

# Para Swimming SA Records

## 14 & Under Long Course

### 50m Freestyle

#### Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5	01:05.81	Coullie, A		Germiston	21 Mar 2003
S6	00:57.87	Venter, E		Stellenbosch	13 Apr 2001
S7	00:57.74	Hully, T		Germiston	21 Mar 2003
S8					
S9	00:34.35	Martins, Shannon	SA National Championships	Durban	10 Apr 2016
S10	00:34.51	Bloem, Michelle	SA National Championships	Durban	10 Apr 2016
S11	00:47.92	Barnes, A			01 Jan 1984
S12	00:35.19	Slothauer			01 Jan 1984
S13	00:35.04	Ferreira, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

#### Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:58.70	Mc Klopper, David	CGA Level 2/3 Gala 3	Johannesburg	21 Nov 2015
S3					
S4	01:58.70	Mc Klopper, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
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	00:35.63	Mncube, Gift	CGA Level 3 & SANJ Gala 2	Johannesburg	29 Oct 2018
S8	00:37.42	Grob, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S9	00:30.98	Bezuidenhout, James		Edmonton	15 Oct 2011
S10	00:29.44	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11	00:44.41	Geryling		Stellenbosch	01 Apr 1988
S12	00:32.50	Van der Merwe			01 Jan 1984
S13	00:28.49	Field, S		Stellenbosch	01 Apr 1991

**100m Freestyle****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6	02:19.56	Venter, E		Stellenbosch	11 Apr 2001
S7					
S8					
S9	01:16.54	Martins, Shannon	Nedbank Championships	Johannesburg	31 Mar 2015
S10	01:17.06	Bloem, Michelle	SA National Championships	Durban	10 Apr 2016
S11					
S12					
S13	01:18.07	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	04:42.52	Mc Klopper, David		Bloemfontein	21 Jan 2016
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	01:27.01	Mncube, Gift	SA National Championships	Port Elizabeth	23 Apr 2018
S8	01:30.20	Grob, J	SA Games	Polokwane	04 Oct 2011
S9	01:07.56	Bezuidenhout, James		Port Elizabeth	13 Oct 2011
S10	01:03.01	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12	01:16.96	Swanepoel	SA Championships	Durban	01 Jan 2005
S13	01:08.27	Bouwer, Charles		Germiston	21 Mar 2003

**200m Freestyle****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6					
S7					
S8					
S9	02:56.91	Marais, Katelyn	CGA Level 3/SANJ Gala No 2	Johannesburg	28 Oct 2017
S10	02:44.97	Bloem, Michelle	NWS Age Group 2	Potchefstroom	29 Oct 2016
S11					
S12					
S13					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
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	03:14.74	Mncube, Gift	CGA Open Championships	Johannesburg	06 Dec 2018
S8	03:29.90	Grob, J	Central Gauteng Championships	DELLV	10 Sep 2011
S9	02:26.55	Bezuidenhout, James		Port Elizabeth	12 Apr 2011
S10	02:19.27	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12					
S13					

**400m Freestyle****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8					
S9	06:16.10	Marais, Katelyn	CGA Level 3/SANJ Gala No 1	Johannesburg	23 Sep 2017
S10					
S11					
S12					
S13	05:51.23	Fenreim, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7	06:48.98	Mncube, Gift	CGA Open Championships	Johannesburg	06 Dec 2018
S8	07:34.39	Grob, J	Central Gauteng Championships	Germiston	15 Oct 2011
S9	05:03.65	Bezuidenhout, James		Durban	14 Oct 2011
S10	04:50.02	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12					
S13					

**800m Freestyle**

**Female**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					

**Male**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8					
S9					
S10					
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**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6	02:25.44	Johnson, Keisha	Nedbank Championships	Stellenbosch	31 Mar 2014
S7					
S8	01:07.29	Paulsen, C	Nedbank Championships	Durban	01 Jan 2012
S9	00:40.33	Martins, Shannon	Adrian Grafe Memorial Gala	Germiston	31 Aug 2015
S10	00:38.32	Bloem, Michelle	NWS Championship	Rustenburg	03 Dec 2015
S11					
S12					
S13	00:43.23	Erasmus, S		Port Elizabeth	01 Mar 1990

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	01:57.46	Mc Klopper, David	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
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	00:46.43	Zwane, Kabelo	SA National Championships	Durban	03 Apr 2017
S8	00:47.35	Sadie, C	Nedbank Championships	Pretoria	01 Mar 2011
S9	00:35.14	Bezuidenhout, James		Johannesburg	11 Dec 2011
S10	00:41.04	De Jager, C		Kimberley	26 Mar 2002
S11					
S12					
S13					

**100m Backstroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6					
S7					
S8					
S9	01:29.66	Martins, Shannon	SA National Championships	Durban	10 Apr 2016
S10	01:21.69	Bloem, Michelle	4 + 1 Provinces Gala	Kimberley	30 Jan 2016
S11					
S12	01:51.74	Van Niekerk, L			01 Mar 1986
S13	01:34.38	Ferreira, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5	02:33.42	Adams, Moeketsi	SA Level 3 Regional Age Group	Pretoria	28 Mar 2019
S6	02:40.73	Struwig, Nathan	Limpopo Championships	Polokwane	30 Nov 2018
S7	01:32.96	Mncube, Gift	CGA Level 2/3 Last Chance Gala	Johannesburg	06 Feb 2016
S8	01:54.56	Grob, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S9	01:12.91	Bezuidenhout, James		Port Elizabeth	12 Oct 2011
S10	01:27.76	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	16 Apr 2013
S11					
S12	01:51.32	Swanepoel			01 Jan 1983
S13	01:18.26	Bouwer, Charles		Germiston	21 Jan 2003



## 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	03:00.09	Bloem, Michelle	NW Schools Swimming Championship	Potchefstroom	05 Feb 2016
S11					
S12					
S13					

### Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8	04:13.48	Grob, J	Central Gauteng Championships	DELLV	10 Sep 2011
S9	02:46.08	Bezuidenhout, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S10	03:58.67	Mabusr, T	Nedbank Championships	Durban	01 Jan 2012
S11					
S12					
S13					

**50m Breaststroke****Female**

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3	02:22.27	Visser, A		Kimberley	26 Mar 2002
SB4					
SB5					
SB6	01:16.05	Venter, E		Stellenbosch	11 Apr 2001
SB7					
SB8	00:47.16	Martins, Shannon	SA Level 2 Regional Age Group	Johannesburg	28 Mar 2016
SB9	00:36.19	Everson, Melisca	SA Level 3 Regional Age Group	Pretoria	03 Apr 2018
SB11	01:15.30	Groeneweg, L			01 Mar 1987
SB12	00:49.48	Slothauber			01 Jan 1984
S13	00:42.72	Ferreira, A	SA Games	Polokwane	04 Oct 2011
SB13	01:07.14	Mare, Simone	SASAPD Championships	Bloemfontein	21 Mar 2016

**Male**

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3					
SB4					
SB5	01:15.64	Njombolwana, Mithayelani	Nedbank Championships	Stellenbosch	31 Mar 2014
SB6	00:57.91	Dludlu, Nkosi	SA National Open Championships	Port Elizabeth	21 Apr 2013
SB7	00:46.72	Zwane, Kabelo	CGA Open Championships	Johannesburg	16 Dec 2016
SB8	00:53.08	Van Aswegen, W		Germiston	21 Mar 2003
SB9	00:35.95	Paul, Kevin	SA Championships	Durban	01 Jan 2005
SB11					
SB12	00:42.26	Robinson, O			01 Mar 1987
SB13	00:39.82	Field, S		Stellenbosch	01 Apr 1991

**100m Breaststroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB2					
SB3					
SB4					
SB5					
SB6					
SB7					
SB8	01:50.02	Martins, Shannon	SA Level 2 Regional Age Group	Johannesburg	28 Mar 2016
SB9	01:46.65	Bresler, Jordan	SA National Championships	Durban	03 Apr 2017
SB11					
SB12					
SB13	01:34.72	Ferreira, A	SA Games	Polokwane	04 Oct 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2					
SB3					
SB4					
SB5	02:58.18	Struwig, Nathan	Limpopo Championships	Polokwane	30 Nov 2018
SB6	02:46.62	Dludle, N	Central Gauteng Championships	Gauteng	01 Dec 2011
SB7	01:45.22	Zwane, Kabelo	CGA Open Championships	Johannesburg	16 Dec 2016
SB8	02:24.59	Sibanda, M	Central Gauteng Championships	Gauteng	01 Dec 2010
SB9	01:25.56	Jannasch, Johan	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB11					
SB12					
SB13	01:44.20	Van Tonder			01 Jan 1984

**200m Breaststroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB4					
SB5					
SB6					
SB7					
SB8					
SB9	04:07.04	Henry, Kristen	CGA Level 2 Gala 2	Johannesburg	15 Oct 2017
SB11					
SB12					
SB13					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB4					
SB5					
SB6					
SB7					
SB8					
SB9	03:28.03	Moss, Matthew	BCA 2nd Age Group Gala	East London	22 Feb 2019
SB11					
SB12					
SB13					

**50m Butterfly****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S3					
S4					
S5					
S6					
S7					
S8					
S9	00:38.95	Martins, Shannon	CGA Level 1 Gala No 3	Johannesburg	08 Nov 2014
S10	00:41.77	Bloem, Michelle	SA National Championships	Durban	10 Apr 2016
S11					
S12					
S13	00:41.90	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	01:32.80	Mc Klopper, David		Durban	04 Jan 2017
S3					
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	00:38.25	Zwane, Kabelo	CGA Level 3/SANJ Gala No 1	Johannesburg	23 Sep 2017
S8	00:46.04	Sadie, C	Summer League 2		17 Sep 2011
S9	00:34.42	Bezuidenhout, James		Port Elizabeth	12 Apr 2011
S10	00:40.05	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	21 Apr 2013
S11					
S12					
S13	00:32.52	Field, S		Stellenbosch	01 Apr 1991

**100m Butterfly****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S5					
S6					
S7					
S8					
S9	01:40.94	Marais, Katelyn	CGA Open Championship	Johannesburg	08 Dec 2017
S10	02:22.46	Everson, Melisca	Uthukela District Championships	Ladysmith	19 Jan 2019
S11					
S12					
S13	01:38.46	Ferreira, A	SA Games	Polokwane	04 Oct 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
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	01:30.25	Zwane, Kabelo	CGA Level 3/SANJ Gala No 1	Johannesburg	23 Sep 2017
S8					
S9	01:21.45	Moss, Matthew	BCA Age Group Gala	East London	30 Nov 2018
S10	01:38.17	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	20 Apr 2013
S11					
S12					
S13	01:21.52	Bouwer, Charles		Germiston	21 Mar 2003

**200m Butterfly**

**Female**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S8					
S9					
S10					
S11					
S12					
S13					

**Male**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6	04:13.91	Zwane, Kabelo	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S7	03:30.13	Zwane, Kabelo	CGA level 3 Last Chance No 2	Johannesburg	28 Jan 2017
S8					
S9					
S10					
S11					
S12					
S13					

**150m Individual Medley**

**Female**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM2					
SM3					
SM4					

---

**Male**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM1					
SM2					
SM3					
SM4					

---



**200m Individual Medley****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM3					
SM4					
SM5					
SM6					
SM7					
SM8					
SM9	03:23.70	Martins, Shannon	Nedbank Championships	Johannesburg	31 Mar 2015
SM10	03:12.63	Bresler, Jordan	SA National Championships	Durban	03 Apr 2017
SM11					
SM12					
SM13	03:11.86	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM3					
SM4					
SM5					
SM6	04:02.81	Zwane, Kabelo	CGA Level 2/3 Gala No 4	Johannesburg	23 Jan 2016
SM7	03:32.68	Zwane, Kabelo	Aquabear Invitational Meet	Port Elizabeth	30 Sep 2017
SM8	04:48.70	Crawford, S	SA National Championships		01 Jan 2007
SM9	02:56.83	Moss, Matthew	SA National Championships	Durban	08 Apr 2019
SM10	02:37.35	Paul, Kevin	SA Championships	Durban	01 Jan 2005
SM11					
SM12	03:51.55	Robinson, O			01 Mar 1987
SM13	03:14.92	Field, R		Kimberley	01 Jan 1989

**400m Individual Medley**

**Female**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM6					
SM7					
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					

**Male**

---

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					

