Championships 202
30	11:46.80 L	F	Imaan Velloo	17	MANT CPT	20/09/2025	CTA INVITATIONAL LC MEET
31	11:52.89 L	F	Shyenne Laubscher	17	WSS ILD	05/09/2025	Bullsharks Gala
32	11:56.80 L	F	Leah Crozier	17	FAAC	05/12/2025	NCASA CHAMPS 2025 - copied - copi
33	12:06.23 L	F	Miela Smit	17	HARL BUF	28/11/2025	BCA Long Course Championships 202
34	12:29.17 L	F	Storme Badenhorst	17	MARL CPT	09/10/2025	44th Freda Barnard Invitational Gala
35	12:40.31 L	F	Anne Steyl	17	UPSK ZMD	18/10/2025	AGE GROUP 1 UPINGTON 2025
36	13:51.46 L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala
Women 1000 Free							
1	13:55.00 L	F	Kailey Joubert	17	AZON ETH	23/11/2025	Capital K Open Water Swim Meet 202
Women 1500 Free							
1	17:29.00 L	F	Leah Markgraaff	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	17:36.88 L	F	Scarlett Le Roux	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
3	18:28.75 L	F	Kiara Banks	17	TUKS FSH	12/12/2025	NMBA Championships 2025
4	19:09.05 L	O	Reese Edwards	17	SSISA CPT	16/11/2025	CTA OWS - Series 2
5	19:45.05 L	F	Rii Spoelstra	17	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
6	19:55.51 L	F	Kelly Stork	17	BAS EKU	20/09/2025	EGA Summer 1 2025
7	19:59.18 L	F	Robyn Barbour	17	MDOL JHB	27/11/2025	CGA Championships 2025
8	20:36.27 L S	F	Nyriam Morais	17	UWCA CPT	01/11/2025	CTA District A CHAMPS 2025
9	20:38.00 L	F	Kailey Joubert	17	AZON ETH	06/12/2025	Primeview #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			
10	20:44.31 L S	F	Sian Kleynhans	17	WAC EDD	04/12/2025	Western Cape LC-A Championship 20
11	21:04.00 L	O	Shanna-Leigh Zeelie	17	BLMA GPT	10/01/2026	WCA Open Water Champions
12	21:21.00 L	F	Amy O'Connor	17	CRSC JHB	17/01/2026	Primeview Festival AG Champs 2026
13	21:32.60 L	F	Maria Steyn	17	BLSS MAN	10/10/2025	Super Seals Annual Gala
14	22:32.00 L	O	Gaby Bishop	17	BETH FDD	18/01/2026	NMBA OWS Championships 2026
15*	22:43.00 L	F	Tayla Dowie	17	WATR JHB	17/01/2026	Primeview Festival AG Champs 2026
15*	22:43.00 L	O	Gabriella Oaten	17	CASC GPT	10/01/2026	WCA Open Water Champions
17	22:44.60 L	F	Leah Crozier	17	FAAC	25/10/2025	FLAMINGO & GOODHOPE GALA 202
18	23:03.76 L	F	Shyenne Laubscher	17	WSS LLD	10/10/2025	Super Seals Annual Gala
19	23:50.50 L	F	Anne Steyl	17	UPSK ZMD	31/10/2025	UPINGTON PRESTIGE GALA 2025
20	23:58.79 L	F	Emma Davies	17	BAS EKU	20/09/2025	EGA Summer 1 2025
21	24:07.00 L	F	Madisynn Elliott	17	AA JHB	17/01/2026	Primeview Festival AG Champs 2026
22	26:01.00 L	F	Johane Janse van Rensburg	17	TRAZ TSH	17/01/2026	Primeview Festival AG Champs 2026
23	28:58.36 L	O	Megan Van den Heever	17	ASA HLD	01/02/2026	MPUMALANGA OPEN WATER 1 FEB
Women 3000 Free							
1	6:06.03 L	F	Leah Markgraaff	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
2	13:11.52 L	S	Kiara Banks	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
3	40:34.97 L	O	Kelly Stork	17	AGA EKU	06/03/2026	SA National Bombela OWS Champion
4	41:08.00 L	F	Kailey Joubert	17	AZON ETH	15/11/2025	KZNA Open Water Championship
5	42:05.98 L	O	Kate-Lynn de Jager	17	FSA FS	06/03/2026	SA National Bombela OWS Champion
6	42:13.49 L	O	Madisynn Elliott	17	AGB JHB	06/03/2026	SA National Bombela OWS Champion
7	42:15.76 L	O	Daniëlla Müller	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
8	42:16.83 L	O	Jessica Sardinha	17	AGA EKU	06/03/2026	SA National Bombela OWS Champion
9	43:56.00 L	F	Amy O'Connor	17	CRSC JHB	02/11/2025	Primeview #1 2025
10	44:31.45 L	O	Shanna-Leigh Zeelie	17	BLMA GPT	10/01/2026	WCA Open Water Champions
11	44:49.20 L	O	Maria Tselentis	17	KZNA ETH	06/03/2026	SA National Bombela OWS Champion
12	45:10.00 L	O	Donne Bruyns	17	UNI EZD	09/11/2025	MPUMALANGA OPEN WATER 9 NOV
13	45:48.00 L	O	Gaby Bishop	17	BETH FDD	18/01/2026	NMBA OWS Championships 2026
14	46:26.00 L	F	Tayla Dowie	17	WATR JHB	17/01/2026	Primeview Festival AG Champs 2026
15	48:44.27 L	O	Elizabet Victor	17	UNIU EZD	12/10/2025	MPUMALANGA OPEN WATER 12 OC
16	48:54.60 L	O	Emily Tsai	17	BLMA GPT	10/01/2026	WCA Open Water Champions
17	50:28.00 L	F	Mea Harding	BR	VASA EKU	02/11/2025	Primeview #1 2025
18	51:36.00 L	F	Johane Janse van Rensburg	17	TRAZ TSH	17/01/2026	Primeview Festival AG Champs 2026
19	52:30.00 L	F	Sarah-Jessica Kruger	17	SGUL ETH	23/11/2025	Capital K Open Water Swim Meet 202
20	52:39.00 L	F	Hannah Naidoo	17	BEAV ETH	23/11/2025	Capital K Open Water Swim Meet 202
21	54:03.00 L	O	Miela Smit	17	HARL BUF	18/01/2026	NMBA OWS Championships 2026
22	56:59.78 L	O	Maya McCollum	17	ALPHA GPT	16/11/2025	CTA OWS - Series 2
23	57:52.00 L	O	Claire Randall	17	TUKS TSH	12/10/2025	Manyaka OW Sprint 2025
Women 5000 Free							
1	1:02:43.17 L	O	Leah Markgraaff	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
2	1:05:16.22 L	O	Kiara Banks	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
3	1:08:40.00 L	O	Kailey Joubert	17	RSA	07/09/2025	XXI AA Zone IV OWS Championships
4	1:10:57.99 L	O	Daniëlla Müller	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
5	1:14:25.00 L	O	Amy O'Connor	17	CRSC JHB	06/12/2025	Primeview #2 2025
6	1:14:53.47 L	O	Kelly Stork	17	AGA EKU	06/03/2026	SA National Bombela OWS Champion
7	1:25:48.63 L	O	Nyriam Morais	17	UWCA CPT	16/11/2025	CTA OWS - Series 2
8	1:25:59.00 L	O	Madisynn Elliott	17	AA JHB	17/01/2026	Primeview Festival AG Champs 2026
Women 7500 Free							
1	1:25:44.00 L	F	Amy Aaron	17	ACSA ETH	10/01/2026	Baynesfield 2026
2	1:33:49.15 L	O	Leah Markgraaff	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
3	1:43:35.12 L	O	Kailey Joubert	17	KZNA ETH	06/03/2026	SA National Bombela OWS Champion
4	1:53:28.00 L	O	Daniëlla Müller	17	TUKS TSH	17/01/2026	Primeview Festival AG Champs 2026
5	2:09:07.78 L	O	Nyriam Morais	17	UWCA CPT	16/11/2025	CTA OWS - Series 2
6	2:13:18.00 L	O	Kelly Stork	17	BAS EKU	06/12/2025	Primeview #2 2025
Women 10000 Free							
1	2:05:03.64 L	O	Leah Markgraaff	17	AGC TSH	06/03/2026	SA National Bombela OWS Champion
2	2:14:12.51 L	O	Kiara Banks	17	AGC TSH	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				
Women 50 Back								
1	29.71 L	F	Mila Vd Linde	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	30.52 L	P	Mikayla Lombard	17	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
3	30.56 L	F	Gizelle Maritz	17	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
4	30.81 L	P	Katherine Williams	17	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch	
5	30.87 L	F	Ava-Loren Van Galen	17	LALE CED	21/03/2026	Sa National JNR Age Group Champs-	
6	30.90 L	F	Kayla Gous	17	USC BUF	18/03/2026	Sa National Youth Champs 2026 NMB	
7	30.91 L	F	Jaime Mote	17	INFA NMA	20/09/2025	3rd A League Gala 2025	
8	31.11 L	F	Scarlett Le Roux	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
9	31.19 L	P	Katelyn Fourie	17	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
10	31.23 L	P	Chloe Olivier	17	CA EKU	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
11	31.57 L	P	Anri van der Westhuizen	17	FSA FS	14/04/2026	BombelaSA National Aquatic SNR-Ch	
12	31.82 L	F	Rouxne Du Plessis	17	TUKS FSH	21/03/2026	Sa National JNR Age Group Champs-	
13	31.99 L	P	Amy Combrink	17	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
14	32.05 L	F	Jesse-Leah Laderach	17	PEAS NMA	20/09/2025	3rd A League Gala 2025	
15	32.09 L	F	Gianna Collard	17	TUKS FSH	10/12/2025	NTS Championships 2025	
16*	32.12 L	P	Danielle Cronjé	17	LALE CED	18/03/2026	Sa National Youth Champs 2026 NMB	
16*	32.12 L	F	Jana Swiegers	17	TUKS FSH	10/12/2025	NTS Championships 2025	
18	32.21 L	F	Amy O'Connor	17	CRSC JHB	28/02/2026	CGA Challenge	
19	32.29 L	P	Ashley Scholtz	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
20	32.34 L	F	Leila Yazbek	17	EGA MAN	03/12/2025	Free State Champs 2025	
21	32.75 L	P	Emma Lategan	17	CASC CPT	18/03/2026	Sa National Youth Champs 2026 NMB	
22	32.96 L	F	Jemma Pearse	17	VINE CPT	28/06/2025	PEA Winter Gala 2025	
23	33.02 L	P	Abigail Roberts	17	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
24	33.12 L	F	Kendra Begley	17	INFA NMA	28/06/2025	PEA Winter Gala 2025	
25*	33.17 L	P	Amy Brown	17	AADUB ETH	18/03/2026	Sa National Youth Champs 2026 NMB	
25*	33.17 L	P	Kaylie Groenewald	17	ACAQ CCD	18/03/2026	Sa National Youth Champs 2026 NMB	
27	33.18 L	P	Tanatswa Chandiwana	17	MDOL JHB	27/11/2025	CGA Championships 2025	
28	33.21 L	P	Stephanie Jurado	17	VINE CPT	18/03/2026	Sa National Youth Champs 2026 NMB	
29	33.23 L	F	Zandri Knoetze	17	INFA NMA	12/12/2025	NMBA Championships 2025	
30	33.43 L	P	Lily Durant	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
31	33.56 L	F	Kate-Lynn Kruger	17	PEAS NMA	18/10/2025	4th A League Gala 2025	
32	33.68 L	P	Danaleigh Swanepoel	17	RFA FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
33	33.69 L	F	Ruth Dredge	17	PAC FSH	28/06/2025	PEA Winter Gala 2025	
34	33.71 L	F	Leah Markgraaff	17	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
35	33.78 L	P	Rebecca White	17	SSISA CPT	18/03/2026	Sa National Youth Champs 2026 NMB	
36	33.81 L	P	Nyriam Morais	17	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20	
37	33.82 L	F	Kailey Joubert	17	AZON ETH	09/07/2025	TYR Prestige Tournament 2025	
38	33.96 L	P	Corli Liversage	17	FSS	24/04/2026	SA Schools Swimming Championship	
39	34.09 L	F	Jaime Maritz	17	CSA EZD	05/12/2025	Mpumalanga Championships 2025	
40	34.11 L	P	Abigail Pieterse	17	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan	
41	34.27 L	P	Shanna-Leigh Zeelie	17	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20	
42	34.37 L	F	Amy-Lee Jones	17	CA EKU	22/11/2025	EGA Summer 3 & 4	
43	34.45 L	F	Donne Bruyns	17	UNI EZD	05/12/2025	Mpumalanga Championships 2025	
44	34.63 L	F	Caitlyn Dube	17	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming I	
45*	34.71 L	P	Gemma Goncalves	17	SEAL UMD	18/03/2026	Sa National Youth Champs 2026 NMB	
45*	34.71 L	F	Tyra Penn	17	WATR JHB	12/12/2025	NMBA Championships 2025	
47	34.81 L	F	Jaime Roome	17	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
48	35.29 L	F	Alexandra Santos	17	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025	
49	35.40 L	P	Keira Holland	17	CRSC JHB	27/11/2025	CGA Championships 2025	
50	35.58 L	P	Keera De Esclana	17	VRC FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
51	35.70 L	F	Kaylin Bezuidenhoud	17	BLOT MAN	03/12/2025	Free State Champs 2025	
52	35.83 L	P	Hannah Burke	17	SLAQ CPT	04/12/2025	Western Cape LC-A Championship 20	
53	35.93 L	F	Anne Steyl	17	UPSK ZMD	17/01/2026	AGE GROUP 5 UPT 2026	
54	35.95 L	P	Jessica Sardinha	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
55	36.03 L	F	Mia Wellsted	17	CRSC JHB	06/02/2026	Crusaders & CGA Night Gala	
56	36.11 L	P	Ashley Seymour	17	WELA LLD	18/03/2026	Sa National Youth Champs 2026 NMB	
57	36.20 L	P	Robyn Barbour	17	MDOL JHB	27/11/2025	CGA Championships 2025	
58	36.49 L	P	Johane Janse van Rensburg	17	TRAZ FSH	18/03/2026	Sa National Youth Champs 2026 NMB	

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	36.61	L	F	Catherine Desilla	17	SASE JHB	28/02/2026 CGA Challenge
60*	36.67	L	F	Jaimee Marais	17	ELRAS WBD	28/11/2025 Limpopo Champs 2025
60*	36.67	L	P	Gabriella Otto	17	ELEC TSH	10/12/2025 NTS Championships 2025
62	36.73	L	F	Hannah Naidoo	17	BEAV ETH	31/01/2026 uShaka Champs 2026
63	36.75	L	F	Tayla Dowie	17	WATR JHB	14/02/2026 CGA Last Chance
64	36.81	L	F	Skyla Perumal	17	TRAZ TSH	17/10/2025 NTS Level 3+ October Age Group Gal
65	36.84	L	F	Gaby Bishop	17	BETH FDD	26/09/2025 Pelicans Gala..
66	36.94	L	F	Maria Tselentis	17	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
67	36.96	L	P	Catherine O'Grady	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
68	37.03	L	F	Carme Louw	17	TASC MPD	28/11/2025 Limpopo Champs 2025
69	37.06	L	F	Mea Harding	BR	VASA EKU	22/11/2025 EGA Summer 3 & 4
70	37.13	L	F	Simone Cussons	17	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
71	37.15	L	F	Anmi Slabbert	17	PAQU CED	14/11/2025 Winelands SL4 November 2025 & Sch
72	37.28	L	F	Tafadzwa Chandiwana	17	MDOL JHB	14/11/2025 NTS Level 3+ November Age Group G
73*	37.37	L	F	Kayla Welgemoed	17	BLSS MAN	03/12/2025 Free State Champs 2025
73*	37.37	L	F	Veronique Riekert	17	TUKS TSH	09/07/2025 TYR Prestige Tournament 2025
75	37.66	L	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
76	37.76	L	F	Madisynn Elliott	17	AA JHB	28/02/2026 CGA Challenge
77	37.94	L	F	Vera Chen	17	BLSS MAN	20/09/2025 Welkom Seals Gala
78	37.98	L	F	Lily van Aswegen	17	TRAZ TSH	17/10/2025 NTS Level 3+ October Age Group Gal
79	37.99	L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
80	38.12	L	F	Sian Kleynhans	17	WAC EDD	04/10/2025 EDEN 1st A-League Gala 2025
81	38.16	L	F	Emma Barnard	17	EVO CPT	22/11/2025 Swartland Prestige Gala 2025
82	38.28	L	P	Katia Jacob	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
83	38.73	L	F	Chrisley Barnard	17	BS LLD	24/10/2025 Neptuneus Gala
84	39.08	L	P	Tarryn Barnes	17	QUES JHB	27/11/2025 CGA Championships 2025
85	39.12	L	F	Chrystil Raymond	17	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
86	39.15	L	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
87	39.31	L	P	Sandri Visser	17	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
88	39.36	L	F	Claire Randall	17	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
89	39.44	L	P	Paris Shiwundlana	17	AFIN JHB	18/03/2026 Sa National Youth Champs 2026 NMB
90	39.78	L	P	Ayanke Stander	17	ESA CED	18/03/2026 Sa National Youth Champs 2026 NMB
91	39.94	L	F	Mia Botha	17	EDEN ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
92	39.96	L S	P	Izolde Lombard	17	PSC TSH	10/12/2025 20th Botswana Swimming Nationals 2f
93	40.07	L	F	Jessica Carver	17	ELEC TSH	17/10/2025 NTS Level 3+ October Age Group Gal
94*	40.44	L	P	Anè Kemp	17	SWAR WCD	18/03/2026 Sa National Youth Champs 2026 NMB
94*	40.44	L	F	Ianthy Moolman	17	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
96	40.71	L	F	Leah Crozier	17	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
97	40.72	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
98	41.11	L	F	Kuzingca Siramza	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
99	41.29	L	F	Tatiana Ioannides	17	BLSS MAN	03/12/2025 Free State Champs 2025
100	41.60	L	F	Megan Van den Heever	17	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
101	41.68	L	F	Elizabeth Opperman	17	FAAC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
102	41.80	L	F	Emma Davies	17	BAS EKU	22/11/2025 EGA Summer 3 & 4
103	41.87	L	F	Bianke Von Schlichting	17	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
104	41.92	L	F	Yvonne Pretorius	17	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
105	41.96	L	F	Hannah van der Veen	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
106	42.33	L	F	Shyenne Laubscher	17	WSS LLD	14/11/2025 Valsrivier Gala
107	42.35	L	F	Miela Smit	17	HARL BUF	28/11/2025 BCA Long Course Championships 202
108	42.60	L	F	Sharvani Govender	17	ELEC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
109	42.88	L	F	Richelle Rothmann	17	VHD ZLD	08/11/2025 UThukela Age Group Gala 2
110	43.21	L	P	Nicole Norman	17	BAS EKU	04/12/2025 EGA Summer Championships 2025
111	43.50	L	F	Esther Sauls	17	PGAC EKU	22/11/2025 EGA Summer 3 & 4
112	43.60	L S	P	Naseerah Du Toit	17	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
113	43.84	L	F	Maya McCollum	17	ALPHA CPT	09/10/2025 44th Freda Barnard Invitational Gala
114	44.06	L	F	Rienke Blignaut	17	BLSS MAN	14/11/2025 Valsrivier Gala
115	44.81	L	F	Chelsea Snyman	17	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
116	44.96	L	F	Izelle du Toit	17	OGIM BUF	14/02/2026 BCSA School Trials 2026
117	45.37	L	F	Gabriella Oaten	17	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)

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	45.46	L	F	Gabrielle Kramer	17	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
119	46.06	L	F	Anne Bray	17	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
120	46.92	L	F	Veera Khusal	17	MAKO EKU	22/11/2025 EGA Summer 3 & 4
121	47.19	L	F	Nazley Jacobs	17	TRAZ TSH	31/10/2025 NTS Level 1+2 November Age Group :
122	47.87	L	F	Helena Van Vuuren	17	KALA	17/01/2026 AGE GROUP 5 KATHU 2026
123	48.19	L	F	Ronita Exford	17	CAMBH BUF	14/02/2026 BCSEA School Trials 2026
124	48.54	L	F	Mia Lea Osbourne	17	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
125	49.05	L	F	Simoné Bronkhorst	17	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
126	52.74	L	P	Zoë Pierce	17	ESTR EKU	04/12/2025 EGA Summer Championships 2025
127	53.61	L	F	Esethu Mabula	17	UHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
128	53.67	L	P	Tehobo Mokoena	17	FAC EKU	04/12/2025 EGA Summer Championships 2025
129	57.32	L	F	Amelie du Plessis	17	RFA TSH	28/02/2026 AG Level 1 Regional Competition 2026
130	2:41.73	L	F	Nasiphi Khanyile	17	MPAR JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
Women 100 Back							
1	1:02.84	L	F	Mila Vd Linde	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	1:04.20	L	F	Gizelle Maritz	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	1:04.76	L	F	Katherine Williams	17	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	1:06.37	L	F	Chloe Olivier	17	CA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
5	1:06.71	L	P	Mikayla Lombard	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	1:07.38	L	F	Karla Myburgh	17	TUKS TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
7	1:07.99	L	P	Kayla Gous	17	USC BUF	18/03/2026 Sa National Youth Champs 2026 NMB
8	1:08.16	L	F	Amy O'Connor	17	CRSC JHB	18/03/2026 Sa National Youth Champs 2026 NMB
9	1:08.17	L	P	Katelyn Fourie	17	TUKS TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
10	1:08.28	L	F	Amy Combrink	17	VINE CPT	14/02/2026 CTA Elite Gala (L3+)
11	1:08.93	L	F	Jemma Pearse	17	VINE CPT	28/06/2025 PEA Winter Gala 2025
12	1:09.32	L	P	Rouxne Du Plessis	17	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
13	1:09.35	L	F	Ava-Loren Van Galen	17	LALE CED	04/12/2025 Western Cape LC-A Championship 20
14	1:09.39	L	F	Jana Swiegers	17	TUKS TSH	10/12/2025 NTS Championships 2025
15	1:09.80	L	P	Gianna Collard	17	TUKS TSH	21/03/2026 Sa National JNR Age Group Champs-;
16	1:09.84	L	P	Jesse-Leah Laderach	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
17	1:09.97	L	P	Kailey Joubert	17	AZON ETH	18/12/2025 KZN Premier Provincial Championship
18	1:10.02	L	F	Leila Yazbek	17	EGA MAN	03/12/2025 Free State Champs 2025
19	1:10.13	L	P	Danielle Cronjè	17	LALE CED	18/03/2026 Sa National Youth Champs 2026 NMB
20	1:11.46	L	F	Danaleigh Swanepoel	17	RFA TSH	18/03/2026 Sa National Youth Champs 2026 NMB
21*	1:11.69	L	P	Leah Markgraaff	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
21*	1:11.69	L	F	Kate-Lynn Kruger	17	PEAS NMA	30/01/2026 Infinity Gala 2026
23	1:11.72	L	P	Emma Lategan	17	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
24	1:11.78	L	F	Anri van der Westhuizen	17	BLOT MAN	03/10/2025 Curro AquaElite Gala
25	1:12.13	L	P	Ruth Dredge	17	PAC TSH	10/12/2025 NTS Championships 2025
26	1:12.27	L	P	Lily Durant	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
27	1:12.60	L	P	Amy Brown	17	AADUB ETH	18/03/2026 Sa National Youth Champs 2026 NMB
28	1:13.14	L	P	Stephanie Jurado	17	VINE CPT	18/03/2026 Sa National Youth Champs 2026 NMB
29	1:13.30	L	F	Corli Liversage	17	BLSS MAN	03/12/2025 Free State Champs 2025
30	1:13.32	L S	F	Kelly Stork	17	BAS EKU	04/12/2025 EGA Summer Championships 2025
31	1:13.37	L	P	Abigail Roberts	17	TUKS TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
32	1:13.49	L	P	Abigail Pieterse	17	INFA NMA	09/04/2026 SA Level 3 Regional Age Group Chan
33	1:13.99	L	F	Rebecca White	17	SSISA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
34	1:14.36	L	F	Tyra Penn	17	WATR JHB	12/12/2025 NMBA Championships 2025
35	1:14.89	L	P	Keera De Esclana	17	VRC TSH	18/03/2026 Sa National Youth Champs 2026 NMB
36	1:15.11	L	P	Kaylie Groenewald	17	ACAQ CCD	18/03/2026 Sa National Youth Champs 2026 NMB
37	1:15.13	L	F	Shanna-Leigh Zeelie	17	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
38	1:15.35	L	F	Kayleigh Hahn	17	EDEN ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE (
39	1:15.64	L	P	Gabriella Otto	17	ELEC TSH	18/03/2026 Sa National Youth Champs 2026 NMB
40	1:15.94	L	F	Donne Bruyns	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
41	1:15.95	L	P	Jaime Maritz	17	CSA EZD	18/03/2026 Sa National Youth Champs 2026 NMB
42	1:16.13	L S	P	Amy-Lee Jones	17	CA EKU	04/12/2025 EGA Summer Championships 2025
43	1:16.53	L	F	Mia Wellsted	17	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
44	1:16.55	L	F	Annebel Stewart	17	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
45	1:16.77	L	F	Robyn Barbour	17	MDOL JHB	27/11/2025 CGA 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			
46	1:16.80	L	P	Madisynn Elliott	17	AA JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
47	1:16.83	L	P	Nyriam Morais	17	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
48	1:16.87	L	F	Zianè Jantzen	17	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
49	1:17.51	L	F	Hannah Sandilands	17	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
50	1:18.45	L	F	Jaime Roome	17	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gala
51	1:18.58	L	F	Kayla Verbaan	17	USHPM UMD	21/02/2026 KZN Schools Trials 2026
52	1:18.65	L	P	Hannah Burke	17	SLAQ CPT	04/12/2025 Western Cape LC-A Championship 20
53	1:18.92	L	P	Ashley Seymour	17	WELA LLD	18/03/2026 Sa National Youth Champs 2026 NMB
54	1:19.05	L	F	Kaylin Bezuidenhoud	17	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
55	1:19.17	L	P	Hannah Naidoo	17	BEAV ETH	18/12/2025 KZN Premier Provincial Championship
56	1:19.54	L	P	Mea Harding	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
57	1:19.57	L	F	Maria Tselentis	17	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
58	1:19.76	L	F	Jade O'Connor	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Gala
59	1:19.79	L	F	Alexandra Santos	17	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
60	1:19.98	L	F	Jaimie Marais	17	ELRAS WBD	28/11/2025 Limpopo Champs 2025
61	1:20.01	L	P	Jordan Wessels	17	ASA ILD	18/12/2025 KZN Premier Provincial Championship
62	1:20.65	L	F	René Kotzé	17	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
63	1:20.75	L	F	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
64	1:20.98	L	P	Chrisley Barnard	17	BS LLD	03/12/2025 Free State Champs 2025
65	1:21.11	L	P	Johane Janse van Rensburg	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
66	1:21.29	L	P	Sian Kleynhans	17	WAC EDD	30/01/2026 Infinity Gala 2026
67	1:21.52	L	F	Lara Wink	17	VINE CPT	29/11/2025 CTA B CHAMPS 2025
68	1:21.69	L	F	Tayla Dowie	17	WATR JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
69	1:21.86	L	F	Jessica Bosman	17	QSSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
70	1:22.31	L	F	Christi Serfontein	17	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
71	1:22.40	L	F	Anne Steyl	17	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
72	1:22.86	L	P	Kelci Leech	17	BLSS MAN	03/12/2025 Free State Champs 2025
73	1:22.89	L	F	Ayanke Stander	17	ESA CED	24/01/2026 Drakenstein Invitational - copied
74	1:23.11	L	F	Gaby Bishop	17	BETH FDD	05/09/2025 Bullsharks Gala
75	1:23.26	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
76	1:23.41	L	F	Amylee Holtzhausen	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
77	1:23.57	L	P	Sandri Visser	17	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
78	1:23.59	L	P	Kayla Welgemoed	17	BLSS MAN	03/12/2025 Free State Champs 2025
79	1:23.60	L S	F	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
80	1:23.78	L	F	Rii Spoelstra	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
81	1:24.75	L	F	Catherine O'Grady	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
82	1:24.97	L	F	Leah Crozier	17	FAAC	25/10/2025 FLAMINGO & GOODHOPE GALA 202
83	1:25.64	L	F	Izolde Lombard	17	PSC FSH	10/12/2025 20th Botswana Swimming Nationals 21
84	1:25.66	L	F	Anmi Slabbert	17	PAQU CED	09/10/2025 44th Freda Barnard Invitational Gala
85	1:26.13	L S	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
86	1:27.13	L	F	Tarryn Barnes	17	QUES JHB	27/11/2025 CGA Championships 2025
87	1:27.80	L	P	Anè Kemp	17	SWAR WCD	18/03/2026 Sa National Youth Champs 2026 NMB
88*	1:27.84	L	F	Hannah van der Veen	17	AQUA BUF	28/11/2025 BCA Long Course Championships 202
88*	1:27.84	L S	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
90	1:30.05	L	P	Tatiana Ioannides	17	BLSS MAN	03/12/2025 Free State Champs 2025
91	1:30.42	L	F	Claire Randall	17	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 21
92	1:31.35	L	F	Maria Dos Santos	17	MCSH BPD	13/02/2026 NW School Championships 2026
93	1:31.70	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
94	1:31.85	L	F	Esther Sauls	17	PGAC EKU	22/11/2025 EGA Summer 3 & 4
95	1:34.69	L	F	Maya McCollum	17	ALPHA CPT	09/10/2025 44th Freda Barnard Invitational Gala
96	1:36.68	L	F	Elizabeth Opperman	17	FAAC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
97	1:39.89	L	F	Gabrielle Kramer	17	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
98	1:43.82	L	F	Veera Khusal	17	MAKO EKU	22/11/2025 EGA Summer 3 & 4
99	1:43.95	L	F	Naseerah Du Toit	17	WCS	24/04/2026 SA Schools Swimming Championship
100	1:44.60	L	F	Sharvani Govender	17	ELEC FSH	03/10/2025 Swimparters Gala (Blue vs White) Oc
101	1:51.58	L S	F	Andrea Stevenson	17	TYGE CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
102	1:54.12	L	F	Helena Van Vuuren	17	KALA	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
103	1:58.52	L	F	Tehobo Mokoena	17	FAC EKU	31/01/2026 EGA Last Chance Gala 2026
104	2:07.57	L	F	Zoë Pierce	17	ESTR EKU	20/09/2025 EGA Summer 1 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				
105	2:21.16 L	F	Amelie du Plessis	17	RFA TSH	05/12/2025	2025 The Tshwane Mayor's Gala	
Women 200 Back								
1	2:17.33 L S	F	Mila Vd Linde	17	AGC TSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	2:21.29 L S	F	Karla Myburgh	17	AGC TSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
3	2:22.04 L	F	Chloe Olivier	17	CA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
4	2:24.22 L	F	Gizelle Maritz	17	TUKS TSH	18/03/2026	Sa National Youth Champs 2026 NMB	
5	2:24.69 L S	F	Rouxne Du Plessis	17	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
6	2:25.14 L S	P	Katherine Williams	17	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch	
7	2:27.00 L S	P	Kayla Gous	17	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch	
8	2:29.12 L S	F	Gianna Collard	17	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-	
9	2:29.33 L	P	Amy O'Connor	17	CRSC JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
10	2:31.28 L	F	Kailey Joubert	17	AZON ETH	18/12/2025	KZN Premier Provincial Championship	
11	2:32.06 L	F	Danielle Cronjè	17	LALE CED	18/03/2026	Sa National Youth Champs 2026 NMB	
12	2:35.26 L	F	Kate-Lynn Kruger	17	PEAS NMA	30/01/2026	Infinity Gala 2026	
13	2:36.12 L S	F	Corli Liversage	17	BLSS MAN	03/12/2025	Free State Champs 2025	
14	2:37.65 L	P	Lily Durant	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
15	2:37.68 L	P	Danaleigh Swanepoel	17	RFA TSH	10/12/2025	NTS Championships 2025	
16	2:40.54 L	F	Anri van der Westhuizen	17	BLOT MAN	12/12/2025	NMBA Championships 2025	
17	2:41.97 L	P	Jana Swiegers	17	TUKS TSH	10/12/2025	NTS Championships 2025	
18	2:42.12 L	F	Abigail Pieterse	17	INFA NMA	09/04/2026	SA Level 3 Regional Age Group Chan	
19	2:42.24 L	F	Shanna-Leigh Zeelie	17	BLMA CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet	
20	2:42.56 L	F	Kelly Stork	17	BAS EKU	27/06/2025	Treviso Cup	
21	2:42.74 L	F	Emma Lategan	17	CASC CPT	04/12/2025	Western Cape LC-A Championship 20	
22	2:43.94 L	F	Amy-Lee Jones	17	CA EKU	31/01/2026	EGA Last Chance Gala 2026	
23	2:44.02 L	P	Gabriella Otto	17	ELEC TSH	18/03/2026	Sa National Youth Champs 2026 NMB	
24	2:44.37 L	F	Kayleigh Hahn	17	WAC EDD	25/10/2025	Zasu 1st League OYDC 2025-26	
25	2:44.43 L	F	Nyriam Morais	17	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20	
26	2:45.95 L	P	Hannah Sandilands	17	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
27	2:47.23 L	F	Caitlyn Dube	17	MDOL JHB	09/01/2026	2026 Grand Prix Invitation Swimming f	
28	2:48.16 L	F	Kaylie Groenewald	17	ACAQ CCD	27/09/2025	Limpopo Age Group 4 of 2025/26	
29	2:48.35 L	P	Mea Harding	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
30	2:49.22 L	P	Hannah Burke	17	SLAQ CPT	04/12/2025	Western Cape LC-A Championship 20	
31	2:49.61 L	F	Gaby Bishop	17	BETH FDD	26/09/2025	Pelicans Gala..	
32	2:50.09 L	F	Madisynn Elliott	17	GAU JHB	30/01/2026	Gauteng Schools Championships 202	
33	2:50.45 L	F	Jaimee Marais	17	ELRAS WBD	25/10/2025	Limpopo Age Group 5 of 2025/26	
34	2:50.47 L	P	Sian Kleynhans	17	WAC EDD	09/04/2026	SA Level 3 Regional Age Group Chan	
35	2:50.80 L	F	Hannah Naidoo	17	BEAV ETH	18/12/2025	KZN Premier Provincial Championship	
36	2:52.21 L	F	Ayanke Stander	17	ESA CED	06/02/2026	WCA-B Champs - 2026	
37	2:54.43 L S	F	Alexandra Santos	17	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025	
38	2:55.05 L	F	Jaime Maritz	17	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF	
39	2:55.69 L	P	Ashley Seymour	17	WELA LLD	18/03/2026	Sa National Youth Champs 2026 NMB	
40	2:58.31 L S	P	Chrisley Barnard	17	BS LLD	03/12/2025	Free State Champs 2025	
41	2:59.55 L	F	Keera De Esclana	17	VRC TSH	17/10/2025	NTS Level 3+ October Age Group Gal	
42	3:00.40 L	F	Johane Janse van Rensburg	17	TRAZ TSH	14/11/2025	NTS Level 3+ November Age Group G	
43	3:02.11 L	F	Sandri Visser	17	PLAY CED	22/11/2025	Swartland Prestige Gala 2025	
44	3:02.61 L	F	Anne Steyl	17	UPSK ZMD	31/10/2025	UPINGTON PRESTIGE GALA 2025	
45	3:03.89 L	F	Christi Serfontein	17	QSSC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)	
46	3:04.19 L	F	Jessica Bosman	17	QSSC CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)	
47	3:04.69 L	F	Leah Crozier	17	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026	
48	3:04.81 L	P	Anè Kemp	17	SWAR WCD	18/03/2026	Sa National Youth Champs 2026 NMB	
49	3:04.83 L	F	Kaylin Bezuidenhoud	17	BLOT MAN	03/10/2025	Curro AquaElite Gala	
50	3:06.24 L	F	Mariel van der Net	17	JAQ EKU	04/12/2025	EGA Summer Championships 2025	
51	3:07.51 L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025	EGA Summer Championships 2025	
52	3:07.92 L	F	Hannah van der Veen	17	AQUA BUF	28/11/2025	BCA Long Course Championships 202	
53	3:09.28 L	F	Anmi Slabbert	17	PAQU CED	13/02/2026	Winelands SL Fin - February 2026 - cc	
54	3:09.60 L	F	Emma Barnard	17	EVO CPT	22/11/2025	Swartland Prestige Gala 2025	
55	3:13.12 L	P	Andria Le Roux	17	JAQ EKU	04/12/2025	EGA Summer Championships 2025	
56	3:15.56 L	P	Emma Davies	17	BAS EKU	04/12/2025	EGA Summer Championships 2025	
57	3:16.42 L	P	Esther Sauls	17	PGAC 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				
58	3:22.55 L	F	Maria Dos Santos	17	MCSH BPD	13/02/2026	NW School Championships 2026	
59	3:22.66 L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025	44th Freda Barnard Invitational Gala	
60	3:30.38 L	F	Sharvani Govender	17	ELEC TSH	31/10/2025	NTS Level 1+2 November Age Group :	
61	3:38.93 L S	F	Naseerah Du Toit	17	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20	
62	3:45.25 L	F	Helena Van Vuuren	17	KALA	31/10/2025	UPINGTON PRESTIGE GALA 2025	
63	4:41.18 L	F	Tehobo Mokoena	17	FAC EKU	11/10/2025	EGA Summer 2	
Women 50 Breast								
1	32.81 L	F	Chanel Veldsman	17	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-;	
2	34.14 L	P	Leila Yazbek	17	EGA MAN	21/03/2026	Sa National JNR Age Group Champs-;	
3	34.21 L	F	Kayla Gous	17	USC BUF	18/03/2026	Sa National Youth Champs 2026 NMB	
4*	34.32 L	F	Ava-Loren Van Galen	17	LALE CED	21/03/2026	Sa National JNR Age Group Champs-;	
4*	34.32 L	F	Tyra Penn	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
6	34.37 L	T	Zine Mostert	17	WATR JHB	20/02/2026	CGA Level 1 and Level 2 Championsh	
7	34.49 L	F	Araya de Waal	17	CA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
8*	34.58 L	F	Amy Combrink	17	CTA CPT	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C	
8*	34.58 L	P	Lily van Aswegen	17	TRAZ TSH	18/03/2026	Sa National Youth Champs 2026 NMB	
10	34.90 L	F	Lara Gouws	17	TUKS TSH	10/12/2025	NTS Championships 2025	
11	35.02 L	F	Kendra Begley	17	INFA NMA	18/03/2026	Sa National Youth Champs 2026 NMB	
12	35.10 L	F	Jaime Mote	17	INFA NMA	12/12/2025	NMBA Championships 2025	
13	35.29 L	P	Stacey Smith	17	PAC TSH	06/02/2026	Dubai Open Swimming Championship	
14	35.53 L S	F	Scarlett Le Roux	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
15	35.55 L S	F	Jessica Sardinha	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
16	35.62 L	F	Ella Eldar	17	TUKS TSH	10/12/2025	NTS Championships 2025	
17	35.89 L	F	Mieke Vd Wal	17	CTA CPT	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C	
18	35.93 L	F	Vera Chen	17	BLSS MAN	24/10/2025	Neptunes Gala	
19	36.13 L	F	Mikayla Lombard	17	TUKS TSH	10/12/2025	NTS Championships 2025	
20	36.27 L	F	Carne Louw	17	LP CCD	24/04/2026	SA Schools Swimming Championship	
21	36.36 L	F	Hannah Schreuder	17	SAAW CPT	04/12/2025	Western Cape LC-A Championship 20	
22	36.52 L	F	Kayla Vosloo	17	BLOT MAN	03/12/2025	Free State Champs 2025	
23	36.62 L	F	Corli Liversage	17	BLSS MAN	03/12/2025	Free State Champs 2025	
24	36.65 L	F	Amy O'Connor	17	CRSC JHB	27/11/2025	CGA Championships 2025	
25	36.73 L	F	Jaime Maritz	17	CSA EZD	05/12/2025	Mpumalanga Championships 2025	
26	36.97 L	F	Megan Webster	17	RFA TSH	10/12/2025	NTS Championships 2025	
27	37.15 L	F	Danielle Harbron	17	BLOT MAN	03/12/2025	Free State Champs 2025	
28	37.16 L	F	Mignon Richter	17	CTA CPT	27/06/2025	Coop Services Nattional LC Champion	
29	37.28 L	F	Leah Scott	17	BLUO UGD	21/02/2026	KZN Schools Trials 2026	
30	37.33 L	F	Danaleigh Swanepoel	17	RFA TSH	27/02/2026	NTS Level 3+ February Age Group Ga	
31	37.41 L	P	Keira Holland	17	CRSC JHB	27/11/2025	CGA Championships 2025	
32	37.42 L	F	Bianke Von Schlichting	17	UNI EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF	
33	37.45 L	F	Elizabeth Victor	17	UNIU EZD	13/09/2025	MP SPRINT 13 SEPTEMBER 2025	
34	37.83 L	P	Caitlyn Dube	17	MDLU JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
35	37.84 L	P	Tatiana Ioannides	17	BLSS MAN	18/03/2026	Sa National Youth Champs 2026 NMB	
36	38.08 L	F	Anne Steyl	17	UPSK ZMD	07/02/2026	NC SPRINTS 2026	
37	38.12 L	F	Jesse-Leah Laderach	17	PEAS NMA	18/10/2025	4th A League Gala 2025	
38	38.29 L	F	Lerize Du Toit	17	ACAQ CCD	28/11/2025	Limpopo Champs 2025	
39	38.44 L	P	Kayleigh Hahn	17	WAC EDD	18/03/2026	Sa National Youth Champs 2026 NMB	
40	38.96 L	P	Ruth Dredge	17	PAC TSH	28/06/2025	PEA Winter Gala 2025	
41	39.03 L	F	René Kotzé	17	POTC KKD	06/12/2025	NWS Championships 2025	
42	39.53 L	F	Sinoah Pretorius	17	HPS TSH	14/11/2025	NTS Level 3+ November Age Group G	
43	39.56 L	F	Sandri Visser	17	PLAY CED	13/02/2026	Winelands SL Fin - February 2026 - cc	
44	39.74 L	P	Paris Shiwundlana	17	AFIN JHB	27/11/2025	CGA Championships 2025	
45	39.98 L	F	Gianna Collard	17	TUKS TSH	23/01/2026	2026 NTS Sprint Gala	
46	40.00 L	P	Katia Jacob	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
47	40.46 L	F	Rebecca White	17	SSISA CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)	
48	40.48 L	F	Emma Lategan	17	CASC CPT	28/06/2025	PEA Winter Gala 2025	
49	40.55 L	F	Kayla Verbaan	17	USHPM UMD	31/01/2026	uShaka Champs 2026	
50	40.92 L	F	Robyn Barbour	17	MDOL JHB	27/11/2025	CGA Championships 2025	
51	40.97 L	F	Maria Steyn	17	BLSS MAN	20/09/2025	Welkom Seals Gala	
52	41.05 L	F	Imaan Velloo	17	MANT CPT	20/09/2025	CTA INVITATIONAL LC MEET	

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	41.13	L	F	Jordan Wessels	17	ASA ILD	18/12/2025 KZN Premier Provincial Championship
54	41.16	L	F	Maria Tselentis	17	OHAN ILD	06/10/2025 Seagulls Winter Championships 2025
55	41.26	L	F	Sienna Lombard	17	TRAZ TSH	14/11/2025 NTS Level 3+ November Age Group G
56	41.50	L	P	Chloe Jewell	17	PEAS NMA	28/06/2025 PEA Winter Gala 2025
57	41.64	L S	F	Mea Harding	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
58	41.69	L	F	Emily Tsai	17	BLMA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
59	41.72	L	F	Veronique Riekert	17	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
60	41.97	L	F	Elrike du Plessis	17	RBOT BPD	06/12/2025 NWS Championships 2025
61	42.07	L	P	Ivana Vyncke	17	TUKS TSH	10/12/2025 NTS Championships 2025
62	42.08	L	P	Kayla Welgemoed	17	BLSS MAN	03/12/2025 Free State Champs 2025
63	42.09	L	F	Leah Markgraaff	17	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
64	42.16	L	F	Jessica Bosman	17	QSSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
65	42.57	L	F	Kaylie Groenewald	17	ACAQ CCD	28/11/2025 Limpopo Champs 2025
66	42.65	L	F	Maya McCollum	17	ALPHA CPT	09/10/2025 44th Freda Barnard Invitational Gala
67	42.81	L	P	Storme Badenhorst	17	MARL CPT	04/12/2025 Western Cape LC-A Championship 20
68	42.87	L	F	Nyriam Morais	17	UWCA CPT	28/06/2025 PEA Winter Gala 2025
69	43.11	L	F	Kganya Mashigo	17	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gala
70	43.18	L	F	Megan Van den Heever	17	ROB EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
71	43.19	L	F	Chrisley Barnard	17	BS ILD	03/12/2025 Free State Champs 2025
72	43.20	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
73	43.46	L	F	Catherine Desilla	17	SASE JHB	28/02/2026 CGA Challenge
74	43.66	L	F	Elizabeth Opperman	17	FAAC	05/12/2025 NCASA CHAMPS 2025 - copied - copi
75*	43.74	L	F	Chrystil Raymond	17	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
75*	43.74	L S	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
77	43.78	L	F	Kuzingca Siramza	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
78	43.82	L	F	Richelle Rothmann	17	VHD ZLD	08/11/2025 UThukela Age Group Gala 2
79	44.03	L S	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
80	44.05	L S	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
81	44.35	L	F	Madisynn Elliott	17	AA JHB	28/02/2026 CGA Challenge
82	44.52	L	F	Sian Kleynhans	17	EDEN ED	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
83	44.86	L S	P	Katey Nel	17	SOUL EKU	04/12/2025 EGA Summer Championships 2025
84	45.13	L	F	Gabriella Oaten	17	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
85	45.34	L	F	Donne Bruyns	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
86	45.39	L	P	Shyenne Laubscher	17	WSS ILD	03/12/2025 Free State Champs 2025
87	45.47	L	F	Hannah van der Veen	17	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
88	45.52	L	F	Mia Botha	17	FISH EDD	22/11/2025 Eden LC Champs 2025
89	45.56	L	F	Claire Randall	17	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
90	45.67	L	F	Lucy James	17	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
91	46.01	L	P	Jessica Carver	17	ELEC TSH	10/12/2025 NTS Championships 2025
92	46.10	L	F	Gaby Bishop	17	BETH FDD	26/09/2025 Pelicans Gala..
93	46.61	L	F	Kaycee Fincham	17	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
94	46.85	L	F	Natalie Robinson	17	BERG BPD	13/02/2026 NW School Championships 2026
95	47.06	L S	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
96	47.12	L	F	Veera Khusal	17	MAKO EKU	22/11/2025 EGA Summer 3 & 4
97	48.81	L	F	Mia De Klerk	17	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
98	49.28	L	F	Chelsea Snyman	17	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
99	49.62	L	F	Ashley Seymour	17	WELA ILD	14/11/2025 Valsrivier Gala
100	49.76	L	F	Shay-Leigh Pieters	17	HURAK CPT	09/10/2025 44th Freda Barnard Invitational Gala
101	50.37	L S	P	Karabo Malinga	17	USHAQ EKU	04/12/2025 EGA Summer Championships 2025
102	51.00	L	F	Taslin Davids	17	CAMBH BUF	14/02/2026 BCSEA School Trials 2026
103	51.01	L	F	Gabrielle Kramer	17	VPHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
104	51.13	L	F	Shannon Rautenbach	17	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
105	51.86	L S	P	Nicole Norman	17	BAS EKU	04/12/2025 EGA Summer Championships 2025
106	52.86	L	F	Melandie van Staden	17	QGH CHD	14/02/2026 BCSEA School Trials 2026
107	53.37	L	F	Esethu Mabula	17	UHS NMA	14/03/2026 Level 1 District Age Group Gala 2026
108	53.75	L	F	Sharvani Govender	17	ELEC TSH	03/10/2025 NTS Level 1+2 October Age Group 20
109	53.84	L	F	Mia Lea Osbourne	17	UPC EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
110	56.27	L	F	Helena Van Vuuren	17	KALA	07/02/2026 NC SPRINTS 2026
111	56.62	L	F	Andrea Stevenson	17	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET

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	57.82 L	F	Mia Coertzen	17	PGH KKD	13/02/2026	NW School Championships 2026
113	59.56 L	F	Xoey Williams	17	UWCA GPT	29/11/2025	CTA B CHAMPS 2025
114	1:00.52 L	F	Simoné Bronkhorst	17	AGAQ QBD	09/10/2025	44th Freda Barnard Invitational Gala
115	1:02.73 L	F	Zoë Pierce	17	ESTR EKU	22/11/2025	EGA Summer 3 & 4
116	1:06.39 L	F	Tehobo Mokoena	17	FAC EKU	28/02/2026	AG Level 1 Regional Competition 2026
117	1:07.22 L	F	Amelie du Plessis	17	RFA TSH	28/02/2026	AG Level 1 Regional Competition 2026
118	3:06.69 L	F	Asemahle Mayekiso	17	TSS EZD	30/01/2026	ORTA SCHOOL TRIALS 2026
Women 100 Breast							
1	1:10.85 L	F	Chanel Veldsman	17	AGC TSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	1:13.75 L	P	Leila Yazbek	17	EGA MAN	03/12/2025	Free State Champs 2025
3	1:13.88 L	F	Kayla Gous	17	USC BUF	18/03/2026	Sa National Youth Champs 2026 NMB
4	1:14.36 L	F	Tyra Penn	17	WATR JHB	18/03/2026	Sa National Youth Champs 2026 NMB
5	1:15.42 L	F	Jaime Mote	17	INFA NMA	28/06/2025	PEA Winter Gala 2025
6	1:16.17 L	F	Araya de Waal	17	CA EKU	11/10/2025	EGA Summer 2
7	1:16.33 L	F	Lily van Aswegen	17	TRAZ TSH	18/03/2026	Sa National Youth Champs 2026 NMB
8	1:17.39 L	P	Kate-Lynn Kruger	17	PEAS NMA	21/03/2026	Sa National JNR Age Group Champs-2
9	1:17.73 L	F	Stacey Smith	17	PAC TSH	06/02/2026	Dubai Open Swimming Championship
10	1:18.66 L	F	Amy Combrink	17	VINE GPT	18/03/2026	Sa National Youth Champs 2026 NMB
11	1:19.02 L	P	Ava-Loren Van Galen	17	LALE CED	21/03/2026	Sa National JNR Age Group Champs-2
12	1:19.04 L	P	Jessica Sardinha	17	CA EKU	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
13	1:19.11 L S	F	Lara Gouws	17	TUKS TSH	10/12/2025	NTS Championships 2025
14	1:19.25 L	F	Hannah Schreuder	17	SAAW CPT	14/02/2026	CTA Elite Gala (L3+)
15	1:20.12 L	P	Zine Mostert	17	GAU JHB	24/04/2026	SA Schools Swimming Championship
16*	1:20.13 L	F	Mieke Vd Wal	17	CTA GPT	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
16*	1:20.13 L	P	Caitlyn Dube	17	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
18	1:20.20 L S	F	Ella Eldar	17	TUKS TSH	10/12/2025	NTS Championships 2025
19	1:20.57 L S	F	Megan Webster	17	RFA TSH	10/12/2025	NTS Championships 2025
20	1:20.60 L	F	Mignon Richter	17	CTA GPT	27/06/2025	Coop Services Nattional LC Champion
21	1:20.64 L	F	Jaime Maritz	17	MP EZD	24/04/2026	SA Schools Swimming Championship
22	1:20.71 L	F	Juliette van Vught	17	SASE JHB	27/11/2025	CGA Championships 2025
23	1:20.80 L	F	Corli Livsavage	17	BLSS MAN	03/12/2025	Free State Champs 2025
24	1:20.96 L	F	Mikayla Lombard	17	TUKS TSH	03/10/2025	Curro AquaElite Gala
25	1:20.97 L	F	Kendra Begley	17	NMBA NM	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
26	1:21.10 L	F	Vera Chen	17	FSA FS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
27	1:21.19 L	F	Carme Louw	17	LP CCD	24/04/2026	SA Schools Swimming Championship
28	1:21.55 L	P	Elizabet Victor	17	MP EZD	24/04/2026	SA Schools Swimming Championship
29	1:21.68 L	F	Jodi Boettger	17	USC BUF	28/11/2025	BCA Long Course Championships 202
30	1:22.03 L	F	Amy O'Connor	17	CRSC JHB	27/11/2025	CGA Championships 2025
31	1:22.04 L	F	Danielle Harbron	17	BLOT MAN	26/03/2026	SA Level 3 Regional Age Group Chan
32	1:23.19 L	F	Leah Scott	17	BLUO UGD	21/02/2026	KZN Schools Trials 2026
33	1:23.27 L	F	Kayleigh Hahn	17	EDEN ED	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
34	1:23.58 L	F	Lerize Du Toit	17	ACAAQ CCD	28/11/2025	Limpopo Champs 2025
35	1:24.56 L	F	René Kotzé	17	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
36	1:25.19 L	F	Anne Steyl	17	NC FBD	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
37	1:25.47 L	P	Keira Holland	17	CRSC JHB	27/11/2025	CGA Championships 2025
38	1:25.57 L	F	Bianke Von Schlichting	17	UNI EZD	05/12/2025	Mpumalanga Championships 2025
39	1:26.17 L	F	Danaleigh Swanepoel	17	RFA TSH	27/02/2026	NTS Level 3+ February Age Group Ga
40	1:26.47 L	P	Tatiana Ioannides	17	BLSS MAN	18/03/2026	Sa National Youth Champs 2026 NMB
41	1:27.03 L	P	Katia Jacob	BR	VASA EKU	18/03/2026	Sa National Youth Champs 2026 NMB
42	1:27.13 L	P	Kayla Vosloo	17	BLOT MAN	18/03/2026	Sa National Youth Champs 2026 NMB
43	1:27.24 L	F	Maria Tselentis	17	OHAN ILD	31/01/2026	uShaka Champs 2026
44	1:27.48 L S	F	Rebecca White	17	SSISA GPT	01/11/2025	CTA District A CHAMPS 2025
45	1:27.99 L	P	Gianna Collard	17	TUKS TSH	21/03/2026	Sa National JNR Age Group Champs-2
46	1:28.00 L	F	Madison du Plessis	17	BLOT MAN	20/09/2025	Welkom Seals Gala
47	1:28.05 L	F	Christi Serfontein	17	QSSC GPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
48	1:28.25 L	F	Jade O'Connor	17	TUKS TSH	17/10/2025	NTS Level 3+ October Age Group Gal
49	1:28.84 L	F	Jordan Wessels	17	ASA ILD	18/12/2025	KZN Premier Provincial Championship
50	1:29.25 L	F	Sandri Visser	17	PLAY CED	24/01/2026	Drakenstein Invitational - copied
51	1:29.47 L S	P	Sinoah Pretorius	17	HPS TSH	10/12/2025	NTS Championships 2025

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	Time	P/F/S	Name	Age/Yr				
52	1:29.53	L	F	Sienna Lombard	17	TRAZ	FSH	13/02/2026 NTS Level 1+2 February Age Group 2t
53	1:29.57	L	F	Imaan Velloo	17	MANT	CPT	28/06/2025 PEA Winter Gala 2025
54	1:30.05	L	F	Kayla Verbaan	17	USHPM	UMD	21/02/2026 KZN Schools Trials 2026
55	1:30.18	L	F	Hannah Sandilands	17	MDOL	JHB	14/11/2025 NTS Level 3+ November Age Group G
56	1:30.71	L	P	Paris Shiwundlana	17	AFIN	JHB	18/03/2026 Sa National Youth Champs 2026 NMB
57	1:31.19	L	F	Kganya Mashigo	17	TUKS	FSH	17/10/2025 NTS Level 3+ October Age Group Gal
58	1:32.52	L	P	Tayla Dowie	17	WATR	JHB	27/11/2025 CGA Championships 2025
59	1:33.39	L	F	Maria Steyn	17	BLSS	MAN	26/09/2025 Pelicans Gala..
60	1:33.68	L	F	Deoné Borstlap	17	VOLK	NMA	13/02/2026 NW School Championships 2026
61	1:34.23	L	F	Emily Tsai	17	BLMA	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
62	1:34.58	L	F	Storme Badenhorst	17	MARL	CPT	28/06/2025 PEA Winter Gala 2025
63	1:34.87	L	F	Emma Davies	17	BAS	EKU	22/11/2025 EGA Summer 3 & 4
64	1:35.34	L	F	Elrike du Plessis	17	HSB	BP	13/02/2026 NW School Championships 2026
65	1:35.63	L S	F	Kate Allwood	17	ASAC	CPT	01/11/2025 CTA District A CHAMPS 2025
66	1:35.71	L	F	Jessica Bosman	17	QSSC	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
67	1:36.17	L	P	Katey Nel	17	SOUL	EKU	04/12/2025 EGA Summer Championships 2025
68	1:36.50	L	F	Maya McCollum	17	ALPHA	CPT	09/10/2025 44th Freda Barnard Invitational Gala
69	1:36.83	L	P	Kayla Welgemoed	17	BLSS	MAN	03/12/2025 Free State Champs 2025
70	1:36.95	L	F	Sian Kleynhans	17	WAC	EDD	09/10/2025 44th Freda Barnard Invitational Gala
71	1:37.26	L	F	Chrisley Barnard	17	BS	LLD	24/10/2025 Neptunes Gala
72	1:37.53	L	F	Yvonne Pretorius	17	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
73	1:37.65	L	F	Mariel van der Net	17	JAQ	EKU	22/11/2025 EGA Summer 3 & 4
74	1:37.87	L	F	Hannah van der Veen	17	AQUA	BUF	24/01/2026 BCA January Age Group Gala 2026
75	1:39.48	L	P	Nyriam Morais	17	UWCA	CPT	28/06/2025 PEA Winter Gala 2025
76	1:39.53	L	F	Richelle Rothmann	17	VHD	ZLD	08/11/2025 UThukela Age Group Gala 2
77	1:40.16	L	F	Elizabeth Opperman	17	FAAC		05/12/2025 NCASA CHAMPS 2025 - copied - copi
78	1:40.42	L	P	Kholofelo Seabi	17	SWIFT	EKU	04/12/2025 EGA Summer Championships 2025
79	1:40.89	L	P	Tarryn Barnes	17	QUES	JHB	27/11/2025 CGA Championships 2025
80	1:40.94	L	F	Andria Le Roux	17	JAQ	EKU	22/11/2025 EGA Summer 3 & 4
81	1:41.15	L	F	Kuzingca Siramza	17	AQUA	BUF	28/11/2025 BCA Long Course Championships 202
82	1:41.18	L	F	Gabriella Oaten	17	CASC	CPT	20/09/2025 CTA INVITATIONAL LC MEET
83	1:41.57	L	F	Shyenne Laubscher	17	WSS	LLD	24/10/2025 Neptunes Gala
84	1:42.16	L	P	Esther Sauls	17	PGAC	EKU	04/12/2025 EGA Summer Championships 2025
85	1:42.33	L	P	Veera Khusal	17	MAKO	EKU	04/12/2025 EGA Summer Championships 2025
86	x1:43.62	L	F	Kemantha Ayair	17	BEAV	ETH	30/03/2026 KZNA Level 1 Championships
87	1:46.35	L	F	Sharvani Govender	17	ELEC	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
88	1:47.60	L	F	Nazley Jacobs	17	TRAZ	FSH	31/10/2025 NTS Level 1+2 November Age Group :
89	1:49.67	L	F	Chelsea Snyman	17	HBV	MP	31/01/2026 Limpopo School Champs & Limpopo A
90	1:53.87	L	F	Shay-Leigh Pieters	17	HURAQ	CPT	09/10/2025 44th Freda Barnard Invitational Gala
91	1:55.73	L	P	Nicole Norman	17	BAS	EKU	04/12/2025 EGA Summer Championships 2025
92	1:56.29	L	F	Karabo Malinga	17	USHAK	EKU	11/10/2025 EGA Summer 2
93	2:00.52	L	F	Melandie van Staden	17	QGH	CHD	14/02/2026 BCSA School Trials 2026
94	2:01.10	L	F	Taslin Davids	17	CAMBH	BUF	14/02/2026 BCSA School Trials 2026
95	2:03.78	L	F	Esethu Mabula	17	UHS	NMA	14/03/2026 Level 1 District Age Group Gala 2026
96	2:14.81	L S	F	Andrea Stevenson	17	TYGE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
Women 200 Breast								
1	2:34.48	L	F	Chanel Veldsman	17	TUKS	FSH	12/12/2025 4th Africa Youth Games - Angol
2	2:38.14	L S	F	Leila Yazbek	17	EGA	MAN	21/03/2026 Sa National JNR Age Group Champs-;
3	2:40.03	L	F	Tyra Penn	17	WATR	JHB	18/03/2026 Sa National Youth Champs 2026 NMB
4	2:41.74	L	F	Kayla Gous	17	USC	BUF	18/03/2026 Sa National Youth Champs 2026 NMB
5	2:43.72	L	F	Araya de Waal	17	CA	EKU	04/12/2025 EGA Summer Championships 2025
6	2:45.08	L S	F	Kate-Lynn Kruger	17	PEAS	NMA	21/03/2026 Sa National JNR Age Group Champs-;
7	2:46.56	L	F	Ella Eldar	17	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
8	2:49.20	L	F	Jessica Sardinha	17	CA	EKU	04/12/2025 EGA Summer Championships 2025
9	2:50.06	L	F	Lily van Aswegen	17	TRAZ	FSH	10/12/2025 NTS Championships 2025
10	2:50.40	L	F	Stacey Smith	17	PAC	FSH	10/12/2025 NTS Championships 2025
11	2:50.82	L	F	Hannah Schreuder	17	SAAW	CPT	14/02/2026 CTA Elite Gala (L3+)
12	2:51.67	L	F	Amy Combrink	17	VINE	CPT	18/03/2026 Sa National Youth Champs 2026 NMB
13	2:52.05	L	P	Jodi Boettger	17	USC	BUF	18/03/2026 Sa National Youth Champs 2026 NMB

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	Time	P/F/S	Name	Age/Yr			
14	2:54.32	L	F	Megan Webster	17	RFA FSH	10/12/2025 NTS Championships 2025
15	2:54.34	L	P	Corli Liversage	17	BLSS MAN	18/03/2026 Sa National Youth Champs 2026 NMB
16	2:56.52	L	F	Vera Chen	17	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
17	2:56.60	L	P	Elizabet Victor	17	UNI U EZD	18/03/2026 Sa National Youth Champs 2026 NMB
18	2:57.84	L	F	Zine Mostert	17	WATR JHB	12/12/2025 NMBA Championships 2025
19	2:58.18	L	P	Kayleigh Hahn	17	WAC EDD	18/03/2026 Sa National Youth Champs 2026 NMB
20	2:58.43	L	F	Mignon Richter	17	CTA CPT	10/07/2025 Bulgarian Swimming Championships L
21	2:58.57	L	P	René Kotzé	17	POTC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
22	2:58.95	L	F	Mikayla Lombard	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
23	2:59.45	L	P	Jaime Maritz	17	CSA EZD	18/03/2026 Sa National Youth Champs 2026 NMB
24	3:00.67	L	P	Caitlyn Dube	17	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
25	3:01.20	L	F	Madison du Plessis	17	BLOT MAN	05/09/2025 Bullsharks Gala
26	3:02.95	L	F	Lerize Du Toit	17	ACAQ CCD	28/11/2025 Limpopo Champs 2025
27	3:03.23	L S	P	Danielle Harbron	17	BLOT MAN	03/12/2025 Free State Champs 2025
28	3:03.91	L	P	Carne Louw	17	LP CCD	24/04/2026 SA Schools Swimming Championship
29	3:04.05	L	P	Hannah Sandilands	17	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
30	3:06.21	L S	F	Jordan Wessels	17	ASA HLD	18/12/2025 KZN Premier Provincial Championship
31	3:06.53	L	P	Katia Jacob	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
32	3:07.16	L	F	Maria Tselentis	17	OHAN HLD	06/10/2025 Seagulls Winter Championships 2025
33	3:10.25	L	F	Anne Steyl	17	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
34	3:12.46	L	F	Bianke Von Schlichting	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
35	3:12.83	L	F	Christi Serfontein	17	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
36	3:13.10	L	F	Imaan Velloo	17	MANT CPT	06/02/2026 WCA-B Champs - 2026
37	3:13.14	L	F	Sandri Visser	17	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
38	3:13.59	L	F	Sienna Lombard	17	TRAZ FSH	13/02/2026 NTS Level 1+2 February Age Group 21
39	3:14.06	L	P	Tatiana Ioannides	17	BLSS MAN	18/03/2026 Sa National Youth Champs 2026 NMB
40	3:14.34	L	F	Leah Markgraaff	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
41	3:15.28	L	F	Sinoah Pretorius	17	HPS FSH	14/11/2025 NTS Level 3+ November Age Group G
42	3:15.34	L	F	Robyn Barbour	17	MDOL JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
43	3:19.06	L	P	Emma Davies	17	BAS EKU	04/12/2025 EGA Summer Championships 2025
44	3:19.12	L	F	Kate Allwood	17	ASAC CPT	01/11/2025 CTA District A CHAMPS 2025
45	3:19.75	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
46	3:25.42	L	P	Sian Kleynhans	17	WAC EDD	09/04/2026 SA Level 3 Regional Age Group Chan
47	3:25.57	L	F	Hannah van der Veen	17	AQUA BUF	28/11/2025 BCA Long Course Championships 202
48	3:28.16	L	P	Elrike du Plessis	17	RBOT BPD	06/12/2025 NWS Championships 2025
49	3:28.23	L	P	Katey Nel	17	SOUL EKU	04/12/2025 EGA Summer Championships 2025
50	3:28.63	L	F	Storme Badenhorst	17	MARL CPT	28/06/2025 PEA Winter Gala 2025
51	3:32.71	L	F	Paris Shiwundlana	17	AFIN JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
52	3:36.56	L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
53	3:39.65	L	F	Elizabeth Opperman	17	FAAC	07/02/2026 NC SPRINTS 2026
54	3:43.75	L	F	Shyenne Laubscher	17	WSS LLD	24/10/2025 Neptunes Gala
55	3:45.71	L	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
56	3:46.73	L	F	Kuzingca Siramza	17	AQUA BUF	07/02/2026 BCA Feb Age Group Gala 2026
57	3:48.87	L	P	Veera Khusal	17	MAKO EKU	04/12/2025 EGA Summer Championships 2025
58	4:44.50	L	F	Helena Van Vuuren	17	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
Women 50 Fly							
1	28.00	L	F	Jaime Mote	17	INFA NMA	15/11/2025 5th A League Gala 2025
2	28.21	L S	F	Ashley Scholtz	17	AGA EKU	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	28.69	L	F	Kendra Begley	17	INFA NMA	18/03/2026 Sa National Youth Champs 2026 NMB
4	28.91	L S	F	Ruth Dredge	17	PAC FSH	10/12/2025 NTS Championships 2025
5	29.05	L	F	Jana Vorster	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
6	29.20	L	P	Leila Yazbek	17	EGA MAN	03/12/2025 Free State Champs 2025
7*	29.23	L	F	Jesse-Leah Laderach	17	PEAS NMA	18/03/2026 Sa National Youth Champs 2026 NMB
7*	29.23	L	F	Chanel Veldsman	17	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-;
9	29.27	L	F	Ava-Loren Van Galen	17	LALE CED	21/03/2026 Sa National JNR Age Group Champs-;
10	29.50	L	F	Grace Powell	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
11	29.69	L S	P	Karla Myburgh	17	TUKS FSH	10/12/2025 NTS Championships 2025
12	29.78	L	F	Annebel Stewart	17	AZON ETH	12/12/2025 NMBA Championships 2025
13	29.79	L	F	Leah Scott	17	BLUO UGD	21/02/2026 KZN Schools 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			
14	29.90	L	F	Lara Gouws	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
15	30.06	L	P	Ella Eldar	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
16	30.07	L S	P	Emily Palmer	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
17	30.08	L	P	Danielle Cronjè	17	LALE CED	18/03/2026 Sa National Youth Champs 2026 NMB
18	30.16	L	F	Amy O'Connor	17	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
19	30.24	L	P	Catherine Desilla	17	SASE JHB	18/03/2026 Sa National Youth Champs 2026 NMB
20	30.27	L	F	Mari Wium	17	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
21	30.29	L	F	Chloe Olivier	17	CA EKU	04/12/2025 EGA Summer Championships 2025
22	30.43	L	F	Zandri Knoetze	17	INFA NMA	12/12/2025 NMBA Championships 2025
23	30.45	L	P	Tanatswa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
24	30.51	L	P	Danika Van Zyl	17	FRA KCD	21/03/2026 Sa National JNR Age Group Champs-2
25	30.80	L	P	Lily van Aswegen	17	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
26	30.88	L	F	Jemma Pearse	17	VINE CPT	28/06/2025 PEA Winter Gala 2025
27	30.90	L	P	Amy Combrink	17	VINE CPT	18/03/2026 Sa National Youth Champs 2026 NMB
28	31.02	L	F	Nyriam Morais	17	UWCA CPT	01/11/2025 CTA District A CHAMPS 2025
29	31.06	L	P	Tafadzwa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
30	31.08	L	P	Corli Liversage	17	BLSS MAN	03/12/2025 Free State Champs 2025
31*	31.16	L	F	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
31*	31.16	L	P	Jaime Maritz	17	CSA EZD	18/03/2026 Sa National Youth Champs 2026 NMB
33	31.19	L	F	Caitlyn Dube	17	GAU JHB	24/04/2026 SA Schools Swimming Championship
34	31.22	L	P	Gemma Goncalves	17	SEAL UMD	18/03/2026 Sa National Youth Champs 2026 NMB
35	31.30	L	F	Tyra Penn	17	WATR JHB	12/12/2025 NMBA Championships 2025
36	31.33	L	P	Lily Durant	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
37	31.49	L	P	Anri van der Westhuizen	17	BLOT MAN	18/03/2026 Sa National Youth Champs 2026 NMB
38	31.51	L	P	Amy-Lee Jones	17	CA EKU	04/12/2025 EGA Summer Championships 2025
39	31.62	L	P	Kaylie Groenewald	17	ACAQ CCD	18/03/2026 Sa National Youth Champs 2026 NMB
40	31.72	L S	F	Stacey Smith	17	PAC FSH	10/12/2025 NTS Championships 2025
41	31.74	L	F	Araya de Waal	17	CA EKU	22/11/2025 EGA Summer 3 & 4
42	31.84	L	F	Jodi Boettger	17	USC BUF	28/11/2025 BCA Long Course Championships 202
43	31.86	L	F	Maria Tselentis	17	OHAN ILD	21/02/2026 KZN Schools Trials 2026
44	31.88	L	P	Shanna-Leigh Zeelie	17	BLMA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
45	31.95	L	P	Amy Brown	17	AADUB ETH	18/03/2026 Sa National Youth Champs 2026 NMB
46*	32.04	L	F	Milan Van Heerden	17	AZON ETH	03/10/2025 Curro AquaElite Gala
46*	32.04	L	F	Abigail Roberts	17	TUKS FSH	23/01/2026 2026 NTS Sprint Gala
48	32.05	L	P	Emily Liebenberg	17	ESA CED	04/12/2025 Western Cape LC-A Championship 20
49	32.14	L	P	Jaime Roome	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
50	32.26	L	P	Emma Lategan	17	CASC CPT	28/06/2025 PEA Winter Gala 2025
51	32.28	L	P	Carne Louw	17	TASC MPD	18/03/2026 Sa National Youth Champs 2026 NMB
52	32.44	L	F	Leah Markgraaff	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
53	32.56	L	F	Keera De Esclana	17	VRC FSH	14/11/2025 NTS Level 3+ November Age Group G
54	32.57	L	P	Zianè Jantzen	17	QSSC CPT	04/12/2025 Western Cape LC-A Championship 20
55	32.61	L	F	Danaleigh Swanepoel	17	RFA FSH	27/02/2026 NTS Level 3+ February Age Group Ga
56*	32.70	L	F	Maria Steyn	17	BLSS MAN	26/09/2025 Pelicans Gala..
56*	32.70	L	F	Madison du Plessis	17	BLOT MAN	23/08/2025 KOVSIE GALA
56*	32.70	L	F	Rebecca White	17	SSISA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
59	32.71	L	P	Kate-Lynn Kruger	17	PEAS NMA	21/03/2026 Sa National JNR Age Group Champs-2
60	32.82	L S	P	Antonella Del Fabbro	17	TUKS FSH	10/12/2025 NTS Championships 2025
61	33.07	L	P	Robyn Barbour	17	MDOL JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
62	33.09	L	F	Emma Rossouw	17	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
63	33.12	L	F	Gianna Collard	17	TUKS FSH	23/01/2026 2026 NTS Sprint Gala
64	33.20	L	F	Lara Wink	17	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
65	33.25	L	F	Kayla Vosloo	17	BLOT MAN	31/10/2025 Mangaung Gala
66	33.26	L	P	Katia Jacob	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
67	33.37	L	P	Danielle Harbron	17	BLOT MAN	26/03/2026 SA Level 3 Regional Age Group Chan
68	33.40	L	F	Elizabet Victor	17	UNIU EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
69	33.43	L	F	Kelci Leech	17	BLSS MAN	03/12/2025 Free State Champs 2025
70	33.50	L	F	Abigail Pieterse	17	INFA NMA	18/10/2025 Fish Eagles Short Course Gala 2025
71	33.54	L	P	Madisynn Elliott	17	AA JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
72	33.94	L	P	Tayla Dowie	17	WATR JHB	27/11/2025 CGA 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			
73	34.07	L	F	Kayla Verbaan	17	USHPM UMD	21/02/2026 KZN Schools Trials 2026
74	34.21	L	F	Mea Harding	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
75	34.25	L	F	Johane Janse van Rensburg	17	TRAZ TSH	14/11/2025 NTS Level 3+ November Age Group G
76	34.39	L	F	Chrystil Raymond	17	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
77	34.48	L	F	Elrike du Plessis	17	RBOT BPD	06/12/2025 NWS Championships 2025
78	34.53	L	F	Jessica Sardinha	17	CA EKU	31/01/2026 EGA Last Chance Gala 2026
79	34.62	L	F	Simone Cussons	17	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
80	34.68	L	F	Vera Chen	17	BLSS MAN	26/09/2025 Pelicans Gala..
81	34.78	L	F	René Kotzé	17	PGIM KKD	13/02/2026 NW School Championships 2026
82	34.79	L	P	Rii Spoelstra	17	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
83	35.14	L	F	Donne Bruyns	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
84	35.45	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
85	35.46	L S	P	Sinoah Pretorius	17	HPS TSH	10/12/2025 NTS Championships 2025
86	35.58	L S	P	Megan Webster	17	RFA TSH	10/12/2025 NTS Championships 2025
87	35.63	L	F	Kaylin Bezuidenhoud	17	BLOT MAN	03/12/2025 Free State Champs 2025
88	35.67	L	F	Jaimee Marais	17	ELRAS WBD	28/11/2025 Limpopo Champs 2025
89	35.71	L	F	Kayla Welgemoed	17	BLSS MAN	26/09/2025 Pelicans Gala..
90	35.97	L	F	Sandri Visser	17	PLAY CED	22/11/2025 Swartland Prestige Gala 2025
91	36.11	L	F	Anne Steyl	17	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
92	36.20	L	F	Christi Serfontein	17	QSSC CPT	20/09/2025 CTA INVITATIONAL LC MEET
93	36.27	L	P	Tarryn Barnes	17	QUES JHB	27/11/2025 CGA Championships 2025
94	36.36	L S	F	Izolde Lombard	17	PSC TSH	10/12/2025 20th Botswana Swimming Nationals 2f
95	36.47	L	F	Mia De Klerk	17	NHS EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
96	37.05	L	F	Shyenne Laubscher	17	WSS LLD	05/09/2025 Bullsharks Gala
97	37.09	L	F	Bianke Von Schlichting	17	UNI EZD	13/09/2025 MP SPRINT 13 SEPTEMBER 2025
98	37.23	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
99	37.25	L	P	Paris Shiwundlana	17	AFIN JHB	18/03/2026 Sa National Youth Champs 2026 NMB
100	37.31	L	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
101	37.32	L	F	Yvonne Pretorius	17	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
102	37.51	L S	P	Jessica Carver	17	ELEC TSH	10/12/2025 NTS Championships 2025
103	37.88	L	F	Mia Botha	17	FISH EDD	22/11/2025 Eden LC Champs 2025
104	38.08	L	P	Imaan Velloo	17	MANT CPT	28/06/2025 PEA Winter Gala 2025
105	38.09	L	F	Minette Els	17	BETH FDD	03/12/2025 Free State Champs 2025
106	38.15	L	P	Ashley Seymour	17	WELA LLD	03/12/2025 Free State Champs 2025
107	38.18	L	P	Maya McCollum	17	ALPHA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
108	38.52	L	P	Ivana Vyncke	17	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
109	38.70	L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
110	38.73	L	F	Nicole Norman	17	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
111	38.74	L	F	Kganya Mashigo	17	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
112	38.86	L	F	Megan Van den Heever	17	ROB EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
113	38.96	L	F	Catherine O'Grady	17	UNI EZD	05/12/2025 Mpumalanga Championships 2025
114	39.43	L	F	Amylee Holtzhausen	17	SEAL UMD	21/02/2026 KZN Schools Trials 2026
115	39.76	L	F	Claire Randall	17	TUKS TSH	23/01/2026 2026 NTS Sprint Gala
116	39.95	L	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
117	40.15	L	F	Sian Kleynhans	17	WAC EDD	24/01/2026 EDEN 4th A-League Gala 2026
118	40.57	L	F	Miela Smit	17	HARL BUF	28/11/2025 BCA Long Course Championships 202
119	40.77	L	F	Caitlin Scheepers	17	VINE CPT	20/09/2025 CTA INVITATIONAL LC MEET
120	40.85	L	P	Tatiana Ioannides	17	BLSS MAN	03/12/2025 Free State Champs 2025
121	40.95	L	F	Gabriella Oaten	17	CASC CPT	20/09/2025 CTA INVITATIONAL LC MEET
122	41.06	L	F	Ianthy Moolman	17	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
123	41.21	L	F	Kuzingca Siramza	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
124	42.81	L	F	Chelsea Snyman	17	HBV MP	31/01/2026 Limpopo School Champs & Limpopo A
125	43.02	L	F	Hannah van der Veen	17	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
126	43.05	L	F	Mia Lea Osbourne	17	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
127	44.11	L	P	Veera Khusal	17	MAKO EKU	04/12/2025 EGA Summer Championships 2025
128	44.29	L	F	Thandolwenkosi Mabaso	17	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
129	46.81	L	F	Naseerah Du Toit	17	UWCA CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
130	47.70	L	F	Helena Van Vuuren	17	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
131	49.78	L	F	Karabo Malinga	17	USHAK EKU	20/09/2025 EGA Summer 1 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				
132	50.82 L	F	Esethu Mabula	17	UHS NMA	14/03/2026	Level 1 District Age Group Gala 2026	
133	51.20 L	P	Tehobo Mokoena	17	FAC EKU	04/12/2025	EGA Summer Championships 2025	
134	55.46 L	P	Zoë Pierce	17	ESTR EKU	04/12/2025	EGA Summer Championships 2025	
135	56.25 L	F	Andrea Stevenson	17	TYGE CPT	20/09/2025	CTA INVITATIONAL LC MEET	
136	1:01.93 L	F	Amelie du Plessis	17	RFA TSH	28/02/2026	AG Level 1 Regional Competition 2026	
Women 100 Fly								
1	1:00.77 L	F	Jaime Mote	17	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	1:03.48 L	F	Annebel Stewart	17	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
3	1:03.86 L	F	Ruth Dredge	17	PAC TSH	06/02/2026	Dubai Open Swimming Championship	
4	1:04.34 L S	F	Leila Yazbek	17	EGA MAN	21/03/2026	Sa National JNR Age Group Champs-	
5	1:04.57 L	F	Kendra Begley	17	INFA NMA	18/03/2026	Sa National Youth Champs 2026 NMB	
6	1:06.12 L	F	Lara Gouws	17	TUKS TSH	10/12/2025	NTS Championships 2025	
7	1:06.69 L	P	Ashley Scholtz	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
8	1:07.45 L	F	Jana Vorster	17	TRAZ TSH	10/12/2025	NTS Championships 2025	
9	1:07.51 L	F	Zandri Knoetze	17	INFA NMA	12/12/2025	NMBA Championships 2025	
10	1:07.92 L	F	Jesse-Leah Laderach	17	PEAS NMA	28/06/2025	PEA Winter Gala 2025	
11	1:07.97 L	F	Mari Wium	17	BRAVE CED	18/03/2026	Sa National Youth Champs 2026 NMB	
12	1:08.31 L	F	Grace Powell	17	TRAZ TSH	10/12/2025	NTS Championships 2025	
13	1:08.49 L S	F	Danika Van Zyl	17	FRA KCD	18/12/2025	KZN Premier Provincial Championship	
14	1:08.61 L	F	Chloe Olivier	17	CA EKU	22/11/2025	EGA Summer 3 & 4	
15	1:09.28 L	F	Leah Markgraaff	17	TUKS TSH	03/10/2025	Curro AquaElite Gala	
16	1:09.67 L	P	Chanel Veldsman	17	TUKS TSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
17	1:10.20 L	P	Catherine Desilla	17	SASE JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
18	1:10.46 L	P	Antonella Del Fabbro	17	TUKS TSH	10/12/2025	NTS Championships 2025	
19	1:10.89 L	F	Keira Holland	17	CRSC JHB	27/11/2025	CGA Championships 2025	
20	1:11.23 L	F	Stacey Smith	17	PAC TSH	10/12/2025	NTS Championships 2025	
21	1:11.73 L	P	Emily Liebenberg	17	ESA CED	18/03/2026	Sa National Youth Champs 2026 NMB	
22	1:11.97 L	F	Jaime Maritz	17	CSA EZD	05/12/2025	Mpumalanga Championships 2025	
23	1:12.15 L	F	Jodi Boettger	17	USC BUF	24/01/2026	BCA January Age Group Gala 2026	
24	1:12.64 L	P	Ella Eldar	17	TUKS TSH	10/12/2025	NTS Championships 2025	
25	1:13.10 L	F	Maria Tselentis	17	OHAN ILD	21/02/2026	KZN Schools Trials 2026	
26	1:13.26 L	F	Mieke Vd Wal	17	CTA CPT	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
27	1:13.38 L S	F	Zianè Jantzen	17	QSSC CPT	04/12/2025	Western Cape LC-A Championship 20	
28	1:13.74 L S	F	Corli Liversage	17	BLSS MAN	03/12/2025	Free State Champs 2025	
29	1:13.84 L	P	Kayleigh Hahn	17	WAC EDD	18/03/2026	Sa National Youth Champs 2026 NMB	
30	1:14.29 L	P	Stephanie Jurado	17	VINE CPT	18/03/2026	Sa National Youth Champs 2026 NMB	
31	1:14.37 L	P	Robyn Barbour	17	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
32	1:15.21 L	P	Keera De Esclana	17	VRC TSH	10/12/2025	NTS Championships 2025	
33	1:15.29 L S	F	Shanna-Leigh Zeelie	17	BLMA CPT	04/12/2025	Western Cape LC-A Championship 20	
34	1:15.89 L	F	Madison du Plessis	17	BLOT MAN	05/09/2025	Bullsharks Gala	
35	1:15.92 L	P	René Kotzé	17	POTC KKD	06/12/2025	NWS Championships 2025	
36	1:16.35 L	P	Hannah Sandilands	17	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
37	1:16.38 L S	P	Nyriam Morais	17	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20	
38	1:16.69 L	F	Milan Van Heerden	17	AZON ETH	03/10/2025	Curro AquaElite Gala	
39	1:16.75 L	F	Emily Palmer	17	USC BUF	24/01/2026	BCA January Age Group Gala 2026	
40	1:17.53 L	F	Jaimee Marais	17	ELRAS WBD	28/11/2025	Limpopo Champs 2025	
41	1:17.62 L	F	Tayla Dowie	17	WATR JHB	27/11/2025	CGA Championships 2025	
42	1:17.74 L	F	Kelly Stork	17	BAS EKU	27/06/2025	Treviso Cup	
43	1:18.13 L	P	Lily Durant	17	WATR JHB	27/11/2025	CGA Championships 2025	
44	1:18.22 L	P	Mea Harding	BR	VASA EKU	04/12/2025	EGA Summer Championships 2025	
45	1:18.88 L	F	Rebecca White	17	SSISA CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)	
46	1:19.04 L	P	Kayla Vosloo	17	BLOT MAN	18/03/2026	Sa National Youth Champs 2026 NMB	
47	1:19.76 L	P	Katia Jacob	BR	VASA EKU	04/12/2025	EGA Summer Championships 2025	
48	1:19.98 L	F	Jessica Sardinha	17	CA EKU	04/12/2025	EGA Summer Championships 2025	
49	1:22.33 L	F	Carme Louw	17	HMER MPD	31/01/2026	Limpopo School Champs & Limpopo A	
50	1:22.84 L	F	Elrike du Plessis	17	RBOT BPD	06/12/2025	NWS Championships 2025	
51	1:23.51 L	F	Lara Wink	17	VINE CPT	06/02/2026	WCA-B Champs - 2026	
52	1:23.62 L	F	Chrystil Raymond	17	CSA EZD	13/02/2026	MP AGE GROUP 6 GALA 13-14 FEBF	
53	1:24.33 L	F	Hannah Naidoo	17	BEAV ETH	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			
54	1:25.94	L	F	Kayla Verbaan	17	USHPM UMD	31/01/2026 uShaka Champs 2026
55	1:26.90	L	P	Deoné Borstlap	17	POTC KKD	06/12/2025 NWS Championships 2025
56	1:27.24	L	F	Yvonne Pretorius	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
57	1:27.60	L	F	Mia Vd Merwe	17	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
58	1:27.62	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
59	x1:27.90	L	F	Kemantha Ayair	17	BEAV ETH	30/03/2026 KZNA Level 1 Championships
60	1:28.38	L	F	Imaan Velloo	17	MANT CPT	06/02/2026 WCA-B Champs - 2026
61	1:29.20	L	F	Zoe Kruger	17	AQUA UTD	06/12/2025 UThukela District Age Group 3
62	1:29.37	L	F	Ashley Seymour	17	WELA LLD	14/11/2025 Valsrivier Gala
63	1:29.58	L	P	Maya McCollum	17	ALPHA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
64	1:29.62	L	F	Jessica Carver	17	ELEC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
65	1:30.17	L	F	Rii Spoelstra	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
66	1:30.65	L	F	Shyenne Laubscher	17	WSS LLD	14/02/2026 MA LAST CHANCE GALA
67	1:30.73	L	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
68	1:33.22	L	P	Andria Le Roux	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
69	1:33.41	L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
70	1:34.96	L	F	Anne Steyl	17	UPSK ZMD	05/12/2025 NCASA CHAMPS 2025 - copied - copi
71	1:36.63	L	F	Bianke Von Schlichting	17	STSC KCD	01/11/2025 KCDA Age Group Gala 2 2025
72	1:37.31	L	F	Hannah van der Veen	17	AQUA BUF	24/01/2026 BCA January Age Group Gala 2026
73	1:38.75	L	F	Miela Smit	17	HARL BUF	28/11/2025 BCA Long Course Championships 202
74	1:42.77	L S	F	Minette Els	17	BETH FDD	03/12/2025 Free State Champs 2025
75	1:55.35	L	F	Naseerah Du Toit	17	WCA CPT	29/03/2026 2026 National Champs for Physically&
Women 200 Fly							
1	2:19.32	L	P	Jaime Mote	17	RSA	19/08/2025 World Aquatics Junior Swim Champs-
2	2:28.28	L	F	Ruth Dredge	17	PAC FSH	06/02/2026 Dubai Open Swimming Championship
3	2:36.56	L	F	Annebel Stewart	17	AZON ETH	12/12/2025 NMBA Championships 2025
4	2:37.47	L	F	Hannah Sandilands	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
5	2:38.21	L	F	Emily Liebenberg	17	ESA CED	13/02/2026 Winelands SL Fin - February 2026 - cc
6	2:45.41	L	P	Antonella Del Fabbro	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
7	2:45.69	L	F	Leah Markgraaff	17	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
8	2:47.38	L	P	Robyn Barbour	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
9	2:50.98	L	F	Kayleigh Hahn	17	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
10	2:51.71	L	F	Danika Van Zyl	17	FRA KCD	21/03/2026 Sa National JNR Age Group Champs-:
11	2:55.60	L	F	Jodi Boettger	17	USC BUF	28/11/2025 BCA Long Course Championships 202
12	3:00.92	L	F	Kelly Stork	17	BAS EKU	22/11/2025 EGA Summer 3 & 4
13	3:03.11	L	F	Nyriam Morais	17	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
14	3:05.03	L	F	Chrystil Raymond	17	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
15	3:33.04	L	F	Ashley Seymour	17	WELA LLD	24/10/2025 Neptunes Gala
16	3:33.90	L	F	Maya McCollum	17	ALPHA CPT	09/10/2025 44th Freda Barnard Invitational Gala
Women 200 IM							
1	2:19.73	L	F	Karla Myburgh	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	2:22.50	L	F	Kayla Gous	17	ECA NMA	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:23.11	L	F	Leila Yazbek	17	FSS	24/04/2026 SA Schools Swimming Championship
4	2:23.19	L	P	Katherine Williams	17	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
5	2:23.23	L	F	Scarlett Le Roux	17	CA EKU	27/06/2025 Treviso Cup
6	2:28.85	L	F	Tyra Penn	17	WATR JHB	18/03/2026 Sa National Youth Champs 2026 NMB
7	2:29.99	L	F	Chloe Olivier	17	CA EKU	27/06/2025 Treviso Cup
8	2:31.05	L S	F	Lara Gouws	17	TUKS FSH	10/12/2025 NTS Championships 2025
9	2:31.53	L	F	Amy O'Connor	17	CRSC JHB	18/03/2026 Sa National Youth Champs 2026 NMB
10	2:31.95	L	F	Mikayla Lombard	17	GAU JHB	24/04/2026 SA Schools Swimming Championship
11	2:32.41	L	P	Chanel Veldsman	17	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
12	2:32.65	L	P	Ella Eldar	17	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
13	2:32.79	L	F	Kendra Begley	17	INFA NMA	12/12/2025 NMBA Championships 2025
14	2:33.19	L	F	Gabriella Van Den Berg	17	ELEC FSH	26/07/2025 NTS 200 IM Time Trials
15	2:33.41	L	F	Kate-Lynn Kruger	17	PEAS NMA	21/03/2026 Sa National JNR Age Group Champs-:
16	2:33.82	L	F	Kayleigh Hahn	17	WAC EDD	04/10/2025 EDEN 1st A-League Gala 2025
17	2:34.13	L	F	Leah Markgraaff	17	TUKS FSH	03/10/2025 Curro AquaElite Gala
18	2:34.43	L	P	Corli Liversage	17	FSS	24/04/2026 SA Schools Swimming 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			
19	2:34.64	L	F	Araya de Waal	17	CA EKU	04/12/2025 EGA Summer Championships 2025
20	2:36.11	L	F	Amy Combrink	17	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
21	2:36.49	L	F	Mieke Vd Wal	17	CTA CPT	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
22	2:37.14	L	F	Annebel Stewart	17	AZON ETH	03/10/2025 Curro AquaElite Gala
23	2:38.46	L S	F	Grace Powell	17	TRAZ FSH	10/12/2025 NTS Championships 2025
24	2:39.71	L	P	Gianna Collard	17	TUKS FSH	21/03/2026 Sa National JNR Age Group Champs-2
25	2:39.88	L	F	Jesse-Leah Laderach	17	PEAS NMA	30/08/2025 Madibaz Swim Meet 2025
26	2:40.14	L S	P	Lily van Aswegen	17	TRAZ FSH	10/12/2025 NTS Championships 2025
27	2:40.16	L	F	Ava-Loren Van Galen	17	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
28	2:40.47	L	P	Hannah Sandilands	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
29	2:40.96	L	F	Jana Swiegers	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
30	2:41.72	L	F	Madison du Plessis	17	BLOT MAN	23/08/2025 KOVSIE GALA
31	2:41.84	L	P	Robyn Barbour	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
32	2:42.03	L	F	Caitlyn Dube	17	MDOL JHB	27/11/2025 CGA Championships 2025
33	2:42.24	L	F	Jaime Maritz	17	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
34	2:42.39	L	P	Jessica Sardinha	17	CA EKU	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
35	2:42.72	L	F	René Kotzé	17	POTC KKD	06/12/2025 NWS Championships 2025
36	2:42.85	L	F	Elizabet Victor	17	UPC EZD	18/02/2026 EHLANZENI INTER HIGH GALA 18 FI
37	2:43.30	L	F	Rebecca White	17	SSISA CPT	01/11/2025 CTA District A CHAMPS 2025
38	2:44.21	L	F	Mari Wium	17	BRAVE CED	22/11/2025 Swartland Prestige Gala 2025
39	2:44.47	L	F	Keira Holland	17	CRSC JHB	27/11/2025 CGA Championships 2025
40	2:46.15	L	P	Katia Jacob	BR	VASA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
41	2:47.08	L	F	Maria Tselentis	17	OHAN ILD	21/02/2026 KZN Schools Trials 2026
42	2:48.12	L	F	Rachel Hinckley	17	CA EKU	22/11/2025 EGA Summer 3 & 4
43	2:48.75	L	F	Mignon Richter	17	CTA CPT	27/06/2025 Coop Services Nattional LC Champion
44	2:48.80	L	P	Tayla Dowie	17	WATR JHB	27/11/2025 CGA Championships 2025
45	2:48.81	L	F	Emma Lategan	17	CASC CPT	04/12/2025 Western Cape LC-A Championship 20
46	2:49.06	L	P	Savannah Mostert	17	PLAY CED	04/12/2025 Western Cape LC-A Championship 20
47	2:49.24	L	P	Tanatswa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
48	2:49.29	L	F	Jade O'Connor	17	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
49	2:49.52	L	P	Jordan Wessels	17	ASA ILD	18/12/2025 KZN Premier Provincial Championship
50*	2:49.69	L	F	Jaime Roome	17	TUKS FSH	27/02/2026 NTS Level 3+ February Age Group Ga
50*	2:49.69	L	F	Danielle Harbron	17	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
52	2:49.80	L	F	Catherine Desilla	17	GAU JHB	30/01/2026 Gauteng Schools Championships 2026
53	2:50.04	L	F	Chrystil Raymond	17	CUR EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
54	2:50.34	L	F	Kayla Verbaan	17	USHPM UMD	21/02/2026 KZN Schools Trials 2026
55	2:50.35	L	F	Maria Steyn	17	BLSS MAN	20/09/2025 Welkom Seals Gala
56	2:50.42	L	F	Donne Bruyns	17	NHS EZD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
57	2:50.99	L	F	Christi Serfontein	17	QSSC CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
58	2:51.05	L	P	Vera Chen	17	FSS	24/04/2026 SA Schools Swimming Championship
59	2:51.21	L	F	Nyriam Morais	17	UWCA CPT	28/06/2025 PEA Winter Gala 2025
60	2:51.68	L	F	Kelci Leech	17	BLSS MAN	03/12/2025 Free State Champs 2025
61	2:51.70	L	F	Zianè Jantzen	17	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
62	2:52.11	L	F	Kaylie Groenewald	17	ACAAQ CCD	28/11/2025 Limpopo Champs 2025
63	2:52.37	L	F	Jaimee Marais	17	ELRAS WBD	28/11/2025 Limpopo Champs 2025
64	2:52.46	L	F	Kayla Vosloo	17	BLOT MAN	03/12/2025 Free State Champs 2025
65	2:52.48	L	F	Daniëlla Müller	17	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
66	2:52.65	L	F	Anne Steyl	17	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
67	2:52.73	L	F	Anri van der Westhuizen	17	BLOT MAN	07/11/2025 Otters Prestige Gala 2025
68	2:53.24	L	F	Mia Vd Merwe	17	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
69	2:53.61	L	F	Hannah Naidoo	17	BEAV ETH	18/12/2025 KZN Premier Provincial Championship
70	2:53.74	L	P	Mea Harding	BR	VASA EKU	04/12/2025 EGA Summer Championships 2025
71	2:54.19	L	P	Gabriella Otto	17	ELEC FSH	18/03/2026 Sa National Youth Champs 2026 NMB
72	2:54.76	L	F	Deoné Borstlap	17	VOLK NMA	13/02/2026 NW School Championships 2026
73	2:55.10	L	F	Shanna-Leigh Zeelie	17	BLMA CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
74	2:55.19	L	F	Storme Badenhorst	17	MARL CPT	28/06/2025 PEA Winter Gala 2025
75	2:55.78	L	F	Chloe Jewell	17	PEAS NMA	20/09/2025 3rd A League Gala 2025
76	2:55.85	L	F	Sian Kleynhans	17	WAC EDD	04/12/2025 Western Cape LC-A Championship 20
77	2:56.15	L	F	Abigail Pieterse	17	INFA NMA	30/01/2026 Infinity 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			
78	2:56.40	L	P	Lumka Ntaka	17	UMSH ETH	18/12/2025 KZN Premier Provincial Championship
79	2:56.99	L S	F	Ivana Vyncke	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
80	2:57.62	L	F	Yvonne Pretorius	17	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
81	2:57.69	L	F	Milan Van Heerden	17	AZON ETH	03/10/2025 Curro AquaElite Gala
82	2:58.17	L	F	Imaan Velloo	17	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
83	2:58.33	L	F	Sienna Lombard	17	TRAZ FSH	14/11/2025 NTS Level 3+ November Age Group G
84	2:59.29	L	F	Rii Spoelstra	17	TUKS FSH	26/07/2025 NTS 200 IM Time Trials
85	2:59.42	L	F	Keera De Esclana	17	VRC FSH	26/07/2025 NTS 200 IM Time Trials
86	2:59.59	L	P	Tafadzwa Chandiwana	17	WSS LLD	18/03/2026 Sa National Youth Champs 2026 NMB
87	3:01.13	L	F	Elrike du Plessis	17	RBOT BPD	06/12/2025 NWS Championships 2025
88	3:01.67	L	F	Danaleigh Swanepoel	17	RFA FSH	26/07/2025 NTS 200 IM Time Trials
89	3:01.99	L	F	Kuzingca Siramza	17	AQUA BUF	28/02/2026 Eastern Cape School Provincial Trials
90	3:02.46	L	F	Jessica Bosman	17	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
91	3:04.29	L	P	Mariel van der Net	17	JAQ EKU	04/12/2025 EGA Summer Championships 2025
92	3:04.57	L	F	Gaby Bishop	17	BETH FDD	05/09/2025 Bullsharks Gala
93	x3:04.97	L	F	Kemantha Ayair	17	BEAV ETH	30/03/2026 KZNA Level 1 Championships
94	3:07.14	L	F	Maya McCollum	17	ALPHA CPT	09/10/2025 44th Freda Barnard Invitational Gala
95	3:07.30	L	F	Ashley Seymour	17	WELA LLD	03/12/2025 Free State Champs 2025
96	3:08.12	L	F	Katey Nel	17	SOUL EKU	20/09/2025 EGA Summer 1 2025
97	3:08.90	L	F	Chrisley Barnard	17	BS LLD	03/12/2025 Free State Champs 2025
98	3:09.56	L	F	Emma Davies	17	BAS EKU	22/11/2025 EGA Summer 3 & 4
99	3:10.61	L	F	Hannah van der Veen	17	AQUA BUF	28/11/2025 BCA Long Course Championships 202
100	3:10.99	L	P	Kholofelo Seabi	17	SWIFT EKU	04/12/2025 EGA Summer Championships 2025
101	3:11.11	L	F	Gabriella Oaten	17	CASC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
102	3:13.18	L	F	Jessica Carver	17	ELEC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
103	3:13.21	L	F	Bianke Von Schlichting	17	UNI EZD	26/09/2025 MP AGE GROUP 1 26-27 SEPT'25
104	3:13.57	L	F	Shyenne Laubscher	17	WSS LLD	07/11/2025 Otters Prestige Gala 2025
105	3:15.11	L	F	Anmi Slabbert	17	PAQU CED	09/10/2025 44th Freda Barnard Invitational Gala
106	3:16.94	L	F	Claire Randall	17	TUKS FSH	13/02/2026 NTS Level 1+2 February Age Group 2f
107	3:18.29	L	F	Nicole Norman	17	BAS EKU	31/01/2026 EGA Last Chance Gala 2026
108	3:18.73	L	F	Tatiana Ioannides	17	BLSS MAN	07/11/2025 Otters Prestige Gala 2025
109	3:18.86	L	F	Kayla Welgemoed	17	BLSS MAN	14/11/2025 Valsrivier Gala
110	3:19.74	L	P	Esther Sauls	17	PGAC EKU	04/12/2025 EGA Summer Championships 2025
111	3:20.02	L	F	Kaylin Bezuidenhoud	17	BLOT MAN	14/02/2026 MA LAST CHANCE GALA
112	3:20.12	L	F	Sharvani Govender	17	ELEC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
113	3:21.82	L	F	Shay-Leigh Pieters	17	HURAQ CPT	09/10/2025 44th Freda Barnard Invitational Gala
114	3:23.49	L	P	Paris Shiwundlana	17	AFIN JHB	27/11/2025 CGA Championships 2025
115	3:27.58	L	F	Minette Els	17	BETH FDD	03/12/2025 Free State Champs 2025
116	3:29.90	L	F	Rienke Blignaut	17	BLSS MAN	14/11/2025 Valsrivier Gala
117	3:36.41	L	F	Richelle Rothmann	17	VHD ZLD	08/11/2025 UThukela Age Group Gala 2
118	3:41.43	L	F	Veera Khusal	17	MAKO EKU	22/11/2025 EGA Summer 3 & 4
119	3:52.19	L	F	Helena Van Vuuren	17	KALA	31/10/2025 UPINGTON PRESTIGE GALA 2025
120	3:53.57	L	F	Thandolwenkosi Mabaso	17	FRA KCD	01/11/2025 KCDA Age Group Gala 2 2025
121	3:55.33	L S	P	Naseerah Du Toit	17	UWCA CPT	04/12/2025 Western Cape LC-A Championship 20
122	4:10.02	L	F	Andrea Stevenson	17	TYGE CPT	20/09/2025 CTA INVITATIONAL LC MEET
123	4:14.71	L	F	Simoné Bronkhorst	17	AGAQ OBD	09/10/2025 44th Freda Barnard Invitational Gala
124	4:19.47	L	P	Zoë Pierce	17	ESTR EKU	04/12/2025 EGA Summer Championships 2025
Women 400 IM							
1	4:58.08	L	F	Karla Myburgh	17	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	5:05.95	L	F	Katherine Williams	17	MDOL JHB	13/03/2026 2026 Wycombe Long Course Premier
3	5:20.37	L	F	Leila Yazbek	17	EGA MAN	03/12/2025 Free State Champs 2025
4	5:26.29	L	F	Hannah Sandilands	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
5	5:29.91	L	F	Kayleigh Hahn	17	WAC EDD	18/03/2026 Sa National Youth Champs 2026 NMB
6	5:39.99	L	F	Madison du Plessis	17	BLOT MAN	24/10/2025 Neptunes Gala
7	5:40.97	L	F	Robyn Barbour	17	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
8	5:42.02	L	F	Leah Markgraaff	17	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
9	5:47.10	L	F	Lily van Aswegen	17	TRAZ FSH	10/12/2025 NTS Championships 2025
10	5:49.78	L	F	René Kotzé	17	POTC KKD	06/12/2025 NWS Championships 2025
11	5:58.07	L	F	Corli Liversage	17	BLSS MAN	26/09/2025 Pelicans 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				
12	6:06.46 L	F	Maria Tselentis	17	OHAN #LD	31/01/2026	uShaka Champs 2026	