

Para Swimming SA Records

15 - 18 Long Course

50m Freestyle

Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3	01:59.13	Postma, T		Kimberley	17 Mar 1999
S4					
S5	01:04.30	Dzanibe, Lindiswa	SA National Open Championships	Port Elizabeth	18 Apr 2013
S6	00:43.75	Nel, M		Germiston	21 Mar 2003
S7	00:44.12	Deans, K		Port Elizabeth	21 Oct 2000
S8	00:38.58	Mare, Simone	Ushaka Championship Gala	Ridchards Bay	27 Jan 2019
S9	00:32.89	Gray, Emily		Port Elizabeth	06 Apr 2009
S10	00:31.08	Sapiro, Shireen		Germiston	08 Dec 2009
S11					
S12	00:35.98	De Beer, G		Pretoria	17 Mar 2000
S13	00:32.07	Naude, Marike	Paralympic Games	London	01 Sep 2012

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:27.03	Packard, M		Pretoria	16 Mar 2000
S3	01:27.01	Packard, M		Kimberley	17 Mar 1999
S4	00:58.78	De Kock, C		Kimberley	17 Mar 1999
S5	01:05.26	Adams, Moeketsi	Gauteng Schools Chamionships	Pretoria	02 Mar 2019
S6	00:43.53	Zwane, Kabelo	CGA Championships	Johannesburg	05 Dec 2015
S7	00:31.22	Sadie, Christian	Western Cape Summer 3	Stellenbosch	15 Oct 2016
S8	00:30.66	Grob, Joshua	SA National Open Championships	Durban	11 Apr 2014
S9	00:29.15	Bezuidenhout, James	SA National Open Championships	Durban	11 Apr 2014
S10	00:25.65	Paul, Kevin		Durban	16 Apr 2010
S11					
S12	00:25.69	Smit, Franco	2018 Grand Prix Invitational	Stellenbosch	16 Feb 2018
S13	00:29.35	Bouwer, Charles		Durban	01 Jan 2005

100m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6	01:53.16	Nel, M		Germiston	21 Mar 2003
S7	01:31.28	Deans, K		Stellenbosch	11 Apr 2001
S8	01:22.99	Mare, Simone	SA Schools Championships	Johannesburg	10 Dec 2018
S9	01:09.59	Gray, Emily		Durban	18 Apr 2009
S10	01:08.28	Sapiro, Shireen		Durban	18 Apr 2009
S11					
S12	01:18.08	De Beer, H		Pretoria	16 Mar 2000
S13	01:09.77	Naude, Marike		Edmonton	12 Aug 2011

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	03:37.76	Mcklopper, David	Gauteng Schools Chamionships	Pretoria	02 Mar 2019
S3					
S4					
S5	02:26.45	Adams, Moeketsi	SA Schools Championships	Johannesburg	10 Dec 2018
S6	01:45.93	Zwane, Kabelo	Gauteng Schools Aquatics Trial	Boksburg	11 Sep 2015
S7	01:16.60	Mncube, Gift	SA National Championships	Durban	08 Apr 2019
S8	01:07.70	Grob, Joshua	SA National Open Championships	Durban	09 Apr 2014
S9	01:03.33	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:56.49	Paul, Kevin		Durban	14 Apr 2010
S11					
S12	00:56.97	Smit, Franco	CTMA Qualifying Gala 3	Bellville	27 Jan 2018
S13	01:04.11	Bouwer, Charles		Durban	01 Jan 2005

200m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6					
S7	03:10.85	Deans, K		Stellenbosch	11 Apr 2001
S8	03:12.28	Mare, Simone	SASAPD National Championships	Stellenbosch	18 Mar 2019
S9	02:43.16	Grey, E	Central Gauteng Level 3 Championships	Gauteng	26 Nov 2006
S10	02:44.97	Bloem, Michelle	NWS Age Group 2	Potchefstroom	29 Oct 2016
S11					
S12					
S13	02:35.02	Ferreira, Alani	KZN Provincial Championship	Durban	13 Dec 2016

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5	05:14.45	Adams, Moeketsi	SASAPD National Championships	Stellenbosch	18 Mar 2019
S6	03:43.46	Dludlu	Nedbank Championships	Durban	01 Jan 2012
S7	02:57.32	Kretsezmar, K		Kimberley	16 Mar 1999
S8	02:36.94	Grob, Joshua	CGA Level 2-3 Gala 3	Johannesburg	01 Nov 2014
S9	02:22.07	Bezuidenhout, James		Port Elizabeth	18 Apr 2013
S10	02:19.27	Paul, Kevin		Durban	01 Jan 2005
S11					
S12					
S13	02:19.74	Bouwer, Charles		Durban	01 Jan 2005

400m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8					
S9	04:52.45	Gray, Emily		Eindhoven	18 Aug 2010
S10	06:10.22	Van Zyl, Paula	Amajuba District Age group 3	Newcastle	02 Feb 2019
S11					
S12					
S13	05:14.42	Naude, M	Western Province Championships	Bellville	01 Dec 2010

Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7	06:10.90	Dludlu, Nkosimayibongwe	CGA Level 2/3 Last Chance Gala	Johannesburg	06 Feb 2016
S8	05:31.84	Grob, Joshua	CGA Level 2-3 Gala 1	Germiston	20 Sep 2014
S9	05:03.65	Bezuidenhout, J		Brazil	01 Oct 2011
S10	04:50.02	Paul, Kevin		Durban	01 Jan 2005
S11					
S12	05:06.51	Herbst, Hendri		Eindhoven	19 Aug 2010
S13	04:49.93	Bouwer, Charles		Durban	01 Jan 2005

800m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7	12:34.95	Dludlu, Nkosimayibongwe	Nedbank Championships	Johannesburg	31 Mar 2015
S8	12:02.70	Grob, Joshua	CGA Level 2-3 Gala 3	Johannesburg	01 Nov 2014
S9					
S10	11:10.36	Pretorius, Jean	Nedbank Championships	Johannesburg	31 Mar 2015
S11					
S12					
S13					

1500m Freestyle

Female

Classification	SA Record	Holder	Event	Place	Date
S7					
S8					
S9					
S10					
S11					
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S7					
S8					
S9					
S10					
S11					
S12					
S13					

50m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5	01:14.10	Dzanibe, Lindiswa	SA National Open Championships	Port Elizabeth	18 Apr 2013
S6	02:11.54	Mbiko, Ntswaki	Central Gauteng Championships	Gauteng	
S7					
S8	00:44.99	Mare, Simone	SA Schools Championships	Johannesburg	10 Dec 2018
S9	00:38.89	Grey, E	SA Championships		01 Jan 2007
S10	00:38.32	Bloem, Michelle	NWS Championship	Rustenburg	03 Dec 2015
S11					
S12	00:43.23	Erasmus, S		Port Elizabeth	01 Mar 1990
S13	00:39.20	Naude, Marike		Montreal	03 Jul 2011

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:32.36	Mc Klopper, David	SA National Championships	Port Elizabeth	23 Apr 2018
S3					
S4	01:57.46	Mc Klopper, David	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
S5	01:08.50	Adams, Moeketsi	SA Schools Championships	Johannesburg	10 Dec 2018
S6	00:53.05	Zwane, Kabelo	CGA Championships	Johannesburg	05 Dec 2015
S7	00:42.92	Da Silva, D	Senior National Championships	Durban	01 Jan 2010
S8	00:37.76	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
S9	00:32.86	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:31.41	Clarke, Sean		Port Elizabeth	13 Apr 2011
S11					
S12	00:30.25	Smit, Franco	2018 Grand Prix Invitational	Stellenbosch	16 Feb 2018
S13	00:40.97	Lord, Keegan	SASAPD Championships	Bloemfontein	21 Mar 2016

100m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5	02:42.98	Dzanibe, Lindiswa	SA National Open Championships	Port Elizabeth	16 Apr 2013
S6	02:35.60	Nel, M		Germiston	21 Mar 2003
S7	02:04.18	Deans, K		Stellenbosch	12 Apr 2001
S8	01:37.64	Barnard, A		Pretoria	16 Mar 2000
S9	01:16.83	Grey, E	World Championships		02 Dec 2006
S10	01:10.66	Sapiro, Shireen		Durban	19 Apr 2009
S11					
S12	01:56.31	Berrington, S		Bellville	24 Mar 2008
S13	01:24.50	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	03:22.07	Mc Klopper, David	SA National Championships	Durban	03 Apr 2017
S3					
S4					
S5	02:33.42	Adams, Moeketsi	SA Level 3 Regional Age Group	Pretoria	28 Mar 2019
S6	01:56.90	Van der Merwe, Hendrik		Durban	01 Jan 2005
S7	01:32.96	Mncube, Gift	CGA Level 2/3 Last Chance Gala	Johannesburg	06 Feb 2016
S8	01:22.11	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
S9	01:10.47	Bezuidenhout, James	SA National Championships	Durban	13 Apr 2015
S10	01:13.39	Clarke, Sean		Durban	17 Dec 2010
S11					
S12	01:08.55	Smit, Franco	2018 Grand Prix Invitational	Stellenbosch	16 Feb 2018
S13	01:13.46	Bouwer, Charles		Durban	01 Jan 2005

200m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8					
S9	03:17.18	Martins, Shannon	CGA Level 1 Gala 1	Johannesburg	12 Sep 2015
S10	02:36.06	Sapiro, Shireen		Port Elizabeth	06 Jan 2009
S11					
S12					
S13	03:17.65	Naude, M	Nedbank Championships	Port Elizabeth	01 Mar 2010

Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8	03:42.04	Grob, J	Senior National Championships	Durban	01 Apr 2012
S9	02:38.28	Bezuidenhout, James		Port Elizabeth	20 Apr 2013
S10	03:03.23	Pretorius, Jean	WPA Senior League 3	Johannesburg	14 Sep 2014
S11					
S12					
S13	02:20.77	Bouwer, Charles		Port Elizabeth	06 Jan 2009

50m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3					
SB4	01:42.57	Booyesen, L	Nedbank Championships	Port Elizabeth	06 Apr 2009
SB5	01:21.90	Mbiko, Francina	SA National Open Championships	Port Elizabeth	21 Apr 2013
SB6	01:19.76	Mbiko, Ntswaki	Central Gauteng Championships	Gauteng	01 Jan 2009
SB7					
SB8	00:39.16	Martins, Shannon	SA Level 3 Regional Age Group	Pretoria	03 Apr 2018
SB9	00:36.19	Everson, Melisca	SA Level 3 Regional Age Group	Pretoria	03 Apr 2018
SB11					
SB12					
SB13	00:41.07	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

Male

Classification	SA Record	Holder	Event	Place	Date
SB1	01:45.26	Packard, M		Pretoria	17 Mar 2000
SB2					
SB3	01:07.88	De Kock, C		Kimberley	18 Mar 1999
SB4					
SB5	01:06.76	Van der Merwe, Hendrik	SA Championships	Durban	01 Jan 2005
SB6	00:49.81	Dludlu, Nkosimayibongwe	CGA Championships	Johannesburg	18 Dec 2014
SB7	00:44.46	Mncube, Gift	SA National Championships	Durban	08 Apr 2019
SB8	00:38.70	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
SB9	00:33.03	van Heerden, Johann	SA National Open Championships	Port Elizabeth	21 Apr 2013
SB11					
SB12	00:44.69	Herbst, Hendri		East London	01 Jan 2008
SB13	00:43.35	Aucamp, J	SA Championships	Durban	01 Jan 2005

100m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB2					
SB3					
SB4					
SB5	03:00.18	Mbiko, Francina	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB6					
SB7					
SB8	01:42.72	Barnard, A		Pretoria	17 Mar 2000
SB9	01:40.30	Abrahams, Tezna	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB11					
SB12					
SB13	01:26.90	Ferreira, Alani	SA National Championships	Durban	10 Apr 2016

Male

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3					
SB4					
SB5	02:58.18	Struwig, Nathan	Limpopo Championships	Polokwane	30 Nov 2018
SB6	02:03.30	Dludlu, Nkosimayibongwe	SA National Open Championships	Durban	08 Apr 2014
SB7	01:38.39	Sadie, Christian	Western Cape Summer 2	Cape Town	24 Sep 2016
SB8	01:23.29	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
SB9	01:08.29	Paul, Kevin		Manchester	25 May 2009
SB11					
SB12	01:29.49	Herbst, Hendri		Eindhoven	16 Aug 2010
SB13	01:34.88	Lord, Keegan	SASAPD Championships	Bloemfontein	21 Mar 2016

200m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5					
SB6					
SB7					
SB8	04:01.02	Grey, E	Central Gauteng Level 3 Championships	Gauteng	20 Jan 2007
SB9	03:48.43	Sabeka, Bongekile	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
SB11					
SB12					
SB13	03:11.80	Ferreira, Alani	Action Swim Championships	Durban	06 Nov 2015

Male

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5					
SB6					
SB7	04:51.35	Sibanba, M	Nedbank Championships	Durban	
SB8	03:21.36	van der Merwe, Kaleb	MP AGE GROUP 1	Nelspruit	02 Oct 2015
SB9	03:11.50	Pretorius, Jean	WPA Winter Championships	Cape Town	17 Jul 2014
SB11					
SB12					
SB13					

50m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S3					
S4					
S5	01:20.92	Dzanibe, Lindiswa	SA National Open Championships	Port Elizabeth	21 Apr 2013
S6					
S7	01:04.24	Deans, K		Pretoria	17 Mar 2000
S8	00:42.51	Barnard, A		Pretoria	17 Mar 2000
S9	00:38.95	Martins, Shannon	CGA Level 1 Gala No 3	Johannesburg	08 Nov 2014
S10	00:39.71	Henry, Kristen	SA National Championships	Durban	03 Apr 2017
S11					
S12					
S13	00:38.17	Ferreira, Alani	KZN Premier Championships	Durban	17 Dec 2014

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:32.80	Mc Klopper, David	SA National Championships	Durban	03 Apr 2017
S3	01:36.90	Packard, M		Kimberley	17 Mar 1999
S4	01:53.96	Mc Klopper, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S5	01:00.88	Adams, Moeketsi	SA Level 3 Regional Age Group	Pretoria	28 Mar 2019
S6	00:42.49	Zwane, Kabelo	CGA Level 2/3 Gala No 4	Johannesburg	23 Jan 2016
S7	00:34.06	Sadie, Christian	Western Cape Summer 2	Cape Town	24 Sep 2016
S8	00:34.58	van der Merwe, Kaleb	Mpumalanga Championships	Nelspruit	24 Nov 2017
S9	00:31.36	Botes, Werner		Pretoria	29 Mar 2011
S10	00:28.30	Clarke, Sean		Port Elizabeth	12 Apr 2011
S11					
S12	00:27.89	Smit, Franco	SA National Championships	Port Elizabeth	23 Apr 2018
S13	00:37.01	Lord, Keegan	SASAPD Championships	Bloemfontein	21 Mar 2016

100m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S5					
S6					
S7					
S8	01:40.70	Barnard, A		Pretoria	17 Mar 2000
S9	01:31.65	Gray, Emily		Port Elizabeth	07 Apr 2009
S10	01:16.55	Sapiro, Shireen		Durban	16 Apr 2009
S11					
S12					
S13	01:23.37	Ferreira, Alani	SA National Championships	Durban	10 Apr 2016

Male

Classification	SA Record	Holder	Event	Place	Date
S2	03:49.99	Mc Kloppe, David	CGA level 3 Last Chance No 1	Johannesburg	21 Jan 2017
S5	02:20.86	Adams, Moeketsi	CGA Open Championships	Johannesburg	06 Dec 2018
S6	01:45.51	Zwane, Kabelo	CGA Championships	Johannesburg	05 Dec 2015
S7	01:14.46	Sadie, Christian	Western Cape Summer 3	Stellenbosch	15 Oct 2016
S8	01:13.44	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
S9	01:19.53	Botes, Werner		Durban	15 Apr 2010
S10	01:07.76	Clarke, Sean		Port Elizabeth	14 Apr 2011
S11					
S12	01:15.40	Smit, Franco	WC Qualifying Gala 3	Stellenbosch	18 Feb 2017
S13	01:17.69	Bouwer, Charles		Durban	01 Jan 2005

200m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S8					
S9					
S10					
S11					
S12					
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S6	04:13.91	Zwane, Kabelo	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S7	03:28.29	Zwane, Kabelo	Tri Colour Games	Reggio Emilia	12 Jul 2018
S8					
S9					
S10	02:58.49	Mabuza, Thulane	SA National Championships	Durban	10 Apr 2016
S11					
S12					
S13					

150m Individual Medley

Female

Classification	SA Record	Holder	Event	Place	Date
SM2					
SM3					
SM4					

Male

Classification	SA Record	Holder	Event	Place	Date
SM1					
SM2					
SM3					
SM4					

200m Individual Medley**Female**

Classification	SA Record	Holder	Event	Place	Date
SM3					
SM4					
SM5	05:56.90	Mbiko, Francina	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM6					
SM7					
SM8	03:56.98	Mare, Simone	SASAPD National Championships	Stellenbosch	18 Mar 2019
SM9	02:54.29	Gray, Emily		Eindhoven	16 Aug 2010
SM10	02:59.61	Sapiro, S	Central Gauteng Level 2 Championships	Gauteng	28 Oct 2006
SM11					
SM12					
SM13	02:50.43	Ferreira, Alani	SA National Championships	Durban	10 Apr 2016

Male

Classification	SA Record	Holder	Event	Place	Date
SM3					
SM4					
SM5					
SM6	04:02.81	Zwane, Kabelo	CGA Level 2/3 Gala No 4	Johannesburg	23 Jan 2016
SM7	03:20.60	Da Silva, D	Senior National Championships	Durban	01 Jan 2010
SM8	02:40.83	Terblanche, Jean-Jacques	Paralympic Games	Atlanta	17 Jan 1996
SM9	02:49.99	Bezuidenhout, James	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM10	02:18.68	Paul, Kevin		Durban	17 Apr 2009
SM11					
SM12	02:39.63	Smit, Franco	WC Qualifying Gala 2	Cape Town	11 Nov 2017
SM13	03:07.19	Lord, Keegan	SASAPD Championships	Bloemfontein	21 Mar 2016

400m Individual Medley

Female

Classification	SA Record	Holder	Event	Place	Date
SM6					
SM7					
SM8					
SM9	07:35.82	Marais, Katelyn	CGA Level 3 & SANJ Gala 3	Johannesburg	25 Nov 2018
SM10					
SM11					
SM12					
SM13					

Male

Classification	SA Record	Holder	Event	Place	Date
SM8					
SM9					
SM10	04:53.39	Paul, Kevin		Berlin	17 Jan 2010
SM11					
SM12					
SM13					

