

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	24.74 L	F	Caitlin De Lange	22	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
2	24.82 L	F	Olivia Nel	23	RSA	17/07/2025	World University Games 2025	
3	25.02 L	F	Jessica Thompson	19	AGA EKU	14/04/2026	BombelaSA National Aquatic SNR-Ch	
4	25.44 L	F	Florine Gaspard	24	VZF CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
5	25.48 L	F	Michaela De Villiers	23	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
6	25.82 L	P	Georgia Nel	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
7	26.09 L	F	Rebecca Meder	23	AZON ETH	21/02/2026	ROS Club L1&2 13&Over Feb 26 - co	
8	26.14 L	P	Kendra Venter	19	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch	
9	26.20 L	F	Anieke Helmand	21	KOVS MAN	03/12/2025	Free State Champs 2025	
10	26.38 L	F	Erin Gallagher	27	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
11	26.47 L	F	Rachel Groepes	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
12	26.52 L	F	Tori Voke	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
13	26.57 L	F	Carla Meikle	23	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
14	26.61 L	F	Margaux Kemp	23	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
15	26.63 L	F	Cara Knoblauch	19	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc	
16	26.85 L	P	Duné Coetzee	23	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
17	27.04 L	P	Julie Landmann	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
18	27.11 L	F	Xandri Fourie	19	TRAZ FSH	10/12/2025	NTS Championships 2025	
19	27.12 L	F	Lea Harrison	19	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
20*	27.13 L	P	Kate Meyer	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
20*	27.13 L	F	Fleur Verdonck	20	VZF CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
22	27.14 L	F	Johanna Buys	25	VRC FSH	17/10/2025	NTS Level 3+ October Age Group Gal	
23	27.20 L	F	Angelina Patt	20	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
24	27.21 L	F	Lize-Marie Davidson	22	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
25	27.24 L S	F	Milla Drakopoulos	19	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025	
26	27.27 L	F	Tannah Lindsay	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
27*	27.31 L	P	Ella-May Claassen	19	PAC FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
27*	27.31 L	F	Tayla Jonker	21	TUKS FSH	10/12/2025	NTS Championships 2025	
29	27.35 L	F	Hannah Robertson	21	TUKS FSH	12/09/2025	USSA 2025	
30*	27.36 L S	F	Sofia French	19	TUKS FSH	10/12/2025	NTS Championships 2025	
30*	27.36 L	P	Taneal Baptiste	26	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
32	27.41 L	F	Lara Van Niekerk	22	PAC FSH	06/02/2026	Dubai Open Swimming Championship	
33*	27.54 L	F	Kerryn Herbst	23	TUKS FSH	12/09/2025	USSA 2025	
33*	27.54 L	P	Christine Wessels	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
35	27.55 L S	F	Morgan Cope	20	LALE CED	04/12/2025	Western Cape LC-A Championship 20	
36	27.58 L	F	Caelyn White	19	AA JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
37	27.65 L	F	Corinna Meyer	21	VRC FSH	10/12/2025	NTS Championships 2025	
38	27.71 L	F	Hannah Cromhout	21	LALE CED	13/02/2026	Winelands SL Fin - February 2026 - cc	
39	27.81 L	F	Simone Moll	21	PAC FSH	28/06/2025	PEA Winter Gala 2025	
40	27.85 L	P	Gabriella Helberg	19	MDOL JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
41*	27.99 L	F	Jenna-Laine Fuller	25	TUKS FSH	10/12/2025	NTS Championships 2025	
41*	27.99 L	P	Grace De Jongh	20	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
43	28.20 L	F	Scarlett Nichol	20	TUKS FSH	10/12/2025	NTS Championships 2025	
44	28.21 L	F	Kaylene Corbett	26	TUKS FSH	10/12/2025	NTS Championships 2025	
45	28.25 L	P	Jolene Cornelius	21	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
46	28.26 L	P	Catherine Van Rensburg	21	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
47	28.28 L	P	Mila Prinsloo	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
48	28.42 L	F	Ninah Wedderburn	20	NMBA NM	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C	
49	28.46 L	F	Larissa Patt	20	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
50	28.47 L	F	Nicola Hartman	20	RFA FSH	10/12/2025	NTS Championships 2025	
51	28.50 L	F	Annina Grabher	22	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
52	28.54 L	P	Hannah Murray	22	ROA EDD	28/06/2025	PEA Winter Gala 2025	
53	28.55 L	P	Kirsten Storm	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
54	28.56 L S	F	Jenna Smit	19	TUKS FSH	01/11/2025	CTA District A CHAMPS 2025	
55	28.63 L	F	Carmia Hartman	20	RFA FSH	10/12/2025	NTS Championships 2025	
56	28.69 L	F	Romy Day	19	UWCA CPT	12/09/2025	USSA 2025	
57	28.73 L	F	Carla Antonopoulos	25	TUKS FSH	10/12/2025	NTS Championships 2025	
58	28.77 L	F	Anri Wenhold	19	TUKS FSH	10/12/2025	NTS Championships 2025	

Individual Top Times

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

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	28.87	L	F	Olivia Kruger	20	MATI	GED 12/09/2025 USSA 2025
60	28.90	L	F	Luca Toth	19	KIS	GE 13/02/2026 Winelands SL Fin - February 2026 - cc
61	28.99	L	F	Maretha Nagel	40	BLSS	MAN 03/12/2025 Free State Champs 2025
62	29.00	L	F	Zanje van Rensburg	22	NWUC	KKD 12/09/2025 USSA 2025
63	29.07	L S	F	Sarah Mc Laren	19	AADUB	ETH 04/12/2025 EGA Summer Championships 2025
64	29.10	L	F	Isabella Mc Colgan	19	TUKS	FSH 10/12/2025 NTS Championships 2025
65*	29.12	L	F	Q-Rize Ferreira	22	TUKS	FSH 10/12/2025 NTS Championships 2025
65*	29.12	L	F	Utah Novello	19	LALE	GED 13/02/2026 Winelands SL Fin - February 2026 - cc
67	29.16	L	F	Dominique Barnard	24	PSC	FSH 10/12/2025 NTS Championships 2025
68	29.17	L	F	Tanya Abrie	30	WATR	JHB 31/01/2026 Limpopo School Champs & Limpopo A
69	29.26	L	F	Yvette Victor	46	CSC	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
70	29.27	L	F	Zoe Griffiths	19	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
71*	29.28	L S	P	Leah Christie	21	CLA	WCD 04/12/2025 Western Cape LC-A Championship 20
71*	29.28	L S	F	Alexandra Caldwell	ER	VASA	EKU 04/12/2025 EGA Summer Championships 2025
73*	29.36	L	F	Danika Vyncke	19	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
73*	29.36	L	P	Nina Ehrich	22	TUKS	FSH 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
75	29.46	L	F	Megan Hesse	31	PAC	FSH 10/12/2025 NTS Championships 2025
76	29.48	L	P	Jessica Meter	21	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
77	29.49	L	F	Carike Kok	20	TUKS	FSH 10/12/2025 NTS Championships 2025
78	29.50	L	P	Megan Bulose	21	UWCA	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
79	29.55	L	P	Chloe LE Roux	22	MATI	GED 28/06/2025 PEA Winter Gala 2025
80	29.62	L	P	Nicola Herbst	19	INFA	NMA 18/03/2026 Sa National Youth Champs 2026 NMB
81	29.65	L	P	Jordainne Kazimierczak	23	AFIN	JHB 27/11/2025 CGA Championships 2025
82	29.74	L	F	Kiara Johnson	20	MATI	GED 12/09/2025 USSA 2025
83	29.82	L	F	Tiana Köpplinger	21	TUKS	FSH 31/10/2025 NTS Level 1+2 November Age Group :
84	29.94	L	F	Megan Shepherd	22	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
85*	30.06	L	P	Amani Ismail	21	ATLA	JHB 27/11/2025 CGA Championships 2025
85*	30.06	L	F	Jenna Ellse	19	MATI	GED 12/09/2025 USSA 2025
87	30.17	L	F	Caitlin Herbst	19	MATI	GED 12/09/2025 USSA 2025
88	30.29	L	P	Erin Langenhoven	19	SLAQ	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
89	30.38	L	P	Rachel Murray	19	HARL	BUF 18/03/2026 Sa National Youth Champs 2026 NMB
90	30.50	L	P	Jorja Lindstrom	19	HARL	BUF 18/03/2026 Sa National Youth Champs 2026 NMB
91	30.56	L	F	Annette Greyling	20	MATI	GED 12/09/2025 USSA 2025
92	30.62	L	F	Alex Truter	21	BEAV	ETH 31/01/2026 uShaka Champs 2026
93	30.73	L	F	Teagan Harty	20	NMU	NMA 12/09/2025 USSA 2025
94	30.81	L	P	Marlouise Keet	19	DDA	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
95	30.95	L	F	Emma Peacock	20	MATI	GED 12/09/2025 USSA 2025
96	31.02	L	F	Alani Ferreira	27	KZNA	ETH 14/04/2026 BombelaSA National Aquatic SNR-Ch
97	31.06	L	F	Robyn Cowley	19	CSC	FSH 10/12/2025 NTS Championships 2025
98	31.13	L	F	Anabelle Eades	21	NMU	NMA 12/09/2025 USSA 2025
99	31.15	L	F	Tanika Lubbe	25	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
100	31.26	L	F	Chloe Graaff	19	RBOT	BPD 22/11/2025 EGA Summer 3 & 4
101	31.29	L	P	Rachael Humphries	24	AFIN	JHB 27/11/2025 CGA Championships 2025
102	31.32	L	F	Leah Durig	19	CRSC	JHB 06/02/2026 Crusaders & CGA Night Gala
103	31.42	L	F	Mieke Leonard	19	MHS	NGD 24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
104	31.46	L	F	Sinelithemba Mbatha	23	TUKS	FSH 27/02/2026 NTS Level 3+ February Age Group Ga
105	31.65	L	F	Michele Esterhuizen	53	CSA	EZD 05/12/2025 Mpumalanga Championships 2025
106	31.71	L	F	Lara Martin	19	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
107	31.82	L	F	Yedidah Theron	20	NWUC	KKD 12/09/2025 USSA 2025
108	31.87	L	F	Annorina Groenewald	45	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
109	31.89	L	F	Tanya Theron	41	ROA	EDD 24/01/2026 EDEN 4th A-League Gala 2026
110	32.19	L	F	Awande Mdlalose	21	CSC	FSH 31/01/2026 EGA Last Chance Gala 2026
111	32.21	L	F	Chrizandre Brand	19	ESA	GED 06/02/2026 WCA-B Champs - 2026
112	32.35	L	F	Donia Smit	21	SS	MPD 28/11/2025 Limpopo Champs 2025
113	32.58	L	F	Erin Haslehurst	21	PGAC	EKU 31/01/2026 EGA Last Chance Gala 2026
114	32.88	L	F	Channah Van Coller	19	FISH	EDD 08/11/2025 EDEN 3rd A-League Gala 2025
115	32.91	L	F	Danielle West	25	TUKS	FSH 05/12/2025 2025 The Tshwane Mayor's Gala
116	32.92	L	F	Meandri Kramer	26	BETH	FDD 03/12/2025 Free State Champs 2025
117	32.93	L	F	Abigail Olivier	19	ACAQ	CCD 28/11/2025 Limpopo Champs 2025

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	33.24	L	F	Janica Stone	19	KALA	17/01/2026 AGE GROUP 5 KATHU 2026
119	33.40	L S	F	Dakota Wyngaard	19	QSSC CPT	01/11/2025 CTA District A CHAMPS 2025
120	33.52	L	F	Janine Steyn	55	BETH FDD	10/10/2025 Super Seals Annual Gala
121	33.56	L	F	Minke Janse Van Rensburg	21	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
122	33.70	L	F	Jo-Mari Smith	36	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
123	33.71	L	F	Tumelo Mohale	22	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
124	33.96	L	F	Melisca Everson	19	AQUA UTD	18/12/2025 KZN Premier Provincial Championship
125	34.05	L	F	Ra-eesa Jephtha	21	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
126*	34.41	L	F	Alida Stronkhorst	28	KSC EZD	05/12/2025 Mpumalanga Championships 2025
126*	34.41	L	F	Oabilwe Sesoko	20	TUKS TSH	17/10/2025 NTS Level 3+ October Age Group Gal
128	34.65	L	F	Cheryl du Plessis	47	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
129	35.36	L	F	Jo-Ané Paulsen	49	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
130	35.44	L	F	Ina Prinsloo	50	BETH FDD	14/11/2025 Valsrivier Gala
131	36.05	L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025 Limpopo Champs 2025
132	36.52	L	F	Louw-Let Fourie	39	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
133	36.67	L	F	Gwynedd Peters	46	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
134	36.78	L	F	Melissa Meyer	38	WAC EDD	24/01/2026 EDEN 4th A-League Gala 2026
135	36.91	L	F	Celeste Ruck	61	COEL TSH	05/12/2025 2025 The Tshwane Mayor's Gala
136	37.64	L	F	Jacqueline Dabrowski	48	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
137	38.46	L	F	Zora Wegerif	24	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
138	39.61	L	F	Nicola Strauss	39	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
139	40.00	L	F	Lesedi Mamabolo	19	RFA TSH	03/10/2025 NTS Level 1+2 October Age Group 20
140	40.06	L	F	Shirley Mlotshwa	20	ATTE TSH	05/12/2025 2025 The Tshwane Mayor's Gala
141	40.10	L	F	Leandi Keun	37	HARB BPD	06/12/2025 NWS Championships 2025
142	42.24	L	F	Elmarie Malan	52	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
143	42.48	L	P	Alette Du Plessis	43	HARB BPD	06/12/2025 NWS Championships 2025
144	43.12	L	F	Louise Cockeran	40	KTS	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
145	43.34	L	F	Uma Krige	30	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
146	44.04	L	F	Katherine Swanepoel	38	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
147	45.06	L	F	Heidi Taylor-Welgemoed	59	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
148	46.17	L	F	Samantha Bosch	42	TUKS TSH	05/12/2025 2025 The Tshwane Mayor's Gala
149	46.68	L S	F	Savanna Haselau	20	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
150	47.52	L	F	Helena Farrelly	63	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
151	56.05	L	P	Helen Van Vuuren	46	NWUC KKD	06/12/2025 NWS Championships 2025
152	58.46	L	F	Ilse Booysen	68	UPSK ZMD	21/11/2025 AGE GROUP 2 & 3 UPT
153	1:00.20	L	F	Marne Kock	28	RBUR BPD	06/12/2025 NWS Championships 2025
154	1:08.79	L	F	Judith Dixon	84	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
155	1:35.50	L	F	Franciske Venter	44	GAU JHB	29/03/2026 2026 National Champs for Physically&

Women 100 Free

1	54.73	L	F	Olivia Nel	23	RSA	17/07/2025 World University Games 2025
2	55.01	L	P	Erin Gallagher	27	RSA	11/08/2025 World Aqua -Swimming Champs July 2
3	55.17	L	F	Caitlin De Lange	22	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
4	55.45	L	P	Jessica Thompson	19	CA EKU	18/03/2026 Sa National Youth Champs 2026 NMB
5	55.55	L	F	Michaela De Villiers	23	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	55.86	L	P	Georgia Nel	23	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
7	57.17	L	P	Duné Coetzee	23	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
8	57.21	L	P	Lise Coetzee	21	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
9	57.39	L	P	Aimee Canny	22	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
10	57.70	L	F	Milla Drakopoulos	19	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	57.94	L	P	Hannah Robertson	21	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
12	57.96	L	P	Cara Knoblauch	19	RSA	19/08/2025 World Aquatics Junior Swim Champs-
13	58.09	L	F	Rachel Groepes	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
14	58.14	L	P	Tori Voke	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
15	58.33	L	F	Anieke Helmand	21	KOVS MAN	03/12/2025 Free State Champs 2025
16	58.42	L	F	Sofia French	19	TUKS TSH	10/12/2025 NTS Championships 2025
17	58.44	L	F	Carla Meikle	23	AZON ETH	12/12/2025 NMBA Championships 2025
18	58.92	L	P	Corné Van Schalkwyk	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
19	58.96	L	F	Lize-Marie Davidson	22	KOVS MAN	03/12/2025 Free State Champs 2025
20	59.03	L	F	Lea Harrison	19	SCU GE	13/02/2026 Winelands SL Fin - February 2026 - cc

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	59.09	L	F	Tannah Lindsay	19	CA EKU	27/06/2025 Treviso Cup
22	59.15	L	F	Kendra Venter	19	INFA NMA	28/06/2025 PEA Winter Gala 2025
23	59.18	L	P	Taneal Baptiste	26	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
24	59.22	L	F	Ella-May Claassen	19	PAC FSH	18/03/2026 Sa National Youth Champs 2026 NMB
25	59.32	L	P	Kerryn Herbst	23	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
26	59.54	L	P	Xandri Fourie	19	TRAZ FSH	18/03/2026 Sa National Youth Champs 2026 NMB
27	59.70	L	F	Panna Kliment	19	SCU CE	13/02/2026 Winelands SL Fin - February 2026 - cc
28	59.85	L	P	Gabriella Helberg	19	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
29	59.88	L	F	Christine Wessels	20	TUKS FSH	10/12/2025 NTS Championships 2025
30	59.94	L	F	Margaux Kemp	23	MATI CED	12/09/2025 USSA 2025
31	1:00.10	L	F	Stephanie Houtman	23	VARC NMA	12/09/2025 USSA 2025
32	1:00.72	L	P	Grace De Jongh	20	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
33	1:00.76	L	F	Kirsten Storm	20	TUKS FSH	12/09/2025 USSA 2025
34	1:00.99	L	P	Kaylene Corbett	26	TUKS FSH	10/12/2025 NTS Championships 2025
35	1:01.00	L	F	Catherine Van Rensburg	21	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
36*	1:01.14	L	F	Georgia Els	20	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
36*	1:01.14	L	P	Johanna Buys	25	VRC FSH	10/12/2025 NTS Championships 2025
36*	1:01.14	L	P	Jenna Smit	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
39	1:01.18	L	F	Carla Antonopoulos	25	TUKS FSH	17/10/2025 NTS Level 3+ October Age Group Gal
40	1:01.25	L	F	Hannah Pearse	23	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
41	1:01.53	L	F	Annina Grabher	22	SCU CE	13/02/2026 Winelands SL Fin - February 2026 - cc
42	1:01.54	L	P	Julie Landmann	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
43	1:01.61	L	P	Mila Prinsloo	19	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
44*	1:01.67	L	F	Mikaela Goelst	20	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
44*	1:01.67	L	P	Jolene Cornelius	21	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
46	1:01.78	L	F	Olivia Kruger	20	MATI CED	12/09/2025 USSA 2025
47	1:01.83	L	P	Caelyn White	19	AA JHB	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
48	1:02.03	L	F	Ninah Wedderburn	20	INFA NMA	12/12/2025 NMBA Championships 2025
49	1:02.04	L	P	Jenna-Laine Fuller	25	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
50	1:02.05	L	F	Alexandra Caldwell	ER	VASA EKU	04/12/2025 EGA Summer Championships 2025
51	1:02.14	L	P	Carmia Hartman	20	RFA FSH	10/12/2025 NTS Championships 2025
52	1:02.34	L	F	Hannah Cromhout	21	LALE CED	13/02/2026 Winelands SL Fin - February 2026 - cc
53	1:02.46	L	P	Megan Shepherd	22	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
54	1:02.47	L	P	Simone Moll	21	PAC FSH	28/06/2025 PEA Winter Gala 2025
55	1:02.69	L	F	Tanya Abrie	30	WATR JHB	31/01/2026 Limpopo School Champs & Limpopo A
56	1:02.90	L	F	Zoe Griffiths	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
57	1:02.94	L	F	Q-Rize Ferreira	22	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
58	1:03.28	L	P	Hannah Neilson	21	UWCA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
59*	1:03.33	L	F	Nicola Harcus	20	VARC NMA	12/09/2025 USSA 2025
59*	1:03.33	L	P	Nicola Hartman	20	RFA FSH	10/12/2025 NTS Championships 2025
61	1:03.64	L	P	Christine Jackson	19	ELEC FSH	18/03/2026 Sa National Youth Champs 2026 NMB
62	1:03.82	L	P	Maretha Nagel	40	BLSS MAN	03/12/2025 Free State Champs 2025
63	1:03.88	L	F	Carike Kok	20	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
64	1:04.11	L	F	Anri Wenhold	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
65	1:04.18	L	F	Danika Vyncke	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
66*	1:04.30	L	F	Jessica Canter	26	ASAC CPT	04/12/2025 Western Cape LC-A Championship 20
66*	1:04.30	L	P	Jordainne Kazimierzczak	23	AFIN JHB	27/11/2025 CGA Championships 2025
68	1:04.38	L	P	Nicola Herbst	19	INFA NMA	18/03/2026 Sa National Youth Champs 2026 NMB
69	1:04.46	L	P	Corinna Meyer	21	VRC FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
70	1:04.71	L	P	Nina Ehrich	22	TUKS FSH	10/12/2025 NTS Championships 2025
71	1:04.82	L	F	Tiana Köpplinger	21	TUKS FSH	31/10/2025 NTS Level 1+2 November Age Group :
72	1:05.03	L	P	Jessica Meter	21	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
73	1:05.72	L	P	Amani Ismail	21	ATLA JHB	27/11/2025 CGA Championships 2025
74	1:05.78	L	F	Kiara Johnson	20	MATI CED	12/09/2025 USSA 2025
75	1:05.90	L	F	Alani Ferreira	27	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
76	1:05.99	L	F	Rachel Murray	19	HARL BUF	07/02/2026 BCA Feb Age Group Gala 2026
77	1:06.64	L	F	Jenna Ellse	19	MATI CED	12/09/2025 USSA 2025
78	1:06.67	L	P	Marlouise Keet	19	DDA FSH	10/12/2025 NTS Championships 2025
79	1:06.70	L	P	Jorja Lindstrom	19	HARL BUF	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				
80	1:07.19	L	F	Leah Durig	19	CRSC	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
81	1:07.26	L	F	Chanel Du Plessis	19	CYBE	GPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
82	1:07.29	L	F	Teagan Hartly	20	NMU	NMA	12/09/2025 USSA 2025
83	1:07.43	L	F	Robyn Cowley	19	CSC	FSH	31/01/2026 EGA Last Chance Gala 2026
84	1:07.59	L	F	Danelle Snyman	40	ROA	EDD	25/10/2025 Zasu 1st League OYDC 2025-26
85	1:07.62	L	F	Danél da Veiga	19	NWUC	KKD	12/09/2025 USSA 2025
86	1:07.75	L	F	Melissa Martens	20	MATI	GED	12/09/2025 USSA 2025
87	1:07.94	L	P	Erin Haslehurst	21	PGAC	EKU	04/12/2025 EGA Summer Championships 2025
88	1:08.04	L	F	Megan Bulose	21	UWCA	CPT	12/09/2025 USSA 2025
89	1:08.39	L	F	Anabelle Eades	21	NMU	NMA	12/09/2025 USSA 2025
90	1:08.44	L	F	Yedidah Theron	20	NWUC	KKD	09/10/2025 44th Freda Barnard Invitational Gala
91	1:08.99	L	F	Rachael Humphries	24	AFIN	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
92	1:10.11	L	F	Lara Martin	19	TUKS	FSH	14/11/2025 NTS Level 3+ November Age Group G
93	1:11.11	L	F	Michele Esterhuizen	53	CSA	EZD	05/12/2025 Mpumalanga Championships 2025
94	1:11.63	L	F	Abigail Olivier	19	ACAAQ	CCD	28/11/2025 Limpopo Champs 2025
95	1:12.13	L	F	Dakota Wyngaard	19	QSSC	CPT	14/02/2026 CTA Elite Gala (L3+)
96	1:12.33	L	F	Gabriella Steyl	21	NWS		31/01/2026 4+1 INTERPROVINCIAL GALA 2026
97	1:12.48	L	F	Awande Mdlalose	21	CSC	FSH	17/10/2025 NTS Level 3+ October Age Group Gal
98	1:12.74	L	P	Chelsea White	19	CRSC	JHB	27/11/2025 CGA Championships 2025
99	1:12.98	L	F	Tanya Theron	41	ROA	EDD	24/01/2026 EDEN 4th A-League Gala 2026
100	1:13.11	L	F	Channah Van Coller	19	FISH	EDD	25/10/2025 Zasu 1st League OYDC 2025-26
101	1:13.91	L	F	Annorina Groenewald	45	KTS		05/12/2025 NCASA CHAMPS 2025 - copied - copi
102	1:14.80	L	F	Meandri Kramer	26	BETH	FDD	03/12/2025 Free State Champs 2025
103	1:15.04	L	F	Ra-eesa Jephta	21	MANT	CPT	14/02/2026 CTA Elite Gala (L3+)
104	1:15.14	L	F	Chrizandre Brand	19	ESA	GED	22/11/2025 Swartland Prestige Gala 2025
105	1:15.46	L	F	Oabilwe Sesoko	20	TUKS	FSH	17/10/2025 NTS Level 3+ October Age Group Gal
106	1:15.47	L	F	Jo-Mari Smith	36	FEMS	EDD	14/02/2026 EDEN 5th A-League Gala 2026
107	1:16.33	L S	F	Melisca Everson	19	AQUA	UTD	18/12/2025 KZN Premier Provincial Championship
108	1:17.45	L	F	Minke Janse Van Rensburg	21	FISH	EDD	22/11/2025 Eden LC Champs 2025
109	1:17.79	L	F	Tumelo Mohale	22	TUKS	FSH	27/02/2026 NTS Level 3+ February Age Group Ga
110	1:18.15	L	F	Janine Steyn	55	BETH	FDD	07/11/2025 Otters Prestige Gala 2025
111	1:18.21	L	F	Cheryl du Plessis	47	FEMS	EDD	24/01/2026 EDEN 4th A-League Gala 2026
112	1:20.76	L	F	Louw-Let Fourie	39	FISH	EDD	24/01/2026 EDEN 4th A-League Gala 2026
113	1:20.91	L	F	Ina Prinsloo	50	BETH	FDD	05/09/2025 Bullsharks Gala
114	1:21.72	L	F	Huibrecht Engelbrecht	37	SS	MPD	28/11/2025 Limpopo Champs 2025
115	1:22.13	L	F	Jo-Ané Paulsen	49	FEMS	EDD	14/02/2026 EDEN 5th A-League Gala 2026
116	1:22.69	L	F	Alida Stronkhorst	28	KSC	EZD	05/12/2025 Mpumalanga Championships 2025
117	1:23.47	L	F	Ahara-Anne Maherry	19	BEAV	ETH	09/07/2025 TYR Prestige Tournament 2025
118	1:26.95	L	F	Melissa Meyer	38	WAC	EDD	14/02/2026 EDEN 5th A-League Gala 2026
119	1:28.70	L	F	Zora Wegerif	24	AGB	JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
120	1:28.79	L	F	Sonja Coetzee	38	VALS	FDD	07/11/2025 Otters Prestige Gala 2025
121	1:33.25	L	F	Lesedi Mamabolo	19	RFA	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
122	1:34.60	L	F	Lourette Seyffert	43	NWS		31/01/2026 4+1 INTERPROVINCIAL GALA 2026
123	1:34.74	L	F	Leandi Keun	37	NWS		31/01/2026 4+1 INTERPROVINCIAL GALA 2026
124	1:34.96	L	F	Shirley Mlotshwa	20	ATTE	FSH	05/12/2025 2025 The Tshwane Mayor's Gala
125	1:35.98	L	F	Nicola Strauss	39	FISH	EDD	24/01/2026 EDEN 4th A-League Gala 2026
126	1:36.25	L	F	Elmarie Malan	52	FISH	EDD	14/02/2026 EDEN 5th A-League Gala 2026
127	1:43.75	L	F	Savanna Haselau	20	PSCP	UMD	09/07/2025 TYR Prestige Tournament 2025
128	1:43.82	L	F	Alette Du Plessis	43	HARB	BPD	06/12/2025 NWS Championships 2025
129	2:12.89	L	F	Ilse Booysen	68	UPSK	ZMD	21/11/2025 AGE GROUP 2 & 3 UPT
130	2:13.17	L	F	Marne Kock	28	NWS		31/01/2026 4+1 INTERPROVINCIAL GALA 2026
131	2:16.29	L	F	Helen Van Vuuren	46	NWUC	KKD	06/12/2025 NWS Championships 2025
Women 200 Free								
1	1:56.64	L	F	Aimee Canny	22	WCA	CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	1:59.99	L	F	Hannah Robertson	21	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:00.05	L	F	Duné Coetzee	23	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	2:00.38	L	F	Georgia Nel	23	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
5	2:01.18	L	F	Callan Lötter	20	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	2:03.57	L	F	Corné Van Schalkwyk	20	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch

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				
7	2:04.06	L	F	Catherine Van Rensburg	21	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
8	2:05.06	L	F	Sofia French	19	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
9	2:05.13	L	F	Lise Coetzee	21	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
10	2:05.39	L	F	Vanna Djakovic	20	SCU	CE	13/02/2026 Winelands SL Fin - February 2026 - cc
11	2:06.33	L	F	Hannah Pearse	23	TUKS	FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
12	2:06.72	L	F	Leigh McMorran	21	AGB	JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
13	2:07.44	L	F	Stephanie Houtman	23	VARC	NMA	12/09/2025 USSA 2025
14	2:07.50	L	F	Tannah Lindsay	19	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
15	2:07.66	L	F	Erin Gallagher	27	TUKS	FSH	14/11/2025 NTS Level 3+ November Age Group G
16	2:07.85	L	P	Lize-Marie Davidson	22	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
17	2:08.62	L	P	Rachel Groepes	20	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
18	2:08.91	L	F	Lea Harrison	19	SCU	CE	13/02/2026 Winelands SL Fin - February 2026 - cc
19	2:08.93	L	F	Carla Antonopoulos	25	TUKS	FSH	10/12/2025 NTS Championships 2025
20	2:09.18	L	F	Georgia Els	20	TUKS	FSH	10/12/2025 NTS Championships 2025
21	2:10.25	L	F	Megan Stewart	19	AZON	ETH	09/07/2025 TYR Prestige Tournament 2025
22	2:10.29	L	F	Carla Meikle	23	AZON	ETH	09/07/2025 TYR Prestige Tournament 2025
23	2:10.47	L	P	Christine Wessels	20	TUKS	FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
24	2:10.56	L	F	Nicola Harcus	20	SSISA	CPT	18/03/2026 Sa National Youth Champs 2026 NMB
25*	2:11.48	L	F	Chelsea White	19	MDOL	JHB	21/02/2026 ROS Club L1&2 13&Over Feb 26 - cor
25*	2:11.48	L	P	Zoe Griffiths	19	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
27	2:11.63	L	F	Gabriella Helberg	19	MDOL	JHB	18/03/2026 Sa National Youth Champs 2026 NMB
28	2:11.93	L	F	Hannah Murray	22	ROA	EDD	28/06/2025 PEA Winter Gala 2025
29	2:12.32	L	F	Cara Knoblauch	19	LALE	GED	13/02/2026 Winelands SL Fin - February 2026 - cc
30	2:13.20	L	F	Monica Botha	19	BEAV	ETH	09/07/2025 TYR Prestige Tournament 2025
31	2:13.28	L	F	Chloe LE Roux	22	MATI	GED	28/06/2025 PEA Winter Gala 2025
32	2:13.60	L	F	Kendra Venter	19	INFA	NMA	28/06/2025 PEA Winter Gala 2025
33	2:14.33	L	P	Mila Prinsloo	19	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
34	2:14.34	L	P	Hannah Neilson	21	UWCA	CPT	18/03/2026 Sa National Youth Champs 2026 NMB
35	2:14.68	L	P	Megan Shepherd	22	TUKS	FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
36	2:14.73	L	P	Kirsten Storm	20	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
37	2:14.97	L	P	Grace De Jongh	20	LALE	GED	04/12/2025 Western Cape LC-A Championship 20
38	2:15.49	L S	P	Alexandra Caldwell	ER	VASA	EKU	04/12/2025 EGA Summer Championships 2025
39	2:16.67	L	F	Jo-Eli Viljoen	19	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
40	2:17.05	L	F	Maretha Nagel	40	BLSS	MAN	03/12/2025 Free State Champs 2025
41	2:17.82	L	F	Anieke Helmand	21	UFS	MAN	12/09/2025 USSA 2025
42	2:18.18	L	F	Margaux Kemp	23	MATI	GED	12/09/2025 USSA 2025
43	2:18.48	L	F	Tayla Bruce	19	AZON	ETH	18/12/2025 KZN Premier Provincial Championship
44	2:20.39	L	P	Carike Kok	20	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
45	2:20.45	L	F	Jessica Meter	21	TUKS	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
46	2:20.91	L	P	Christine Jackson	19	ELEC	FSH	18/03/2026 Sa National Youth Champs 2026 NMB
47	2:21.13	L	F	Mikaela Goelst	20	SEAL	UMD	09/07/2025 TYR Prestige Tournament 2025
48	2:21.16	L	P	Amani Ismail	21	ATLA	JHB	10/12/2025 NTS Championships 2025
49	2:21.78	L	P	Luané Engelbrecht	20	TUKS	FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
50	2:21.90	L	F	Jordainne Kazimierczak	23	AFIN	JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
51	2:22.37	L	F	Ninah Wedderburn	20	INFA	NMA	12/12/2025 NMBA Championships 2025
52	2:22.40	L	P	Danika Vyncke	19	AGC	FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
53	2:22.44	L	P	Erin Langenhoven	19	SLAQ	CPT	18/03/2026 Sa National Youth Champs 2026 NMB
54	2:23.11	L	P	Marlouise Keet	19	DDA	FSH	10/12/2025 NTS Championships 2025
55	2:24.07	L	F	Rachel Smith	20	UWCA	CPT	12/09/2025 USSA 2025
56	2:24.79	L S	F	Erin Haslehurst	21	PGAC	EKU	04/12/2025 EGA Summer Championships 2025
57	2:24.88	L	F	Jorja Lindstrom	19	HARL	BUF	28/06/2025 PEA Winter Gala 2025
58	2:25.66	L	P	Dané da Veiga	19	NWUC	KKD	18/03/2026 Sa National Youth Champs 2026 NMB
59	2:26.56	L	F	Rachel Murray	19	HARL	BUF	28/11/2025 BCA Long Course Championships 202
60	2:26.57	L	F	Alani Ferreira	27	FSA	FS	29/03/2026 2026 National Champs for Physically&
61	2:27.15	L	F	Ashleë Pretorius	21	MATI	GED	12/09/2025 USSA 2025
62	2:28.42	L	F	Liliana Ricco	23	CUHE	QBD	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
63	2:29.25	L	F	Chanel Du Plessis	19	CYBE	CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
64	2:29.56	L	P	Leah Durig	19	CRSC	JHB	18/03/2026 Sa National Youth Champs 2026 NMB
65	2:29.75	L	F	Petru Stewart	46	COEL	FSH	31/01/2026 Limpopo School Champs & Limpopo A

Individual Top Times

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

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
66	2:29.77	L	F	Nina Ehrich	22	TUKS TSH	27/02/2026 NTS Level 3+ February Age Group Ga
67	2:29.91	L	F	Aine Van Eeden	19	PEAS NMA	30/01/2026 Infinity Gala 2026
68	2:30.30	L	F	Julie Landmann	19	PSC TSH	28/06/2025 PEA Winter Gala 2025
69	2:30.48	L	F	Yedidah Theron	20	NWUC KKD	09/10/2025 44th Freda Barnard Invitational Gala
70	2:30.61	L	F	Alex Truter	21	BEAV ETH	06/12/2025 Stingrays Champs 2025
71	2:30.78	L	F	Jenna Ellse	19	MATI CED	12/09/2025 USSA 2025
72	2:31.16	L	F	Nicola Herbst	19	INFA NMA	18/10/2025 Fish Eagles Short Course Gala 2025
73	2:31.36	L	F	Abigail Swanepoel	22	NMU NMA	12/09/2025 USSA 2025
74	2:32.64	L	F	Rachael Humphries	24	AFIN JHB	27/11/2025 CGA Championships 2025
75	2:33.61	L	P	Clio Smidt	19	UWCA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
76	2:34.29	L	F	Petro Marié Fourie	20	LALE CED	24/01/2026 EDEN 4th A-League Gala 2026
77	2:35.57	L	P	Gabriella Steyl	21	NWUC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
78	2:39.09	L	F	Anneke van Eeden	21	NWUC KKD	12/09/2025 USSA 2025
79	2:41.60	L	F	Channah Van Collier	19	FISH EDD	04/10/2025 EDEN 1st A-League Gala 2025
80	2:43.29	L	F	Michele Esterhuizen	53	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
81	2:43.78	L	F	Dakota Wyngaard	19	QSSC CPT	14/02/2026 CTA Elite Gala (L3+)
82	2:51.86	L	F	Anabelle Eades	21	NMU NMA	12/09/2025 USSA 2025
83	2:53.40	L	F	Awande Mdlalose	21	CSC TSH	05/12/2025 2025 The Tshwane Mayor's Gala
84	2:54.26	L	F	Minke Janse Van Rensburg	21	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
85	2:58.58	L	F	Ahara-Anne Maherry	19	BEAV ETH	09/07/2025 TYR Prestige Tournament 2025
86	2:58.85	L	F	Annorina Groenewald	45	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
87	2:59.32	L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025 Limpopo Champs 2025
88	3:02.53	L	F	Thinica Mc Anda	20	UFS MAN	12/09/2025 USSA 2025
89	3:06.41	L	F	Louw-Let Fourie	39	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
90	3:08.57	L	F	Jo-Ané Paulsen	49	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
91	3:11.55	L	F	Natalie Hilbert	43	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
92	3:16.10	L	F	Zora Wegerif	24	DRGN JHB	27/11/2025 CGA Championships 2025
93	3:17.42	L	F	Ina Prinsloo	50	BETH FDD	14/11/2025 Valsrivier Gala
94	3:24.21	L	F	Sonja Coetzee	38	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
95	3:27.26	L	F	Melissa Meyer	38	WAC EDD	24/01/2026 EDEN 4th A-League Gala 2026
96	3:31.84	L	F	Jana Grobler	61	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
97	3:35.91	L	F	Debbie Von Diepenbroick	47	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
98	3:40.62	L	F	Shirley Mlotshwa	20	ATTE TSH	05/12/2025 2025 The Tshwane Mayor's Gala
99	3:41.42	L	F	Leandi Keun	37	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
100	3:51.02	L	F	Savanna Haselau	20	PSCP UMD	09/07/2025 TYR Prestige Tournament 2025
101	4:49.34	L	P	Helen Van Vuuren	46	NWUC KKD	06/12/2025 NWS Championships 2025
102	5:01.01	L	F	Ilse Booysen	68	UPSK ZMD	31/10/2025 UPINGTON PRESTIGE GALA 2025
Women 400 Free							
1	4:11.35	L S	F	Duné Coetzee	23	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
2	4:13.21	L S	F	Callan Lötter	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	4:16.11	L S	F	Hannah Robertson	21	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	4:17.08	L S	F	Stephanie Houtman	23	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
5	4:17.73	L S	F	Catherine Van Rensburg	21	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
6	4:21.21	L	F	Georgia Nel	23	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
7	4:21.47	L	F	Hannah Pearse	23	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
8	4:21.85	L	F	Lise Coetzee	21	RSA	17/07/2025 World University Games 2025
9	4:23.36	L	F	Vanna Djakovic	20	SCU GE	13/02/2026 Winelands SL Fin - February 2026 - cc
10	4:23.80	L S	P	Corné Van Schalkwyk	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	4:23.81	L	F	Leigh McMorrان	21	AA JHB	18/03/2026 Sa National Youth Champs 2026 NMB
12	4:27.80	L	F	Carla Antonopoulos	25	TUKS TSH	12/09/2025 USSA 2025
13	4:32.89	L S	P	Zoe Griffiths	19	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
14	4:33.69	L	P	Hannah Neilson	21	UWCA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
15	4:35.56	L	F	Lize-Marie Davidson	22	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
16	4:38.37	L	F	Nicola Harcus	20	SSISA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
17	4:44.62	L	P	Gabriella Helberg	19	MDOL JHB	18/03/2026 Sa National Youth Champs 2026 NMB
18	4:45.84	L	F	Monica Botha	19	BEAV ETH	09/07/2025 TYR Prestige Tournament 2025
19	4:46.52	L	F	Alexandra Caldwell	ER	VASA EKU	04/12/2025 EGA Summer Championships 2025
20	4:48.08	L	F	Maretha Nagel	40	BLSS MAN	03/12/2025 Free State Champs 2025
21	4:48.17	L	P	Erin Langenhoven	19	SLAQ CPT	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			
22	4:48.93	L	F	Chloe LE Roux	22	MATI	GED 12/09/2025 USSA 2025
23	4:49.12	L	P	Luané Engelbrecht	20	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
24	4:53.10	L	P	Tayla Bruce	19	AZON	ETH 18/03/2026 Sa National Youth Champs 2026 NMB
25	4:55.53	L	F	Utah Novello	19	LALE	GED 04/12/2025 Western Cape LC-A Championship 20
26	4:56.50	L	P	Jessica Meter	21	TUKS	FSH 10/12/2025 NTS Championships 2025
27	4:57.49	L	F	Carike Kok	20	TUKS	FSH 10/12/2025 NTS Championships 2025
28	4:58.20	L	F	Mila Prinsloo	19	PLAY	GED 04/12/2025 Western Cape LC-A Championship 20
29	5:00.32	L S	P	Alani Ferreira	27	KZNA	ETH 14/04/2026 BombelaSA National Aquatic SNR-Ch
30	5:02.58	L	F	Aine Van Eeden	19	PEAS	NMA 12/12/2025 NMBA Championships 2025
31	5:04.14	L	F	Rachel Murray	19	BCA	BUF 10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
32	5:04.69	L	P	Jordainne Kazimierczak	23	AFIN	JHB 18/03/2026 Sa National Youth Champs 2026 NMB
33	5:05.68	L	F	Danelle Snyman	40	ROA	EDD 25/10/2025 Zasu 1st League OYDC 2025-26
34	5:05.72	L	P	Marlouise Keet	19	DDA	FSH 10/12/2025 NTS Championships 2025
35	5:05.74	L	F	Rachel Smith	20	UWCA	CPT 12/09/2025 USSA 2025
36	5:06.00	L	F	Erin Haslehurst	21	PGAC	EKU 27/06/2025 Treviso Cup
37	5:06.87	L	F	Abigail Swanepoel	22	NMU	NMA 12/09/2025 USSA 2025
38	5:13.63	L	F	Petru Stewart	46	COEL	FSH 31/01/2026 Limpopo School Champs & Limpopo A
39	5:13.79	L	F	Amani Ismail	21	ATLA	JHB 27/11/2025 CGA Championships 2025
40	5:14.40	L	F	Jorja Lindstrom	19	HARL	BUF 24/01/2026 BCA January Age Group Gala 2026
41	5:18.04	L	F	Alex Truter	21	BEAV	ETH 06/12/2025 Stingrays Champs 2025
42	5:30.74	L	F	Ashleë Pretorius	21	MATI	GED 12/09/2025 USSA 2025
43	5:34.41	L	F	Rachael Humphries	24	AFIN	JHB 31/01/2026 EGA Last Chance Gala 2026
44	5:35.42	L	F	Channah Van Coller	19	FISH	EDD 08/11/2025 EDEN 3rd A-League Gala 2025
45	5:43.28	L	F	Gabriella Steyl	21	NWUC	KKD 12/09/2025 USSA 2025
46	6:08.92	L	F	Minke Janse Van Rensburg	21	FISH	EDD 24/01/2026 EDEN 4th A-League Gala 2026
47	6:16.23	L	F	Anabelle Eades	21	NMU	NMA 12/09/2025 USSA 2025
48	6:19.27	L	F	Annorina Groenewald	45	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
49	6:25.19	L	F	Ahara-Anne Maherry	19	BEAV	ETH 06/10/2025 Seagulls Winter Championships 2025
50	6:42.06	L	F	Jacqueline Dabrowski	48	FISH	EDD 14/02/2026 EDEN 5th A-League Gala 2026
51	6:54.54	L	F	Louw-Let Fourie	39	FISH	EDD 22/11/2025 Eden LC Champs 2025
52	7:12.34	L	F	Melissa Meyer	38	WAC	EDD 14/02/2026 EDEN 5th A-League Gala 2026
53	7:13.71	L	F	Zora Wegerif	24	DRGN	JHB 14/02/2026 CGA Last Chance
54	7:20.58	L	F	Jana Grobler	61	FEMS	EDD 24/01/2026 EDEN 4th A-League Gala 2026
55	9:18.06	L	F	Louise Cockeran	40	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
Women 500 Free							
1	14:14.66	L	O	Penelope Ingram	70	CPTM	CPT 30/11/2025 CTA OWS - Series 3
2	15:32.55	L	O	Ilse Eigelaar-Meets	49	UNA	CPT 14/12/2025 CTA OWS - Series 4
Women 800 Free							
1	8:41.13	L	F	Callan Lötter	20	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
2	8:50.27	L	F	Stephanie Houtman	23	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
3	8:50.60	L	F	Catherine Van Rensburg	21	RSA	11/08/2025 World Aqua -Swimming Champs July 2
4	8:58.84	L	F	Leigh McMorrان	21	AA	JHB 18/03/2026 Sa National Youth Champs 2026 NMB
5	9:04.17	L	F	Vanna Djakovic	20	SCU	CE 13/02/2026 Winelands SL Fin - February 2026 - cc
6	9:05.99	L	F	Carla Antonopoulos	25	TUKS	FSH 12/09/2025 USSA 2025
7	9:07.03	L	F	Hannah Neilson	21	UWCA	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
8	9:07.69	L	F	Lise Coetzee	21	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
9	9:08.99	L	F	Duné Coetzee	23	TUKS	FSH 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
10	9:25.62	L	F	Zoe Griffiths	19	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
11	9:50.53	L	F	Luané Engelbrecht	20	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
12	9:51.40	L	F	Megan Shepherd	22	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
13	9:59.30	L	F	Alexandra Caldwell	ER	VASA	EKU 04/12/2025 EGA Summer Championships 2025
14	10:01.72	L	F	Erin Langenhoven	19	SLAQ	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
15	10:03.36	L S	F	Monica Botha	19	BEAV	ETH 09/07/2025 TYR Prestige Tournament 2025
16*	10:03.84	L	F	Tayla Bruce	19	AZON	ETH 18/03/2026 Sa National Youth Champs 2026 NMB
16*	10:03.84	L	F	Chazél Orton	21	NWUC	KKD 18/03/2026 Sa National Youth Champs 2026 NMB
18	10:04.57	L	F	Maretha Nagel	40	BLSS	MAN 03/12/2025 Free State Champs 2025
19	10:08.83	L	F	Utah Novello	19	LALE	GED 04/12/2025 Western Cape LC-A Championship 20
20	10:15.69	L	F	Gabriella Helberg	19	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			
21	10:18.85	L	F	Mila Prinsloo	19	PLAY	GED 22/11/2025 Swartland Prestige Gala 2025
22	10:19.65	L	F	Aine Van Eeden	19	PEAS	NMA 12/12/2025 NMBA Championships 2025
23	10:20.82	L	F	Rachel Smith	20	UWCA	CPT 12/09/2025 USSA 2025
24	10:26.99	L	F	Carike Kok	20	TUKS	FSH 17/10/2025 NTS Level 3+ October Age Group Gala
25	10:32.76	L	F	Rachel Murray	19	HARL	BUF 24/01/2026 BCA January Age Group Gala 2026
26	10:34.52	L	F	Caitlin Herbst	19	MATI	GED 12/09/2025 USSA 2025
27	10:41.13	L	F	Abigail Swanepoel	22	NMU	NMA 12/09/2025 USSA 2025
28	10:41.98	L	F	Erin Haslehurst	21	PGAC	EKU 11/10/2025 EGA Summer 2
29	10:47.30	L	F	Jorja Lindstrom	19	HARL	BUF 28/11/2025 BCA Long Course Championships 202
30	10:48.35	L	F	Lize-Marie Davidson	22	UFS	MAN 12/09/2025 USSA 2025
31	10:52.60	L	F	Petru Stewart	46	COEL	FSH 27/09/2025 Limpopo Age Group 4 of 2025/26
32	10:54.02	L	F	Alex Truter	21	BEAV	ETH 18/12/2025 KZN Premier Provincial Championship
33	10:58.46	L	F	Ashleë Pretorius	21	MATI	GED 12/09/2025 USSA 2025
34	11:00.14	L	F	Rachael Humphries	24	AFIN	JHB 27/11/2025 CGA Championships 2025
35	11:16.42	L	F	Danelle Snyman	40	ROA	EDD 04/10/2025 EDEN 1st A-League Gala 2025
36	11:16.91	L	F	Liliana Ricco	23	CUHE	QBD 25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
37	11:42.78	L	F	Ra-eesa Jephtha	21	MANT	CPT 20/09/2025 CTA INVITATIONAL LC MEET
38	11:48.74	L	F	Gabriella Steyl	21	NWUC	KKD 12/09/2025 USSA 2025
39	11:56.55	L	F	Channah Van Coller	19	FISH	EDD 25/10/2025 Zasu 1st League OYDC 2025-26
40	13:05.00	L S	F	Ahara-Anne Maherry	19	BEAV	ETH 09/07/2025 TYR Prestige Tournament 2025
41	13:55.73	L	F	Sandra Casas Delucchi	42	FEMS	EDD 14/02/2026 EDEN 5th A-League Gala 2026
42	16:28.09	L	F	Melissa Meyer	38	WAC	EDD 14/02/2026 EDEN 5th A-League Gala 2026
Women 1000 Free							
1	10:39.01	L	F	Sasha-Lee Hemmens	28	SGUL	ETH 12/07/2025 2025 MVN Swim Meet of Champions
2	14:01.00	L	F	Tayla Bruce	19	AZON	ETH 23/11/2025 Capital K Open Water Swim Meet 202
3	14:10.00	L	F	Samantha Randle	27	KLOO	ETH 23/11/2025 Capital K Open Water Swim Meet 202
4	19:02.00	L	F	Amanda Koegelenberg	48	BLUO	UGD 23/11/2025 Capital K Open Water Swim Meet 202
5	22:39.00	L	F	Carina Hambloch	46	SMSC	ETH 23/11/2025 Capital K Open Water Swim Meet 202
6	22:54.00	L	F	Susan Rich	63	HAAG	UTD 23/11/2025 Capital K Open Water Swim Meet 202
7	24:07.00	L	F	Cornelia Fowler	45	KLOO	ETH 23/11/2025 Capital K Open Water Swim Meet 202
8	29:11.00	L	F	Dawn Lloyd	67	SMSC	ETH 23/11/2025 Capital K Open Water Swim Meet 202
9	29:36.00	L	F	Rosemary Clark	77	SMSC	ETH 23/11/2025 Capital K Open Water Swim Meet 202
10	33:59.00	L	F	Tracy Usher-Jones	56	HAAG	UTD 23/11/2025 Capital K Open Water Swim Meet 202
11	35:33.00	L	F	Carol Fourie	63	CASWS	UMD 23/11/2025 Capital K Open Water Swim Meet 202
12	40:58.00	L	F	Winifred Gray	77	SMSC	ETH 23/11/2025 Capital K Open Water Swim Meet 202
13	43:50.00	L	F	Zama Sithole	36	AQUA	UTD 23/11/2025 Capital K Open Water Swim Meet 202
14	46:28.00	L	F	Tanya Gregory	40	HAAG	UTD 23/11/2025 Capital K Open Water Swim Meet 202
Women 1200 Free							
1	26:25.00	L	F	Sasha-Lee Hemmens	28	SGUL	ETH 07/09/2025 Swim the Avenues Open Water
Women 1500 Free							
1	16:33.77	L	F	Stephanie Houtman	23	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
2	16:36.99	L	F	Callan Lötter	20	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
3	16:56.10	L	F	Catherine Van Rensburg	21	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
4	17:17.84	L	F	Hannah Neilson	21	UWCA	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
5	17:22.92	L	F	Carla Antonopoulos	25	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
6	19:14.65	L S	F	Maretha Nagel	40	BLSS	MAN 03/12/2025 Free State Champs 2025
7	19:15.38	L	F	Tayla Bruce	19	AZON	ETH 18/12/2025 KZN Premier Provincial Championship
8	19:23.00	L	F	Megan Shepherd	22	TUKS	FSH 06/12/2025 Primeview #2 2025
9	19:41.80	L	F	Chelsea White	19	CRSC	JHB 27/11/2025 CGA Championships 2025
10	19:46.35	L	F	Aine Van Eeden	19	PEAS	NMA 18/10/2025 4th A League Gala 2025
11	20:10.17	L	F	Rachel Murray	19	HARL	BUF 28/11/2025 BCA Long Course Championships 202
12	20:17.00	L	O	Erin Langenhoven	19	SLAQ	CPT 10/01/2026 WCA Open Water Champions
13*	20:30.00	L	F	Luané Engelbrecht	20	TUKS	FSH 17/01/2026 Primeview Festival AG Champs 2026
13*	20:30.00	L	F	Rachel Smith	20	MDOL	JHB 17/01/2026 Primeview Festival AG Champs 2026
15	20:32.71	L	F	Erin Haslehurst	21	PGAC	EKU 04/12/2025 EGA Summer Championships 2025
16	20:55.34	L	F	Jorja Lindstrom	19	HARL	BUF 28/11/2025 BCA Long Course Championships 202
17	21:30.46	L	F	Rachael Humphries	24	AFIN	JHB 15/11/2025 NWS Age Group 3 2025
18	21:40.70	L	O	Robyn Clark	42	CTO	CPT 16/11/2025 CTA OWS - Series 2

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	22:16.00	L	F	Megan Albertyn	52	TUKS FSH	17/01/2026 Primeview Festival AG Champs 2026
20	22:37.72	L	F	Channah Van Coller	19	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
21	22:50.02	L	F	Gabriella Steyl	21	NWUC KKD	06/12/2025 NWS Championships 2025
22	23:09.00	L	F	Carike Kok	20	TUKS FSH	17/01/2026 Primeview Festival AG Champs 2026
23	23:15.00	L	F	Ingrd Trusler	67	COEL FSH	06/12/2025 Primeview #2 2025
24	23:45.00	L	F	Kirsty Hyslop	30	AA JHB	06/12/2025 Primeview #2 2025
25	25:21.00	L	F	Neressa Houtman	52	TUKS FSH	17/01/2026 Primeview Festival AG Champs 2026
26	25:55.80	L	O	Heidi Taylor-Welgemoed	59	FEMS EDD	16/11/2025 CTA OWS - Series 2
27	26:04.00	L	F	Nunette Brits	24	COEL FSH	17/01/2026 Primeview Festival AG Champs 2026
28	26:10.28	L	O	Samantha Levi	46	CTO CPT	16/11/2025 CTA OWS - Series 2
29	27:08.00	L	O	Marieke Bouwer	62	COEL FSH	12/10/2025 Manyaka OW Sprint 2025
30	28:11.00	L	F	Maria Wessels-Jooste	50	COEL FSH	06/12/2025 Primeview #2 2025
31	28:41.62	L	O	Lauren Roberts	50	UNIU EZD	12/10/2025 MPUMALANGA OPEN WATER 12 OC
32	28:46.00	L	O	Tarryn Seagram	44	ELEC FSH	12/10/2025 Manyaka OW Sprint 2025
33	29:02.00	L	F	Kerri Broncho	46	PER JHB	17/01/2026 Primeview Festival AG Champs 2026
34	31:19.00	L	F	Uma Krige	30	TUKS FSH	17/01/2026 Primeview Festival AG Champs 2026
35	31:24.00	L	O	Oabilwe Sesoko	20	TUKS FSH	12/10/2025 Manyaka OW Sprint 2025
36	32:29.00	L	F	Linda Griffiths	53	LTS JHB	06/12/2025 Primeview #2 2025
37	32:49.00	L	F	Anneke du Toit	48	COEL FSH	06/12/2025 Primeview #2 2025
38	32:53.00	L	F	Bronwyn George	27	AA JHB	06/12/2025 Primeview #2 2025
39	34:59.60	L	O	Nadine Viljoen	44	CSA EZD	15/02/2026 MPUMALANGA OPEN WATER 15 FE
40	35:55.00	L	O	Julayga Cassim	53	ATLA JHB	12/10/2025 Manyaka OW Sprint 2025
41	36:57.00	L	O	Elke Brown	56	SWIM1 JHB	12/10/2025 Manyaka OW Sprint 2025
42	43:00.00	L	F	Ahara-Anne Maherry	19	BEAV ETH	15/11/2025 KZNA Open Water Championship
43	45:38.00	L	O	Jane Rees	81	COEL FSH	12/10/2025 Manyaka OW Sprint 2025
44	47:47.52	L	O	Joanne Fouche	46	AASC EZD	12/10/2025 MPUMALANGA OPEN WATER 12 OC
Women 1650 Free							
1	17:47.53	L	F	Sasha-Lee Hemmens	28	SGUL ETH	12/07/2025 2025 MVN Swim Meet of Champions
Women 3000 Free							
1	5:43.13	L	F	Callan Lötter	20	AGC FSH	06/03/2026 SA National Bombela OWS Champion
2	5:59.03	L	F	Sasha-Lee Hemmens	28	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
3	6:11.94	L	F	Hannah Neilson	21	WCA CPT	06/03/2026 SA National Bombela OWS Champion
4	6:14.92	L	F	Carla Antonopoulos	25	AGC FSH	06/03/2026 SA National Bombela OWS Champion
5	19:38.84	L	P	Tayla Bruce	19	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
6	20:08.38	L	P	Luané Engelbrecht	20	AGC FSH	06/03/2026 SA National Bombela OWS Champion
7	20:17.60	L	P	Megan Shepherd	22	AGC FSH	06/03/2026 SA National Bombela OWS Champion
8	38:10.93	L	O	Samantha Randle	27	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
9	38:15.00	L	O	Stephanie Houtman	23	TUKS FSH	12/10/2025 Manyaka OW Sprint 2025
10	41:03.28	L	O	Rachel Smith	20	AGB JHB	06/03/2026 SA National Bombela OWS Champion
11	41:03.79	L	O	Erin Langenhoven	19	WCA CPT	06/03/2026 SA National Bombela OWS Champion
12	42:20.35	L	O	Tarryn Stanford	39	CPTM CPT	30/11/2025 CTA OWS - Series 3
13	42:46.11	L	O	Alne Van Eeden	19	PEAS NMA	30/11/2025 EC Swim Series OWS Round 2 2025
14	43:21.97	L	O	Megan Albertyn	52	AGC FSH	06/03/2026 SA National Bombela OWS Champion
15	43:38.00	L	F	Abigail Meder	25	ASA ILD	10/01/2026 Baynesfield 2026
16	44:13.79	L	O	Alex Truter	21	ASA ETH	06/03/2026 SA National Bombela OWS Champion
17	44:39.90	L	O	Amani Ismail	21	AGB JHB	06/03/2026 SA National Bombela OWS Champion
18	44:43.08	L	O	Carina Hambloch	46	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
19	44:56.91	L	O	Rachael Humphries	24	AGB JHB	06/03/2026 SA National Bombela OWS Champion
20	45:39.63	L	O	Simone Webb	46	KZNA ETH	06/03/2026 SA National Bombela OWS Champion
21	45:44.00	L	F	Carike Kok	20	TUKS FSH	02/11/2025 Primeview #1 2025
22	45:56.00	L	O	Denise Bosman	67	BEST NMA	18/01/2026 NMBA OWS Championships 2026
23	47:29.00	L	F	Ingrd Trusler	67	COEL FSH	06/12/2025 Primeview #2 2025
24	48:25.00	L	F	Kirsty Hyslop	30	AA JHB	06/12/2025 Primeview #2 2025
25	48:34.00	L	F	Erin Haslehurst	21	PGAC EKU	17/01/2026 Primeview Festival AG Champs 2026
26	51:33.00	L	F	Neressa Houtman	52	TUKS FSH	17/01/2026 Primeview Festival AG Champs 2026
27	51:46.00	L	F	Gabriella Steyl	21	NWUC KKD	17/01/2026 Primeview Festival AG Champs 2026
28	52:53.00	L	F	Marcelle Stiemans	58	SMSC ETH	23/11/2025 Capital K Open Water Swim Meet 2025
29	53:47.00	L	F	Nunette Brits	24	COEL FSH	17/01/2026 Primeview Festival AG 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			
30	55:03.00	L	O	Cyndi Strydom	38	ELEC	FSH 12/10/2025 Manyaka OW Sprint 2025
31	55:23.00	L	F	Amanda Koegelenberg	48	BLUO	UGD 15/11/2025 KZNA Open Water Championship
32	57:02.00	L	F	Kerri Broncho	46	PER	JHB 17/01/2026 Primeview Festival AG Champs 2026
33	57:39.44	L	O	Ra-eesa Jephtha	21	MANT	CPT 16/11/2025 CTA OWS - Series 2
34	58:30.00	L	O	Debra Kotze	64	COEL	FSH 12/10/2025 Manyaka OW Sprint 2025
35	58:50.40	L	O	Chere Donian	62	BEST	NMA 30/11/2025 EC Swim Series OWS Round 2 2025
36	58:51.00	L	F	Maria Wessels-Jooste	50	COEL	FSH 06/12/2025 Primeview #2 2025
37	1:01:44.94	L	O	Jessica Redfern	26	IND	MP 01/02/2026 MPUMALANGA OPEN WATER 1 FEB
38	1:01:46.00	L	O	Jennifer Cairns	52	COEL	FSH 12/10/2025 Manyaka OW Sprint 2025
39	1:04:03.00	L	O	Heather Tiltmann	65	SYGN	ETH 10/01/2026 Baynesfield 2026
40	1:04:37.00	L	F	Uma Krige	30	TUKS	FSH 17/01/2026 Primeview Festival AG Champs 2026
41	1:06:05.00	L	F	Susan Rich	63	HAAG	UTD 23/11/2025 Capital K Open Water Swim Meet 2025
42	1:06:09.00	L	F	Linda Griffiths	53	LTS	JHB 06/12/2025 Primeview #2 2025
43	1:06:29.00	L	F	Bronwyn George	27	AA	JHB 06/12/2025 Primeview #2 2025
44	1:06:47.00	L	F	Diane Botha	41	COEL	FSH 02/11/2025 Primeview #1 2025
45	1:07:01.00	L	O	Mandy Macaskill	51	COEL	FSH 12/10/2025 Manyaka OW Sprint 2025
46	1:07:37.00	L	F	Anneke du Toit	48	COEL	FSH 06/12/2025 Primeview #2 2025
47	1:08:54.00	L	F	Nadia du Plessis	36	COEL	FSH 02/11/2025 Primeview #1 2025
48	1:09:32.00	L	F	Cornelia Fowler	45	KLOO	ETH 23/11/2025 Capital K Open Water Swim Meet 2025
49	1:11:01.00	L	O	Jade Homveld	60	COEL	FSH 12/10/2025 Manyaka OW Sprint 2025
50	1:13:18.00	L	O	Ghete Klaasen	27	SWIM1	JHB 12/10/2025 Manyaka OW Sprint 2025
51	1:13:52.56	L	O	Elizabeth Craig	81	BEST	NMA 30/11/2025 EC Swim Series OWS Round 2 2025
52	1:28:23.00	L	F	Savanna Haselau	20	PSCP	UMD 23/11/2025 Capital K Open Water Swim Meet 2025
Women 5000 Free							
1	53:37.78	L	O	Hannah Neilson	21	UWCA	CPT 10/01/2026 WCA Open Water Champions
2	1:00:23.84	L	O	Callan Lötter	20	AGC	FSH 06/03/2026 SA National Bombela OWS Champion
3	1:02:49.00	L	O	Carla Antonopoulos	25	TUKS	FSH 06/12/2025 Primeview #2 2025
4	1:03:10.66	L	O	Sasha-Lee Hemmens	28	KZNA	ETH 06/03/2026 SA National Bombela OWS Champion
5	1:05:31.00	L	O	Erin Langenhoven	19	SLAQ	CPT 10/01/2026 WCA Open Water Champions
6	1:05:52.00	L	O	Megan Shepherd	22	TUKS	FSH 17/01/2026 Primeview Festival AG Champs 2026
7	1:07:45.09	L	O	Luané Engelbrecht	20	AGC	FSH 06/03/2026 SA National Bombela OWS Champion
8	1:08:23.04	L	O	Tayla Bruce	19	KZNA	ETH 06/03/2026 SA National Bombela OWS Champion
9	1:08:40.04	L	O	Samantha Randle	27	KZNA	ETH 06/03/2026 SA National Bombela OWS Champion
10	1:11:16.56	L	O	Alne Van Eeden	19	ECA	BUF 06/03/2026 SA National Bombela OWS Champion
11	1:13:00.00	L	O	Tarryn Stanford	39	CPTM	CPT 14/12/2025 CTA OWS - Series 4
12	1:19:42.00	L	O	Rachael Humphries	24	AFIN	JHB 06/12/2025 Primeview #2 2025
13	1:25:33.00	L	F	Alex Truter	21	BEAV	ETH 15/11/2025 KZNA Open Water Championship
Women 7500 Free							
1	2:16:35.45	L	O	Nikki Van der Walt	53	UNA	CPT 16/11/2025 CTA OWS - Series 2
Women 10000 Free							
1	1:59:07.00	L	O	Hannah Neilson	21	UWCA	CPT 10/01/2026 WCA Open Water Champions
2	1:59:36.96	L	O	Callan Lötter	20	AGC	FSH 06/03/2026 SA National Bombela OWS Champion
3	2:04:51.06	L	O	Carla Antonopoulos	25	AGC	FSH 06/03/2026 SA National Bombela OWS Champion
Women 50 Back							
1	27.67	L	F	Jessica Thompson	19	CA	EKU 18/03/2026 Sa National Youth Champs 2026 NMB
2	27.91	L	F	Olivia Nel	23	RSA	17/07/2025 World University Games 2025
3	28.00	L	F	Michaela De Villiers	23	RSA	17/07/2025 World University Games 2025
4	28.54	L	P	Caitlin De Lange	22	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
5	28.83	L	P	Tayla Jonker	21	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
6	29.08	L	F	Milla Drakopoulos	19	KZNA	ETH 14/04/2026 BombelaSA National Aquatic SNR-Ch
7	29.61	L	F	Kerryn Herbst	23	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
8	29.69	L	F	Angelina Patt	20	SCU	CE 13/02/2026 Winelands SL Fin - February 2026 - cc
9	29.96	L	P	Hannah Pearse	23	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
10	30.02	L	F	Fleur Verdonck	20	VZF	CE 13/02/2026 Winelands SL Fin - February 2026 - cc
11	30.28	L	F	Grace De Jongh	20	LALE	GED 04/12/2025 Western Cape LC-A Championship 20
12	30.44	L	P	Ella-May Claassen	19	PAC	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
13	30.61	L	F	Scarlett Nichol	20	TUKS	FSH 10/12/2025 NTS Championships 2025
14	30.90	L	F	Margaux Kemp	23	MATI	GED 12/09/2025 USSA 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			
15	31.18	L	F	Tannah Lindsay	19	CA EKU	04/12/2025 EGA Summer Championships 2025
16*	31.24	L	F	Jenna Smit	19	TUKS FSH	04/12/2025 Western Cape LC-A Championship 20
16*	31.24	L	F	Sarah Mc Laren	19	AADUB ETH	04/12/2025 EGA Summer Championships 2025
18	31.29	L	P	Lize-Marie Davidson	22	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
19	31.38	L	F	Taneal Baptiste	26	TUKS FSH	10/12/2025 NTS Championships 2025
20	31.47	L	P	Tori Voke	20	TUKS FSH	10/12/2025 NTS Championships 2025
21	31.53	L	F	Florine Gaspard	24	VZF CE	13/02/2026 Winelands SL Fin - February 2026 - cc
22	31.66	L	F	Gabriella Helberg	19	MDOL JHB	27/11/2025 CGA Championships 2025
23	31.73	L	F	Christine Wessels	20	TUKS FSH	12/09/2025 USSA 2025
24	31.74	L	F	Kaylin De Almeida	23	AA JHB	18/03/2026 Sa National Youth Champs 2026 NMB
25	31.95	L	F	Sinelithemba Mbatha	23	TUKS FSH	12/09/2025 USSA 2025
26*	32.04	L	F	Anieke Helmand	21	KOVS MAN	24/10/2025 Neptunes Gala
26*	32.04	L	F	Caelyn White	19	AA JHB	27/11/2025 CGA Championships 2025
28	32.20	L	P	Julie Landmann	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
29	32.23	L	P	Jolene Cornelius	21	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
30	32.49	L	P	Jo-Ell Viljoen	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
31	32.51	L	F	Lara Van Niekerk	22	VARC NMA	12/09/2025 USSA 2025
32	32.73	L	P	Chanel Du Plessis	19	CYBE CPT	04/12/2025 Western Cape LC-A Championship 20
33	32.75	L	F	Chazél Orton	21	NWUC KKD	06/12/2025 NWS Championships 2025
34	33.15	L	P	Clio Smidt	19	UWCA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
35	33.18	L	P	Dominique Barnard	24	PSC FSH	10/12/2025 NTS Championships 2025
36	33.37	L	F	Johanna Buys	25	VRC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
37*	33.42	L	F	Corné Van Schalkwyk	20	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
37*	33.42	L	P	Chloe LE Roux	22	MATI CED	28/06/2025 PEA Winter Gala 2025
39	33.51	L	P	Corinna Meyer	21	VRC FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
40	33.53	L	F	Megan Bulose	21	UWCA CPT	12/09/2025 USSA 2025
41	33.64	L	F	Amani Ismail	21	ATLA JHB	27/11/2025 CGA Championships 2025
42	33.66	L	P	Nina Ehrich	22	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
43	33.71	L	F	Kiara Johnson	20	MATI CED	12/09/2025 USSA 2025
44	34.12	L	F	Danéél da Veiga	19	NWUC KKD	12/09/2025 USSA 2025
45	34.51	L	F	Jordainne Kazimierzczak	23	AFIN JHB	08/11/2025 CGA Summer 3 - Level 2+ - 2025
46	34.63	L	P	Rachel Murray	19	HARL BUF	18/03/2026 Sa National Youth Champs 2026 NMB
47	34.91	L	F	Maretha Nagel	40	BLSS MAN	26/09/2025 Pelicans Gala..
48	35.05	L	F	Romy Day	19	UWCA CPT	12/09/2025 USSA 2025
49	35.12	L	P	Anri Wenhold	19	TUKS FSH	10/12/2025 NTS Championships 2025
50	35.23	L	F	Zanje van Rensburg	22	NWUC KKD	12/09/2025 USSA 2025
51	35.37	L	P	Marlouse Keet	19	DDA FSH	10/12/2025 NTS Championships 2025
52	35.40	L	F	Petro Marié Fourie	20	LALE CED	24/01/2026 EDEN 4th A-League Gala 2026
53	35.59	L	F	Mieke Leonard	19	MHS NGD	24/10/2025 MP TOP SCHOOLS HIGH SCHOOLS
54	35.81	L	F	Emma Peacock	20	MATI CED	12/09/2025 USSA 2025
55	36.16	L	F	Annette Greyling	20	MATI CED	12/09/2025 USSA 2025
56	36.19	L	F	Robyn Cowley	19	CSC FSH	31/01/2026 EGA Last Chance Gala 2026
57	36.37	L	F	Leah Durig	19	CRSC JHB	06/02/2026 Crusaders & CGA Night Gala
58	36.60	L	P	Rachael Humphries	24	AFIN JHB	27/11/2025 CGA Championships 2025
59	36.76	L	F	Lara Martin	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
60	37.16	L	F	Melissa Martens	20	MATI CED	12/09/2025 USSA 2025
61	37.21	L	F	Awande Mdlalose	21	CSC FSH	17/10/2025 NTS Level 3+ October Age Group Gal
62*	37.37	L	F	Jorja Lindstrom	19	HARL BUF	28/11/2025 BCA Long Course Championships 202
62*	37.37	L	F	Donia Smit	21	SS MPD	28/11/2025 Limpopo Champs 2025
64	37.69	L	F	Tanika Lubbe	25	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
65	37.83	L	F	Teagan Harty	20	NMU NMA	12/09/2025 USSA 2025
66	38.16	L	F	Nicola Hartman	20	RFA FSH	17/10/2025 NTS Level 3+ October Age Group Gal
67	38.57	L	F	Danielle West	25	TUKS FSH	10/12/2025 NTS Championships 2025
68	39.22	L	F	Erin Haslehurst	21	PGAC EKU	22/11/2025 EGA Summer 3 & 4
69	39.64	L	F	Michele Esterhuizen	53	CSA EZD	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
70	40.39	L	F	Janica Stone	19	KALA	31/10/2025 UPINGTON PRESTIGE GALA 2025
71	41.19	L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025 Limpopo Champs 2025
72*	41.53	L	F	Cheryl du Plessis	47	FEMS EDD	24/01/2026 EDEN 4th A-League Gala 2026
72*	41.53	L	F	Tanya Theron	41	ROA EDD	24/01/2026 EDEN 4th A-League 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			
74	41.64 L	F	Janine Steyn	55	BETH FDD	14/11/2025	Valsrivier Gala
75	42.17 L S	F	Melisca Everson	19	AQUA UTD	18/12/2025	KZN Premier Provincial Championship
76	42.29 L	F	Ahara-Anne Maherry	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025
77	42.45 L	F	Meandri Kramer	26	BETH FDD	05/09/2025	Bullsharks Gala
78	43.62 L	F	Annorina Groenewald	45	KTS	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
79	44.44 L	F	Gwynedd Peters	46	TUKS FSH	10/12/2025	NTS Championships 2025
80	44.80 L	F	Lesedi Mamabolo	19	RFA FSH	23/01/2026	2026 NTS Sprint Gala
81	44.99 L	F	Natalie Hilbert	43	WAC EDD	09/10/2025	44th Freda Barnard Invitational Gala
82	46.92 L	P	Minke Janse Van Rensburg	21	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
83	47.76 L	F	Katherine Swanepoel	38	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
84	48.10 L	F	Celeste Ruck	61	COEL FSH	10/12/2025	NTS Championships 2025
85	48.39 L	F	Zora Wegerif	24	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
86	52.45 L	F	Leandi Keun	37	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
87	52.80 L	F	Heidi Taylor-Welgemoed	59	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
88	53.16 L	F	Jillian Black	68	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
89	57.26 L	F	Helena Farrelly	63	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
90	57.50 L	F	Alette Du Plessis	43	HARB BPD	06/12/2025	NWS Championships 2025
91	57.87 L	F	Elmarie Malan	52	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
92	59.84 L	F	Savanna Haselau	20	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025
93	1:07.94 L	F	Marne Kock	28	RBUR BPD	06/12/2025	NWS Championships 2025
94	1:14.67 L	F	Ilse Booysen	68	UPSK ZMD	21/11/2025	AGE GROUP 2 & 3 UPT
95	1:32.66 L	F	Judith Dixon	84	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
Women 100 Back							
1	1:00.81 L	F	Michaela De Villiers	23	RSA	17/07/2025	World University Games 2025
2	1:00.83 L	F	Olivia Nel	23	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
3	1:01.24 L	F	Milla Drakopoulos	19	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch
4	1:01.78 L	F	Jessica Thompson	19	CA EKU	18/03/2026	Sa National Youth Champs 2026 NMB
5	1:02.24 L	F	Tayla Jonker	21	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
6	1:02.39 L	F	Hannah Pearse	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
7	1:03.84 L	F	Kerryn Herbst	23	TUKS FSH	12/09/2025	USSA 2025
8	1:04.04 L	F	Rebecca Meder	23	AZON ETH	21/02/2026	ROS Club L1&2 13&Over Feb 26 - cop
9	1:05.26 L	F	Scarlett Nichol	20	TUKS FSH	10/12/2025	NTS Championships 2025
10	1:05.92 L	F	Ella-May Claassen	19	PAC FSH	18/03/2026	Sa National Youth Champs 2026 NMB
11	1:06.25 L	P	Grace De Jongh	20	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
12	1:06.47 L S	F	Tannah Lindsay	19	CA EKU	04/12/2025	EGA Summer Championships 2025
13	1:06.76 L	P	Christine Wessels	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
14	1:07.02 L	F	Megan Stewart	19	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
15	1:07.41 L	P	Kendra Venter	19	ECA NMA	14/04/2026	BombelaSA National Aquatic SNR-Ch
16	1:07.50 L	F	Sarah Mc Laren	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
17	1:07.73 L	P	Gabriella Helberg	19	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
18	1:08.01 L	F	Lize-Marie Davidson	22	KOVS MAN	03/12/2025	Free State Champs 2025
19	1:08.18 L	P	Tori Voke	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
20	1:08.67 L	F	Jenna Smit	19	TUKS FSH	04/12/2025	Western Cape LC-A Championship 20
21	1:08.98 L	F	Kaylin De Almeida	23	AA JHB	18/03/2026	Sa National Youth Champs 2026 NMB
22	1:09.28 L	P	Jo-Ell Viljoen	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
23	1:09.41 L	P	Chazél Orton	21	NWUC KKD	18/03/2026	Sa National Youth Champs 2026 NMB
24	1:10.15 L	F	Catherine Van Rensburg	21	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
25	1:10.21 L	P	Caelyn White	19	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
26	1:10.29 L	F	Sofia French	19	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
27	1:10.80 L	F	Clio Smidt	19	UWCA CPT	18/03/2026	Sa National Youth Champs 2026 NMB
28	1:10.85 L	F	Sinelithemba Mbatha	23	TUKS FSH	12/09/2025	USSA 2025
29	1:11.41 L	F	Monica Botha	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025
30	1:11.64 L	F	Carla Antonopoulos	25	TUKS FSH	09/07/2025	TYR Prestige Tournament 2025
31	1:11.85 L	F	Chanel Du Plessis	19	CYBE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
32	1:12.70 L	P	Nina Ehrich	22	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
33	1:12.94 L	F	Megan Shepherd	22	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
34	1:13.06 L	F	Olivia Kruger	20	MATI CED	12/09/2025	USSA 2025
35	1:13.53 L	F	Maretha Nagel	40	FSA FS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
36	1:13.62 L	F	Amani Ismail	21	ATLA 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			
37	1:13.86	L	F	Petro Marié Fourie	20	LALE CED	04/12/2025 Western Cape LC-A Championship 20
38	1:14.52	L	P	Danél da Veiga	19	NWUC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
39	1:14.97	L	P	Megan Bulose	21	UWCA CPT	18/03/2026 Sa National Youth Champs 2026 NMB
40	1:15.29	L	P	Rachel Murray	19	HARL BUF	28/06/2025 PEA Winter Gala 2025
41	1:15.40	L	F	Kiara Johnson	20	MATI CED	12/09/2025 USSA 2025
42	1:15.52	L	P	Jordainne Kazimierzczak	23	AFIN JHB	18/03/2026 Sa National Youth Champs 2026 NMB
43	1:16.32	L	F	Jolene Cornelius	21	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
44	1:16.87	L	P	Marlouise Keet	19	DDA FSH	18/03/2026 Sa National Youth Champs 2026 NMB
45	1:17.65	L	F	Anri Wenholt	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
46	1:18.02	L	P	Robyn Cowley	19	CSC FSH	10/12/2025 NTS Championships 2025
47	1:18.51	L	F	Dominique Barnard	24	PSC FSH	17/10/2025 NTS Level 3+ October Age Group Gala
48	1:18.60	L	F	Annette Greyling	20	MATI CED	12/09/2025 USSA 2025
49	1:18.93	L	F	Zanje van Rensburg	22	NWUC KKD	12/09/2025 USSA 2025
50	1:19.50	L	F	Donia Smit	21	SS MPD	28/11/2025 Limpopo Champs 2025
51	1:19.70	L	F	Erin Haslehurst	21	PGAC ECU	21/02/2026 EGA Lets Sprint Gala 2026
52	1:20.27	L	F	Melissa Martens	20	MATI CED	12/09/2025 USSA 2025
53	1:20.48	L	F	Rachael Humphries	24	AFIN JHB	31/01/2026 EGA Last Chance Gala 2026
54	1:21.35	L	F	Jorja Lindstrom	19	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
55	1:21.76	L	F	Dakota Wyngaard	19	QSSC CPT	01/11/2025 CTA District A CHAMPS 2025
56	1:22.04	L	P	Leah Durig	19	CRSC JHB	18/03/2026 Sa National Youth Champs 2026 NMB
57	1:22.78	L	F	Carmia Hartman	20	RFA FSH	14/11/2025 NTS Level 3+ November Age Group G
58	1:23.50	L	F	Awande Mdlalose	21	CSC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
59	1:23.77	L	F	Nicola Hartman	20	RFA FSH	27/02/2026 NTS Level 3+ February Age Group Gala
60	1:23.95	L	F	Lara Martin	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
61	1:25.95	L	F	Ra-eesa Jephtha	21	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
62	1:30.44	L	F	Janica Stone	19	KALA	21/11/2025 AGE GROUP 2 & 3 KATHU - copied -
63	1:30.74	L	F	Annorina Groenewald	45	KTS	05/12/2025 NCASA CHAMPS 2025 - copied - copi
64	1:30.94	L	F	Michele Esterhuizen	53	CSA EZZ	07/11/2025 MP AGE GROUP 3 - 7-8 NOV 2025
65	1:31.40	L	F	Janine Steyn	55	BETH FDD	07/11/2025 Otters Prestige Gala 2025
66	1:31.60	L	F	Cheryl du Plessis	47	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
67	1:32.48	L	F	Huibrecht Engelbrecht	37	SS MPD	25/10/2025 Limpopo Age Group 5 of 2025/26
68	1:32.84	L	F	Ahara-Anne Maherry	19	BEAV ETH	06/10/2025 Seagulls Winter Championships 2025
69	1:32.98	L	P	Alani Ferreira	27	RSA	20/02/2026 2026 Para Swimming World Series Au
70	1:35.52	L	F	Louw-Let Fourie	39	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
71	1:42.41	L	F	Lesedi Mamabolo	19	RFA FSH	05/12/2025 2025 The Tshwane Mayor's Gala
72	1:42.79	L	F	Minke Janse Van Rensburg	21	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
73	1:49.27	L	P	Katherine Swanepoel	38	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
74	1:51.04	L	F	Zora Wegerif	24	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
75	1:57.55	L	F	Jillian Black	68	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
76	2:01.40	L	F	Leandi Keun	37	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
77	2:05.20	L	F	Alette Du Plessis	43	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
78	2:56.03	L	F	Ilse Booysen	68	UPSK ZMD	21/11/2025 AGE GROUP 2 & 3 UPT
Women 200 Back							
1	2:10.39	L	F	Hannah Pearse	23	RSA	17/07/2025 World University Games 2025
2	2:13.81	L S	F	Milla Drakopoulos	19	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:17.13	L S	F	Tayla Jonker	21	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	2:22.89	L	F	Lize-Marie Davidson	22	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
5	2:25.27	L	F	Grace De Jongh	20	LALE CED	04/12/2025 Western Cape LC-A Championship 20
6	2:25.75	L S	P	Gabriella Helberg	19	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
7	2:26.04	L	F	Kerryn Herbst	23	TUKS FSH	12/09/2025 USSA 2025
8	2:26.38	L S	P	Scarlett Nichol	20	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
9	2:27.27	L	F	Kaylin De Almeida	23	AA JHB	18/03/2026 Sa National Youth Champs 2026 NMB
10	2:27.95	L S	F	Megan Shepherd	22	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	2:29.28	L S	F	Monica Botha	19	BEAV ETH	09/07/2025 TYR Prestige Tournament 2025
12	2:30.39	L	F	Jo-Ell Viljoen	19	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
13	2:30.80	L S	P	Jenna Smit	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
14	2:31.50	L	P	Chazél Orton	21	NWUC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
15	2:33.87	L	P	Tannah Lindsay	19	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
16	2:36.22	L	F	Sarah Mc Laren	19	AADUB ETH	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				
17	2:36.24	L S	P	Maretha Nagel	40	BLSS MAN	03/12/2025	Free State Champs 2025
18	2:36.68	L	P	Clio Smidt	19	UWCA CPT	18/03/2026	Sa National Youth Champs 2026 NMB
19	2:36.99	L	F	Petro Marié Fourie	20	LALE CED	04/12/2025	Western Cape LC-A Championship 20
20	2:37.28	L	F	Tayla Bruce	19	AZON ETH	18/12/2025	KZN Premier Provincial Championship
21	2:39.76	L	P	Danél da Veiga	19	NWUC KKD	18/03/2026	Sa National Youth Champs 2026 NMB
22	2:39.99	L	F	Stephanie Houtman	23	VARC NMA	12/09/2025	USSA 2025
23	2:40.01	L	F	Olivia Kruger	20	MATI CED	12/09/2025	USSA 2025
24	2:43.11	L	P	Marlouise Keet	19	DDA FSH	18/03/2026	Sa National Youth Champs 2026 NMB
25	2:43.49	L	P	Jordainne Kazimierczak	23	AFIN JHB	18/03/2026	Sa National Youth Champs 2026 NMB
26	2:43.93	L	F	Rachel Murray	19	HARL BUF	28/11/2025	BCA Long Course Championships 202
27	2:43.95	L	F	Amani Ismail	21	ATLA JHB	27/11/2025	CGA Championships 2025
28	2:44.72	L	F	Melissa Martens	20	MATI CED	12/09/2025	USSA 2025
29	2:55.08	L	F	Dakota Wyngaard	19	QSSC CPT	14/02/2026	CTA Elite Gala (L3+)
30	2:55.27	L	F	Rachael Humphries	24	AFIN JHB	31/01/2026	EGA Last Chance Gala 2026
31	2:55.65	L	F	Jorja Lindstrom	19	HARL BUF	24/01/2026	BCA January Age Group Gala 2026
32	3:05.06	L	F	Ra-eesa Jephta	21	MANT CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
33	3:14.28	L S	F	Ahara-Anne Maherry	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025
34	3:17.92	L	F	Cheryl du Plessis	47	FEMS EDD	24/01/2026	EDEN 4th A-League Gala 2026
35	3:24.57	L	F	Louw-Let Fourie	39	FISH EDD	22/11/2025	Eden LC Champs 2025
36	6:15.48	L	F	Ilse Booysen	68	UPSK ZMD	31/10/2025	UPINGTON PRESTIGE GALA 2025
Women 50 Breast								
1	30.26	L	F	Lara Van Niekerk	22	PAC FSH	06/02/2026	Dubai Open Swimming Championship
2	30.95	L	F	Morgan Cope	20	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
3	30.97	L	P	Simone Moll	21	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
4	31.43	L	P	Kaylene Corbett	26	RSA	11/08/2025	World Aqua -Swimming Champs July 2
5	31.71	L	P	Rebecca Meder	23	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch
6	31.96	L	F	Caitlin De Lange	22	TUKS FSH	10/12/2025	NTS Championships 2025
7	32.46	L	F	Georgia Els	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
8	32.53	L	F	Anieke Helmand	21	KOVS MAN	24/10/2025	Neptunes Gala
9	32.61	L	F	Margaux Kemp	23	MATI CED	12/09/2025	USSA 2025
10	32.65	L	F	Kate Meyer	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
11	32.94	L	F	Nicola Hartman	20	RFA FSH	10/12/2025	NTS Championships 2025
12	32.96	L	F	Mikaela Goelst	20	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
13	33.14	L	P	Jenna-Laine Fuller	25	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
14	33.35	L	F	Cassandra Sikiotis	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
15	33.43	L	F	Isabella Mc Colgan	19	TUKS FSH	10/12/2025	NTS Championships 2025
16	34.62	L	F	Larissa Patt	20	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc
17	34.68	L	F	Jolene Cornelius	21	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
18	34.89	L	P	Q-Rize Ferreira	22	TUKS FSH	10/12/2025	NTS Championships 2025
19	35.28	L	P	Hannah Murray	22	ROA EDD	28/06/2025	PEA Winter Gala 2025
20	35.59	L	P	Carmia Hartman	20	RFA FSH	10/12/2025	NTS Championships 2025
21	35.69	L	F	Sarah Mc Laren	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
22	35.84	L	F	Christine Jackson	19	ELEC FSH	18/03/2026	Sa National Youth Champs 2026 NMB
23	35.85	L	P	Anika Hugo	19	LALE CED	04/12/2025	Western Cape LC-A Championship 20
24	35.98	L	P	Morgan Pharoah	20	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
25	36.07	L	F	Carike Kok	20	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
26	36.47	L	F	Caelyn White	19	AA JHB	28/02/2026	CGA Challenge
27	36.50	L	F	Ninah Wedderburn	20	INFA NMA	28/06/2025	PEA Winter Gala 2025
28	36.67	L	F	Jorja Lindstrom	19	BCA BUF	10/01/2026	NMBA INTER-DISTRICT PRESTIGE (
29	36.73	L	P	Alex Truter	21	BEAV ETH	18/12/2025	KZN Premier Provincial Championship
30	36.76	L	F	Yvette Victor	46	CSC FSH	05/12/2025	2025 The Tshwane Mayor's Gala
31	37.06	L	P	Nina Ehrich	22	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
32	37.26	L	F	Chloe LE Roux	22	MATI CED	12/09/2025	USSA 2025
33	37.42	L	F	Danika Vyncke	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
34	37.66	L	P	Megan Bulose	21	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20
35	37.81	L	F	Jordainne Kazimierczak	23	AFIN JHB	27/11/2025	CGA Championships 2025
36	37.85	L	F	Romy Day	19	UWCA CPT	12/09/2025	USSA 2025
37*	37.98	L	F	Alani Ferreira	27	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch
37*	37.98	L	F	Gabriella Steyl	21	NWS	31/01/2026	4+1 INTERPROVINCIAL 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			
39	38.04 L	F	Yasmin De Goede	21	UWCA CPT	12/09/2025	USSA 2025
40	38.23 L	P	Megan Hesse	31	PAC FSH	10/12/2025	NTS Championships 2025
41	38.38 L	F	Johanna Buys	25	VRC FSH	17/10/2025	NTS Level 3+ October Age Group Gal:
42	38.72 L	F	Chloe Graaff	19	RBOT BPD	22/11/2025	EGA Summer 3 & 4
43	38.73 L	F	Kate Mandell	26	MATI CED	12/09/2025	USSA 2025
44	38.78 L	F	Annette Greyling	20	MATI CED	12/09/2025	USSA 2025
45	39.13 L	P	Abigail Olivier	19	ACQA CCD	10/12/2025	NTS Championships 2025
46	39.32 L	F	Maretha Nagel	40	BLSS MAN	10/10/2025	Super Seals Annual Gala
47	39.62 L	P	Ella-May Claassen	19	PAC FSH	28/06/2025	PEA Winter Gala 2025
48	39.99 L	F	Corinna Meyer	21	VRC FSH	14/11/2025	NTS Level 3+ November Age Group G
49	40.70 L	F	Erin Haslehurst	21	PGAC ECU	22/11/2025	EGA Summer 3 & 4
50	41.20 L	F	Anneke van Eeden	21	NWUC KKD	12/09/2025	USSA 2025
51	41.40 L	P	Leah Durig	19	CRSC JHB	27/11/2025	CGA Championships 2025
52	41.41 L	F	Robyn Cowley	19	CSC FSH	31/01/2026	EGA Last Chance Gala 2026
53	41.97 L	F	Teagan Harty	20	NMU NMA	12/09/2025	USSA 2025
54	42.12 L	F	Donia Smit	21	SS MPD	28/11/2025	Limpopo Champs 2025
55	42.54 L	P	Marlouise Keet	19	DDA FSH	10/12/2025	NTS Championships 2025
56	42.73 L	F	Michele Esterhuizen	53	CSA EZD	05/12/2025	Mpumalanga Championships 2025
57	43.41 L	P	Ra-eesa Jephtha	21	MANT CPT	04/12/2025	Western Cape LC-A Championship 20
58	43.84 L	F	Alida Stronkhorst	28	KSC EZD	05/12/2025	Mpumalanga Championships 2025
59	44.04 L	F	Channah Van Collier	19	FISH EDD	08/11/2025	EDEN 3rd A-League Gala 2025
60	44.11 L	F	Meandri Kramer	26	FSA FS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
61	44.19 L	F	Tanika Lubbe	25	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
62	45.67 L	F	Thinica Mc Anda	20	UFS MAN	12/09/2025	USSA 2025
63	45.75 L	F	Jo-Mari Smith	36	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
64	46.28 L	F	Janine Steyn	55	FSA FS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
65	47.15 L	F	Natalie Hilbert	43	WAC EDD	09/10/2025	44th Freda Barnard Invitational Gala
66	47.21 L	F	Debbie Von Diepenbroick	47	WAC EDD	09/10/2025	44th Freda Barnard Invitational Gala
67	47.32 L	F	Jacqueline Dabrowski	48	FISH EDD	14/02/2026	EDEN 5th A-League Gala 2026
68	47.51 L	F	Danielle West	25	TUKS FSH	05/12/2025	2025 The Tshwane Mayor's Gala
69	48.31 L	F	Louise Cockeran	40	KTS	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
70	48.38 L	F	Ahara-Anne Maherry	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025
71	48.57 L	F	Nicola Strauss	39	FISH EDD	24/01/2026	EDEN 4th A-League Gala 2026
72	48.92 L	F	Alette Du Plessis	43	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
73	49.39 L	F	Janica Stone	19	KALA	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
74	49.55 L S	F	Minke Janse Van Rensburg	21	FISH EDD	04/12/2025	Western Cape LC-A Championship 20
75	49.57 L	F	Shirley Mlotshwa	20	ATTE FSH	05/12/2025	2025 The Tshwane Mayor's Gala
76	50.05 L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025	Limpopo Champs 2025
77	51.28 L	F	Ina Prinsloo	50	BETH FDD	05/09/2025	Bullsharks Gala
78	55.15 L	F	Louw-Let Fourie	39	FISH EDD	25/10/2025	Zasu 1st League OYDC 2025-26
79	55.31 L	F	Lesedi Mamabolo	19	RFA FSH	23/01/2026	2026 NTS Sprint Gala
80	55.45 L	F	Zora Wegerif	24	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
81	59.32 L	F	Leandi Keun	37	HARB BPD	06/12/2025	NWS Championships 2025
82	1:00.25 L	F	Katherine Swanepoel	38	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
83	1:02.29 L	F	Savanna Haselau	20	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025
84	1:18.41 L	F	Helen Van Vuuren	46	NWUC KKD	06/12/2025	NWS Championships 2025
85	1:20.36 L	F	Marne Kock	28	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
Women 100 Breast							
1	1:06.57 L	F	Aimee Canny	22	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	1:07.58 L	F	Simone Moll	21	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
3	1:07.65 L	F	Kaylene Corbett	26	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
4	1:07.71 L	F	Rebecca Meder	23	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch
5	1:07.75 L	F	Lara Van Niekerk	22	PAC FSH	06/02/2026	Dubai Open Swimming Championship
6	1:09.02 L	F	Morgan Cope	20	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
7	1:11.80 L S	F	Georgia Els	20	TUKS FSH	10/12/2025	NTS Championships 2025
8	1:11.89 L	F	Cassandra Sikiotis	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
9	1:12.89 L	P	Kate Meyer	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
10	1:13.37 L S	F	Jenna-Laine Fuller	25	TUKS FSH	10/12/2025	NTS Championships 2025
11	1:13.45 L	P	Isabella Mc Colgan	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch

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	1:13.79	L	F	Catherine Van Rensburg	21	TUKS FSH	12/09/2025 USSA 2025
13	1:13.99	L S	F	Nicola Hartman	20	RFA FSH	10/12/2025 NTS Championships 2025
14	1:14.86	L	P	Alexia Greyling	19	CA EKU	04/12/2025 EGA Summer Championships 2025
15	1:15.16	L	P	Sarah Mc Laren	19	RSA	19/08/2025 World Aquatics Junior Swim Champs-
16	1:15.64	L	F	Q-Rize Ferreira	22	TUKS FSH	12/09/2025 USSA 2025
17	1:15.83	L	F	Mikaela Goelst	20	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
18	1:15.84	L	P	Megan Shepherd	22	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
19	1:16.67	L	F	Sofia French	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
20	1:16.86	L	P	Morgan Pharoah	20	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
21	1:17.31	L S	P	Michaela Dal Medico	20	TUKS FSH	10/12/2025 NTS Championships 2025
22	1:17.37	L	F	Megan Stewart	19	AZON ETH	09/07/2025 TYR Prestige Tournament 2025
23	1:18.06	L S	P	Carmia Hartman	20	RFA FSH	10/12/2025 NTS Championships 2025
24	1:18.40	L	P	Hannah Murray	22	ROA EDD	28/06/2025 PEA Winter Gala 2025
25	1:18.59	L	F	Jolene Cornelius	21	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
26	1:19.54	L	F	Carike Kok	20	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
27	1:19.94	L	F	Luca Toth	19	KIS CE	13/02/2026 Winelands SL Fin - February 2026 - cc
28	1:20.73	L	F	Luané Engelbrecht	20	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
29	1:20.82	L	F	Anika Hugo	19	LALE CED	04/12/2025 Western Cape LC-A Championship 20
30	1:20.93	L	F	Alex Truter	21	BEAV ETH	31/01/2026 uShaka Champs 2026
31	1:21.36	L	F	Larissa Patt	20	SCU CE	13/02/2026 Winelands SL Fin - February 2026 - cc
32	1:22.47	L	F	Jorja Lindstrom	19	BCA BUF	10/01/2026 NMBA INTER-DISTRICT PRESTIGE C
33	1:22.77	L	F	Alani Ferreira	27	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
34	1:23.33	L	F	Kate Mandell	26	MATI CED	12/09/2025 USSA 2025
35	1:23.98	L	F	Carla Antonopoulos	25	TUKS FSH	09/07/2025 TYR Prestige Tournament 2025
36	1:24.30	L	P	Gabriella Steyl	21	NWUC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
37	1:24.49	L	P	Nina Ehrich	22	TUKS FSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
38	1:24.99	L	F	Danika Vyncke	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
39	1:25.25	L	F	Abigail Olivier	19	ACAQ CCD	28/11/2025 Limpopo Champs 2025
40	1:25.92	L	F	Chloe Graaff	19	RBOT BPD	22/11/2025 EGA Summer 3 & 4
41	1:25.94	L	F	Maretha Nagel	40	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
42	1:26.71	L	F	Yasmin De Goede	21	UWCA CPT	12/09/2025 USSA 2025
43	1:26.78	L	F	Annette Greyling	20	MATI CED	12/09/2025 USSA 2025
44	1:28.36	L	F	Anneke van Eeden	21	NWUC KKD	12/09/2025 USSA 2025
45	1:29.54	L	F	Alne Van Eeden	19	PEAS NMA	12/12/2025 NMBA Championships 2025
46	1:30.26	L	F	Jordainne Kazimierczak	23	AFIN JHB	21/02/2026 EGA Lets Sprint Gala 2026
47	1:30.32	L	F	Erin Haslehurst	21	PGAC EKU	21/02/2026 EGA Lets Sprint Gala 2026
48	1:31.03	L	F	Ashleë Pretorius	21	MATI CED	12/09/2025 USSA 2025
49*	1:31.31	L	F	Teagan Harty	20	NMU NMA	12/09/2025 USSA 2025
49*	1:31.31	L	F	Anieke Helmand	21	UFS MAN	12/09/2025 USSA 2025
51	1:31.75	L	F	Rachel Murray	19	HARL BUF	07/02/2026 BCA Feb Age Group Gala 2026
52	1:31.78	L	P	Marlouise Keet	19	DDA FSH	18/03/2026 Sa National Youth Champs 2026 NMB
53	1:34.15	L	F	Donia Smit	21	SS MPD	28/11/2025 Limpopo Champs 2025
54	1:34.70	L	F	Ra-eesa Jephta	21	MANT CPT	14/02/2026 CTA Elite Gala (L3+)
55	1:34.89	L	F	Yedidah Theron	20	NWUC KKD	09/10/2025 44th Freda Barnard Invitational Gala
56	1:35.70	L	F	Channah Van Coller	19	FISH EDD	08/11/2025 EDEN 3rd A-League Gala 2025
57	1:36.25	L	F	Michele Esterhuizen	53	CSA EZD	05/12/2025 Mpumalanga Championships 2025
58	1:40.73	L	F	Alida Stronkhorst	28	KSC EZD	05/12/2025 Mpumalanga Championships 2025
59	1:41.50	L	F	Jo-Mari Smith	36	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
60	1:42.57	L	P	Meandri Kramer	26	BETH FDD	03/12/2025 Free State Champs 2025
61	1:43.02	L	F	Jacqueline Dabrowski	48	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
62	1:43.03	L	F	Natalie Hilbert	43	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
63	1:43.17	L	F	Thinica Mc Anda	20	UFS MAN	12/09/2025 USSA 2025
64	1:44.84	L	F	Dakota Wyngaard	19	QSSC CPT	14/02/2026 CTA Elite Gala (L3+)
65	1:47.07	L	F	Debbie Von Diepenbroick	47	WAC EDD	09/10/2025 44th Freda Barnard Invitational Gala
66	1:48.42	L	F	Ahara-Anne Maherry	19	BEAV ETH	06/10/2025 Seagulls Winter Championships 2025
67	1:48.92	L	F	Nicola Strauss	39	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
68	1:49.87	L	F	Louise Cockeran	40	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
69	1:52.49	L	F	Shirley Mlotshwa	20	ATTE FSH	05/12/2025 2025 The Tshwane Mayor's Gala
70	1:52.92	L	F	Minke Janse Van Rensburg	21	FISH EDD	24/01/2026 EDEN 4th A-League 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			
71	1:54.78	L	F	Alette Du Plessis	43	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
72	1:56.03	L	F	Ina Prinsloo	50	BETH FDD	05/09/2025 Bullsharks Gala
73	1:56.31	L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025 Limpopo Champs 2025
74	1:57.34	L	F	Sonja Coetzee	38	VALS FDD	14/11/2025 Valsrivier Gala
75	2:04.84	L	F	Lesedi Mamabolo	19	RFA TSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
76	2:06.63	L	F	Zora Wegerif	24	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
77	2:16.60	L	F	Savanna Haselau	20	PSCP UMD	06/10/2025 Seagulls Winter Championships 2025
78	2:21.56	L	F	Leandi Keun	37	HARB BPD	06/12/2025 NWS Championships 2025
79	2:47.40	L	F	Marne Kock	28	NWS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
80	2:56.85	L	F	Helen Van Vuuren	46	NWUC KKD	06/12/2025 NWS Championships 2025
Women 200 Breast							
1	2:23.52	L	F	Kaylene Corbett	26	RSA	11/08/2025 World Aqua -Swimming Champs July 2
2	2:23.61	L	F	Aimee Canny	22	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	2:27.36	L	F	Rebecca Meder	23	KZNA ETH	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	2:29.42	L	F	Simone Moll	21	RSA	17/07/2025 World University Games 2025
5	2:30.88	L	F	Lara Van Niekerk	22	PAC TSH	06/02/2026 Dubai Open Swimming Championship
6	2:31.45	L	F	Kate Meyer	23	RSA	17/07/2025 World University Games 2025
7	2:34.81	L	P	Morgan Cope	20	WCA CPT	14/04/2026 BombelaSA National Aquatic SNR-Ch
8	2:35.29	L	F	Tes Schouten	25	VZF CE	13/02/2026 Winelands SL Fin - February 2026 - cc
9	2:37.52	L	F	Catherine Van Rensburg	21	TUKS TSH	10/12/2025 NTS Championships 2025
10	2:38.73	L	P	Isabella Mc Colgan	19	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
11	2:39.19	L	P	Cassandra Sikiotis	19	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
12	2:40.97	L	P	Georgia Els	20	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
13	2:42.35	L	F	Alexia Greyling	19	TUKS TSH	20/02/2026 2026 Grand Prix 2 Invitational Meet -N
14	2:43.43	L	F	Chelsea White	19	MDOL JHB	21/02/2026 ROS Club L1&2 13&Over Feb 26 - co
15	2:43.83	L	P	Sarah Mc Laren	19	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
16	2:44.16	L	P	Megan Shepherd	22	AGC TSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
17	2:45.03	L	F	Hannah Murray	22	ROA EDD	28/06/2025 PEA Winter Gala 2025
18	2:45.91	L	F	Morgan Pharoah	20	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
19	2:46.57	L	F	Jenna-Laine Fuller	25	TUKS TSH	10/12/2025 NTS Championships 2025
20	2:47.92	L	P	Q-Rize Ferreira	22	TUKS TSH	10/12/2025 NTS Championships 2025
21	2:50.59	L	F	Alex Truter	21	BEAV ETH	31/01/2026 uShaka Champs 2026
22	2:50.91	L	P	Nicola Hartman	20	RFA TSH	10/12/2025 NTS Championships 2025
23	2:50.94	L S	F	Mikaela Goelst	20	SEAL UMD	09/07/2025 TYR Prestige Tournament 2025
24	2:51.50	L	P	Luané Engelbrecht	20	TUKS TSH	18/03/2026 Sa National Youth Champs 2026 NMB
25	2:52.76	L	F	Carike Kok	20	TUKS TSH	14/11/2025 NTS Level 3+ November Age Group G
26	2:58.37	L	P	Tayla Bruce	19	AZON ETH	18/03/2026 Sa National Youth Champs 2026 NMB
27	2:58.40	L	F	Jorja Lindstrom	19	HARL BUF	28/06/2025 PEA Winter Gala 2025
28	2:59.64	L	F	Kate Mandell	26	MATI CED	12/09/2025 USSA 2025
29	3:01.94	L	P	Abigail Olivier	19	ACAO CCD	10/12/2025 NTS Championships 2025
30	3:03.85	L	F	Alani Ferreira	27	FSA FS	29/03/2026 2026 National Champs for Physically&
31	3:04.20	L	P	Gabriella Steyl	21	NWUC KKD	18/03/2026 Sa National Youth Champs 2026 NMB
32	3:07.16	L	F	Yasmin De Goede	21	UWCA CPT	12/09/2025 USSA 2025
33	3:07.66	L	F	Jordainne Kazimierczak	23	AFIN JHB	27/11/2025 CGA Championships 2025
34	3:10.21	L	F	Alne Van Eeden	19	PEAS NMA	30/01/2026 Infinity Gala 2026
35	3:10.56	L	F	Maretha Nagel	40	BLSS MAN	10/10/2025 Super Seals Annual Gala
36	3:11.23	L	F	Anneke van Eeden	21	NWUC KKD	12/09/2025 USSA 2025
37	3:11.95	L	F	Rachel Murray	19	HARL BUF	07/02/2026 BCA Feb Age Group Gala 2026
38	3:22.78	L	F	Marlouise Keet	19	DDA TSH	27/02/2026 NTS Level 3+ February Age Group Ga
39	3:22.94	L	P	Robyn Cowley	19	CSC TSH	10/12/2025 NTS Championships 2025
40	3:23.03	L	F	Ra-eesa Jephta	21	MANT CPT	17/01/2026 CTA BRIAN BUTTON Qualifying Meet
41	3:44.91	L	F	Dakota Wyngaard	19	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
42	3:45.02	L	F	Thinica Mc Anda	20	UFS MAN	12/09/2025 USSA 2025
43	3:47.85	L	F	Jacqueline Dabrowski	48	FISH EDD	24/01/2026 EDEN 4th A-League Gala 2026
44	3:51.69	L	F	Christina Van Rooyen	50	MEGA EKU	20/09/2025 EGA Summer 1 2025
45	3:58.24	L	F	Sandra Casas Delucchi	42	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
46	4:03.54	L	F	Louise Cockeran	40	NC FBD	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
47	4:13.60	L	F	Minke Janse Van Rensburg	21	FISH EDD	09/10/2025 44th Freda Barnard Invitational Gala
48	4:14.58	L S	F	Sonja Coetzee	38	VALS FDD	03/12/2025 Free State Champs 2025

Individual Top Times

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

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
49	4:23.79 L	P	Alette Du Plessis	43	HARB BPD	06/12/2025	NWS Championships 2025	
50	5:02.54 L S	F	Savanna Haselau	20	PSCP UMD	09/07/2025	TYR Prestige Tournament 2025	
51	5:56.87 L	P	Marne Kock	28	RBUR BPD	06/12/2025	NWS Championships 2025	
52	6:20.67 L	P	Helen Van Vuuren	46	NWUC KKD	06/12/2025	NWS Championships 2025	
Women 50 Fly								
1	25.39 L	S	Erin Gallagher	27	RSA	11/08/2025	World Aqua -Swimming Champs July 2	
2	25.98 L S	F	Caitlin De Lange	22	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
3	26.07 L	F	Jessica Thompson	19	CA EKU	18/03/2026	Sa National Youth Champs 2026 NMB	
4	27.08 L S	F	Cara Knoblauch	19	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch	
5	27.83 L S	P	Taneal Baptiste	26	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
6	27.90 L S	F	Rachel Groepes	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
7	28.17 L S	F	Carla Meikle	23	KZNA ETH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
8	28.21 L	F	Kate Meyer	23	RSA	17/07/2025	World University Games 2025	
9	28.31 L S	F	Leigh McMorran	21	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch	
10	28.34 L	F	Tannah Lindsay	19	CA EKU	27/06/2025	Treviso Cup	
11	28.40 L S	F	Christine Wessels	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
12	28.59 L	F	Duné Coetzee	23	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
13	28.61 L	F	Margaux Kemp	23	MATI CED	12/09/2025	USSA 2025	
14	28.64 L S	F	Tori Voke	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
15	28.68 L	P	Simone Moll	21	PAC FSH	28/06/2025	PEA Winter Gala 2025	
16	28.72 L	P	Johanna Buys	25	VRC FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
17*	28.90 L	F	Gabriella Helberg	19	MDOL JHB	18/03/2026	Sa National Youth Champs 2026 NMB	
17*	28.90 L	F	Tayla Jonker	21	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
19	28.93 L	F	Kerryn Herbst	23	TUKS FSH	12/09/2025	USSA 2025	
20	29.07 L S	P	Sofia French	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
21	29.29 L	F	Mila Prinsloo	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
22	29.34 L	F	Milla Drakopoulos	19	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025	
23	29.37 L	F	Anieke Helmand	21	KOVS MAN	24/10/2025	Neptunes Gala	
24	29.64 L S	P	Ella-May Claassen	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
25	29.71 L	P	Megan Hesse	31	PAC FSH	28/06/2025	PEA Winter Gala 2025	
26*	29.76 L	F	Panna Kliment	19	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
26*	29.76 L S	P	Jo-Ell Viljoen	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
28	29.77 L S	P	Kaylene Corbett	26	TUKS FSH	10/12/2025	NTS Championships 2025	
29	29.78 L	P	Kirsten Storm	20	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
30	29.83 L	P	Lara Van Niekerk	22	PAC FSH	28/06/2025	PEA Winter Gala 2025	
31	29.96 L	F	Romy Day	19	UWCA CPT	12/09/2025	USSA 2025	
32	29.98 L	P	Caelyn White	19	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
33	30.01 L S	P	Jenna-Laine Fuller	25	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch	
34	30.02 L	F	Luca Toth	19	KIS CE	13/02/2026	Winelands SL Fin - February 2026 - cc	
35	30.10 L	F	Corinna Meyer	21	VRC FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
36	30.11 L	P	Julie Landmann	19	PSC FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
37	30.13 L S	P	Carmia Hartman	20	RFA FSH	10/12/2025	NTS Championships 2025	
38	30.26 L	F	Grace De Jongh	20	LALE CED	04/12/2025	Western Cape LC-A Championship 20	
39	30.30 L	P	Jolene Cornelius	21	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
40	30.46 L	F	Alexandra Caldwell	ER	VASA EKU	04/12/2025	EGA Summer Championships 2025	
41	30.55 L	F	Q-Rize Ferreira	22	TUKS FSH	12/09/2025	USSA 2025	
42	30.56 L	P	Ninah Wedderburn	20	INFA NMA	18/03/2026	Sa National Youth Champs 2026 NMB	
43*	30.59 L	F	Olivia Kruger	20	MATI CED	12/09/2025	USSA 2025	
43*	30.59 L	P	Christine Jackson	19	ELEC FSH	18/03/2026	Sa National Youth Champs 2026 NMB	
45	30.60 L	F	Monica Botha	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025	
46	30.75 L	P	Zoe Griffiths	19	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N	
47	30.77 L	P	Jessica Canter	26	ASAC CPT	04/12/2025	Western Cape LC-A Championship 20	
48	30.83 L S	P	Isabella Mc Colgan	19	TUKS FSH	10/12/2025	NTS Championships 2025	
49	30.84 L S	P	Michaela Dal Medico	20	TUKS FSH	10/12/2025	NTS Championships 2025	
50	30.99 L	P	Anika Hugo	19	LALE CED	04/12/2025	Western Cape LC-A Championship 20	
51	31.18 L S	P	Dominique Barnard	24	PSC FSH	10/12/2025	NTS Championships 2025	
52	31.22 L	F	Zanje van Rensburg	22	NWUC KKD	12/09/2025	USSA 2025	
53	31.29 L	F	Megan Shepherd	22	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G	
54	31.34 L	F	Jenna Smit	19	TUKS FSH	01/11/2025	CTA District A CHAMPS 2025	

Individual Top Times

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

	Time	P/F/S	Name	Age/Yr			
55	31.36 L	F	Megan Bulose	21	UWCA CPT	04/12/2025	Western Cape LC-A Championship 20
56	31.41 L	F	Nina Ehrich	22	TUKS FSH	17/10/2025	NTS Level 3+ October Age Group Gala
57	31.72 L	P	Chloe LE Roux	22	MATI CED	28/06/2025	PEA Winter Gala 2025
58	31.77 L	F	Maretha Nagel	40	BLSS MAN	10/10/2025	Super Seals Annual Gala
59*	31.93 L	P	Jessica Meter	21	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
59*	31.93 L	F	Nicola Harcus	20	VARC NMA	12/09/2025	USSA 2025
61	32.05 L	F	Liliana Ricco	23	CUHE OBD	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
62	32.11 L	F	Danelle Snyman	40	ROA EDD	15/11/2025	5th A League Gala 2025
63	32.40 L	F	Chanel Du Plessis	19	CYBE CPT	25/10/2025	CTA Qualifying Meet 3 - (L2 & above)
64	32.54 L	F	Nicola Herbst	19	INFA NMA	12/12/2025	NMBA Championships 2025
65	32.61 L	P	Erin Langenhoven	19	SLAQ CPT	18/03/2026	Sa National Youth Champs 2026 NMB
66	32.74 L	F	Kiara Johnson	20	MATI CED	12/09/2025	USSA 2025
67	33.07 L	F	Alex Truter	21	BEAV ETH	31/01/2026	uShaka Champs 2026
68	33.08 L	F	Abigail Swanepoel	22	NMU NMA	12/09/2025	USSA 2025
69	33.39 L	P	Jorja Lindstrom	19	HARL BUF	18/03/2026	Sa National Youth Champs 2026 NMB
70	33.47 L	F	Erin Haslehurst	21	PGAC ECU	22/11/2025	EGA Summer 3 & 4
71	33.53 L	F	Kate Mandell	26	MATI CED	12/09/2025	USSA 2025
72	33.97 L	F	Emma Peacock	20	MATI CED	12/09/2025	USSA 2025
73*	34.11 L	F	Teagan Harty	20	NMU NMA	12/09/2025	USSA 2025
73*	34.11 L	F	Nicola Hartman	20	RFA FSH	27/02/2026	NTS Level 3+ February Age Group Ga
75	34.18 L	F	Annorina Groenewald	45	KTS	21/11/2025	AGE GROUP 2 & 3 KATHU - copied -
76	34.31 L	P	Leah Durig	19	CRSC JHB	18/03/2026	Sa National Youth Champs 2026 NMB
77	34.38 L	F	Tanika Lubbe	25	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
78	34.41 L	F	Yasmin De Goede	21	UWCA CPT	12/09/2025	USSA 2025
79	34.48 L	F	Marlouise Keet	19	DDA FSH	27/02/2026	NTS Level 3+ February Age Group Ga
80	34.87 L	F	Jenna Ellse	19	MATI CED	12/09/2025	USSA 2025
81	34.88 L	F	Michele Esterhuizen	53	CSA EZD	05/12/2025	Mpumalanga Championships 2025
82	34.93 L S	P	Luané Engelbrecht	20	TUKS FSH	10/12/2025	NTS Championships 2025
83	35.26 L	F	Yedidah Theron	20	NWUC KKD	09/10/2025	44th Freda Barnard Invitational Gala
84	35.90 L	F	Tumelo Mohale	22	TUKS FSH	27/02/2026	NTS Level 3+ February Age Group Ga
85	36.01 L	F	Janica Stone	19	KALA	05/12/2025	NCASA CHAMPS 2025 - copied - copi
86	36.03 L	F	Rachael Humphries	24	AFIN JHB	31/01/2026	EGA Last Chance Gala 2026
87	36.04 L	F	Donia Smit	21	SS MPD	28/11/2025	Limpopo Champs 2025
88	36.10 L	F	Chrizandre Brand	19	ESA CED	06/02/2026	WCA-B Champs - 2026
89	36.15 L S	P	Oabilwe Sesoko	20	TUKS FSH	10/12/2025	NTS Championships 2025
90	36.36 L	F	Alani Ferreira	27	RSA	20/02/2026	2026 Para Swimming World Series Au
91	36.64 L S	F	Inge Coetzee	31	TUKS FSH	10/12/2025	NTS Championships 2025
92	36.86 L	F	Minke Janse Van Rensburg	21	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
93	37.20 L	F	Ra-eesa Jephtha	21	MANT CPT	17/01/2026	CTA BRIAN BUTTON Qualifying Meet
94	37.92 L S	F	Danielle West	25	TUKS FSH	10/12/2025	NTS Championships 2025
95	38.34 L	F	Melisca Everson	19	AQUA UTD	18/12/2025	KZN Premier Provincial Championship
96	38.63 L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025	Limpopo Champs 2025
97	40.89 L	F	Janine Steyn	55	BETH FDD	10/10/2025	Super Seals Annual Gala
98	42.04 L	F	Zora Wegerif	24	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
99	50.14 L	F	Alette Du Plessis	43	HARB BPD	06/12/2025	NWS Championships 2025
100	51.72 L	F	Savanna Haselau	20	PSCP UMD	06/10/2025	Seagulls Winter Championships 2025
101	53.37 L	F	Lesedi Mamabolo	19	RFA FSH	05/12/2025	2025 The Tshwane Mayor's Gala
102	54.28 L	F	Leandi Keun	37	HARB BPD	06/12/2025	NWS Championships 2025
103	56.31 L	F	Lourette Seyffert	43	NWS	31/01/2026	4+1 INTERPROVINCIAL GALA 2026
104	1:06.51 L	F	Helena Farrelly	63	FEMS EDD	14/02/2026	EDEN 5th A-League Gala 2026
Women 100 Fly							
1	57.36 L	F	Erin Gallagher	27	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	1:00.45 L	F	Rebecca Meder	23	AZON ETH	21/02/2026	ROS Club L1&2 13&Over Feb 26 - cof
3	1:01.85 L	F	Leigh McMorrان	21	AGB JHB	14/04/2026	BombelaSA National Aquatic SNR-Ch
4	1:01.88 L	P	Cara Knoblauch	19	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
5	1:01.97 L	P	Taneal Baptiste	26	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
6	1:02.18 L	P	Duné Coetzee	23	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
7	1:02.32 L	F	Annina Grabher	22	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc
8	1:02.34 L	F	Corné Van Schalkwyk	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch

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			
9	1:03.73	L	P	Christine Wessels	20	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
10	1:03.75	L	F	Tannah Lindsay	19	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
11	1:04.28	L	F	Carla Meikle	23	AZON	ETH 12/12/2025 NMBA Championships 2025
12	1:04.61	L	F	Georgia Els	20	TUKS	FSH 10/12/2025 NTS Championships 2025
13	1:05.09	L	P	Mila Prinsloo	19	TUKS	FSH 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
14	1:05.14	L	F	Jo-Ell Viljoen	19	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
15	1:05.21	L	F	Kaylene Corbett	26	VARC	NMA 12/09/2025 USSA 2025
16	1:05.67	L	F	Tayla Jonker	21	TUKS	FSH 10/12/2025 NTS Championships 2025
17	1:05.73	L	P	Sofia French	19	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
18	1:06.08	L	F	Carla Antonopoulos	25	TUKS	FSH 12/09/2025 USSA 2025
19	1:06.24	L	P	Megan Hesse	31	PAC	FSH 10/12/2025 NTS Championships 2025
20	1:07.08	L	F	Rachel Groepes	20	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
21	1:07.12	L	F	Gabriella Helberg	19	MDOL	JHB 09/01/2026 2026 Grand Prix Invitation Swimming I
22	1:07.17	L	F	Kirsten Storm	20	TUKS	FSH 12/09/2025 USSA 2025
23	1:07.32	L	P	Alexandra Caldwell	ER	VASA	EKU 04/12/2025 EGA Summer Championships 2025
24*	1:07.34	L	F	Monica Botha	19	BEAV	ETH 09/07/2025 TYR Prestige Tournament 2025
24*	1:07.34	L	P	Q-Rize Ferreira	22	TUKS	FSH 10/12/2025 NTS Championships 2025
26	1:07.98	L	F	Luca Toth	19	KIS	CE 13/02/2026 Winelands SL Fin - February 2026 - cc
27	1:08.14	L S	F	Anika Hugo	19	LALE	GED 04/12/2025 Western Cape LC-A Championship 20
28	1:08.46	L	P	Caelyn White	19	AA	JHB 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
29	1:08.78	L	P	Carmia Hartman	20	RFA	FSH 10/12/2025 NTS Championships 2025
30	1:08.98	L	P	Lara Van Niekerk	22	PAC	FSH 28/06/2025 PEA Winter Gala 2025
31	1:09.30	L	F	Olivia Kruger	20	MATI	GED 12/09/2025 USSA 2025
32	1:09.63	L S	F	Maretha Nagel	40	BLSS	MAN 03/12/2025 Free State Champs 2025
33	1:09.97	L	F	Christine Jackson	19	ELEC	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
34	1:10.04	L	F	Romy Day	19	UWCA	CPT 12/09/2025 USSA 2025
35	1:10.40	L	F	Chloe LE Roux	22	MATI	GED 12/09/2025 USSA 2025
36	1:11.06	L	F	Danelle Snyman	40	ROA	EDD 15/11/2025 5th A League Gala 2025
37	1:11.95	L	P	Jolene Cornelius	21	TUKS	FSH 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
38	1:13.30	L	F	Erin Haslehurst	21	PGAC	EKU 04/12/2025 EGA Summer Championships 2025
39	1:14.24	L	F	Erin Langenhoven	19	SLAQ	CPT 18/03/2026 Sa National Youth Champs 2026 NMB
40	1:14.56	L	F	Abigail Swanepoel	22	NMU	NMA 30/08/2025 Madibaz Swim Meet 2025
41	1:14.61	L	P	Jorja Lindstrom	19	HARL	BUF 28/06/2025 PEA Winter Gala 2025
42	1:15.71	L	F	Nicola Hartman	20	RFA	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
43	1:16.15	L	F	Leah Durig	19	CRSC	JHB 08/11/2025 CGA Summer 3 - Level 2+ - 2025
44	1:16.93	L	F	Corinna Meyer	21	VRC	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
45	1:17.25	L	P	Rachel Murray	19	HARL	BUF 28/06/2025 PEA Winter Gala 2025
46	1:17.36	L	F	Marlouse Keet	19	DDA	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
47	1:18.13	L	P	Ella-May Claassen	19	PAC	FSH 10/12/2025 NTS Championships 2025
48	1:18.47	L	F	Alex Truter	21	BEAV	ETH 31/01/2026 uShaka Champs 2026
49	1:20.09	L	F	Ra-eesa Jephtha	21	MANT	CPT 14/02/2026 CTA Elite Gala (L3+)
50	1:24.93	L	F	Anneke van Eeden	21	NWUC	KKD 12/09/2025 USSA 2025
51	1:25.25	L	F	Yedidah Theron	20	NWUC	KKD 22/11/2025 Eden LC Champs 2025
52	1:25.32	L	F	Oabilwe Sesoko	20	TUKS	FSH 17/10/2025 NTS Level 3+ October Age Group Gal
53	1:25.56	L	F	Shaylyn McDonald	43	WAC	EDD 14/02/2026 EDEN 5th A-League Gala 2026
54	1:27.40	L	F	Megan Bulose	21	UWCA	CPT 12/09/2025 USSA 2025
55	1:37.25	L	P	Minke Janse Van Rensburg	21	WCA	CPT 14/04/2026 BombelaSA National Aquatic SNR-Ch
56	1:42.45	L	F	Sandra Casas Delucchi	42	FEMS	EDD 14/02/2026 EDEN 5th A-League Gala 2026
57	1:46.57	L	P	Zora Wegerif	24	DRGN	JHB 20/02/2026 2026 Grand Prix 2 Invitational Meet -N
Women 200 Fly							
1	2:14.33	L	F	Leigh McMorran	21	AGB	JHB 14/04/2026 BombelaSA National Aquatic SNR-Ch
2	2:21.14	L	F	Duné Coetzee	23	TUKS	FSH 14/11/2025 NTS Level 3+ November Age Group G
3	2:21.49	L	F	Annina Grabher	22	SCU	GE 13/02/2026 Winelands SL Fin - February 2026 - cc
4	2:23.47	L	F	Jo-Ell Viljoen	19	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
5	2:23.91	L	P	Mila Prinsloo	19	TUKS	FSH 18/03/2026 Sa National Youth Champs 2026 NMB
6	2:24.63	L	F	Carla Antonopoulos	25	TUKS	FSH 12/09/2025 USSA 2025
7	2:27.23	L	P	Corné Van Schalkwyk	20	AGC	FSH 14/04/2026 BombelaSA National Aquatic SNR-Ch
8	2:33.18	L	F	Maretha Nagel	40	BLSS	MAN 03/12/2025 Free State Champs 2025
9	2:35.51	L	F	Panna Kliment	19	SCU	GE 13/02/2026 Winelands SL Fin - February 2026 - cc

Individual Top Times

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

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
10	2:37.50 L	F	Danelle Snyman	40	ROA EDD	12/12/2025	NMBA Championships 2025
11	2:39.79 L	F	Nicola Harcus	20	VARC NMA	12/09/2025	USSA 2025
12	2:44.47 L	F	Erin Haslehurst	21	PGAC EKU	22/11/2025	EGA Summer 3 & 4
13	2:45.96 L	F	Sarah Ross	21	MATI CED	12/09/2025	USSA 2025
14	2:59.82 L	F	Abigail Swanepoel	22	NMU NMA	12/09/2025	USSA 2025
15	3:00.36 L	F	Rachel Murray	19	HARL BUF	28/06/2025	PEA Winter Gala 2025
16	3:07.50 L	F	Ra-eesa Jephtha	21	MANT CPT	04/12/2025	Western Cape LC-A Championship 20
17	3:07.78 L	F	Yedidah Theron	20	NWUC KKD	12/09/2025	USSA 2025
18	3:15.50 L	F	Rachael Humphries	24	AFIN JHB	27/11/2025	CGA Championships 2025
Women 200 IM							
1	2:10.90 L	F	Aimee Canny	22	WCA CPT	14/04/2026	BombelaSA National Aquatic SNR-Ch
2	2:11.05 L	S	Rebecca Meder	23	RSA	11/08/2025	World Aqua -Swimming Champs July 2
3	2:17.93 L	F	Dakota Tucker	21	RSA	17/07/2025	World University Games 2025
4	2:19.16 L	F	Sofia French	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
5	2:20.06 L	F	Georgia Els	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
6	2:20.81 L	F	Angelina Patt	20	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc
7	2:21.39 L	F	Kaylene Corbett	26	VARC NMA	12/09/2025	USSA 2025
8	2:21.74 L S	F	Catherine Van Rensburg	21	TUKS FSH	10/12/2025	NTS Championships 2025
9	2:22.13 L	F	Kate Meyer	23	RSA	17/07/2025	World University Games 2025
10	2:25.36 L	F	Megan Stewart	19	AZON ETH	09/07/2025	TYR Prestige Tournament 2025
11	2:25.63 L	F	Megan Shepherd	22	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
12	2:26.11 L	F	Chelsea White	19	MDOL JHB	21/02/2026	ROS Club L1&2 13&Over Feb 26 - co
13	2:27.88 L	F	Hannah Murray	22	ROA EDD	28/06/2025	PEA Winter Gala 2025
14	2:28.20 L	F	Sarah Mc Laren	19	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
15	2:28.25 L	F	Luca Toth	19	KIS CE	13/02/2026	Winelands SL Fin - February 2026 - cc
16	2:28.60 L	F	Kaylin De Almeida	23	AA JHB	18/03/2026	Sa National Youth Champs 2026 NMB
17	2:29.09 L	F	Carla Antonopoulos	25	TUKS FSH	09/07/2025	TYR Prestige Tournament 2025
18	2:29.12 L	F	Xandri Fourie	19	TRAZ FSH	18/03/2026	Sa National Youth Champs 2026 NMB
19	2:30.25 L S	F	Q-Rize Ferreira	22	TUKS FSH	10/12/2025	NTS Championships 2025
20	2:30.47 L	F	Zoe Griffiths	19	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
21	2:30.59 L	F	Panna Kliment	19	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc
22	2:30.92 L	F	Monica Botha	19	BEAV ETH	09/07/2025	TYR Prestige Tournament 2025
23	2:31.26 L S	P	Michaela Dal Medico	20	TUKS FSH	10/12/2025	NTS Championships 2025
24	2:31.63 L	P	Kirsten Storm	20	AGC FSH	14/04/2026	BombelaSA National Aquatic SNR-Ch
25	2:31.91 L	F	Jenna-Laine Fuller	25	TUKS FSH	14/11/2025	NTS Level 3+ November Age Group G
26	2:32.77 L	P	Caelyn White	19	AA JHB	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
27	2:33.00 L	F	Anika Hugo	19	LALE CED	04/12/2025	Western Cape LC-A Championship 20
28	2:33.22 L	F	Larissa Patt	20	SCU CE	13/02/2026	Winelands SL Fin - February 2026 - cc
29*	2:33.44 L	F	Gabriella Helberg	19	MDOL JHB	27/11/2025	CGA Championships 2025
29*	2:33.44 L	F	Maretha Nagel	40	BLSS MAN	03/12/2025	Free State Champs 2025
31	2:33.87 L	F	Chloe LE Roux	22	MATI CED	12/09/2025	USSA 2025
32	2:34.21 L S	P	Isabella Mc Colgan	19	TUKS FSH	10/12/2025	NTS Championships 2025
33	2:35.09 L	F	Christine Jackson	19	ELEC FSH	18/03/2026	Sa National Youth Champs 2026 NMB
34	2:35.85 L	P	Morgan Pharoah	20	TUKS FSH	20/02/2026	2026 Grand Prix 2 Invitational Meet -N
35	2:36.13 L	F	Utah Novello	19	LALE CED	04/12/2025	Western Cape LC-A Championship 20
36	2:36.14 L	F	Nicola Harcus	20	VARC NMA	12/09/2025	USSA 2025
37	2:37.20 L	P	Carike Kok	20	TUKS FSH	18/03/2026	Sa National Youth Champs 2026 NMB
38	2:38.88 L	F	Mikaela Goelst	20	SEAL UMD	09/07/2025	TYR Prestige Tournament 2025
39	2:39.13 L	P	Alexandra Caldwell	ER	VASA EKU	04/12/2025	EGA Summer Championships 2025
40	2:39.25 L	F	Chazél Orton	21	NWUC KKD	12/09/2025	USSA 2025
41	2:40.05 L	F	Tayla Bruce	19	AZON ETH	06/10/2025	Seagulls Winter Championships 2025
42	2:42.57 L	F	Danél da Veiga	19	NWUC KKD	12/09/2025	USSA 2025
43	2:42.61 L S	P	Luané Engelbrecht	20	TUKS FSH	10/12/2025	NTS Championships 2025
44	2:43.06 L	F	Rachel Murray	19	BCA BUF	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
45	2:43.80 L	F	Erin Haslehurst	21	PGAC EKU	27/06/2025	Treviso Cup
46	2:46.72 L	F	Jorja Lindstrom	19	BCA BUF	10/01/2026	NMBA INTER-DISTRICT PRESTIGE C
47	2:47.15 L	F	Nicola Herbst	19	INFA NMA	12/12/2025	NMBA Championships 2025
48	2:47.23 L	F	Ninah Wedderburn	20	INFA NMA	30/08/2025	Madibaz Swim Meet 2025
49	2:47.82 L	F	Carmia Hartman	20	RFA FSH	14/11/2025	NTS Level 3+ November Age Group G

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			
50	2:47.96	L	F	Jessica Canter	26	ASAC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
51	2:48.21	L	P	Marlouse Keet	19	DDA FSH	18/03/2026 Sa National Youth Champs 2026 NMB
52	2:49.85	L	F	Alne Van Eeden	19	PEAS NMA	30/01/2026 Infinity Gala 2026
53	2:51.67	L	F	Yedidah Theron	20	NWUC KKD	09/10/2025 44th Freda Barnard Invitational Gala
54	2:52.02	L	F	Alani Ferreira	27	FSA FS	29/03/2026 2026 National Champs for Physically&
55	2:52.29	L	P	Leah Durig	19	CRSC JHB	18/03/2026 Sa National Youth Champs 2026 NMB
56	2:52.83	L	F	Abigail Olivier	19	ACAQ CCD	28/11/2025 Limpopo Champs 2025
57	2:53.05	L	P	Jordainne Kazimierczak	23	AFIN JHB	27/11/2025 CGA Championships 2025
58	2:53.32	L	F	Alex Truter	21	BEAV ETH	06/12/2025 Stingrays Champs 2025
59	2:55.25	L	F	Rachael Humphries	24	AFIN JHB	31/01/2026 EGA Last Chance Gala 2026
60	2:55.73	L	F	Robyn Cowley	19	CSC FSH	14/11/2025 NTS Level 3+ November Age Group G
61	3:02.33	L	P	Ra-eesa Jephta	21	MANT CPT	04/12/2025 Western Cape LC-A Championship 20
62	3:04.02	L	F	Lara Martin	19	TUKS FSH	14/11/2025 NTS Level 3+ November Age Group G
63	3:05.11	L	F	Michele Esterhuizen	53	CSA EZD	05/12/2025 Mpumalanga Championships 2025
64	3:09.40	L	F	Janica Stone	19	KALA	05/12/2025 NCASA CHAMPS 2025 - copied - copi
65	3:12.03	L	F	Shaylyn McDonald	43	WAC EDD	14/02/2026 EDEN 5th A-League Gala 2026
66	3:13.38	L	F	Dakota Wyngaard	19	QSSC CPT	25/10/2025 CTA Qualifying Meet 3 - (L2 & above)
67	3:14.90	L	F	Channah Van Coller	19	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26
68	3:20.56	L	F	Awande Mdlalose	21	CSC FSH	05/12/2025 2025 The Tshwane Mayor's Gala
69	3:23.23	L S	T	Minke Janse Van Rensburg	21	FISH EDD	04/12/2025 Western Cape LC-A Championship 20
70	3:25.24	L	F	Janine Steyn	55	BETH FDD	07/11/2025 Otters Prestige Gala 2025
71	3:26.01	L	F	Huibrecht Engelbrecht	37	SS MPD	28/11/2025 Limpopo Champs 2025
72	3:26.94	L	F	Thinica Mc Anda	20	UFS MAN	12/09/2025 USSA 2025
73	3:40.60	L	F	Louw-Let Fourie	39	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
74	3:44.04	L S	P	Zora Wegerif	24	AGB JHB	14/04/2026 BombelaSA National Aquatic SNR-Ch
75	3:47.27	L	F	Christina Van Rooyen	50	MEGA EKU	20/09/2025 EGA Summer 1 2025
76	3:52.71	L	F	Sonja Coetzee	38	FSA FS	31/01/2026 4+1 INTERPROVINCIAL GALA 2026
77	3:59.05	L	F	Lesedi Mamabolo	19	RFA FSH	03/10/2025 Swimpartners Gala (Blue vs White) Oc
78	4:19.41	L	F	Jillian Black	68	FEMS EDD	14/02/2026 EDEN 5th A-League Gala 2026
79	4:19.90	L	F	Elmarie Malan	52	FISH EDD	14/02/2026 EDEN 5th A-League Gala 2026
Women 400 IM							
1	4:51.60	L	F	Dakota Tucker	21	RSA	17/07/2025 World University Games 2025
2	4:56.26	L	F	Catherine Van Rensburg	21	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
3	4:58.60	L	F	Sofia French	19	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
4	5:00.85	L	F	Angelina Patt	20	SCU CE	13/02/2026 Winelands SL Fin - February 2026 - cc
5	5:08.62	L	F	Carla Antonopoulos	25	TUKS FSH	12/09/2025 USSA 2025
6	5:16.68	L	P	Megan Shepherd	22	AGC FSH	14/04/2026 BombelaSA National Aquatic SNR-Ch
7	5:22.35	L	F	Stephanie Houtman	23	VARC NMA	12/09/2025 USSA 2025
8	5:27.08	L	P	Kaylin De Almeida	23	AA JHB	18/03/2026 Sa National Youth Champs 2026 NMB
9	5:31.71	L	P	Luané Engelbrecht	20	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
10	5:32.65	L	F	Maretha Nagel	40	BLSS MAN	03/12/2025 Free State Champs 2025
11	5:33.13	L	F	Chloe LE Roux	22	MATI CED	12/09/2025 USSA 2025
12	5:35.17	L	F	Utah Novello	19	LALE CED	04/12/2025 Western Cape LC-A Championship 20
13	5:37.37	L	F	Sarah Ross	21	MATI CED	12/09/2025 USSA 2025
14	5:42.78	L	F	Rachel Murray	19	HARL BUF	18/03/2026 Sa National Youth Champs 2026 NMB
15	5:43.03	L	F	Chazél Orton	21	NWUC KKD	12/09/2025 USSA 2025
16	5:45.07	L	F	Tayla Bruce	19	ACSA ETH	09/07/2025 TYR Prestige Tournament 2025
17	5:48.63	L	F	Erin Haslehurst	21	PGAC EKU	27/06/2025 Treviso Cup
18	6:00.21	L	P	Carike Kok	20	TUKS FSH	18/03/2026 Sa National Youth Champs 2026 NMB
19	6:07.73	L	F	Jorja Lindstrom	19	HARL BUF	24/01/2026 BCA January Age Group Gala 2026
20	6:14.52	L	F	Alne Van Eeden	19	PEAS NMA	28/06/2025 PEA Winter Gala 2025
21	6:21.53	L	F	Anneke van Eeden	21	NWUC KKD	12/09/2025 USSA 2025
22	7:55.37	L	F	Minke Janse Van Rensburg	21	FISH EDD	25/10/2025 Zasu 1st League OYDC 2025-26