

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 50 Free</b>							
1	26.52 L	F	Jessica Carmody	15	SGUL ETH	21/03/2023	SA National Junior Age Group Champs
2	27.04 L S	S	Rebecca Fury	15	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	27.20 L	F	Hannah Mouton	15	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
4	27.22 L	F	Daena Robinson	15	SEAL UMD	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
5	27.34 L	F	Grace Morris	15	ELEC TSH	21/03/2023	SA National Junior Age Group Champs
6	27.54 L	F	Keira Van Heerden	15	ECA BUF	21/04/2023	SA Schools Swimming Championship
7	27.99 L	F	Melissa Kuun	15	WCA CPT	21/04/2023	SA Schools Swimming Championship
8	28.00 L	P	Myra Viduya	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs
9*	28.07 L	F	Keira Duncan	15	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 20
9*	28.07 L	F	Cassidy Burgess	15	VINE CPT	21/03/2023	SA National Junior Age Group Champs
11	28.09 L	P	Erin Hudson	15	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
12	28.28 L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 20
13	28.32 L	F	Christie Piguet	15	AA JHB	21/03/2023	SA National Junior Age Group Champs
14	28.33 L	P	Emily Lott	15	ASA ILD	21/03/2023	SA National Junior Age Group Champs
15	28.69 L	P	Charnè Van Tonder	15	TYGE CPT	21/03/2023	SA National Junior Age Group Champs
16	28.73 L	P	Timara Froneman	15	RSA	21/07/2022	Solidarity Games Kazan July
17	28.74 L S	F	Tanè Putter	15	CUDU CPT	09/12/2022	Western Cape LC-A Championship 20
18*	28.80 L	P	Kaitlyne Horne	15	ECA BUF	21/04/2023	SA Schools Swimming Championship
18*	28.80 L	F	Mathilda Liebenberg	15	POTC KKD	31/03/2023	SA Level 3 Regional Age Group Chan
20	28.87 L	P	Isabella Desfontaines	15	RAV EKU	21/03/2023	SA National Junior Age Group Champs
21	28.90 L	P	Xanthe Nagel	15	HREF BPD	21/03/2023	SA National Junior Age Group Champs
22	28.91 L	P	Cassidy Sinclair	15	DRGN JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
23	28.95 L	P	Hannah Ferreira	15	ASA ILD	16/12/2022	KZNA Premier Provincial Championshi
24	28.99 L	F	Kayla Petersen	15	USC BUF	31/03/2023	SA Level 3 Regional Age Group Chan
25	29.05 L	F	Mari Zanne Nortje	15	LP CC	21/04/2023	SA Schools Swimming Championship
26*	29.07 L S	F	Madison Fourie	15	INFA NMA	25/06/2022	PEA Winter Gala 2022
26*	29.07 L	P	Jana Lombard	15	LALE CED	21/03/2023	SA National Junior Age Group Champs
26*	29.07 L	F	Madelé Harding	15	POTC KKD	31/03/2023	SA Level 3 Regional Age Group Chan
29	29.10 L	F	Beane Swanepoel	15	VRC TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
30	29.14 L	P	Bailey Held	15	SGUL ETH	21/03/2023	SA National Junior Age Group Champs
31	29.27 L	F	Tamryn Kunneke	15	RFA TSH	31/03/2023	SA Level 3 Regional Age Group Chan
32	29.34 L	P	Rebecca Kuhn	15	PER JHB	01/12/2022	CGA LC Summer Championships Leve
33	29.35 L	F	Marony Jacobs	15	INFA NMA	10/02/2023	Infinity Gala 2023
34	29.41 L	F	Simone Theron	15	LP CC	21/04/2023	SA Schools Swimming Championship
35	29.45 L	F	Taylor Hemphill	15	SEAL UMD	03/03/2023	KZN Qualifying Gala
36	29.47 L	F	Mianique Lombard	15	WELA LLD	05/11/2022	Seals Heidedal Gala
37	29.54 L	F	Une Van den Berg	15	AA JHB	31/03/2023	SA Level 3 Regional Age Group Chan
38*	29.59 L	F	Emma De Wet	15	VINE CPT	24/09/2022	CTA Qualifying Meet #5
38*	29.59 L	P	Francis Whelan	15	FSS FS	21/04/2023	SA Schools Swimming Championship
40*	29.62 L	P	Cassidy Doubell	15	WATR JHB	21/03/2023	SA National Junior Age Group Champs
40*	29.62 L S	F	Erin Mayoss	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
42	29.64 L	F	Katie-Peta Marcelino	15	SGUL ETH	02/12/2022	EDA AG Gala December 2022
43	29.65 L	F	Caitlin Watson	15	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group Chan
44	29.68 L	F	Dane De Klerk	15	BLSS MAN	06/12/2022	Free State Champs 2022
45*	29.70 L	F	Nicole Beling	15	BAS EKU	21/10/2022	EGA Summer 2 2022
45*	29.70 L	F	Stella Reinecke	15	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group Chan
47	29.71 L	F	Emma Williams	15	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 20
48	29.74 L	F	Simoné Henning	15	RBOT BPD	07/12/2022	NWS Championships 2022/2023
49	29.76 L	P	Isla Thomas	15	AA JHB	31/03/2023	SA Level 3 Regional Age Group Chan
50	29.79 L	P	Jordyn Collett	15	TUKS TSH	21/03/2023	SA National Junior Age Group Champs
51	29.80 L	F	Christina Gennarakis	15	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group Chan
52	29.84 L	F	Kiara Craven	15	NAE EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
53	29.85 L	P	Carleigh Palmer	15	AFIN JHB	31/03/2023	SA Level 3 Regional Age Group Chan
54*	29.92 L	F	Veneske Steenkamp	15	ROA EDD	10/02/2023	Infinity Gala 2023
54*	29.92 L	F	Morgan Rabie	15	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group Chan
56	29.93 L	F	Lucy Nagel	15	PEAS NMA	13/08/2022	Madibaz Swim Meet
57*	29.94 L S	F	Tatum Lauf	15	MDOL EKU	08/12/2022	EGA Summer Champs 2022
57*	29.94 L S	P	Loghan Gray	15	MDOL EKU	08/12/2022	EGA Summer Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	29.95	L	F	Isabella Webber	15	VINE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
60	29.96	L	F	Madison Franks	15	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
61	29.99	L	F	Holley Jacoby	15	VIKI BUF	17/09/2022 3rd A League Gala-Newton Park Pool
62	30.08	L	F	Georgoulla Kambanis	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
63*	30.09	L S	F	Hannah Rigby	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
63*	30.09	L	P	Grace George	15	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
65	30.11	L	P	Gabriella Douglas	15	BAS EKU	31/03/2023 SA Level 3 Regional Age Group Chan
66	30.14	L	P	Colby Cochrane	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
67*	30.19	L	P	Amahle Mhlongo	15	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Cham
67*	30.19	L	P	Ava Fourie	15	TRAZ TSH	31/03/2023 SA Level 3 Regional Age Group Chan
69	30.24	L	F	Kate Truter	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
70	30.29	L	F	Kaylin Stieger	15	RHS BPD	10/02/2023 NW School Championships 2023
71	30.31	L	F	Isabel Vorster	15	BLNE MAN	17/02/2023 Neptune Last Chance Gala
72	30.32	L	F	Cassandra Sikiotis	15	MDOL EKU	21/10/2022 EGA Summer 2 2022
73	30.33	L	F	Ella Mills	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
74	30.35	L	P	Emily Walker	15	PEAS NMA	21/03/2023 SA National Junior Age Group Champ
75*	30.38	L	P	Tatum Cabral	15	ELEC TSH	31/03/2023 SA Level 3 Regional Age Group Chan
75*	30.38	L	P	Abigail Van Dyk	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
77	30.42	L	F	Jordana Azran	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
78	30.43	L	P	Amelia Vincent	15	BLSS MAN	06/12/2022 Free State Champs 2022
79	30.47	L	P	Tazmin Suliman	15	TUKS TSH	09/12/2022 NTS Championships 2022
80*	30.51	L	F	Esmari Weitsz	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
80*	30.51	L	F	Mia Pienaar	15	STSC KCD	28/01/2023 Ushaka Champs 2023
80*	30.51	L	P	Tiffany Marshall	15	MP EZ	21/04/2023 SA Schools Swimming Championship
83	30.52	L	F	Tayler Morton	15	GSA CPT	03/09/2022 CTA Qualifying Meet #4
84	30.54	L	P	Kirsty Andraos	15	TUKS TSH	21/03/2023 SA National Junior Age Group Champ
85	30.56	L	F	Keira Leask	15	DORE JHB	06/01/2023 2023 Grand Prix Invitation Swimming I
86	30.58	L	F	Amelia Manning	15	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
87	30.59	L	F	Zoey Du Toit	15	UNI EZD	02/03/2023 SA Level 2 Regional Age Group Cham
88*	30.60	L	F	Eve Abrahams	15	VINE CPT	04/11/2022 CTA A CHAMPS 2022
88*	30.60	L	F	Gemma Jones	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
90	30.61	L	P	Hannah Liebenberg	15	PAC TSH	09/12/2022 NTS Championships 2022
91	30.67	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
92	30.69	L	P	Lize Burness	15	TUKS TSH	09/12/2022 NTS Championships 2022
93	30.74	L	F	Michaela Labuschagne	15	SAAW CPT	24/02/2023 Western Cape Elite Gala
94*	30.75	L	P	Luca Janse van Rensburg	15	CSC TSH	09/12/2022 NTS Championships 2022
94*	30.75	L	F	Candice Kruger	15	BAS EKU	21/10/2022 EGA Summer 2 2022
96	30.76	L	F	Jana Helmand	KR	BLOT MAN	06/12/2022 Free State Champs 2022
97*	30.82	L	F	Neema Banza	15	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
97*	30.82	L	F	Simone Cairns	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
99*	30.87	L S	P	Tamsyn Kotzè	15	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
99*	30.87	L	F	Tahnah Abrahams	15	SSISA CPT	24/02/2023 Western Cape Elite Gala
101	30.88	L	P	Hayley Beling	15	BAS EKU	21/03/2023 SA National Junior Age Group Champ
102*	30.95	L	F	Anri De Beer	15	INFA NMA	09/12/2022 NMBA Championships 2022
102*	30.95	L	P	Kirstin Brady	15	RAV EKU	21/03/2023 SA National Junior Age Group Champ
104*	30.96	L	P	Sinesipho Sibiya	15	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
104*	30.96	L	P	Nazneen Mohamed	15	GAUT	21/04/2023 SA Schools Swimming Championship
106	30.97	L	P	Anichia Le Roux	15	BAR	09/12/2022 NTS Championships 2022
107	31.00	L	P	Jean Marie Swartz	15	LP CC	21/04/2023 SA Schools Swimming Championship
108	31.01	L	P	Holly Allison	15	SGUL ETH	16/12/2022 KZNA Premier Provincial Championship
109	31.06	L	F	Deanne Du Plessis	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
110	31.08	L	F	Jade Jarvis	15	SAAW CPT	21/01/2023 CTA Qualifying Meet #7
111	31.10	L	F	Cianke Louw	15	HMER MPD	15/10/2022 Limpopo Top 10 - High Schools
112	31.16	L	F	Emma La Grange	15	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
113	31.17	L S	P	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
114*	31.20	L	P	Farhah Valli	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champ
114*	31.20	L	P	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
116	31.21	L	P	Aruli Fick	15	USH UJD	16/12/2022 KZNA Premier Provincial Championship
117	31.24	L	F	Eunice Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	31.25	L	F	Lume Louw	15	USC BUF	31/03/2023 SA Level 3 Regional Age Group Chan
119	31.27	L S	P	Erin Burke	15	AACTA CPT	09/12/2022 Western Cape LC-A Championship 20
120	31.30	L	F	Cara Corrigan	15	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023
121	31.32	L	F	Kye-Ann Fowler	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
122	31.33	L	P	Acacia- Cailyn Abell	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champ
123	31.42	L S	P	Kalynne Dowdle	15	ASAW CED	09/12/2022 Western Cape LC-A Championship 20
124	31.44	L	P	Joy Vd Westhuizen	15	AQDO CPT	31/03/2023 SA Level 3 Regional Age Group Chan
125	31.45	L	F	Tamsin Yates	15	CA EKU	10/09/2022 Adrian Grafe Gala 2022
126	31.48	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	28/01/2023 EDA January Gala 2023
127*	31.52	L S	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
127*	31.52	L	P	Alienne van Rensburg	15	KTS	03/03/2023 SA Level 2 Regional Age Group Cham
129	31.55	L	F	Zeeva Jones	15	DRGN JHB	20/01/2023 EGA Last Chance Galal
130*	31.56	L	F	Carmi Schoeman	15	TKS WBD	02/12/2022 Limpopo Champs
130*	31.56	L	F	Ciska Ferreira	15	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
132	31.58	L	F	Kristin Vogelzang	15	RAV EKU	17/02/2023 EGA Let's Race 2023
133	31.61	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
134*	31.63	L	F	Zara Jefftha	15	MARL CPT	28/01/2023 Winelands SL Final
134*	31.63	L	F	Yusrah Du Toit	15	UWCA CPT	11/02/2023 WCA-B Champs - 2023
136	31.66	L	P	Samantha Maritz	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
137	31.71	L	F	Tatum Borrill	15	CA EKU	17/02/2023 EGA Let's Race 2023
138*	31.72	L	P	Tianel Van Der Merwe	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
138*	31.72	L	F	Megan Phillips	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
140	31.76	L	F	Kayla Miller	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Leve
141	31.85	L	F	Mignon Smit	15	SS MPD	02/12/2022 Limpopo Champs
142	31.86	L	P	Luyanda Shandu	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
143	31.90	L	F	Kimberley Strong	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
144	31.91	L	F	Deidre Olivier	15	PGIM KKD	10/02/2023 NW School Championships 2023
145*	31.94	L	P	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
145*	31.94	L	P	Emma Roberts	15	MP EZ	21/04/2023 SA Schools Swimming Championship
147	31.95	L	F	Taryn Coenraad	15	GREY CPT	04/11/2022 CTA A CHAMPS 2022
148*	31.97	L	P	Kanishka Rajput	15	AAS JHB	21/03/2023 SA National Junior Age Group Champ
148*	31.97	L	F	Adriel Govender	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
150	31.98	L	P	Tyla Longueira	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
151	32.00	L S	F	Chanel Baenhoff	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
152*	32.01	L	F	Logan Coetzee	15	PER JHB	01/12/2022 CGA LC Summer Championships Leve
152*	32.01	L	P	Alexa Louw	15	BLMA CPT	24/02/2023 Western Cape Elite Gala
154*	32.03	L	F	Isabella Vicente	15	SOU EKU	02/03/2023 SA Level 2 Regional Age Group Cham
154*	32.03	L	P	Carla Pienaar	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
156*	32.06	L	F	Alexia Adreani	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
156*	32.06	L	P	Erin Glover	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champ
158	32.09	L	P	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
159	32.13	L	F	Fallon Tweedie	15	PEAS NMA	09/12/2022 NMBA Championships 2022
160	32.17	L	F	Elmarie De Witt	15	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
161	32.22	L	F	Alexandra Houniet	15	CA EKU	21/10/2022 EGA Summer 2 2022
162	32.23	L	P	Abigail Phillips	15	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
163	32.25	L	F	Jannae De Villiers	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
164	32.27	L	P	Rene Sauerman	15	SEAL UMD	31/03/2023 SA Level 3 Regional Age Group Chan
165	32.33	L	F	Izeldi Jacobs	15	STGR	07/12/2022 NCASA CHAMPS 2022
166	32.34	L S	P	Isabella Mansfield	15	LALE CED	09/12/2022 Western Cape LC-A Championship 20
167	32.37	L	F	Lois Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
168	32.40	L	F	Hannah Witten	15	ASAC CPT	07/10/2022 41st Freda Barnard Invitational Gala
169*	32.45	L S	P	Jorja Da Cunha	15	BON EKU	08/12/2022 EGA Summer Champs 2022
169*	32.45	L	P	Cher Prinsloo	15	KLOO ETH	01/07/2022 Prestige Tournament 2022
171*	32.49	L	F	Megan Kemp	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
171*	32.49	L	P	Simone Vd Merwe	15	GSA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
173	32.53	L	F	Haléya Greyvenstein	15	PLAY CED	11/02/2023 WCA-B Champs - 2023
174	32.55	L	F	Christn Engelbrecht	15	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
175	32.56	L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Leve
176	32.58	L	F	Danielle Seeliger	15	CRSC JHB	17/02/2023 NTS February Lev 1+2 Age Group Gal

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
177*	32.60 L	F	Simone Read	15	CA EKU	10/09/2022	Adrian Grafe Gala 2022
177*	32.60 L	P	Emma Atkinson	15	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Cham
179	32.66 L	F	Sally-Louise Ingwe	15	RAV EKU	20/01/2023	EGA Last Chance Galal
180	32.72 L	F	Taya Groger	15	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Cham
181*	32.75 L	F	Cameron Morel	15	SWIFT EKU	02/03/2023	SA Level 2 Regional Age Group Cham
181*	32.75 L	P	Marizaan De Lange	15	CLSC WCD	31/03/2023	SA Level 3 Regional Age Group Chan
183	32.76 L	F	Marinique Lamprecht	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
184	32.78 L	F	Jane Smit	15	PRKA PSD	07/10/2022	FLAMINGO GALA OCT 2022
185	32.80 L	F	Sierra Du Pont	15	UPC EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
186	32.84 L	F	Larissa Badenhorst	15	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
187*	32.86 L	F	Kimberly Kabiri	15	PEAS NMA	17/09/2022	3rd A League Gala-Newton Park Pool
187*	32.86 L	F	Aliska Steenkamp	15	WOAQ CED	11/02/2023	WCA-B Champs - 2023
189	32.87 L	F	Monique Oosthuizen	AR	BLOT MAN	22/10/2022	Otters Prestige Gala 2022
190	32.91 L	F	Isabella Afonso	15	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
191*	32.96 L	F	Charmae Donald	15	VALS FDD	06/12/2022	Free State Champs 2022
191*	32.96 L	F	Kirsten Van Reenen	15	LALE CED	28/01/2023	Winelands SL Final
191*	32.96 L	P	Lindi Claassen	15	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Cham
194	33.05 L	F	Amy Clayton	15	CUHE OBD	11/02/2023	WCA-B Champs - 2023
195	33.06 L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
196	33.08 L	P	Jennifer Sweeney	15	SASE JHB	02/03/2023	SA Level 2 Regional Age Group Cham
197	33.10 L	P	Chloe Green	15	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Cham
198*	33.11 L	F	Abigale Meineke	15	AQU ADJ	24/09/2022	Amajuba District Age Group Gala 3
198*	33.11 L	F	Gail Polman	15	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
200	33.25 L	F	Tyra Kasonkomona	15	MATL KKD	21/01/2023	NWS Sprint Gala 2023
201*	33.26 L	P	Liche-Mari Britz	15	KALA	03/03/2023	SA Level 2 Regional Age Group Cham
201*	33.26 L	F	Leane Jacobs	15	TLAC BPD	03/03/2023	SA Level 2 Regional Age Group Cham
203	33.27 L	F	Bianca Myburgh	15	CUHE OBD	07/10/2022	41st Freda Barnard Invitational Gala
204	33.35 L	F	Kiera Williams	15	PGH KKD	10/02/2023	NW School Championships 2023
205*	33.39 L	F	Keira Schroll	15	NWUC KKD	07/12/2022	NWS Championships 2022/2023
205*	33.39 L	P	Shani Olivier	15	WELL CED	31/03/2023	SA Level 3 Regional Age Group Chan
205*	33.39 L	F	Lillian Pienaar	15	UPC EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
208	33.40 L	P	Caitlin Kennedy	15	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Cham
209	33.47 L	P	Aarya Morar	15	ATLA JHB	31/03/2023	SA Level 3 Regional Age Group Chan
210*	33.48 L	F	Addison vd Byl	15	TUKS TSH	08/10/2022	NTS Sprint Gala
210*	33.48 L	F	Claire Kourie	15	ELEC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
212*	33.49 L	F	Kendra Beukes	15	PGAC EKU	21/10/2022	EGA Summer 2 2022
212*	33.49 L	F	Miana Fourie	15	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
214	33.55 L	F	Carla Van Tonder	15	DESA NMA	03/03/2023	SA Level 2 Regional Age Group Cham
215	33.58 L	F	Catherine Jones	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
216*	33.59 L	F	Daniëlle Le Roux	15	HFDT MPD	15/10/2022	Limpopo Top 10 - High Schools
216*	33.59 L	F	Milla Delpont	15	PEAS NMA	16/07/2022	1st A League Gala 2022 NMA
218*	33.60 L	P	Kanak Rajput	15	AAS JHB	31/03/2023	SA Level 3 Regional Age Group Chan
218*	33.60 L	F	Nkenda Baghana	15	CPSC TSH	18/03/2023	Level 1 Intra-Provincial 2023
220*	33.62 L	F	Mia Barnard	FR	BLOT MAN	24/09/2022	Bull-Sharks Gala
220*	33.62 L S	P	Gabriella Smith	15	MDOL EKU	08/12/2022	EGA Summer Champs 2022
222	33.65 L	F	Emma Rose	15	ONYX EKU	21/10/2022	EGA Summer 2 2022
223	33.70 L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023	Ushaka Champs 2023
224	33.71 L	P	Jenna Perle Du Plessis	15	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Cham
225	33.84 L	P	Thandolwethu Mabuza	15	MSC NGD	02/12/2022	Mpumalanga Championships 2022
226	33.88 L	F	Anke Vd Waal	15	TYGE CPT	03/09/2022	CTA Qualifying Meet #4
227	33.92 L S	P	Riley Hattingh-Steyn	15	SOUL EKU	08/12/2022	EGA Summer Champs 2022
228	34.02 L	P	Amelia Fraser-Harding	15	ACSA ETH	17/03/2023	SA Level 2 Regional Age Group Cham
229	34.04 L	P	Jamilah Tshiyoyo	15	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Cham
230	34.09 L	F	Isabella Le Roux	15	QSAW CED	11/02/2023	WCA-B Champs - 2023
231	34.16 L	P	Kayla Botha	15	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Cham
232	34.23 L	F	Layah Mahomed	15	SS MPD	12/11/2022	Limpopo Age Group 5
233	34.28 L	F	Amy Lazarou	15	AWSC JHB	18/03/2023	Level 1 Intra-Provincial 2023
234	34.37 L	F	Leane Janse van Rensburg	15	PSC TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
235	34.39 L	P	Lerato Molobye	15	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
236	34.46	L	F	Gemma Harris	15	MARL CPT	04/11/2022 CTA A CHAMPS 2022
237	34.47	L	P	Lunathi Mfuyo	15	SGUL ETH	01/07/2022 Prestige Tournament 2022
238*	34.49	L	F	Izra Gameeldien	15	MANT CPT	04/11/2022 CTA A CHAMPS 2022
238*	34.49	L	F	Lisa Ferreira	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
240	34.50	L	F	Charissa Volschenk	15	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29 Oct
241	34.55	L	F	Loren Parker	15	RPAC EKU	21/10/2022 EGA Summer 2 2022
242*	34.58	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
242*	34.58	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
244	34.61	L S	P	Clara van Rooyen	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
245	34.66	L	P	Marita Lackey	15	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Cham
246	34.68	L	F	Jordan Bijoux	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
247	34.69	L	P	Shannon Coetzee	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
248	34.74	L	F	Thobile Mtshali	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
249	34.81	L S	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022
250	34.97	L	F	Thando Mvuyana	15	TMAC ETH	25/11/2022 WSC & Seals Summer LC Champs 20
251	35.01	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
252	35.18	L	P	Kayleigh Van der Westhuizen	15	CSA EZD	02/12/2022 Mpumalanga Championships 2022
253	35.21	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
254*	35.22	L	F	Imani Magotsi	15	VINE CPT	04/11/2022 CTA A CHAMPS 2022
254*	35.22	L	F	Taaliah Rinquest	15	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
256	35.24	L S	P	Lianne Labuschagne	15	POTC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
257	35.33	L	F	Hanrike Barnard	15	CSC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
258	35.38	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
259	35.40	L	F	Michaela Mitchley	15	KTS	07/12/2022 NCASA CHAMPS 2022
260	35.46	L	F	Chloe Stacey	15	RBUR BPD	21/01/2023 NWS Sprint Gala 2023
261*	35.47	L	F	Tamilyn Straub	15	CURHK CCD	04/02/2023 Limpopo School Champs
261*	35.47	L	F	Callan-Cate Bouwer	15	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
263	35.48	L	F	Ehdel Van der Merwe	15	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
264	35.60	L	F	Mila Lombaard	15	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
265	35.61	L	F	Rudine Van Wyk	15	ACAQ CCD	02/12/2022 Limpopo Champs
266	35.62	L S	P	Piya Narandas	15	MAC EKU	08/12/2022 EGA Summer Champs 2022
267	35.71	L	F	Ammara Jagger	15	WEST CPT	07/10/2022 41st Freda Barnard Invitational Gala
268	35.74	L S	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
269	35.90	L	F	Michelle Van Rooyen	15	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
270	35.92	L	F	Christine Lee	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
271	35.98	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
272	36.05	L	F	Gabriëlle Maré	15	DOLFI MPD	12/11/2022 Limpopo Age Group 5
273	36.16	L	P	Emsie Brand	15	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group Chan
274	36.36	L	P	Deidre Grobler	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
275	36.40	L	F	Imaan Davids	15	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
276*	36.42	L	F	Leandre Burger	15	QSAW CED	28/01/2023 Winelands SL Final
276*	36.42	L	F	Alyssa Bester	15	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
278	36.69	L	F	Suzanne Pretorius	15	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
279	36.77	L	F	Maya Lockitch	15	CYBE CPT	24/09/2022 CTA Qualifying Meet #5
280	36.83	L	F	Precious Radebe	15	WELA LLD	24/09/2022 Bull-Sharks Gala
281	36.84	L S	P	Juanise Van Der Walt	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
282	36.92	L	F	Lana Odendaal	15	WELA LLD	17/02/2023 Neptune Last Chance Gala
283	37.11	L	F	Kayla Swanepoel	15	FISHS EDD	05/11/2022 EDEN 3rd A-League Gala 2022
284	37.24	L	F	Anele Mbokazi	15	USH UHD	28/01/2023 Ushaka Champs 2023
285	37.40	L	F	Olivia Ward	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
286	37.43	L	F	Amy Kelly	15	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
287	37.45	L	F	Pippa Wood	15	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
288	37.72	L S	P	Adele Van Der Riet	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
289	37.89	L	F	Clariesa Venter	15	KALA	19/11/2022 AGE GROUP 3 KATHU - 2022
290	38.00	L	F	Unathi Sibiyi	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
291	38.03	L	F	Madelein Bronkhorst	15	HBV MPD	04/02/2023 Limpopo School Champs
292	38.43	L	F	Bonolo Mohapi	15	COSM JHB	02/10/2022 2022 AG Swim Stars 14&Over
293	38.79	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
294	38.87	L	F	Keanna Padayachee	15	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
295	39.03	L	F	René Scott	15	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
296	39.51	L	F	Ahara-Anne Maherry	15	BEAV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
297	39.54	L	F	Laveshni Cayley Behari	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
298	39.64	L	F	Anke Oellermann	15	EXP TSH	02/12/2022 2022 The Tshwane Mayoral Gala
299	39.65	L	F	Arya Naidoo	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
300	39.74	L	F	Agena Swanepoel	15	PENC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
301	39.78	L	F	Yana Van Schoor	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
302	39.89	L	F	Tiffany Steyn	15	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
303	40.54	L S	P	Bea-Mari Ackerman	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
304	40.95	L	F	Rihannon Noble-Ashby	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
305	41.06	L	F	Alisha Calokechi	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
306	41.57	L	F	Nubi Niehaus	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
307	41.69	L	F	Mire' Vorster	15	BLNE MAN	22/10/2022 Otters Prestige Gala 2022
308	44.36	L	F	Mia Putter	15	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
309	45.44	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
310	45.62	L	F	Marize Rabe	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
311	50.88	L	F	Sihle Metsing	15	SOWE JHB	02/10/2022 2022 AG Swim Stars 14&Over
312	51.25	L	F	Uthando Ntaba	15	UHS OTD	25/02/2023 Eastern Cape Schools Swimming Trial
313	1:00.51	L	F	Anele Tyalli	15	UHS OTD	25/02/2023 Eastern Cape Schools Swimming Trial
314	1:03.95	L	P	Owethu Mokwena	15	NWSCH	21/04/2023 SA Schools Swimming Championship
315	1:07.42	L	F	Anna Marie Steyn	15	ESS EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
316	1:11.14	L	F	Bubuhle Ndamane	15	UHS OTD	25/02/2023 Eastern Cape Schools Swimming Trial
317	1:23.62	L	F	Jessica Jansen	15	ESS EZD	02/12/2022 Mpumalanga Championships 2022
318	1:34.48	L	F	Lunathi Maha	15	KHAY CPT	07/10/2022 41st Freda Barnard Invitational Gala
<b>Women 100 Free</b>							
1	57.12	L	F	Jessica Carmody	15	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
2	57.72	L	F	Hannah Mouton	15	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
3	1:00.13	L	F	Rebecca Fury	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
4	1:00.43	L	F	Keira Duncan	15	KZNA ETH	21/04/2023 SA Schools Swimming Championship
5	1:00.46	L	F	Myra Viduya	15	INFA NMA	25/06/2022 PEA Winter Gala 2022
6	1:00.50	L	P	Daena Robinson	15	SEAL UMD	21/03/2023 SA National Junior Age Group Champs
7	1:00.60	L	P	Grace Morris	15	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	1:00.61	L	F	Cassidy Sinclair	15	DRGN EKU	21/03/2023 SA National Junior Age Group Champs
9	1:00.62	L	F	Keira Van Heerden	15	ECA BUF	21/04/2023 SA Schools Swimming Championship
10	1:01.19	L	F	Cassidy Burgess	15	WCA CPT	21/04/2023 SA Schools Swimming Championship
11	1:01.42	L	P	Erin Hudson	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
12	1:01.48	L	F	Kaitlynn Horne	15	ECA BUF	21/04/2023 SA Schools Swimming Championship
13	1:01.49	L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 20
14	1:01.86	L	P	Marony Jacobs	15	INFA NMA	21/03/2023 SA National Junior Age Group Champs
15	1:01.90	L	P	Emily Lott	15	ASA ILD	21/03/2023 SA National Junior Age Group Champs
16	1:02.04	L	P	Timara Froneman	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
17	1:02.38	L	P	Melissa Kuun	15	WCA CPT	21/04/2023 SA Schools Swimming Championship
18	1:02.52	L	P	Bailey Held	15	SGUL ETH	21/03/2023 SA National Junior Age Group Champs
19	1:02.60	L	F	Jana Lombard	15	LALE CED	13/11/2022 Winelands Summer League 4
20	1:02.82	L	F	Madison Fourie	15	INFA NMA	09/12/2022 NMBA Championships 2022
21	1:02.84	L	F	Dane De Klerk	15	BLSS MAN	06/12/2022 Free State Champs 2022
22	1:03.02	L	P	Isabella Desfontaines	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
23*	1:03.03	L	P	Charné Van Tonder	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champs
23*	1:03.03	L	F	Katie-Peta Marcelino	15	SGUL ETH	02/12/2022 EDAAG Gala December 2022
25	1:03.05	L	F	Madelé Harding	15	POTC KKD	31/03/2023 SA Level 3 Regional Age Group Chan
26	1:03.06	L	P	Christie Piguet	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
27	1:03.16	L	F	Hannah Ferreira	15	ASA ILD	16/12/2022 KZNA Premier Provincial Championshi
28	1:03.31	L	P	Nicole Beling	15	BAS EKU	21/03/2023 SA National Junior Age Group Champs
29	1:03.46	L	F	Simoné Henning	15	RBOT BPD	07/12/2022 NWS Championships 2022/2023
30	1:03.53	L	P	Cassidey Doubell	15	WATR JHB	21/03/2023 SA National Junior Age Group Champs
31	1:03.62	L	P	Xanthe Nagel	15	HREF BPD	21/03/2023 SA National Junior Age Group Champs
32	1:03.74	L	F	Grace George	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
33	1:03.84	L	F	Emma De Wet	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
34	1:03.87	L	F	Kayla Petersen	15	USC BUF	31/03/2023 SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	1:03.95	L	F	Stella Reinecke	15	KLOO	ETH 31/03/2023 SA Level 3 Regional Age Group Chan
36	1:04.08	L	F	Mathilda Liebenberg	15	POTC	KKD 07/12/2022 NWS Championships 2022/2023
37	1:04.18	L	P	Loghan Gray	15	MDOL	EKU 08/12/2022 EGA Summer Champs 2022
38*	1:04.21	L	F	Amelia Manning	15	KNYA	EDD 09/12/2022 Western Cape LC-A Championship 20
38*	1:04.21	L	P	Francis Whelan	AR	BLOT	MAN 21/03/2023 SA National Junior Age Group Champ
40	1:04.24	L	F	Christina Gennarakis	15	CUDU	CPT 04/11/2022 CTA A CHAMPS 2022
41	1:04.33	L	F	Kate Truter	15	BEAV	ETH 31/03/2023 SA Level 3 Regional Age Group Chan
42	1:04.36	L	F	Holley Jacoby	15	VIKI	BUF 13/01/2023 Eastern Cape Aquatics LC Champs 20
43*	1:04.63	L	F	Tayler Morton	15	GSA	CPT 09/12/2022 Western Cape LC-A Championship 20
43*	1:04.63	L	F	Isla Thomas	15	AA	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
45	1:04.64	L	P	Erin Mayoss	15	KLOO	ETH 21/03/2023 SA National Junior Age Group Champ
46	1:04.66	L	F	Tanè Putter	15	CTA	CPT 28/01/2023 NMBA Intra-District Championship
47	1:04.70	L	P	Simone Theron	15	LP	CC 21/04/2023 SA Schools Swimming Championship
48	1:04.78	L	F	Emma La Grange	15	QSAW	GED 31/03/2023 SA Level 3 Regional Age Group Chan
49	1:04.85	L	F	Caitlin Watson	15	BLMA	CPT 31/03/2023 SA Level 3 Regional Age Group Chan
50	1:04.88	L	P	Lirieka vd Walt	15	TUKS	TSH 09/12/2022 NTS Championships 2022
51	1:04.91	L	F	Bay-Linn Oelofse	15	FSS	FS 21/04/2023 SA Schools Swimming Championship
52	1:04.97	L	P	Hannah Rigby	15	DRGN	JHB 08/12/2022 EGA Summer Champs 2022
53	1:05.08	L	P	Veneske Steenkamp	15	ROA	EDD 21/03/2023 SA National Junior Age Group Champ
54	1:05.11	L	F	Tiffany Marshall	15	UNI	EZD 31/03/2023 SA Level 3 Regional Age Group Chan
55	1:05.25	L	F	Simone Cairns	15	KLOO	ETH 31/03/2023 SA Level 3 Regional Age Group Chan
56	1:05.42	L	P	Gemma Jones	15	VINE	CPT 21/03/2023 SA National Junior Age Group Champ
57	1:05.46	L	F	Rebecca Kuhn	15	PER	JHB 01/12/2022 CGA LC Summer Championships Leve
58	1:05.55	L	F	Emma Williams	15	PSCP	UMD 28/01/2023 EDA January Gala 2023
59	1:05.57	L	F	Tyla Skelton	15	WATR	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
60	1:05.60	L	P	Madison Franks	15	SSISA	CPT 24/02/2023 Western Cape Elite Gala
61*	1:05.62	L	F	Michaela Labuschagne	15	SAAW	CPT 04/02/2023 CTA BRIAN BUTTON Qualifying Meet
61*	1:05.62	L	F	Alexia Luz	15	SOUL	EKU 31/03/2023 SA Level 3 Regional Age Group Chan
63	1:05.70	L	P	Hayley Beling	15	BAS	EKU 21/03/2023 SA National Junior Age Group Champ
64	1:05.76	L	F	Carleigh Palmer	15	AFIN	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
65	1:05.80	L	F	Taylor Hemphill	15	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
66	1:05.82	L	F	Mari Zanne Nortje	15	LP	CC 21/04/2023 SA Schools Swimming Championship
67	1:05.95	L	P	Tatum Cabral	15	ELEC	TSH 09/12/2022 NTS Championships 2022
68	1:06.07	L	F	Mianique Lombard	15	WELA	LLD 06/12/2022 Free State Champs 2022
69	1:06.16	L	F	Lucy Nagel	15	PEAS	NMA 13/08/2022 Madibaz Swim Meet
70	1:06.39	L	P	Beane Swanepoel	15	VRC	TSH 09/12/2022 NTS Championships 2022
71	1:06.45	L	P	Tamryn Kunneke	15	RFA	TSH 31/03/2023 SA Level 3 Regional Age Group Chan
72	1:06.55	L	P	Morgan Rabie	15	GAUT	21/04/2023 SA Schools Swimming Championship
73	1:06.58	L	F	Chanel Baenhoff	15	BLSS	MAN 06/12/2022 Free State Champs 2022
74	1:06.64	L	F	Colby Cochrane	15	CRSC	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
75	1:06.65	L	P	Hannah Liebenberg	15	PAC	TSH 09/12/2022 NTS Championships 2022
76	1:06.66	L	P	Candice Kruger	15	BAS	EKU 08/12/2022 EGA Summer Champs 2022
77	1:06.68	L	F	Tahnah Abrahams	15	SSISA	CPT 04/11/2022 CTA A CHAMPS 2022
78	1:06.75	L	F	Neema Banza	15	UNI	EZD 31/03/2023 SA Level 3 Regional Age Group Chan
79	1:06.78	L	P	Ava Fourie	15	TRAZ	TSH 09/12/2022 NTS Championships 2022
80	1:06.80	L	F	Isabel Vorster	15	BLNE	MAN 06/12/2022 Free State Champs 2022
81	1:06.83	L	P	Une Van den Berg	15	AA	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
82*	1:06.94	L	F	Jana Helmand	KR	BLOT	MAN 29/10/2022 Neptune Gala
82*	1:06.94	L	P	Gabriella Douglas	15	BAS	EKU 31/03/2023 SA Level 3 Regional Age Group Chan
84	1:06.95	L	F	Isabella Webber	15	VINE	CPT 28/01/2023 Winelands SL Final
85	1:06.97	L	F	Aruli Fick	15	USH	UHD 25/11/2022 WSC & Seals Summer LC Champs 20
86	1:07.03	L	P	Jordyn Collett	15	TUKS	TSH 09/12/2022 NTS Championships 2022
87	1:07.11	L	F	Esmari Weitsz	15	NHS	EZD 22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
88	1:07.23	L	F	Holly Allison	15	SGUL	ETH 02/12/2022 EDA AG Gala December 2022
89	1:07.24	L	P	Abigail Van Dyk	15	TUKS	TSH 09/12/2022 NTS Championships 2022
90	1:07.29	L	F	Tianel Van Der Merwe	15	MSC	NGD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
91	1:07.36	L	F	Anri De Beer	15	INFA	NMA 09/12/2022 NMBA Championships 2022
92*	1:07.39	L	F	Cassandra Sikiotis	15	MDOL	EKU 20/01/2023 EGA Last Chance Galal
92*	1:07.39	L	P	Jhoanè Voges	15	WCA	CPT 21/04/2023 SA Schools Swimming Championship

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
94	1:07.46	L	P	Kye-Ann Fowler	15	UNI	EZD	31/03/2023 SA Level 3 Regional Age Group Chan
95	1:07.47	L	P	Amy Schmidt	15	ASAW	GED	21/03/2023 SA National Junior Age Group Champ
96	1:07.51	L	F	Sinesipho Sibiyi	15	SEAL	UMD	25/11/2022 WSC & Seals Summer LC Champs 20
97	1:07.53	L	F	Tatum Lauf	15	MDOL	EKU	20/01/2023 EGA Last Chance Galal
98	1:07.63	L	P	Amahle Mhlongo	15	PSCP	UMD	17/03/2023 SA Level 2 Regional Age Group Cham
99	1:07.74	L	F	Erin Beyers	15	UNI	EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
100	1:07.79	L	F	Carmi Schoeman	15	TKS	WBD	02/12/2022 Limpopo Champs
101	1:07.81	L	F	Michaela Van Rooyen	15	BLSS	MAN	06/12/2022 Free State Champs 2022
102	1:07.94	L	P	Jean Marie Swartz	15	LP	CC	21/04/2023 SA Schools Swimming Championship
103	1:07.97	L	F	Ella Mills	15	UNI	EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
104	1:07.98	L	P	Joy Vd Westhuizen	15	AQDO	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
105	1:08.06	L	F	Lume Louw	15	USC	BUF	31/03/2023 SA Level 3 Regional Age Group Chan
106	1:08.11	L	P	Tamsyn Kotzè	15	BLMA	CPT	21/03/2023 SA National Junior Age Group Champ
107	1:08.13	L	F	Emily Walker	15	PEAS	NMA	13/01/2023 Eastern Cape Aquatics LC Champs 20
108	1:08.25	L	P	Kaylin Stieger	15	RBOT	BPD	07/12/2022 NWS Championships 2022/2023
109	1:08.28	L	F	Jordana Azran	15	KLOO	ETH	03/03/2023 KZN Qualifying Gala
110	1:08.31	L	F	Ashling McCarthy	15	LINR	JHB	01/12/2022 CGA LC Summer Championships Leve
111	1:08.38	L	P	Keira Leask	15	AA	JHB	01/12/2022 CGA LC Summer Championships Leve
112	1:08.39	L	P	Acacia- Cailyn Abell	15	MDOL	EKU	21/03/2023 SA National Junior Age Group Champ
113	1:08.51	L	F	Kiara Craven	15	NAE	EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
114*	1:08.58	L	P	Alexandra Houniet	15	CA	EKU	08/12/2022 EGA Summer Champs 2022
114*	1:08.58	L	P	Kayla-Jade Van Heerden	15	KLOO	ETH	31/03/2023 SA Level 3 Regional Age Group Chan
116	1:08.61	L	P	Erin Glover	15	TYGE	CPT	21/03/2023 SA National Junior Age Group Champ
117	1:08.77	L	F	Kianno-Gro Liversage	15	SSISA	CPT	24/09/2022 CTA Qualifying Meet #5
118	1:08.79	L	F	Nazneen Mohamed	15	ATLA	JHB	02/03/2023 SA Level 2 Regional Age Group Cham
119	1:08.92	L	F	Ciska Ferreira	15	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
120	1:09.01	L	P	Lize Burness	15	TUKS	TSH	09/12/2022 NTS Championships 2022
121	1:09.04	L	F	Luca Janse van Rensburg	15	CSC	TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
122	1:09.14	L	F	Kirstin Brady	15	RAV	EKU	20/01/2023 EGA Last Chance Galal
123	1:09.20	L	F	Mia Pienaar	15	STSC	KCD	17/03/2023 SA Level 2 Regional Age Group Cham
124	1:09.24	L	F	Tamsin Yates	15	CA	EKU	20/01/2023 EGA Last Chance Galal
125	1:09.29	L	P	Shani Olivier	15	WELL	GED	31/03/2023 SA Level 3 Regional Age Group Chan
126*	1:09.31	L	F	Rene Sauerman	15	SEAL	UMD	02/12/2022 EDAAG Gala December 2022
126*	1:09.31	L	F	Catherine Wentzel	15	FRA	KCD	17/03/2023 SA Level 2 Regional Age Group Cham
128	1:09.34	L S	F	Amelia Vincent	15	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
129	1:09.53	L	P	Jorja Da Cunha	15	BON	EKU	02/03/2023 SA Level 2 Regional Age Group Cham
130	1:09.54	L	F	Hannah Witten	15	ASAC	CPT	03/09/2022 CTA Qualifying Meet #4
131	1:09.56	L	F	Megan Phillips	15	HARL	BUF	02/12/2022 BCA Long Course Championships 202
132	1:09.57	L	P	Simone Vd Merwe	15	GSA	CPT	24/02/2023 Western Cape Elite Gala
133	1:09.64	L	P	Jani Borman	15	SWAR	WCD	31/03/2023 SA Level 3 Regional Age Group Chan
134*	1:09.80	L	F	Emma Atkinson	15	AZON	ETH	17/03/2023 SA Level 2 Regional Age Group Cham
134*	1:09.80	L	P	Emma Roberts	15	UNI	EZD	31/03/2023 SA Level 3 Regional Age Group Chan
136*	1:09.96	L	F	Alienne van Rensburg	15	KTS		03/03/2023 SA Level 2 Regional Age Group Cham
136*	1:09.96	L	P	Gabriella Smith	15	MDOL	EKU	31/03/2023 SA Level 3 Regional Age Group Chan
138	1:10.00	L	P	Nanette Jordaan	AR	BLOT	MAN	29/09/2022 MA Grand Prix
139	1:10.01	L	P	Tatum Borrill	15	CA	EKU	08/12/2022 EGA Summer Champs 2022
140	1:10.02	L	F	Marilee Coetzee	15	DOLFI	MPD	02/03/2023 SA Level 2 Regional Age Group Cham
141	1:10.09	L	F	Luyanda Shandu	15	SEAL	UMD	01/07/2022 Prestige Tournament 2022
142	1:10.11	L	F	Jade Jarvis	15	SAAW	CPT	28/01/2023 Winelands SL Final
143	1:10.16	L	P	Kalynne Dowdle	15	ASAW	GED	09/12/2022 Western Cape LC-A Championship 20
144	1:10.17	L	F	Clarise Coetzer	15	STSC	KCD	17/03/2023 SA Level 2 Regional Age Group Cham
145	1:10.18	L	P	Farhah Valli	15	MDOL	EKU	08/12/2022 EGA Summer Champs 2022
146	1:10.24	L	P	Zoey Du Toit	15	UNI	EZD	02/03/2023 SA Level 2 Regional Age Group Cham
147	1:10.42	L	F	Chloe Green	15	LINR	JHB	02/03/2023 SA Level 2 Regional Age Group Cham
148	1:10.46	L	P	Isabella Vicente	15	SOUL	EKU	02/03/2023 SA Level 2 Regional Age Group Cham
149	1:10.56	L	F	Cianke Louw	15	HMER	MPD	15/10/2022 Limpopo Top 10 - High Schools
150	1:10.60	L	P	Alexa Louw	15	BLMA	CPT	24/02/2023 Western Cape Elite Gala
151	1:10.63	L	F	Mignon Smit	15	SS	MPD	02/12/2022 Limpopo Champs
152	1:10.67	L	F	Deidré Olivier	15	POTC	KKD	07/12/2022 NWS Championships 2022/2023



## Individual Top Times

**Times since: 01-May-22 Times until: 30-Apr-23**  
**Number of Top Times: All Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
153	1:10.68	L	P	Kendra Beukes	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
154	1:10.75	L	P	Logan Coetzee	15	PER JHB	01/12/2022 CGA LC Summer Championships Lev
155	1:10.80	L	F	Kirsten Van Reenen	15	LALE CED	28/01/2023 Winelands SL Final
156	1:10.84	L	F	Samantha Maritz	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
157	1:10.92	L	F	Cherise Coetzer	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
158	1:10.97	L	F	Eunice Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
159	1:10.99	L	P	Abigail Phillips	15	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
160	1:11.02	L	P	Tyla Longueira	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
161	1:11.04	L	F	Liche-Mari Britz	15	KALA	03/03/2023 SA Level 2 Regional Age Group Cham
162	1:11.06	L	F	Isabella Stanyon	15	USC BUF	02/12/2022 BCA Long Course Championships 202
163	1:11.11	L	F	Taya Groger	15	SGUL ETH	17/03/2023 SA Level 2 Regional Age Group Cham
164	1:11.21	L	P	Kayla Miller	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
165	1:11.26	L	F	Monique Oosthuizen	AR	BLOT MAN	22/10/2022 Otters Prestige Gala 2022
166	1:11.27	L	P	Jennifer Sweeney	15	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
167	1:11.32	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
168	1:11.45	L	P	Isabella Mansfield	15	LALE CED	09/12/2022 Western Cape LC-A Championship 20
169	1:11.50	L	P	Eve Abrahams	15	VINE CPT	09/12/2022 Western Cape LC-A Championship 20
170	1:11.54	L	F	Alexia Adreani	15	CA EKU	17/02/2023 EGA Let's Race 2023
171	1:11.56	L	F	Lois Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
172	1:11.63	L	F	Hayley Lottering	15	CA EKU	11/06/2022 EGA Winter 1 2022
173	1:11.72	L	F	Adriel Govender	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
174	1:11.79	L	F	Elmarie De Witt	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
175	1:11.91	L	F	Izeldi Jacobs	15	STGR	07/12/2022 NCASA CHAMPS 2022
176	1:11.92	L	F	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
177	1:11.94	L	P	Marinique Lamprecht	15	RFA FSH	02/03/2023 SA Level 2 Regional Age Group Cham
178	1:12.13	L	F	Mmabatho Marite	15	CRSC JHB	06/01/2023 2023 Grand Prix Invitation Swimming I
179	1:12.17	L	F	Georgoulla Kambanis	15	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
180	1:12.18	L	F	Sally-Louise Ingwe	15	RAV EKU	20/01/2023 EGA Last Chance Galal
181*	1:12.36	L	F	Catherine Jones	15	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala 2I
181*	1:12.36	L	P	Cameron Morel	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
183	1:12.38	L	F	Aliska Steenkamp	15	WOAQ CED	11/02/2023 WCA-B Champs - 2023
184	1:12.42	L	P	Riley Hattingh-Steyn	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
185*	1:12.45	L	P	Megan Kemp	15	TINC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
185*	1:12.45	L	F	Keira Schroll	15	NWUC KKD	07/12/2022 NWS Championships 2022/2023
187	1:12.47	L	F	Zara Jeftha	15	WEST CPT	04/11/2022 CTA A CHAMPS 2022
188	1:12.57	L	P	Kanishka Rajput	15	AAS JHB	01/12/2022 CGA LC Summer Championships Lev
189	1:12.59	L	P	Cara Corrigan	15	FISH EDD	31/03/2023 SA Level 3 Regional Age Group Chan
190	1:12.81	L	F	Leena Boukrout	15	AFIN JHB	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
191	1:12.82	L	P	Tyra Kasonkomona	15	MATL KKD	07/12/2022 NWS Championships 2022/2023
192	1:13.02	L	F	Yusrah Du Toit	15	UWCA CPT	03/03/2023 SA Level 2 Regional Age Group Cham
193	1:13.20	L	F	Milla Delpport	15	PEAS NMA	09/12/2022 NMBA Championships 2022
194	1:13.21	L	P	Kristin Vogelzang	15	RAV EKU	08/12/2022 EGA Summer Champs 2022
195	1:13.24	L	F	Haléya Greyvenstein	15	PLAY CED	28/01/2023 Winelands SL Final
196	1:13.39	L	F	Fallon Tweedie	15	PEAR NMA	25/02/2023 Eastern Cape Schools Swimming Trial
197	1:13.44	L	F	Jannae De Villiers	15	PRKA PSD	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
198	1:13.47	L	F	Taryn Coenraad	15	GREY CPT	04/11/2022 CTA A CHAMPS 2022
199	1:13.53	L	P	Clara van Rooyen	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
200	1:13.57	L	P	Kanak Rajput	15	AAS JHB	31/03/2023 SA Level 3 Regional Age Group Chan
201	1:13.59	L	P	Aarya Morar	15	ATLA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
202	1:13.65	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
203	1:13.72	L	F	Marizaan De Lange	15	CLSC WCD	11/11/2022 Swartland Prestige Gala 2022
204	1:13.76	L	P	Larissa Badenhorst	15	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Cham
205*	1:13.82	L	F	Kiera Williams	15	PGH KKD	10/02/2023 NW School Championships 2023
205*	1:13.82	L	F	Leane Janse van Rensburg	15	PSC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
207	1:13.83	L	F	Erin Burke	15	AACTA CPT	03/09/2022 CTA Qualifying Meet #4
208	1:13.94	L	F	Jaime Smit	15	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
209	1:13.96	L	F	Zeeva Jones	15	DRGN JHB	20/01/2023 EGA Last Chance Galal
210	1:14.07	L	P	Caitlin Kennedy	15	AFIN JHB	01/12/2022 CGA LC Summer Championships Lev
211	1:14.14	L	P	Amelia Fraser-Harding	15	ACSA ETH	17/03/2023 SA Level 2 Regional Age Group Cham

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
212	1:14.57	L	F	Kimberly Kabiri	15	PEAS NMA	19/11/2022 5th A League Gala
213	1:14.60	L	F	Kayla Botha	15	AFIN JHB	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
214	1:14.79	L	P	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
215	1:14.83	L	F	Carla Pienaar	15	STSC KCD	28/01/2023 Ushaka Champs 2023
216	1:14.91	L	P	Charmae Donald	15	VALS FDD	06/12/2022 Free State Champs 2022
217	1:15.06	L	F	Thobile Mtshali	15	TUKS TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
218	1:15.34	L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
219	1:15.41	L	F	Megan McFarlane	15	AZON ETH	01/07/2022 Prestige Tournament 2022
220*	1:15.65	L	F	Lisa Ferreira	15	RFA TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
220*	1:15.65	L	F	Christn Engelbrecht	15	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
222	1:15.67	L	F	Taaliah Rinquest	15	MARL CPT	11/02/2023 WCA-B Champs - 2023
223	1:15.91	L S	F	Kimberley Strong	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
224	1:16.03	L	F	Anke Vd Waal	15	TYGE CPT	15/10/2022 CTA Qualifying Meet #6
225	1:16.08	L	P	Emsie Brand	15	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group Chan
226	1:16.18	L	F	Erin Horsley	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
227	1:16.30	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
228	1:16.36	L	F	Bianca Myburgh	15	CUHE QBD	07/10/2022 41st Freda Barnard Invitational Gala
229*	1:16.43	L	P	Thandolwethu Mabuza	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
229*	1:16.43	L	P	Lerato Moloby	15	NWSCH	21/04/2023 SA Schools Swimming Championship
231	1:16.44	L	P	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
232	1:16.71	L	P	Carla Van Tonder	15	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Cham
233	1:16.83	L	F	Claire Kourie	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
234	1:17.17	L	F	Gail Polman	15	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
235	1:17.23	L	F	Gabriëlle Maré	15	DOLFI MPD	02/12/2022 Limpopo Champs
236	1:17.31	L	F	Jamilah Tshiyoyo	15	TUKS TSH	02/10/2022 2022 AG Swim Stars 14&Over
237	1:17.39	L	F	Jordan Bijoux	15	SUPE JHB	02/10/2022 2022 AG Swim Stars 14&Over
238	1:17.48	L	F	Isabella Le Roux	15	QSAW CED	11/02/2023 WCA-B Champs - 2023
239	1:17.49	L	F	Shannon Coetzee	15	PGAC EKU	17/02/2023 EGA Let's Race 2023
240	1:17.56	L	F	Layah Mahomed	15	SS MPD	02/12/2022 Limpopo Champs
241	1:17.74	L	F	Callan-Cate Bouwer	15	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
242	1:17.81	L	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
243	1:17.82	L	P	Leane Jacobs	15	TLAC BPD	07/12/2022 NWS Championships 2022/2023
244	1:17.93	L	F	Jane Smit	15	PRKA PSD	07/10/2022 FLAMINGO GALA OCT 2022
245*	1:18.11	L	F	Leandrè Burger	15	QSAW CED	13/11/2022 Winelands Summer League 4
245*	1:18.11	L	P	Michelle Van Rooyen	15	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Cham
247	1:18.16	L	F	Michaela Mitchley	15	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
248	1:18.17	L	P	Marita Lackey	15	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Cham
249	1:18.18	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
250	1:18.32	L	F	Addison vd Byl	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
251	1:18.35	L	F	Hanrike Barnard	15	CSC TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
252	1:18.38	L	F	Imani Magotsi	15	VINE CPT	03/09/2022 CTA Qualifying Meet #4
253	1:18.44	L	P	Kayleigh Van der Westhuizen	15	CSA EZD	02/12/2022 Mpumalanga Championships 2022
254	1:18.46	L S	F	Lianne Labuschagne	15	POTC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
255	1:18.55	L	F	Charissa Volschenk	15	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29 Oct
256	1:18.88	L	F	Izra Gameeldien	15	MANT CPT	03/09/2022 CTA Qualifying Meet #4
257	1:19.15	L	F	Imaan Davids	15	MANT CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
258	1:19.29	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
259	1:19.41	L	F	Loren Parker	15	RPAC EKU	20/01/2023 EGA Last Chance Galal
260	1:19.46	L	P	Jenna Perle Du Plessis	15	BLSS MAN	06/12/2022 Free State Champs 2022
261	1:19.69	L	F	Gemma Harris	15	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
262	1:19.84	L	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022
263	1:20.00	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
264	1:20.25	L	F	Nkenda Baghana	15	CPSC TSH	18/03/2023 Level 1 Intra-Provincial 2023
265	1:20.42	L	P	Olivia Ward	15	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
266	1:20.61	L	F	Ehdel Van der Merwe	15	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
267	1:20.70	L	F	Thando Mvuyana	15	TMAC ETH	25/11/2022 WSC & Seals Summer LC Champs 20
268	1:21.35	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
269	1:21.88	L	F	Tamilyn Straub	15	CURHK CCD	04/02/2023 Limpopo School Champs
270	1:22.82	L	F	Rudine Van Wyk	15	ACAQ CCD	02/12/2022 Limpopo Champs

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
271	1:22.85 L	F	Maya Lockitch	15	CYBE CPT	03/09/2022	CTA Qualifying Meet #4
272	1:23.09 L	P	Adele Van Der Riet	15	SWIFT EKU	02/03/2023	SA Level 2 Regional Age Group Cham
273	1:23.98 L	P	Lana Odendaal	15	WELA LLD	06/12/2022	Free State Champs 2022
274	1:24.22 L	F	Lunathi Mfuyo	15	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
275	1:24.56 L	F	Pippa Wood	15	HSTAN MPD	15/10/2022	Limpopo Top 10 - High Schools
276	1:24.72 L	F	Juanise Van Der Walt	15	PGAC EKU	20/01/2023	EGA Last Chance Galal
277	1:24.78 L	F	Unathi Sibiyi	15	XSAQ CPT	29/10/2022	OR TAMBO Soncini 2022
278	1:25.09 L	F	Keletso Mbimba	15	AA JHB	06/01/2023	2023 Grand Prix Invitation Swimming I
279	1:25.12 L	F	Suzanne Pretorius	15	AGAQ QBD	11/11/2022	Swartland Prestige Gala 2022
280	1:25.38 L	F	Christine Lee	15	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
281	1:25.41 L	F	Ahara-Anne Maherry	15	BEAV ETH	25/11/2022	WSC & Seals Summer LC Champs 20
282	1:26.16 L	P	Yana Van Schoor	15	PGAC EKU	08/12/2022	EGA Summer Champs 2022
283	1:26.38 L	F	Precious Radebe	15	WELA LLD	22/10/2022	Otters Prestige Gala 2022
284	1:26.63 L	F	Bonolo Mohapi	15	COSM JHB	02/10/2022	2022 AG Swim Stars 14&Over
285	1:26.76 L	F	Clariesa Venter	15	KALA	28/10/2022	KALAHARI CLASSIC CLUB GALA
286	1:27.20 L	P	Deidre Grobler	15	KSC EZD	02/12/2022	Mpumalanga Championships 2022
287	1:27.30 L	F	Anke Oellermann	15	EXP TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
288	1:28.51 L	F	Anele Mbokazi	15	USH UHD	28/01/2023	Ushaka Champs 2023
289	1:29.24 L	F	Maryke Gerber	15	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
290	1:29.55 L	P	Mire' Vorster	15	BLSS MAN	06/12/2022	Free State Champs 2022
291	1:29.82 L	F	Madelein Bronkhorst	15	HBV MPD	04/02/2023	Limpopo School Champs
292	1:30.11 L	F	Laveshni Cayley Behari	15	ATLA JHB	18/03/2023	Level 1 Intra-Provincial 2023
293	1:31.28 L	F	Bea-Mari Ackerman	15	SHS KK	10/02/2023	NW School Championships 2023
294	1:32.03 L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023	Level 1 Intra-Provincial 2023
295	1:33.12 L	F	Jessica Davids	15	GREY CPT	12/11/2022	CTA B CHAMPS
296	1:33.36 L	F	Nubi Niehaus	15	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
297	1:36.11 L	F	Keanna Padayachee	15	AQSC UMD	19/03/2023	KZN Level 1 Championships 2023
298	1:38.31 L	F	Nkateko Moyana	15	TONAU CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
299	1:39.86 L	F	Arya Naidoo	15	ELEC TSH	02/10/2022	2022 AG Swim Stars 14&Over
300	1:44.08 L	F	Esona Botile	15	HARL BUF	02/12/2022	BCA Long Course Championships 202
301	2:34.62 L	P	Owethu Mokwena	15	NWSCH	21/04/2023	SA Schools Swimming Championship
302	2:43.74 L	F	Anna Marie Steyn	15	ESS EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM
303	3:34.08 L	F	Jessica Jansen	15	ESS EZD	02/12/2022	Mpumalanga Championships 2022
<b>Women 200 Free</b>							
1	2:03.14 L	P	Hannah Mouton	15	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
2	2:07.20 L	P	Jessica Carmody	15	SGUL ETH	21/03/2023	SA National Junior Age Group Champs
3	2:09.11 L	F	Kaitlyne Horne	15	BEST NMA	21/03/2023	SA National Junior Age Group Champs
4	2:09.66 L	F	Rebecca Fury	15	VINE CPT	21/03/2023	SA National Junior Age Group Champs
5	2:11.56 L	P	Marony Jacobs	15	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
6	2:12.11 L	F	Cassidy Sinclair	15	DRGN EKU	21/03/2023	SA National Junior Age Group Champs
7	2:13.28 L	P	Loghan Gray	15	MDOL EKU	21/03/2023	SA National Junior Age Group Champs
8	2:13.47 L	F	Simoné Henning	15	RBOT BPD	01/07/2022	Prestige Tournament 2022
9	2:13.55 L	F	Myra Viduya	15	INFA NMA	25/06/2022	PEA Winter Gala 2022
10	2:13.64 L	P	Dane De Klerk	15	BLSS MAN	21/03/2023	SA National Junior Age Group Champs
11	2:13.87 L	P	Emily Lott	15	ASA ILD	21/03/2023	SA National Junior Age Group Champs
12*	2:14.42 L	F	Daena Robinson	15	SEAL UMD	01/07/2022	Prestige Tournament 2022
12*	2:14.42 L S	F	Grace Morris	15	ELEC TSH	09/12/2022	NTS Championships 2022
14	2:14.69 L	F	Cassidy Burgess	15	VINE CPT	21/03/2023	SA National Junior Age Group Champs
15	2:15.09 L	P	Erin Hudson	15	AA JHB	21/03/2023	SA National Junior Age Group Champs
16	2:15.86 L	P	Timara Froneman	15	RSA	21/07/2022	Solidarity Games Kazan July
17	2:15.88 L	P	Katie-Peta Marcelino	15	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi
18	2:15.98 L	P	Grace George	15	SEAL UMD	16/12/2022	KZNA Premier Provincial Championshi
19	2:16.09 L	P	Taylor Morton	15	GSA CPT	21/03/2023	SA National Junior Age Group Champs
20	2:16.73 L	P	Jana Lombard	15	LALE CED	21/03/2023	SA National Junior Age Group Champs
21	2:16.95 L	P	Hannah Rigby	15	DRGN EKU	21/03/2023	SA National Junior Age Group Champs
22	2:17.21 L	P	Francis Whelan	AR	BLOT MAN	21/03/2023	SA National Junior Age Group Champs
23	2:17.59 L	P	Michaela Labuschagne	15	SAAW CPT	24/02/2023	Western Cape Elite Gala
24	2:17.97 L	F	Alex-Zandre' Labuschagne	15	KZNA ETH	21/04/2023	SA Schools Swimming Championship
25	2:18.11 L	F	Keira Duncan	15	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
26*	2:18.14	L	F	Keira Van Heerden	15	PEAS NMA	16/07/2022 1st A League Gala 2022 NMA
26*	2:18.14	L	P	Kirsty Andraos	15	TUKS TSH	21/03/2023 SA National Junior Age Group Champs
28	2:18.21	L	F	Bailey Held	15	SGUL ETH	28/01/2023 EDA January Gala 2023
29	2:18.43	L	F	Veneske Steenkamp	15	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
30	2:18.47	L	P	Nicole Beling	15	BAS EKU	21/03/2023 SA National Junior Age Group Champs
31	2:18.61	L	F	Amelia Manning	15	KNYA EDD	09/12/2022 Western Cape LC-A Championship 20
32	2:18.62	L	P	Holley Jacoby	15	VIKI BUF	25/06/2022 PEA Winter Gala 2022
33	2:18.65	L	P	Madison Fourie	15	INFA NMA	21/03/2023 SA National Junior Age Group Champs
34	2:19.09	L	F	Bay-Linn Oelofse	15	FSS FS	21/04/2023 SA Schools Swimming Championship
35	2:19.14	L	F	Charnè Van Tonder	15	TYGE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
36	2:19.40	L	F	Erin Mayoss	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
37	2:19.86	L	P	Hannah Ferreira	15	ASA ILD	16/12/2022 KZNA Premier Provincial Championshi
38	2:19.98	L	P	Cassidey Doubell	15	WATR JHB	21/03/2023 SA National Junior Age Group Champs
39	2:20.29	L	F	Mathilda Liebenberg	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
40	2:20.67	L	F	Kate Truter	15	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
41	2:20.78	L	F	Caitlin Watson	15	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
42	2:20.80	L	P	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
43	2:21.16	L	P	Melissa Kuun	15	FISH EDD	09/12/2022 Western Cape LC-A Championship 20
44	2:21.33	L	F	Madelé Harding	15	POTC KKD	31/03/2023 SA Level 3 Regional Age Group Chan
45	2:21.95	L	P	Hayley Beling	15	BAS EKU	21/03/2023 SA National Junior Age Group Champs
46	2:22.06	L	F	Madison Franks	15	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
47	2:22.08	L	F	Christina Gennarakis	15	CUDU CPT	15/10/2022 CTA Qualifying Meet #6
48	2:22.17	L	F	Xanthe Nagel	15	MCS BPD	10/02/2023 NW School Championships 2023
49	2:22.56	L	P	Tatum Cabral	15	ELEC TSH	31/03/2023 SA Level 3 Regional Age Group Chan
50	2:22.86	L	F	Ciska Ferreira	15	UNI EZD	24/02/2023 MP AGE GROUP 6 GALA
51	2:23.14	L	F	Neema Banza	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
52	2:23.47	L	F	Isla Thomas	15	AA JHB	01/12/2022 CGA LC Summer Championships Lev
53	2:23.80	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champs
54	2:23.86	L	P	Tatum Lauf	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
55	2:24.26	L	F	Simone Theron	15	TKS WBD	02/12/2022 Limpopo Champs
56	2:24.45	L	P	Michaela Van Rooyen	15	BLSS MAN	01/07/2022 Prestige Tournament 2022
57	2:24.90	L	F	Aruli Fick	15	USH UHD	31/03/2023 SA Level 3 Regional Age Group Chan
58	2:25.26	L	F	Tiffany Marshall	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
59	2:25.30	L	F	Jhoanè Voges	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
60	2:25.52	L	P	Ana Tavolari	15	ACSA ETH	01/07/2022 Prestige Tournament 2022
61	2:25.55	L	P	Candice Kruger	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
62	2:25.66	L	F	Isabella Webber	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
63	2:26.00	L	P	Gemma Jones	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
64	2:26.11	L	P	Stella Reinecke	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
65	2:26.54	L	F	Hannah Liebenberg	15	PAC TSH	31/03/2023 SA Level 3 Regional Age Group Chan
66	2:26.65	L S	P	Lirieka vd Walt	15	TUKS TSH	09/12/2022 NTS Championships 2022
67	2:26.80	L	F	Jordyn Collett	15	TUKS TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
68	2:26.89	L	F	Erin Glover	15	TYGE CPT	21/01/2023 CTA Qualifying Meet #7
69	2:27.19	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	28/01/2023 EDA January Gala 2023
70	2:27.37	L	P	Joy Vd Westhuizen	15	AQDO CPT	31/03/2023 SA Level 3 Regional Age Group Chan
71	2:27.72	L	F	Chanel Baenhoff	15	BLSS MAN	06/12/2022 Free State Champs 2022
72	2:27.87	L	F	Emily Walker	15	PEAS NMA	19/11/2022 5th A League Gala
73	2:27.96	L	F	Jana Helmand	KR	BLOT MAN	06/12/2022 Free State Champs 2022
74	2:28.20	L	F	Emma Williams	15	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
75	2:28.22	L	P	Farhah Valli	15	MDOL EKU	08/12/2022 EGA Summer Champs 2022
76	2:28.23	L	F	Tianel Van Der Merwe	15	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
77	2:28.27	L	F	Simone Cairns	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
78	2:28.37	L	P	Gabriella Douglas	15	BAS EKU	31/03/2023 SA Level 3 Regional Age Group Chan
79	2:28.89	L	F	Esmari Weitsz	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
80	2:28.90	L	F	Carmi Schoeman	15	TKS WBD	02/12/2022 Limpopo Champs
81	2:29.00	L	P	Tyla Skelton	15	WATR JHB	01/12/2022 CGA LC Summer Championships Lev
82	2:29.16	L	P	Acacia- Cailyn Abell	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
83	2:29.40	L	F	Anri De Beer	15	INFA NMA	09/12/2022 NMBA Championships 2022
84	2:29.52	L	F	Erin Beyers	15	UNI EZD	30/09/2022 MP AGE GROUP 1

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
85	2:29.53	L	F	Kalynne Dowdle	15	ASAW	CED	13/11/2022	Winelands Summer League 4
86	2:29.70	L	P	Kirstin Brady	15	RAV	EKU	21/03/2023	SA National Junior Age Group Champs
87	2:30.11	L	F	Mianique Lombard	15	WELA	LLD	05/11/2022	Seals Heidedal Gala
88	2:30.28	L	F	Ashling McCarthy	15	LINR	JHB	31/03/2023	SA Level 3 Regional Age Group Chan
89	2:30.30	L	F	Amy Schmidt	15	ASAW	CED	18/02/2023	Swartland Invitational Gala 2023
90	2:30.46	L	F	Tazmin Suliman	15	TUKS	FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
91	2:30.72	L	P	Tamryn Kunneke	15	RFA	FSH	31/03/2023	SA Level 3 Regional Age Group Chan
92	2:30.74	L	F	Holly Allison	15	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 20
93	2:30.85	L	P	Tanè Putter	15	CUDU	CPT	25/06/2022	PEA Winter Gala 2022
94	2:30.95	L	F	Nanette Jordaan	AR	BLOT	MAN	22/10/2022	Otters Prestige Gala 2022
95	2:31.27	L	F	Jenna-Mae Lally	15	BEAV	ETH	28/01/2023	Ushaka Champs 2023
96	2:31.30	L	P	Simone Vd Merwe	15	GSA	CPT	24/02/2023	Western Cape Elite Gala
97	2:31.34	L	F	Kye-Ann Fowler	15	UNI	EZD	06/01/2023	2023 Grand Prix Invitation Swimming I
98	2:31.51	L	F	Tatum Borrill	15	CA	EKU	02/03/2023	SA Level 2 Regional Age Group Cham
99	2:31.67	L	F	Jean Marie Swartz	15	ACAA	CCD	02/12/2022	Limpopo Champs
100	2:31.80	L	P	Cassandra Sikiotis	15	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
101	2:31.97	L	F	Mari Zanne Nortje	15	TKS	WBD	02/12/2022	Limpopo Champs
102	2:31.98	L	F	Anli Rademeyer	15	QUIC	CPT	21/01/2023	CTA Qualifying Meet #7
103	2:32.05	L	F	Emma Atkinson	15	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Cham
104	2:32.45	L	P	Colby Cochrane	15	CRSC	JHB	31/03/2023	SA Level 3 Regional Age Group Chan
105	2:32.64	L	F	Emma La Grange	15	QSAW	CED	07/10/2022	41st Freda Barnard Invitational Gala
106	2:32.75	L	P	Taylor Hemphill	15	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group Chan
107	2:32.92	L	F	Tyla Longueira	15	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
108	2:33.23	L	F	Sinesipho Sibiya	15	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group Chan
109	2:33.36	L	F	Liche-Mari Britz	15	KALA		03/03/2023	SA Level 2 Regional Age Group Cham
110	2:33.42	L	P	Jani Borman	15	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group Chan
111	2:33.46	L	F	Amelia Vincent	15	BLSS	MAN	06/12/2022	Free State Champs 2022
112	2:33.50	L	F	Nikha Lambden	15	EXP	FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
113	2:33.65	L	F	Monique Oosthuizen	AR	BLOT	MAN	22/10/2022	Otters Prestige Gala 2022
114	2:33.68	L	P	Shani Olivier	15	WELL	CED	09/12/2022	Western Cape LC-A Championship 20
115	2:33.74	L	P	Gabriella Smith	15	MDOL	EKU	31/03/2023	SA Level 3 Regional Age Group Chan
116	2:33.78	L	F	Mignon Smit	15	SS	MPD	02/12/2022	Limpopo Champs
117	2:34.00	L	P	Alexa Louw	15	BLMA	CPT	24/02/2023	Western Cape Elite Gala
118	2:34.08	L	F	Nazneen Mohamed	15	ATLA	JHB	02/03/2023	SA Level 2 Regional Age Group Cham
119	2:34.20	L	P	Kayla Miller	15	CRSC	JHB	01/12/2022	CGA LC Summer Championships Leve
120*	2:34.58	L	F	Rene Sauerman	15	SEAL	UMD	02/12/2022	EDA AG Gala December 2022
120*	2:34.58	L	P	Isabella Mansfield	15	LALE	CED	31/03/2023	SA Level 3 Regional Age Group Chan
122	2:34.69	L	F	Emma Roberts	15	UNI	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
123	2:34.79	L	F	Luyanda Shandu	15	SEAL	UMD	25/11/2022	WSC & Seals Summer LC Champs 20
124	2:34.85	L	F	Keira Schroll	15	FER	KKD	10/02/2023	NW School Championships 2023
125	2:34.95	L	P	Morgan Rabie	15	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group Chan
126	2:35.14	L	F	Tahnah Abrahams	15	SSISA	CPT	15/10/2022	CTA Qualifying Meet #6
127	2:35.32	L	F	Catherine Wentzel	15	FRA	KCD	17/03/2023	SA Level 2 Regional Age Group Cham
128	2:35.48	L	F	Abigale Meineke	15	AQU	ADJ	25/11/2022	WSC & Seals Summer LC Champs 20
129	2:35.78	L	F	Clarise Coetzer	15	STSC	KCD	17/03/2023	SA Level 2 Regional Age Group Cham
130	2:35.81	L	F	Emma De Wet	15	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
131	2:35.89	L S	P	Ava Fourie	15	TRAZ	FSH	09/12/2022	NTS Championships 2022
132	2:35.90	L	F	Kirsten Van Reenen	15	LALE	CED	13/11/2022	Winelands Summer League 4
133	2:36.19	L	F	Isabella Stanyon	15	USC	BUF	02/12/2022	BCA Long Course Championships 202
134	2:36.21	L	P	Logan Coetzee	15	PER	JHB	31/03/2023	SA Level 3 Regional Age Group Chan
135	2:36.24	L	F	Alienne van Rensburg	15	KTS		03/03/2023	SA Level 2 Regional Age Group Cham
136	2:36.55	L	P	Isabel Vorster	15	BLNE	MAN	06/12/2022	Free State Champs 2022
137	2:36.61	L	F	Danielle Walker	15	FLOD	JHB	01/12/2022	CGA LC Summer Championships Leve
138	2:36.63	L	P	Kendra Beukes	15	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
139	2:36.67	L	F	Hannah Witten	15	ASAC	CPT	21/01/2023	CTA Qualifying Meet #7
140	2:36.96	L	P	Samantha Maritz	15	BLSS	MAN	03/03/2023	SA Level 2 Regional Age Group Cham
141	2:37.21	L	F	Jade Jarvis	15	SAAW	CPT	28/01/2023	Winelands SL Final
142	2:37.35	L	P	Alexandra Houniet	15	CA	EKU	31/03/2023	SA Level 3 Regional Age Group Chan
143	2:37.38	L S	P	Beane Swanepoel	15	VRC	FSH	09/12/2022	NTS Championships 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
144	2:37.46	L	F	Ella Mills	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
145	2:37.57	L	F	Clara van Rooyen	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
146	2:37.72	L	F	Eunice Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
147	2:37.76	L	F	Amahle Mhlongo	15	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
148	2:37.78	L	F	Cameron Morel	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
149	2:37.85	L	F	Jennifer Sweeney	15	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
150	2:37.90	L	F	Deidre Olivier	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
151	2:38.03	L	P	Carleigh Palmer	15	AFIN JHB	01/12/2022 CGA LC Summer Championships Lev
152	2:38.11	L	F	Marizaan De Lange	15	CLSC WCD	11/02/2023 WCA-B Champs - 2023
153	2:38.21	L	F	Abby Clayton	15	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Cham
154	2:38.57	L	F	Isabella Vicente	15	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Cham
155	2:38.85	L	P	Lize Burness	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
156	2:38.86	L	F	Jorja Da Cunha	15	BON EKU	02/03/2023 SA Level 2 Regional Age Group Cham
157	2:38.87	L	P	Alexia Adreani	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
158	2:38.96	L	F	Lume Louw	15	USC BUF	19/11/2022 BCA 2nd November Age Group Gala 2
159	2:38.97	L	F	Milla Delpont	15	PEAS NMA	09/12/2022 NMBA Championships 2022
160	2:39.13	L	P	Marinique Lamprecht	15	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
161	2:39.56	L	P	Mia Barnard	FR	BLOT MAN	06/12/2022 Free State Champs 2022
162	2:39.91	L	P	Jordana Azran	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
163	2:40.07	L	F	Riley Hattingh-Steyn	15	SOUL EKU	23/09/2022 EGA Summer 1 2022
164	2:40.22	L	F	Lois Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
165	2:40.32	L	F	Abigail Phillips	15	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
166	2:40.53	L	F	Elmarie De Witt	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
167	2:40.60	L	F	Annabelle Roberts	15	LALE CED	13/11/2022 Winelands Summer League 4
168	2:40.63	L	F	Abigail Van Dyk	15	TUKS TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
169	2:40.84	L	F	Erin Burke	15	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
170*	2:41.01	L	F	Jaime Smit	15	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
170*	2:41.01	L	P	Kanak Rajput	15	AAS JHB	31/03/2023 SA Level 3 Regional Age Group Chan
172	2:41.54	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
173	2:41.62	L	F	Zara Jeftha	15	WEST CPT	04/11/2022 CTA A CHAMPS 2022
174	2:42.01	L	P	Emsie Brand	15	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group Chan
175	2:42.28	L	F	Catherine Jones	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
176	2:42.46	L	F	Taryn Coenraad	15	GREY CPT	03/09/2022 CTA Qualifying Meet #4
177	2:42.72	L	P	Emma Rose	15	ONYX EKU	08/12/2022 EGA Summer Champs 2022
178	2:42.82	L	P	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
179	2:43.21	L	F	Eve Abrahams	15	VINE CPT	07/10/2022 41st Freda Barnard Invitational Gala
180	2:43.26	L	P	Kaylin Stieger	15	RBOT BPD	07/12/2022 NWS Championships 2022/2023
181	2:43.62	L	F	Michelle Van Rooyen	15	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
182	2:43.73	L	P	Amelia Fraser-Harding	15	ACSA ETH	17/03/2023 SA Level 2 Regional Age Group Cham
183	2:43.83	L	P	Simone Read	15	CA EKU	08/12/2022 EGA Summer Champs 2022
184	2:43.84	L	P	Kelsey Windvogel	15	MGSC UGD	17/03/2023 SA Level 2 Regional Age Group Cham
185	2:43.96	L	F	Kristin Vogelzang	15	RAV EKU	17/02/2023 EGA Let's Race 2023
186	2:44.03	L	P	Charmae Donald	15	VALS FDD	06/12/2022 Free State Champs 2022
187	2:44.12	L	F	Mia Pienaar	15	STSC KCD	10/12/2022 KCDA December Age Goup Gala 2022
188	2:45.66	L	F	Lindi Claassen	15	TUKS TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
189	2:46.30	L	P	Megan McFarlane	15	AZON ETH	01/07/2022 Prestige Tournament 2022
190	2:46.49	L	P	Zoey Du Toit	15	UNI EZD	02/03/2023 SA Level 2 Regional Age Group Cham
191	2:46.90	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
192	2:47.44	L	T	Georgoula Kambanis	15	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
193	2:48.20	L	F	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
194	2:48.29	L	F	Sally-Louise Ingwe	15	RAV EKU	17/02/2023 EGA Let's Race 2023
195	2:48.30	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
196	2:48.44	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
197	2:48.53	L	P	Shannon Coetzee	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
198	2:48.61	L	F	Erin Horsley	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
199	2:48.79	L	P	Larissa Badenhorst	15	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Cham
200	2:49.08	L	P	Megan Kemp	15	TINC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
201	2:49.09	L	P	Cher Prinsloo	15	KLOO ETH	01/07/2022 Prestige Tournament 2022
202	2:49.14	L	F	Leandre Burger	15	QSAW CED	20/08/2022 Winelands SL 1

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
203	2:49.34	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
204	2:49.45	L	F	Leane Jacobs	15	TLAC BPD	03/03/2023 SA Level 2 Regional Age Group Cham
205	2:50.08	L	P	Sarah Ella Hutt	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
206	2:50.52	L	F	Zeeva Jones	15	DRGN JHB	20/01/2023 EGA Last Chance Galal
207*	2:50.73	L	F	Aarya Morar	15	ATLA JHB	06/01/2023 2023 Grand Prix Invitation Swimming I
207*	2:50.73	L	P	Caitlin Kennedy	15	AFIN JHB	01/12/2022 CGA LC Summer Championships Lev
209	2:50.87	L	F	Izeldi Jacobs	15	STGR	05/11/2022 AGE GROUP 2 KBY 2022
210	2:50.92	L	F	Haléya Greyvenstein	15	PLAY CED	11/02/2023 WCA-B Champs - 2023
211	2:51.40	L	F	Isabella Afonso	15	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
212*	2:51.42	L	F	Thobile Mtshali	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
212*	2:51.42	L	F	Fallon Tweedie	15	PEAS NMA	19/11/2022 5th A League Gala
214*	2:51.79	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
214*	2:51.79	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
216	2:52.13	L	F	Tyra Kasonkomona	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
217	2:52.14	L	F	Thandolwethu Mabuza	15	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTC
218	2:53.20	L	F	Lianne Labuschagne	15	VOLK KKD	10/02/2023 NW School Championships 2023
219	2:53.48	L	F	Lisa Ferreira	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
220	2:53.72	L	F	Callan-Cate Bouwer	15	HARL BUF	19/11/2022 BCA 2nd November Age Group Gala 2
221	2:53.88	L	F	Kiera Williams	15	PGH KKD	10/02/2023 NW School Championships 2023
222	2:54.12	L	F	Kimberley Strong	15	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
223	2:54.48	L	F	Yusrah Du Toit	15	UWCA CPT	15/10/2022 CTA Qualifying Meet #6
224	2:54.82	L	P	Jannae De Villiers	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
225	2:55.09	L	F	Bianca Myburgh	15	CUHE OBD	07/10/2022 41st Freda Barnard Invitational Gala
226	2:55.41	L	F	Gail Polman	15	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
227	2:55.48	L	F	Christn Engelbrecht	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
228	2:55.50	L	F	Imaan Davids	15	MAANT CPT	21/01/2023 CTA Qualifying Meet #7
229	2:55.53	L	F	Claire Kourie	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
230	2:56.01	L	F	Layah Mahomed	15	SS MPD	02/12/2022 Limpopo Champs
231	2:56.02	L	F	Rebecca Flack	15	CLSC WCD	20/08/2022 Winelands SL 1
232	2:56.42	L	P	Jenna Perle Du Plessis	15	BLSS MAN	06/12/2022 Free State Champs 2022
233	2:56.61	L	F	Taaliah Rinquest	15	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
234	2:56.70	L	F	Carla Pienaar	15	STSC KCD	10/12/2022 KCDA December Age Goup Gala 2022
235	2:57.03	L	F	Gemma Harris	15	MARL CPT	21/01/2023 CTA Qualifying Meet #7
236	2:57.17	L	F	Jamilah Tshiyoyo	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
237	2:58.50	L	P	Carla Van Tonder	15	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Cham
238	2:58.84	L	F	Marita Lackey	15	TUKS TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
239	2:58.91	L	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022
240	2:58.98	L	F	Aiska Steenkamp	15	WOAQ CED	28/01/2023 Winelands SL Final
241	2:59.00	L	F	Kimberly Kabiri	15	PEAS NMA	19/11/2022 5th A League Gala
242	3:01.08	L	F	Kayleigh Van der Westhuizen	15	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
243	3:01.12	L	F	Cara Corrigan	15	FISH EDD	22/10/2022 EDEN 2nd A-League Gala 2022
244	3:01.26	L	F	Addison vd Byl	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
245	3:01.27	L	F	Gabriëlle Maré	15	DOLFI MPD	22/10/2022 Limpopo Age Group 4
246	3:01.95	L	F	Olivia Ward	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
247	3:02.04	L	F	Hanrike Barnard	15	CSC TSH	21/10/2022 NTS October Lev 3 Age Group Gala 2I
248	3:02.06	L	F	Michaela Mitchley	15	KTS	11/11/2022 UPINGTON CLUB GALA 2022
249	3:02.18	L	F	Olivia Darley	15	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
250	3:02.35	L	P	Jane Smit	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
251	3:02.79	L	F	Lerato Molobye	15	HREF BPD	06/01/2023 2023 Grand Prix Invitation Swimming I
252	3:03.67	L	F	Maya Lockitch	15	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
253	3:03.90	L	F	Amy Clayton	15	CUHE OBD	11/02/2023 WCA-B Champs - 2023
254	3:03.91	L	F	Jordan Bijoux	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
255	3:04.98	L	F	Thando Mvuyana	15	TMAC ETH	19/03/2023 KZN Level 1 Championships 2023
256	3:05.62	L	F	Lunathi Mfuyo	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
257	3:06.67	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
258	3:08.72	L	F	Lana Odendaal	15	WELA LLD	05/11/2022 Seals Heidedal Gala
259	3:08.90	L	P	Mire' Vorster	15	BLSS MAN	06/12/2022 Free State Champs 2022
260	3:09.41	L	P	Loren Parker	15	RPAC EKU	08/12/2022 EGA Summer Champs 2022
261	3:10.39	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
262	3:10.63	L	F	Suzanne Pretorius	15	AGAQ	0BD 11/11/2022 Swartland Prestige Gala 2022
263	3:10.81	L	P	Adele Van Der Riet	15	SWIFT	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
264	3:11.33	L	P	Yana Van Schoor	15	PGAC	EKU 08/12/2022 EGA Summer Champs 2022
265	3:12.15	L	F	Juanise Van Der Walt	15	PGAC	EKU 20/01/2023 EGA Last Chance Galal
266	3:12.83	L	F	Rihannon Noble-Ashby	15	SGUL	ETH 19/03/2023 KZN Level 1 Championships 2023
267	3:13.28	L	F	Unathi Sibiya	15	ELEC	TSH 27/01/2023 NTS Janaury Lev 1+2 Age Group Gale
268	3:13.45	L	P	Bea-Mari Ackerman	15	MATL	KKD 07/12/2022 NWS Championships 2022/2023
269	3:13.97	L	F	Daniëlle Le Roux	15	SS	MPD 02/12/2022 Limpopo Champs
270	3:14.89	L	F	Laveshni Cayley Behari	15	ATLA	JHB 02/10/2022 2022 AG Swim Stars 14&Over
271	3:17.20	L	F	Anele Mbokazi	15	USH	UHD 28/01/2023 Ushaka Champs 2023
272	3:19.34	L	F	René Scott	15	SWAR	WCD 11/11/2022 Swartland Prestige Gala 2022
273	3:20.66	L	F	Deidre Grobler	15	KSC	EZD 02/12/2022 Mpumalanga Championships 2022
274	3:21.02	L	F	Madelein Bronkhorst	15	SS	MPD 02/12/2022 Limpopo Champs
275	3:25.50	L	F	Rizwana Fakir	15	ATLA	JHB 18/03/2023 Level 1 Intra-Provincial 2023
276	3:27.56	L	F	Keletso Mbimba	15	AA	JHB 06/01/2023 2023 Grand Prix Invitation Swimming I
277	3:30.22	L	F	Jessica Davids	15	GREY	CPT 18/02/2023 Swartland Invitational Gala 2023
278	3:32.95	L	F	Precious Radebe	15	WELA	LLD 22/10/2022 Otters Prestige Gala 2022
279	3:42.37	L	F	Arya Naidoo	15	ELEC	TSH 02/10/2022 2022 AG Swim Stars 14&Over
280	4:02.68	L	F	Esona Botile	15	HARL	BUF 02/12/2022 BCA Long Course Championships 202
<b>Women 400 Free</b>							
1	4:24.59	L	F	Hannah Mouton	15	TUKS	TSH 01/07/2022 Prestige Tournament 2022
2	4:27.33	L	F	Kaitlyne Horne	15	BEST	NMA 21/03/2023 SA National Junior Age Group Champs
3	4:29.79	L	F	Marony Jacobs	15	INFA	NMA 21/03/2023 SA National Junior Age Group Champs
4	4:34.22	L	F	Dane De Klerk	15	BLSS	MAN 21/03/2023 SA National Junior Age Group Champs
5	4:35.23	L	F	Rebecca Fury	15	VINE	CPT 21/03/2023 SA National Junior Age Group Champs
6	4:36.82	L	F	Jessica Carmody	15	SGUL	ETH 16/12/2022 KZNA Premier Provincial Championshi
7	4:39.94	L	F	Cassidy Sinclair	15	DRGN	EKU 21/03/2023 SA National Junior Age Group Champs
8	4:40.34	L	F	Loghan Gray	15	MDOL	EKU 21/03/2023 SA National Junior Age Group Champs
9	4:43.04	L	F	Simoné Henning	15	RBOT	BPD 01/07/2022 Prestige Tournament 2022
10	4:43.74	L	F	Emily Lott	15	ASA	ILD 21/03/2023 SA National Junior Age Group Champs
11	4:45.41	L	F	Katie-Peta Marcelino	15	SGUL	ETH 16/12/2022 KZNA Premier Provincial Championshi
12	4:45.51	L	F	Kirsty Andraos	15	TUKS	TSH 21/03/2023 SA National Junior Age Group Champs
13	4:45.59	L	F	Hannah Rigby	15	DRGN	EKU 21/03/2023 SA National Junior Age Group Champs
14	4:47.04	L	F	Taylor Morton	15	GSA	CPT 21/03/2023 SA National Junior Age Group Champs
15	4:47.64	L	F	Michaela Labuschagne	15	SAAW	CPT 21/03/2023 SA National Junior Age Group Champs
16	4:51.22	L	F	Grace George	15	SEAL	UMD 16/12/2022 KZNA Premier Provincial Championshi
17	4:52.69	L	F	Timara Froneman	15	MSC	NGD 14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
18	4:54.02	L	F	Amelia Manning	15	KNYA	EDD 09/12/2022 Western Cape LC-A Championship 20
19	4:56.95	L	F	Cassidey Doubell	15	WATR	JHB 21/03/2023 SA National Junior Age Group Champs
20	4:58.18	L	F	Bay-Linn Oelofse	15	FSS	FS 21/04/2023 SA Schools Swimming Championship
21	4:58.20	L	P	Erin Mayoss	15	KLOO	ETH 16/12/2022 KZNA Premier Provincial Championshi
22	4:59.50	L	F	Cassidy Burgess	15	VINE	CPT 09/12/2022 Western Cape LC-A Championship 20
23	4:59.90	L	P	Michaela Van Rooyen	15	BLSS	MAN 16/12/2022 KZNA Premier Provincial Championshi
24	5:00.56	L	F	Neema Banza	15	UNI	EZD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
25	5:00.94	L	F	Madison Franks	15	SSISA	CPT 31/03/2023 SA Level 3 Regional Age Group Chan
26	5:01.11	L	F	Veneske Steenkamp	15	ROA	EDD 09/12/2022 Western Cape LC-A Championship 20
27	5:01.64	L	F	Alexia Luz	15	SOUL	EKU 08/12/2022 EGA Summer Champs 2022
28	5:02.22	L	F	Holley Jacoby	15	VIKI	BUF 10/02/2023 Infinity Gala 2023
29	5:02.33	L	F	Mathilda Liebenberg	15	NWSCH	21/04/2023 SA Schools Swimming Championship
30	5:02.63	L	F	Bailey Held	15	SGUL	ETH 16/07/2022 AQZ Dual Meet
31	5:04.10	L	P	Hannah Ferreira	15	ASA	ILD 16/12/2022 KZNA Premier Provincial Championshi
32	5:04.82	L	P	Aruli Fick	15	USH	UHD 16/12/2022 KZNA Premier Provincial Championshi
33	5:04.85	L	F	Madison Fourie	15	INFA	NMA 10/02/2023 Infinity Gala 2023
34	5:04.90	L	F	Alex-Zandre' Labuschagne	15	KZNA	ETH 21/04/2023 SA Schools Swimming Championship
35	5:05.17	L	F	Hannah Liebenberg	15	PAC	TSH 09/12/2022 NTS Championships 2022
36	5:05.98	L	F	Erin Glover	15	TYGE	CPT 21/01/2023 CTA Qualifying Meet #7
37	5:06.21	L	F	Tamsyn Kotzé	15	BLMA	CPT 09/12/2022 Western Cape LC-A Championship 20
38	5:06.54	L	F	Francis Whelan	AR	BLOT	MAN 17/02/2023 Neptune Last Chance Gala
39	5:06.58	L	F	Tanè Putter	15	CUDU	CPT 09/12/2022 Western Cape LC-A Championship 20



### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
40	5:06.63	L	F	Nanette Jordaan	AR	BLOT MAN	06/12/2022	Free State Champs 2022
41	5:07.09	L	F	Anri De Beer	15	INFA NMA	31/03/2023	SA Level 3 Regional Age Group Chan
42	5:07.47	L	F	Nicole Beling	15	BAS EKV	08/12/2022	EGA Summer Champs 2022
43	5:07.63	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023	Ushaka Champs 2023
44	5:08.05	L	F	Ciska Ferreira	15	UNI EZD	24/02/2023	MP AGE GROUP 6 GALA
45	5:09.26	L	P	Monique Oosthuizen	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championshi
46	5:09.95	L	F	Chanel Baenhoff	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
47	5:10.22	L	F	Candice Kruger	15	BAS EKV	08/12/2022	EGA Summer Champs 2022
48	5:10.46	L	F	Erin Beyers	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
49	5:11.34	L	F	Marizaan De Lange	15	CLSC WCD	11/02/2023	WCA-B Champs - 2023
50	5:11.52	L	F	Joy Vd Westhuizen	15	AQDO CPT	31/03/2023	SA Level 3 Regional Age Group Chan
51	5:11.54	L	F	Hayley Beling	15	BAS EKV	20/01/2023	EGA Last Chance Galal
52	5:12.00	L	F	Christina Gennarakis	15	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group Chan
53	5:12.27	L	F	Jhoanè Voges	15	QUIC CPT	04/11/2022	CTAA CHAMPS 2022
54	5:13.49	L	F	Jani Borman	15	QSAW CED	11/11/2022	Swartland Prestige Gala 2022
55	5:15.81	L	F	Xanthe Nagel	15	HREF BPD	07/12/2022	NWS Championships 2022/2023
56	5:18.37	L	F	Jean Marie Swartz	15	ACAQ CCD	02/12/2022	Limpopo Champs
57	5:19.12	L	F	Carmi Schoeman	15	TKS WBD	31/03/2023	SA Level 3 Regional Age Group Chan
58	5:19.98	L	F	Simone Vd Merwe	15	GSA CPT	31/03/2023	SA Level 3 Regional Age Group Chan
59	5:20.18	L	F	Tiffany Marshall	15	UNI EZD	31/03/2023	SA Level 3 Regional Age Group Chan
60	5:21.43	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group Chan
61	5:22.06	L	F	Amelia Vincent	15	BLSS MAN	06/12/2022	Free State Champs 2022
62	5:22.48	L	F	Tatum Lauf	15	MDOL EKV	20/01/2023	EGA Last Chance Galal
63	5:23.04	L	F	Ashling McCarthy	15	LINR JHB	01/12/2022	CGA LC Summer Championships Lev
64	5:23.82	L	F	Rene Sauerman	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
65	5:24.17	L	F	Isabella Mansfield	15	LALE CED	09/12/2022	Western Cape LC-A Championship 20
66	5:24.27	L	F	Esmari Weitsz	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
67	5:25.24	L	F	Abigail Phillips	15	SASE JHB	31/03/2023	SA Level 3 Regional Age Group Chan
68	5:25.80	L	F	Kendra Beukes	15	PGAC EKV	08/12/2022	EGA Summer Champs 2022
69	5:27.96	L	F	Tatum Borrill	15	CA EKV	08/12/2022	EGA Summer Champs 2022
70	5:28.26	L	F	Danielle Walker	15	FLOD JHB	01/12/2022	CGA LC Summer Championships Lev
71	5:29.16	L	F	Gabby Mc Hugh	15	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group Chan
72	5:29.60	L	F	Lize Burness	15	TUKS TSH	28/10/2022	NTS October SARJ+ Age Group Gala
73	5:31.66	L	F	Nikha Lambden	15	EXP TSH	31/03/2023	SA Level 3 Regional Age Group Chan
74	5:31.77	L	F	Logan Coetzee	15	PER JHB	31/03/2023	SA Level 3 Regional Age Group Chan
75	5:31.90	L	F	Liche-Mari Britz	15	KALA	03/11/2022	AGE GROUP 2 KATHU 2022
76	5:32.54	L	F	Alexandra Houniet	15	CA EKV	31/03/2023	SA Level 3 Regional Age Group Chan
77	5:35.12	L	F	Emma Roberts	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
78	5:37.19	L	F	Emsie Brand	15	SWAR WCD	31/03/2023	SA Level 3 Regional Age Group Chan
79	5:37.33	L	F	Abby Clayton	15	SEAL UMD	01/07/2022	Prestige Tournament 2022
80	5:37.34	L	F	Milla Delpont	15	PEAS NMA	13/08/2022	Madibaz Swim Meet
81	5:37.42	L	F	Keira Schroll	15	NWUC KKD	07/12/2022	NWS Championships 2022/2023
82	5:38.18	L	F	Gabriella Douglas	15	BAS EKV	08/12/2022	EGA Summer Champs 2022
83	5:38.63	L	F	Kirstin Brady	15	RAV EKV	20/01/2023	EGA Last Chance Galal
84	5:40.56	L	F	Tyla Longueira	15	MSC NGD	02/12/2022	Mpumalanga Championships 2022
85	5:40.60	L	F	Abigale Meineke	15	AQU ADJ	24/09/2022	Amajuba District Age Group Gala 3
86	5:41.84	L	F	Samantha Maritz	15	BLSS MAN	27/01/2023	Seals Bullsharks Gala
87	5:42.64	L	F	Amelia Fraser-Harding	15	ACSA ETH	28/01/2023	Ushaka Champs 2023
88	5:43.76	L	F	Marinique Lamprecht	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
89	5:44.24	L	F	Emma Atkinson	15	AZON ETH	25/11/2022	WSC & Seals Summer LC Champs 20
90	5:44.87	L	F	Mignon Smit	15	SS MPD	31/03/2023	SA Level 3 Regional Age Group Chan
91	5:45.07	L	F	Isabel Vorster	15	BLNE MAN	06/12/2022	Free State Champs 2022
92	5:45.70	L	F	Erin Horsley	15	BCA BUF	28/01/2023	NMBA Intra-District Championship
93	5:48.30	L	F	Catherine Jones	15	RFA TSH	21/10/2022	NTS October Lev 3 Age Group Gala 2I
94	5:48.47	L	F	Lois Fourie	15	BLSS MAN	09/09/2022	MA Long Distance Gala 1
95	5:48.53	L	F	Annabelle Roberts	15	LALE CED	28/01/2023	Winelands SL Final
96	5:49.06	L	F	Tamryn Kunneke	15	RFA TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
97	5:49.83	L	F	Eunice Fourie	15	BLSS MAN	06/12/2022	Free State Champs 2022
98	5:50.38	L	F	Ava Fourie	15	TRAZ TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
99	5:51.57	L	F	Alienne van Rensburg	15	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
100	5:55.68	L	F	Cameron Morel	15	SWIFT EKU	20/01/2023 EGA Last Chance Galal
101	5:56.58	L	F	Caitlin Kennedy	15	AFIN JHB	01/12/2022 CGA LC Summer Championships Lev
102	5:59.62	L	F	Thurayya Moodley	15	TOTIS ETH	25/11/2022 WSC & Seals Summer LC Champs 20
103	6:00.67	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
104	6:00.91	L	F	Imani Magotsi	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
105	6:02.17	L	F	Charmae Donald	15	VALS FDD	12/11/2022 Kroonstad Age Group
106	6:05.52	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
107	6:06.50	L	F	Lianne Labuschagne	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
108	6:12.29	L	F	Zara Jefftha	15	WEST CPT	07/10/2022 41st Freda Barnard Invitational Gala
109	6:12.76	L	F	Imaan Davids	15	MANT CPT	21/01/2023 CTA Qualifying Meet #7
110	6:13.16	L	F	Ammara Jagger	15	AQDO CPT	21/01/2023 CTA Qualifying Meet #7
111	6:13.50	L	F	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
112	6:15.17	L	F	Rebecca Flack	15	CLSC WCD	28/01/2023 Winelands SL Final
113	6:17.29	L	F	Larissa Badenhorst	15	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
114	6:17.34	L	F	Callan-Cate Bouwer	15	HARL BUF	19/11/2022 BCA 2nd November Age Group Gala 2
115	6:18.50	L	F	Thandolwethu Mabuza	15	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
116	6:18.91	L	F	Cara Fourie	15	UPSK	07/12/2022 NCASA CHAMPS 2022
117	6:21.80	L	F	Tyra Kasonkomona	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
118	6:21.87	L	F	Lisa Ferreira	15	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
119	6:25.60	L	F	Christn Engelbrecht	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
120	6:27.54	L	F	Kimberley Strong	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
121	6:31.48	L	F	Maya Lockitch	15	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
122	6:35.74	L	F	Bea-Mari Ackerman	15	SHS KK	10/02/2023 NW School Championships 2023
123	6:36.90	L	F	Lerato Molobye	15	HREF BPD	07/12/2022 NWS Championships 2022/2023
124	6:39.27	L	F	Jannae De Villiers	15	PRKA PSD	05/11/2022 AGE GROUP 2 UPINGTON 2022
125	6:42.90	L	F	Mire' Vorster	15	BLSS MAN	06/12/2022 Free State Champs 2022
126	6:48.27	L	F	Michaela Mitchley	15	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
127	6:52.30	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
128	7:15.99	L	F	Deidre Grobler	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
<b>Women 800 Free</b>							
1	9:13.74	L	F	Kaitlyne Horne	15	BEST NMA	21/03/2023 SA National Junior Age Group Champs
2	9:20.04	L	F	Marony Jacobs	15	INFA NMA	21/03/2023 SA National Junior Age Group Champs
3	9:34.46	L	F	Dane De Klerk	15	BLSS MAN	21/03/2023 SA National Junior Age Group Champs
4	9:37.23	L	F	Loghan Gray	15	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
5	9:44.84	L	F	Michaela Labuschagne	15	SAAW CPT	21/03/2023 SA National Junior Age Group Champs
6	9:46.92	L	F	Cassidy Sinclair	15	DRGN EKU	21/03/2023 SA National Junior Age Group Champs
7	9:48.83	L	F	Katie-Peta Marcelino	15	SGUL ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
8	9:49.13	L	F	Hannah Rigby	15	DRGN EKU	21/03/2023 SA National Junior Age Group Champs
9	9:49.23	L	F	Kirsty Andraos	15	TUKS FSH	21/03/2023 SA National Junior Age Group Champs
10	9:49.81	L	F	Taylor Morton	15	GSA CPT	04/11/2022 CTA A CHAMPS 2022
11	10:13.56	L	F	Michaela Van Rooyen	15	BLSS MAN	01/07/2022 Prestige Tournament 2022
12	10:13.65	L	F	Ciska Ferreira	15	UNI EZD	24/02/2023 MP AGE GROUP 6 GALA
13	10:17.08	L	F	Veneske Steenkamp	15	ROA EDD	21/03/2023 SA National Junior Age Group Champs
14	10:19.36	L	F	Tamsyn Kotzè	15	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
15	10:20.73	L	F	Grace George	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
16	10:26.79	L	F	Candice Kruger	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
17	10:35.45	L	F	Hayley Beling	15	BAS EKU	16/12/2022 KZNA Premier Provincial Championshi
18	10:36.67	L	F	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
19	10:36.90	L	F	Erin Glover	15	TYGE CPT	25/06/2022 PEA Winter Gala 2022
20	10:41.35	L	F	Jenna-Mae Lally	15	BEAV ETH	16/12/2022 KZNA Premier Provincial Championshi
21	10:41.93	L	F	Madison Franks	15	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
22	10:49.90	L	F	Nanette Jordaan	AR	BLOT MAN	12/11/2022 Kroonstad Age Group
23	10:50.35	L	F	Neema Banza	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
24	10:53.62	L	F	Chanel Baenhoff	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
25	11:01.46	L	F	Francis Whelan	AR	BLOT MAN	09/09/2022 MA Long Distance Gala 1
26	11:05.03	L	F	Jean Marie Swartz	15	ACAQ CCD	02/12/2022 Limpopo Champs
27	11:05.48	L	F	Tanè Putter	15	CUDU CPT	25/06/2022 PEA Winter Gala 2022
28	11:05.79	L	F	Jani Borman	15	SWAR WCD	24/02/2023 Western Cape Elite Gala

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
29	11:12.41	L	F	Danielle Walker	15	FLOD JHB	01/12/2022 CGA LC Summer Championships Leve
30	11:14.03	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
31	11:16.03	L	F	Rene Sauerman	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
32	11:17.88	L	F	Tiffany Marshall	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
33	11:18.74	L	F	Esmari Weitsz	15	UNI EZD	30/09/2022 MP AGE GROUP 1
34	11:18.98	L	F	Joy Vd Westhuizen	15	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
35	11:21.28	L	F	Abigail Phillips	15	SASE JHB	25/02/2023 CGA Level 3+ Last Chance gala
36	11:30.12	L	F	Gabby Mc Hugh	15	CRSC JHB	25/02/2023 CGA Level 3+ Last Chance gala
37	11:32.17	L	F	Isabella Mansfield	15	LALE CED	28/01/2023 Winelands SL Final
38	11:37.13	L	F	Simone Vd Merwe	15	GSA CPT	07/10/2022 41st Freda Barnard Invitational Gala
39	11:39.51	L	F	Charmae Donald	15	VALS FDD	17/02/2023 Neptune Last Chance Gala
40	11:43.06	L	F	Logan Coetzee	15	PER JHB	01/12/2022 CGA LC Summer Championships Leve
41	11:51.08	L	F	Monique Oosthuizen	AR	BLOT MAN	09/09/2022 MA Long Distance Gala 1
42	11:53.75	L	F	Kirsten Van Reenen	15	LALE CED	13/11/2022 Winelands Summer League 4
43	12:06.11	L	F	Amelia Fraser-Harding	15	ACSA ETH	28/01/2023 Ushaka Champs 2023
44	12:25.40	L	F	Mari Zanne Nortje	15	TKS WBD	02/12/2022 Limpopo Champs
45	12:37.52	L	F	Taaliah Rinquest	15	MARL CPT	03/09/2022 CTA Qualifying Meet #4
46	12:53.81	L	F	Lianne Labuschagne	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
47	13:07.40	L	F	Isabel Vorster	15	BLNE MAN	29/09/2022 MA Grand Prix
48	13:18.74	L	F	Cara Fourie	15	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
49	13:42.03	L	F	Christn Engelbrecht	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEN
50	15:54.62	L	F	Deidre Grobler	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEN
<b>Women 1000 Free</b>							
1	15:33.00	L	O	Daena Robinson	15	SEAL UMD	20/11/2022 Capital-K 2022
2	16:10.00	L	O	Jenna-Mae Lally	15	BEAV ETH	20/11/2022 Capital-K 2022
3	16:41.00	L	O	Kayla-Jade Van Heerden	15	KLOO ETH	20/11/2022 Capital-K 2022
4	18:02.00	L	O	Thurayya Moodley	15	TOTIS ETH	20/11/2022 Capital-K 2022
5	19:09.00	L	O	Lunathi Mfuyo	15	SGUL ETH	20/11/2022 Capital-K 2022
<b>Women 1500 Free</b>							
1	17:38.95	L S	F	Kaitlyne Horne	15	BEST NMA	21/03/2023 SA National Junior Age Group Champ
2	17:47.57	L S	F	Marony Jacobs	15	INFA NMA	21/03/2023 SA National Junior Age Group Champ
3	18:48.69	L S	F	Dane De Klerk	15	BLSS MAN	06/12/2022 Free State Champs 2022
4	19:04.64	L S	F	Kirsty Andraos	15	TUKS TSH	21/03/2023 SA National Junior Age Group Champ
5	19:12.60	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
6	19:46.66	L	F	Michaela Van Rooyen	15	BLSS MAN	16/12/2022 KZNA Premier Provincial Championshi
7	19:51.38	L S	F	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champ
8	20:11.94	L	F	Cassidy Sinclair	15	DRGN JHB	21/10/2022 EGA Summer 2 2022
9	20:13.01	L S	F	Veneske Steenkamp	15	ROA EDD	21/03/2023 SA National Junior Age Group Champ
10	20:21.02	L S	F	Erin Glover	15	TYGE CPT	25/06/2022 PEA Winter Gala 2022
11	20:40.72	L	F	Ciska Ferreira	15	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEN
12	20:50.74	L	F	Joy Vd Westhuizen	15	AQDO CPT	21/01/2023 CTA Qualifying Meet #7
13	20:58.85	L	F	Hayley Beling	15	BAS EKU	28/10/2022 NTS October SARJ+ Age Group Gala
14	21:09.34	L	T	Esmari Weitsz	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
15	21:16.85	L	T	Tiffany Marshall	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
16	21:17.81	L	T	Tianel Van Der Merwe	15	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
17	21:21.30	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
18	22:27.96	L	F	Simone Cairns	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
19	22:45.92	L	T	Emma Roberts	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
20	23:51.00	L	O	Kye-Ann Fowler	15	UPC EZD	16/10/2022 OPEN WATER 1
21	24:12.33	L	F	Cara Fourie	15	UPSK	07/12/2022 NCASA CHAMPS 2022
<b>Women 3000 Free</b>							
1	43.15	L	F	Michaela Van Rooyen	15	BLSS MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
2	43.28	L	O	Amelia Manning	15	KNYA EDD	23/10/2022 EC Swim Series OWS 1 2022
3	44.00	L	F	Dane De Klerk	15	BLSS MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
4	45.39	L	F	Jenna-Mae Lally	15	SEALE ETH	14/01/2023 Baynesfiels #2 Open Water KZN
5	45.55	L	F	Abigale Meineke	15	WSTV ETH	14/01/2023 Baynesfiels #2 Open Water KZN
6	48.07	L	F	Kate Truter	15	SEAL UMD	14/01/2023 Baynesfiels #2 Open Water KZN
7	48.44	L	F	Francis Whelan	AR	BLOT MAN	23/01/2023 Dischem Kovsie Aquatics Open Water

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
8	50.58	L	F	Rene Sauerman	15	OHAN	ILD	14/01/2023 Baynesfiels #2 Open Water KZN
9	51.04	L	F	Amelia Vincent	15	BLSS	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
10	51.06	L	F	Amelia Fraser-Harding	15	ACSA	ETH	14/01/2023 Baynesfiels #2 Open Water KZN
11	52.28	L	F	Monique Oosthuizen	AR	BLOT	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
12*	54.52	L	F	Eunice Fourie	15	BLSS	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
12*	54.52	L	F	Lois Fourie	15	BLSS	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
14	55.23	L	F	Samantha Maritz	15	BLSS	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
15	38:47.00	L	O	Marony Jacobs	15	INFA	NMA	27/11/2022 EC Swim Series OWS 2 2022
16	38:52.00	L	O	Kaitlyne Horne	15	BEST	NMA	27/11/2022 EC Swim Series OWS 2 2022
17	41:55.00	L	F	Kirsty Andraos	15	TUKS	FSH	21/01/2023 Prime View Swim Challenge #4Jan 20
18	42:02.00	L	F	Cassidey Doubell	15	WATR	JHB	21/01/2023 Prime View Swim Challenge #4Jan 20
19	42:25.14	L	O	Michaela Labuschagne	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
20	44:20.00	L	F	Hayley Beling	15	BAS	EKU	03/12/2022 Prime View Swim Challenge #3
21	44:51.02	L	O	Farhah Valli	15	AGA	EKU	10/03/2023 SA National OWS Championship 2023
22	46:35.00	L	O	Erin Burke	15	AACTA	CPT	23/10/2022 EC Swim Series OWS 1 2022
23	46:46.39	L	O	Amber-Rose Berry	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
24	47:30.00	L	O	Milla Delpont	15	PEAS	NMA	21/01/2023 NMBA OWS Championships 2023
25	48:11.77	L	O	Tiffany Marshall	15	MPA	EZD	10/03/2023 SA National OWS Championship 2023
26	48:28.57	L	O	Tamsyn Kotzè	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
27	48:31.45	L	O	Erin Beyers	15	MPA	EZD	10/03/2023 SA National OWS Championship 2023
28	49:43.58	L	O	Esmari Weitsz	15	MPA	EZD	10/03/2023 SA National OWS Championship 2023
29	49:54.97	L	O	Tianel Van Der Merwe	15	MPA	EZD	10/03/2023 SA National OWS Championship 2023
30	50:27.15	L	O	Tyla Longueira	15	MSC	NGD	06/11/2022 OPEN WATER 2
31	52:21.50	L	F	Emma Roberts	15	UNI	EZD	22/01/2023 Open water 3 , 22 Jan 2023
32	54:55.00	L	O	Sammy Skye Birkhead-Uys	15	HARL	BUF	21/01/2023 NMBA OWS Championships 2023
33	55:16.55	L	O	Kye-Ann Fowler	15	UNI	EZD	06/11/2022 OPEN WATER 2
34	1:00:20.68	L	F	Cara Kilian	15	AA	JHB	02/10/2022 AG Open Water Grand Prix #1
<b>Women 5000 Free</b>								
1	53:06.60	L	O	Kaitlyne Horne	15	RSA		16/09/2022 FINA JUNIOR WORLD OPEN SWIMM
2	1:04:29.86	L	O	Marony Jacobs	15	ECA	BUF	10/03/2023 SA National OWS Championship 2023
3	1:09:53.11	L	O	Cassidey Doubell	15	AGB	JHB	10/03/2023 SA National OWS Championship 2023
4	1:10:26.34	L	O	Michaela Van Rooyen	15	FSA	FS	10/03/2023 SA National OWS Championship 2023
5	1:11:12.16	L	O	Michaela Labuschagne	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
6	1:11:49.76	L	O	Kirsty Andraos	15	AGC	FSH	10/03/2023 SA National OWS Championship 2023
7	1:14:44.92	L	O	Amelia Manning	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
8	1:16:34.55	L	O	Amber-Rose Berry	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
9	1:17:59.00	L	F	Farhah Valli	15	MDOL	EKU	03/12/2022 Prime View Swim Challenge #3
10	x1:18:04.28	L	O	Jenna-Mae Lally	15	KZNA	ETH	10/03/2023 SA National OWS Championship 2023
11	x1:21:40.48	L	O	Tamsyn Kotzè	15	WCA	CPT	10/03/2023 SA National OWS Championship 2023
12	1:27:10.00	L	O	Esmari Weitsz	15	UNI	EZD	16/10/2022 OPEN WATER 1
13	1:27:11.00	L	O	Tiffany Marshall	15	UNI	EZD	16/10/2022 OPEN WATER 1
14	1:28:07.00	L	F	Nanette Jordaan	AR	BLOT	MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
<b>Women 7500 Free</b>								
1	1:38:07.44	L	O	Kaitlyne Horne	15	ECA	BUF	10/03/2023 SA National OWS Championship 2023
2	1:46:47.12	L	O	Kirsty Andraos	15	AGC	FSH	10/03/2023 SA National OWS Championship 2023
3	2:00:12.00	L	F	Farhah Valli	15	MDOL	EKU	21/01/2023 Prime View Swim Challenge #4Jan 20
<b>Women 50 Back</b>								
1	30.12	L	F	Emma De Wet	15	WCA	CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	30.31	L S	F	Cassidy Burgess	15	VINE	CPT	21/03/2023 SA National Junior Age Group Champs
3	30.57	L	P	Grace Morris	15	GAUT		21/04/2023 SA Schools Swimming Championship
4	30.78	L	F	Jessica Carmody	15	KZNA	ETH	12/04/2023 SA National Aquatic SNR-Champ 202
5	30.86	L	F	Melissa Kuun	15	WCA	CPT	21/04/2023 SA Schools Swimming Championship
6	30.97	L S	F	Hannah Mouton	15	TUKS	FSH	21/03/2023 SA National Junior Age Group Champs
7	31.08	L	F	Keira Duncan	15	SGUL	ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
8	31.66	L S	F	Hannah Ferreira	15	ASA	ILD	21/03/2023 SA National Junior Age Group Champs
9	31.79	L S	F	Keira Van Heerden	15	PEAS	NMA	21/03/2023 SA National Junior Age Group Champs
10	32.54	L	F	Chanel Baenhoff	15	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
11	32.74	L	F	Timara Froneman	15	MSC	NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
12	32.80	L	F	Simoné Henning	15	RBOT	BPD	01/07/2022 Prestige Tournament 2022
13	32.82	L	F	Myra Viduya	15	INFA	NMA	09/12/2022 NMBA Championships 2022
14	32.85	L S	P	Isabella Desfontaines	15	RAV	EKU	21/03/2023 SA National Junior Age Group Champs
15	32.89	L S	P	Jana Lombard	15	LALE	CED	21/03/2023 SA National Junior Age Group Champs
16	32.92	L	F	Dane De Klerk	15	BLSS	MAN	06/12/2022 Free State Champs 2022
17	32.99	L S	P	Tayler Morton	15	GSA	CPT	21/03/2023 SA National Junior Age Group Champs
18	33.04	L	F	Kaitlynn Horne	15	ECA	BUF	21/04/2023 SA Schools Swimming Championship
19	33.07	L	F	Alex-Zandre' Labuschagne	15	MGSC	UGD	25/11/2022 WSC & Seals Summer LC Champs 20
20	33.10	L	F	Lucy Nagel	15	PEAS	NMA	13/08/2022 Madibaz Swim Meet
21	33.29	L	F	Francis Whelan	15	FSS	FS	21/04/2023 SA Schools Swimming Championship
22	33.30	L	F	Une Van den Berg	15	AA	JHB	31/03/2023 SA Level 3 Regional Age Group Chan
23	33.39	L	F	Holley Jacoby	15	BCA	BUF	28/01/2023 NMBA Intra-District Championship
24	33.43	L	F	Gabriella Douglas	15	BAS	EKU	31/03/2023 SA Level 3 Regional Age Group Chan
25	33.58	L	F	Amy Schmidt	15	CLSC	WCD	09/12/2022 Western Cape LC-A Championship 20
26	33.64	L	F	Morgan Rabie	15	TUKS	TSH	31/03/2023 SA Level 3 Regional Age Group Chan
27	33.68	L S	P	Gemma Jones	15	VINE	CPT	21/03/2023 SA National Junior Age Group Champs
28	33.70	L	F	Tatum Lauf	15	MDOL	EKU	11/06/2022 EGA Winter 1 2022
29	33.73	L S	P	Kalynne Dowdle	15	ASAW	CED	21/03/2023 SA National Junior Age Group Champs
30	33.74	L	F	Caitlin Watson	15	CTA	CPT	28/01/2023 NMBA Intra-District Championship
31	33.78	L	F	Keira Leask	15	AA	JHB	01/12/2022 CGA LC Summer Championships Lev
32	33.79	L	F	Hannah Rigby	15	DRGN	JHB	10/09/2022 Adrian Grafe Gala 2022
33	33.81	L	F	Beane Swanepoel	15	VRC	TSH	09/12/2022 NTS Championships 2022
34	33.82	L S	P	Christie Piguet	15	AA	JHB	21/03/2023 SA National Junior Age Group Champs
35	33.92	L	P	Abigail Van Dyk	15	TUKS	TSH	09/12/2022 NTS Championships 2022
36	33.93	L	F	Tanè Putter	15	CUDU	CPT	04/11/2022 CTA A CHAMPS 2022
37	34.01	L	F	Kate Truter	15	BEAV	ETH	31/03/2023 SA Level 3 Regional Age Group Chan
38	34.12	L	F	Ella Mills	15	UNI	EZD	31/03/2023 SA Level 3 Regional Age Group Chan
39	34.14	L	F	Charnè Van Tonder	15	TYGE	CPT	15/10/2022 CTA Qualifying Meet #6
40	34.17	L	F	Amelia Vincent	15	BLSS	MAN	06/12/2022 Free State Champs 2022
41	34.19	L	F	Stella Reinecke	15	KLOO	ETH	16/12/2022 KZNA Premier Provincial Championsh
42	34.24	L	F	Bailey Held	15	SGUL	ETH	01/07/2022 Prestige Tournament 2022
43	34.29	L S	P	Tamsin Yates	15	CA	EKU	08/12/2022 EGA Summer Champs 2022
44	34.34	L	F	Mari Zanne Nortje	15	LP	CC	21/04/2023 SA Schools Swimming Championship
45	34.39	L	P	Emma Williams	15	PSCP	UMD	16/12/2022 KZNA Premier Provincial Championsh
46	34.48	L	F	Cassidy Sinclair	15	DRGN	JHB	10/09/2022 Adrian Grafe Gala 2022
47	34.53	L	F	Michaela Labuschagne	15	SAAW	CPT	21/01/2023 CTA Qualifying Meet #7
48	34.56	L	F	Anri De Beer	15	INFA	NMA	09/12/2022 NMBA Championships 2022
49	34.68	L	F	Christina Gennarakis	15	CUDU	CPT	15/10/2022 CTA Qualifying Meet #6
50	34.85	L S	P	Xanthe Nagel	15	HREF	BPD	21/03/2023 SA National Junior Age Group Champs
51	34.86	L	P	Sinesipho Sibiya	15	KZNA	ETH	21/04/2023 SA Schools Swimming Championship
52	34.87	L S	P	Hayley Beling	15	BAS	EKU	21/03/2023 SA National Junior Age Group Champs
53	34.88	L	F	Lume Louw	15	USC	BUF	31/03/2023 SA Level 3 Regional Age Group Chan
54	35.01	L	F	Eve Abrahams	15	VINE	CPT	07/10/2022 41st Freda Barnard Invitational Gala
55	35.04	L	P	Tamryn Kunneke	15	RFA	TSH	31/03/2023 SA Level 3 Regional Age Group Chan
56	35.05	L	F	Simone Theron	15	TKS	WBD	02/12/2022 Limpopo Champs
57*	35.06	L	F	Neema Banza	15	UNI	EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
57*	35.06	L	P	Katie-Peta Marcelino	15	SGUL	ETH	16/12/2022 KZNA Premier Provincial Championsh
57*	35.06	L	F	Kaylin Stieger	15	RBOT	BPD	31/03/2023 SA Level 3 Regional Age Group Chan
60	35.14	L	P	Simone Vd Merwe	15	GSA	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
61	35.15	L S	P	Cassidey Doubell	15	WATR	JHB	21/03/2023 SA National Junior Age Group Champs
62	35.23	L	F	Kayla Miller	15	CRSC	JHB	01/12/2022 CGA LC Summer Championships Lev
63	35.24	L	F	Tianel Van Der Merwe	15	MP	EZ	21/04/2023 SA Schools Swimming Championship
64	35.36	L	P	Caitlin Kennedy	15	AFIN	JHB	02/03/2023 SA Level 2 Regional Age Group Cham
65	35.42	L	P	Hannah Liebenberg	15	PAC	TSH	09/12/2022 NTS Championships 2022
66*	35.47	L	F	Ilhaam Mohamed	15	FAAC	FBD	07/10/2022 FLAMINGO GALA OCT 2022
66*	35.47	L	F	Veneske Steenkamp	15	ROA	EDD	07/10/2022 41st Freda Barnard Invitational Gala
68	35.50	L	P	Alexa Louw	15	BLMA	CPT	24/02/2023 Western Cape Elite Gala
69	35.51	L	P	Madison Franks	15	SSISA	CPT	09/12/2022 Western Cape LC-A Championship 20
70	35.59	L	F	Tatum Cabral	15	ELEC	TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
71	35.62	L	F	Megan Phillips	15	HARL BUF	19/11/2022	BCA 2nd November Age Group Gala 2
72	35.63	L	F	Jordana Azran	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
73	35.72	L	P	Lize Burness	15	TUKS TSH	09/12/2022	NTS Championships 2022
74	35.78	L	F	Emma Roberts	15	UNI EZD	31/03/2023	SA Level 3 Regional Age Group Chan
75	35.85	L	F	Cianke Louw	15	HMER MPD	15/10/2022	Limpopo Top 10 - High Schools
76	35.87	L	P	Amelia Manning	15	KNYA EDD	09/12/2022	Western Cape LC-A Championship 20
77	35.88	L S	P	Madison Fourie	15	INFA NMA	21/03/2023	SA National Junior Age Group Champ:
78	35.93	L	F	Simone Cairns	15	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group Chan
79*	35.94	L	P	Tazmin Suliman	15	TUKS TSH	09/12/2022	NTS Championships 2022
79*	35.94	L	F	Tiffany Marshall	15	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2
81	35.96	L	F	Jana Helmand	KR	BLOT MAN	06/12/2022	Free State Champs 2022
82	35.97	L	F	Holly Allison	15	SGUL ETH	01/07/2022	Prestige Tournament 2022
83*	36.09	L	F	Gabby Mc Hugh	15	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
83*	36.09	L	F	Emily Walker	15	PEAS NMA	13/01/2023	Eastern Cape Aquatics LC Champs 20
85	36.14	L	F	Deanne Du Plessis	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
86	36.17	L	P	Erin Mayoss	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
87	36.40	L	F	Kanishka Rajput	15	AAS JHB	01/12/2022	CGA LC Summer Championships Lev
88	36.43	L	P	Ashling McCarthy	15	LINR JHB	31/03/2023	SA Level 3 Regional Age Group Chan
89*	36.50	L	F	Erin Beyers	15	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM
89*	36.50	L	P	Amahle Mhlongo	15	KZNA ETH	21/04/2023	SA Schools Swimming Championship
91	36.55	L	F	Joy Vd Westhuizen	15	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
92	36.63	L	F	Marony Jacobs	15	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
93*	36.64	L	F	Zeeva Jones	15	DRGN JHB	02/03/2023	SA Level 2 Regional Age Group Cham
93*	36.64	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
95	36.67	L	F	Esmari Weitsz	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
96	36.68	L	P	Logan Coetzee	15	PER JHB	31/03/2023	SA Level 3 Regional Age Group Chan
97	36.70	L	P	Tamsyn Kotzè	15	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
98	36.71	L S	P	Gabriella Smith	15	MDOL EKU	08/12/2022	EGA Summer Champs 2022
99*	36.75	L	P	Kye-Ann Fowler	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
99*	36.75	L	P	Luca Janse van Rensburg	15	CSC TSH	09/12/2022	NTS Championships 2022
101	36.80	L	F	Mignon Smit	15	SS MPD	02/12/2022	Limpopo Champs
102	36.81	L	P	Jhoanè Voges	15	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20
103	36.86	L S	P	Nicole Beling	15	BAS EKU	21/03/2023	SA National Junior Age Group Champ:
104	36.87	L	F	Alexia Adreani	15	CA EKU	02/03/2023	SA Level 2 Regional Age Group Cham
105*	36.89	L	P	Ava Fourie	15	TRAZ TSH	09/12/2022	NTS Championships 2022
105*	36.89	L	F	Kiara Craven	15	NAE EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
107	36.90	L	F	Mia Pienaar	15	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Cham
108	36.92	L	F	Ciska Ferreira	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
109*	36.94	L	F	Marinique Lamprecht	15	RFA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gal
109*	36.94	L	P	Izeldi Jacobs	15	NC	21/04/2023	SA Schools Swimming Championship
111	36.96	L	F	Zeeva Jones	15	DRGN JHB	23/09/2022	EGA Summer 1 2022
112	37.03	L	F	Liche-Mari Britz	15	KALA	14/01/2023	GROUP 5 - KTHU 2023
113	37.24	L	F	Adriel Govender	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
114	37.27	L	F	Tahnah Abrahams	15	SSISA CPT	24/09/2022	CTA Qualifying Meet #5
115	37.30	L	P	Kanak Rajput	15	AAS JHB	31/03/2023	SA Level 3 Regional Age Group Chan
116	37.32	L	F	Alexia Luz	15	SOUL EKU	11/06/2022	EGA Winter 1 2022
117	37.41	L	F	Carmi Schoeman	15	TKS WBD	02/12/2022	Limpopo Champs
118	37.46	L	F	Milla Delpont	15	PEAS NMA	09/12/2022	NMBA Championships 2022
119	37.49	L	F	Carleigh Palmer	15	AFIN JHB	03/02/2023	NTS January Lev 3+ Age Group Gala :
120	37.56	L	F	Kristin Vogelzang	15	RAV EKU	23/09/2022	EGA Summer 1 2022
121	37.58	L	P	Jean Marie Swartz	15	LP CC	21/04/2023	SA Schools Swimming Championship
122	37.59	L	F	Marilee Coetzee	15	DOLFI MPD	22/10/2022	Limpopo Age Group 4
123*	37.63	L	F	Luyanda Shandu	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
123*	37.63	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
125	37.65	L	F	Larissa Badenhorst	15	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Cham
126	37.72	L	F	Erin Horsley	15	BCA BUF	28/01/2023	NMBA Intra-District Championship
127	37.73	L	P	Aarya Morar	15	GAUT	21/04/2023	SA Schools Swimming Championship
128	37.75	L	F	Zoey Du Toit	15	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
129	37.81	L	F	Marizaan De Lange	15	CLSC WCD	11/11/2022	Swartland Prestige Gala 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
130	37.83	L	F	Taryn Coenraad	15	GREY CPT	03/09/2022 CTA Qualifying Meet #4
131	37.84	L	F	Isabella Vicente	15	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Cham
132	37.85	L	F	Zoey Du Toit	15	UNI EZD	28/01/2023 CANA GRAND PRIX JAN 2023 MBON
133*	37.86	L	P	Anichia Le Roux	15	BAR	09/12/2022 NTS Championships 2022
133*	37.86	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
135*	37.91	L	F	Isabella Webber	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
135*	37.91	L	F	Nazneen Mohamed	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
137	37.97	L	F	Lois Fourie	15	BLSS MAN	24/09/2022 Bull-Sharks Gala
138	38.00	L	F	Alienne van Rensburg	15	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
139	38.01	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
140	38.09	L	F	Keira Schroll	15	NWUC KKD	07/12/2022 NWS Championships 2022/2023
141	38.22	L	F	Sally-Louise Ingwe	15	RAV EKU	20/01/2023 EGA Last Chance Galal
142*	38.23	L	F	Deidré Olivier	15	PGIM KKD	10/02/2023 NW School Championships 2023
142*	38.23	L	F	Hannah Witten	15	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
144	38.28	L	F	Acacia- Cailyn Abell	15	MDOL EKU	03/02/2023 NTS January Lev 3+ Age Group Gala :
145	38.31	L	F	Amelia Fraser-Harding	15	ACSA ETH	17/03/2023 SA Level 2 Regional Age Group Cham
146	38.37	L	F	Farhah Valli	15	MDOL EKU	23/09/2022 EGA Summer 1 2022
147	38.44	L	F	Bianca Myburgh	15	CUHE OBD	11/02/2023 WCA-B Champs - 2023
148	38.48	L	F	Leane Janse van Rensburg	15	PSC TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
149	38.55	L	F	Anke Vd Waal	15	TYGE CPT	03/09/2022 CTA Qualifying Meet #4
150	38.60	L	F	Isabel Vorster	15	BLNE MAN	05/11/2022 Seals Heidedal Gala
151	38.62	L	F	Haléya Greyvenstein	15	PLAY CED	07/10/2022 41st Freda Barnard Invitational Gala
152	38.64	L	P	Zara Jefftha	15	MARL CPT	24/02/2023 Western Cape Elite Gala
153	38.66	L	F	Yusrah Du Toit	15	UWCA CPT	11/02/2023 WCA-B Champs - 2023
154	38.67	L	F	Simone Read	15	CA EKU	10/09/2022 Adrian Grafe Gala 2022
155	38.72	L	P	Tyra Kasonkomona	15	NWSCH	21/04/2023 SA Schools Swimming Championship
156	38.73	L	F	Isla Thomas	15	AA JHB	08/10/2022 NTS Sprint Gala
157	38.79	L	F	Hanrike Barnard	15	CSC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
158	38.81	L	F	Michelle Van Rooyen	15	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Cham
159	38.82	L	P	Clarise Coetzer	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
160	38.85	L	F	Gabriëlle Maré	15	DOLFI MPD	02/12/2022 Limpopo Champs
161	38.88	L	F	Thobile Mtshali	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
162	38.91	L	P	Abigail Phillips	15	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Cham
163	38.96	L S	P	Cameron Morel	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
164	39.13	L	P	Alexandra Houniet	15	CA EKU	31/03/2023 SA Level 3 Regional Age Group Cham
165	39.15	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
166	39.16	L	F	Jade Jarvis	15	SAAW CPT	28/01/2023 Winelands SL Final
167	39.19	L	F	Taya Groger	15	SGUL ETH	17/03/2023 SA Level 2 Regional Age Group Cham
168	39.32	L	F	Ame Quinn	CR	ROB EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
169	39.46	L	F	Mia Barnard	FR	BLOT MAN	24/09/2022 Bull-Sharks Gala
170	39.47	L S	P	Kendra Beukes	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
171	39.49	L	F	Olivia Darley	15	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
172	39.54	L	F	Kirstin Brady	15	RAV EKU	20/01/2023 EGA Last Chance Galal
173	39.56	L	F	Lisa Ferreira	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
174	39.57	L	F	Megan Kemp	15	TINC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
175	39.68	L	F	Emsie Brand	15	SWAR WCD	11/02/2023 WCA-B Champs - 2023
176	39.70	L	F	Jorja Da Cunha	15	BON EKU	20/01/2023 EGA Last Chance Galal
177	39.79	L	F	Leandre Burger	15	QSAW CED	28/01/2023 Winelands SL Final
178*	39.87	L	F	Erin Burke	15	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
178*	39.87	L	F	Thandolwethu Mabuza	15	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
180	39.88	L	P	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Cham
181	39.94	L	F	Kimberley Strong	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
182*	39.95	L	F	Hayley Lottering	15	CA EKU	11/06/2022 EGA Winter 1 2022
182*	39.95	L	F	Megan McFarlane	15	AZON ETH	01/07/2022 Prestige Tournament 2022
184	39.96	L	F	Kayleigh Van der Westhuizen	15	CSA EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
185	40.01	L	F	Jannae De Villiers	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
186	40.16	L	P	Daniëlle Le Roux	15	SS MPD	02/03/2023 SA Level 2 Regional Age Group Cham
187	40.26	L	F	Tatum Borrill	15	CA EKU	10/09/2022 Adrian Grafe Gala 2022
188	40.30	L	F	Callan-Cate Bouwer	15	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
189	40.34	L	F	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
190	40.55	L	F	Amy Clayton	15	CUHE OBD	11/02/2023 WCA-B Champs - 2023
191	40.60	L	F	Samantha Maritz	15	BLSS MAN	29/09/2022 MA Grand Prix
192	40.75	L	F	Marita Lackey	15	TUKS TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
193	40.82	L	F	Lerato Molobye	15	HREF BPD	10/09/2022 Adrian Grafe Gala 2022
194	40.91	L	F	Rudine Van Wyk	15	ACAA CCD	22/10/2022 Limpopo Age Group 4
195	40.93	L	F	Taaliah Rinquest	15	MARL CPT	11/02/2023 WCA-B Champs - 2023
196	40.98	L	F	Catherine Jones	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
197	41.01	L	F	Mia Pretorius	15	MDOL EKU	25/02/2023 CGA Level 3+ Last Chance gala
198	41.02	L	F	Kimberly Kabiri	15	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
199	41.06	L	F	Eunice Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
200	41.10	L	F	Rene Sauerman	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
201	41.15	L	F	Fallon Tweedie	15	PEAR NMA	25/02/2023 Eastern Cape Schools Swimming Trial
202	41.27	L	F	Claire Kourie	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
203	41.28	L	F	Elmarie De Witt	15	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
204	41.65	L S	P	Riley Hattingh-Steyn	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
205	41.66	L S	P	Clara van Rooyen	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
206	41.68	L	F	Shannon Coetzee	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
207	41.75	L	F	Jane Smit	15	PRKA PSD	11/11/2022 UPINGTON CLUB GALA 2022
208	41.89	L	P	Christn Engelbrecht	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
209	41.90	L	F	Nanette Jordaan	AR	BLOT MAN	06/12/2022 Free State Champs 2022
210	41.91	L	F	Nubi Niehaus	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
211	42.02	L	F	Kiera Williams	15	PGH KKD	10/02/2023 NW School Championships 2023
212	42.04	L	F	Aliska Steenkamp	15	WOAQ CED	03/09/2022 CTA Qualifying Meet #4
213	42.23	L	F	Amy Lazarou	15	AWSC JHB	18/03/2023 Level 1 Intra-Provincial 2023
214	42.33	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
215*	42.40	L	F	Lana Odendaal	15	WELA LLD	17/02/2023 Neptune Last Chance Gala
215*	42.40	L	F	Piya Narandas	15	MAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
217	42.46	L	F	Mila Lombaard	15	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
218	42.47	L	F	Gemma Harris	15	MARL CPT	18/02/2023 Swartland Invitational Gala 2023
219	42.48	L	F	Jenna Perle Du Plessis	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
220	42.54	L	F	Maryke Gerber	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
221	42.63	L S	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022
222	42.87	L	F	Tamilyn Straub	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
223	43.05	L	F	Zaibaa Bawa	15	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
224	43.15	L	F	Keletso Mbimba	15	AA JHB	18/03/2023 Level 1 Intra-Provincial 2023
225	43.37	L	F	Lianne Labuschagne	15	POTC KKD	21/01/2023 NWS Sprint Gala 2023
226*	43.39	L	F	Izra Gameeldien	15	MANT CPT	04/11/2022 CTA A CHAMPS 2022
226*	43.39	L	F	Nkenda Baghana	15	CPSC TSH	18/03/2023 Level 1 Intra-Provincial 2023
228	43.51	L	F	Imaan Davids	15	MANT CPT	04/11/2022 CTA A CHAMPS 2022
229	43.55	L	F	Ehdel Van der Merwe	15	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
230	43.65	L	F	Loren Parker	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
231	43.68	L	F	Charmae Donald	15	VALS FDD	12/11/2022 Kroonstad Age Group
232	43.72	L	F	Carla Pienaar	15	STSC KCD	22/10/2022 Stingrays Swim Club Championships 2
233	43.84	L	P	Leane Jacobs	15	TLAC BPD	07/12/2022 NWS Championships 2022/2023
234	44.01	L	F	Ahara-Anne Maherry	15	BEAV ETH	01/07/2022 Prestige Tournament 2022
235	44.06	L S	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
236	44.07	L	F	Thando Mvuyana	15	TMAC ETH	19/03/2023 KZN Level 1 Championships 2023
237	44.13	L	F	Lunathi Mfuyo	15	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 20
238	44.23	L	F	Carla Van Tonder	15	DESA NMA	19/11/2022 5th A League Gala
239	44.34	L	F	Bonolo Mohapi	15	COSM JHB	02/10/2022 2022 AG Swim Stars 14&Over
240	44.36	L	F	Lianka Du Toit	15	HPP BUF	04/02/2023 Limpopo School Champs
241	44.38	L	F	Isabella Le Roux	15	QSAW CED	13/11/2022 Winelands Summer League 4
242	44.83	L	P	Adele Van Der Riet	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
243	44.91	L S	P	Zani Van Rensburg	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
244	45.12	L	F	Michaela Mitchley	15	KTS	07/12/2022 NCASA CHAMPS 2022
245	45.78	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
246	45.79	L	P	Bea-Mari Ackerman	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
247	46.00	L	F	Jordan Bijoux	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
248	46.13	L	F	Chloe Stacey	15	RBUR BPD	21/01/2023 NWS Sprint Gala 2023
249	46.29	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
250	46.73	L	P	Deidre Grobler	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
251	46.77	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
252	46.93	L	F	Kayla Swanepoel	15	FISHS EDD	05/11/2022 EDEN 3rd A-League Gala 2022
253	47.03	L	F	Anke Oellermann	15	EXP TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
254	47.66	L	F	René Scott	15	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
255	48.85	L	F	Mia Putter	15	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
256	48.88	L	F	Madelein Bronkhorst	15	SS MPD	02/12/2022 Limpopo Champs
257	49.26	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
258	49.46	L S	P	Juanise Van Der Walt	15	PGAC ECU	08/12/2022 EGA Summer Champs 2022
259	50.04	L	P	Precious Radebe	15	WELA LLD	06/12/2022 Free State Champs 2022
260	50.24	L	F	Unathi Sibiyi	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
261	50.98	L	F	Alyssa Bester	15	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
262	51.84	L S	P	Yana Van Schoor	15	PGAC ECU	08/12/2022 EGA Summer Champs 2022
263	52.06	L	F	Laveshni Cayley Behari	15	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
264	52.20	L	F	Nika Snyman	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
265	52.53	L	F	Arya Naidoo	15	ELEC TSH	02/10/2022 2022 AG Swim Stars 14&Over
266	54.20	L	F	Anele Mbokazi	15	USH UHD	25/11/2022 WSC & Seals Summer LC Champs 20
267	1:01.54	L	F	Owethu Mokwena	15	NWSCH	21/04/2023 SA Schools Swimming Championship
268	1:43.90	L	F	Jessica Jansen	15	ESS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
269	1:54.17	L	F	Anna Marie Steyn	15	ESS EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
<b>Women 100 Back</b>							
1	1:03.92	L	P	Emma De Wet	15	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	1:04.55	L	F	Cassidy Burgess	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
3	1:05.30	L	P	Grace Morris	15	GAUT	21/04/2023 SA Schools Swimming Championship
4	1:06.65	L S	F	Hannah Mouton	15	TUKS TSH	09/12/2022 NTS Championships 2022
5	1:07.62	L	F	Melissa Kuun	15	FISH EDD	21/03/2023 SA National Junior Age Group Champs
6	1:07.99	L	F	Keira Duncan	15	KZNA ETH	21/04/2023 SA Schools Swimming Championship
7	1:08.35	L	P	Hannah Ferreira	15	ASA LD	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
8	1:08.55	L	F	Keira Van Heerden	15	PEAS NMA	25/06/2022 PEA Winter Gala 2022
9	1:08.61	L	F	Chanel Baenhoff	15	BLSS MAN	06/12/2022 Free State Champs 2022
10	1:08.70	L	F	Kaitlyne Horne	15	BEST NMA	13/01/2023 Eastern Cape Aquatics LC Champs 20
11	1:08.92	L	P	Simoné Henning	15	NWSCH	21/04/2023 SA Schools Swimming Championship
12	1:09.22	L	F	Taylor Morton	15	GSA CPT	21/03/2023 SA National Junior Age Group Champs
13	1:09.38	L	P	Jana Lombard	15	LALE CED	21/03/2023 SA National Junior Age Group Champs
14	1:09.49	L	F	Myra Viduya	15	INFA NMA	09/12/2022 NMBA Championships 2022
15	1:10.56	L	P	Erin Hudson	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
16	1:11.03	L	P	Timara Froneman	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
17	1:11.21	L	F	Holley Jacoby	15	BCA BUF	28/01/2023 NMBA Intra-District Championship
18	1:11.54	L	F	Dane De Klerk	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
19	1:11.75	L	P	Hannah Rigby	15	DRGN ECU	21/03/2023 SA National Junior Age Group Champs
20	1:11.98	L	P	Francis Whelan	AR	BLOT MAN	21/03/2023 SA National Junior Age Group Champs
21	1:11.99	L	P	Isabella Desfontaines	15	RAV ECU	21/03/2023 SA National Junior Age Group Champs
22	1:12.01	L	P	Cassidey Doubell	15	WATR JHB	21/03/2023 SA National Junior Age Group Champs
23	1:12.26	L	P	Charnè Van Tonder	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champs
24	1:12.30	L	F	Gemma Jones	15	VINE CPT	24/02/2023 Western Cape Elite Gala
25	1:12.36	L	P	Alex-Zandre' Labuschagne	15	MGSC UGD	21/03/2023 SA National Junior Age Group Champs
26	1:12.38	L	P	Keira Leask	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
27	1:12.43	L	P	Kalynne Dowdle	15	ASAW CED	21/03/2023 SA National Junior Age Group Champs
28	1:12.87	L	F	Kate Truter	15	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
29	1:13.10	L	F	Caitlin Watson	15	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
30	1:13.18	L	F	Hayley Beling	15	BAS ECU	16/12/2022 KZNA Premier Provincial Championshi
31	1:13.53	L	F	Emma Williams	15	PSCP UMD	28/01/2023 EDA January Gala 2023
32	1:13.87	L	P	Tanè Putter	15	CUDU CPT	09/12/2022 Western Cape LC-A Championship 20
33	1:13.92	L	F	Morgan Rabie	15	GAUT	21/04/2023 SA Schools Swimming Championship
34	1:13.95	L	P	Amy Schmidt	15	ASAW CED	21/03/2023 SA National Junior Age Group Champs
35	1:14.02	L	F	Christina Gennarakis	15	CUDU CPT	03/09/2022 CTA Qualifying Meet #4
36	1:14.06	L	F	Ella Mills	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
37	1:14.11	L	F	Lucy Nagel	15	PEAS NMA	13/08/2022 Madibaz Swim Meet
38	1:14.34	L	F	Anri De Beer	15	INFA NMA	13/08/2022 Madibaz Swim Meet
39	1:14.78	L	F	Abigail Van Dyk	15	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
40	1:14.88	L	F	Hannah Liebenberg	15	PAC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
41	1:14.93	L	F	Kayla Miller	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
42	1:15.13	L	F	Bailey Held	15	SGUL ETH	16/12/2022 KZNA Premier Provincial Championshi
43	1:15.15	L	F	Tatum Lauf	15	MDOL EKU	08/12/2022 EGA Summer Champs 2022
44	1:15.16	L	F	Stella Reinecke	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
45	1:15.19	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
46	1:15.44	L	P	Michaela Labuschagne	15	SAAW CPT	21/03/2023 SA National Junior Age Group Champ
47	1:15.47	L	F	Une Van den Berg	15	AA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
48	1:15.51	L	F	Emma La Grange	15	QSAW CED	31/03/2023 SA Level 3 Regional Age Group Chan
49	1:15.56	L	P	Nicole Beling	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
50	1:15.83	L	F	Ashling McCarthy	15	LINR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
51	1:16.10	L S	P	Lirieka vd Walt	15	TUKS TSH	09/12/2022 NTS Championships 2022
52	1:16.13	L	P	Erin Glover	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champ
53	1:16.16	L	F	Madison Franks	15	SSISA CPT	21/01/2023 CTA Qualifying Meet #7
54	1:16.24	L	F	Veneske Steenkamp	15	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
55	1:16.40	L	F	Jana Helmand	KR	BLOT MAN	06/12/2022 Free State Champs 2022
56	1:16.46	L S	P	Lize Burness	15	TUKS TSH	09/12/2022 NTS Championships 2022
57	1:16.56	L	F	Mari Zanne Nortje	15	TKS WBD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
58	1:16.57	L	F	Emma Roberts	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
59	1:16.62	L	P	Sinesipho Sibiya	15	KZNA ETH	21/04/2023 SA Schools Swimming Championship
60	1:16.71	L	F	Emily Walker	15	PEAS NMA	19/11/2022 5th A League Gala
61	1:16.81	L	P	Tianel Van Der Merwe	15	MSC NGD	31/03/2023 SA Level 3 Regional Age Group Chan
62	1:16.84	L	F	Simone Theron	15	TKS WBD	02/12/2022 Limpopo Champs
63*	1:16.89	L	F	Xanthe Nagel	15	HREF BPD	07/12/2022 NWS Championships 2022/2023
63*	1:16.89	L	F	Joy Vd Westhuizen	15	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
65	1:16.92	L	F	Beane Swanepoel	15	VRC TSH	03/02/2023 NTS January Lev 3+ Age Group Gala
66	1:17.23	L	P	Jhoanè Voges	15	QUIC CPT	09/12/2022 Western Cape LC-A Championship 20
67	1:17.25	L	F	Madison Fourie	15	INFA NMA	07/10/2022 41st Freda Barnard Invitational Gala
68	1:17.26	L	F	Michaela Van Rooyen	15	BLSS MAN	06/12/2022 Free State Champs 2022
69	1:17.28	L	P	Tamsin Yates	15	CA EKU	08/12/2022 EGA Summer Champs 2022
70	1:17.42	L	P	Candice Kruger	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
71	1:17.52	L	F	Anli Rademeyer	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
72	1:17.55	L	P	Tazmin Suliman	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
73	1:17.75	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champ
74	1:17.81	L	F	Ciska Ferreira	15	UNI EZD	28/01/2023 CANA GRAND PRIX JAN 2023 MBOV
75*	1:18.05	L	F	Lume Louw	15	STHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
75*	1:18.05	L	P	Tamryn Kunneke	15	RFA TSH	31/03/2023 SA Level 3 Regional Age Group Chan
77	1:18.09	L	F	Simone Vd Merwe	15	GSA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
78	1:18.17	L	F	Amelia Manning	15	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
79	1:18.21	L	F	Carmi Schoeman	15	HPP BUF	04/02/2023 Limpopo School Champs
80	1:18.36	L	F	Tatum Cabral	15	ELEC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
81	1:18.43	L	P	Logan Coetzee	15	PER JHB	31/03/2023 SA Level 3 Regional Age Group Chan
82	1:18.47	L	P	Gabriella Douglas	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
83	1:18.51	L	F	Mignon Smit	15	SS MPD	02/12/2022 Limpopo Champs
84	1:18.60	L	P	Erin Mayoss	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
85	1:18.75	L	P	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
86	1:18.80	L	F	Jordana Azran	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
87	1:18.87	L	F	Gabby Mc Hugh	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
88	1:18.92	L	F	Neema Banza	15	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
89	1:19.14	L	F	Deanne Du Plessis	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
90	1:19.43	L	F	Kaylin Stieger	15	RBOT BPD	07/12/2022 NWS Championships 2022/2023
91	1:19.47	L	F	Jani Borman	15	QSAW CED	24/09/2022 CTA Qualifying Meet #5
92	1:19.48	L	F	Caitlin Kennedy	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
93	1:19.64	L	P	Alexia Adreani	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
94	1:19.66	L	F	Eve Abrahams	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
95*	1:19.77	L	F	Jenna-Mae Lally	15	BEAV ETH	25/11/2022 WSC & Seals Summer LC Champs 20

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
95*	1:19.77	L	F	Megan Phillips	15	HARL BUF	02/12/2022	BCA Long Course Championships 202
97*	1:20.07	L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
97*	1:20.07	L	P	Tiffany Marshall	15	MP EZ	21/04/2023	SA Schools Swimming Championship
99	1:20.10	L	P	Alexa Louw	15	BLMA CPT	24/02/2023	Western Cape Elite Gala
100*	1:20.15	L	F	Marony Jacobs	15	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
100*	1:20.15	L	F	Marinique Lamprecht	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
102	1:20.20	L	F	Holly Allison	15	SGUL ETH	02/12/2022	EDA AG Gala December 2022
103	1:20.21	L	F	Zeeva Jones	15	DRGN JHB	02/03/2023	SA Level 2 Regional Age Group Cham
104	1:20.43	L	F	Anke Vd Waal	15	TYGE CPT	15/10/2022	CTA Qualifying Meet #6
105	1:20.67	L	F	Tahnah Abrahams	15	SSISA CPT	15/10/2022	CTA Qualifying Meet #6
106	1:20.75	L	P	Gabriella Smith	15	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group Chan
107*	1:20.80	L	P	Emma Rose	15	ONYX EKU	08/12/2022	EGA Summer Champs 2022
107*	1:20.80	L	F	Adriel Govender	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
109	1:20.91	L	F	Cherise Coetzer	15	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Cham
110	1:21.02	L	F	Jean Marie Swartz	15	TONAU CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
111	1:21.08	L	P	Acacia- Cailyn Abell	15	MDOL EKU	21/03/2023	SA National Junior Age Group Champ:
112	1:21.12	L	F	Simone Cairns	15	KLOO ETH	03/03/2023	KZN Qualifying Gala
113	1:21.16	L	P	Keira Schroll	15	NWUC KKD	31/03/2023	SA Level 3 Regional Age Group Chan
114	1:21.24	L	F	Milla Delpont	15	PEAS NMA	09/12/2022	NMBA Championships 2022
115	1:21.28	L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
116	1:21.39	L	P	Kayla-Jade Van Heerden	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
117	1:21.42	L	P	Ava Fourie	15	TRAZ TSH	31/03/2023	SA Level 3 Regional Age Group Chan
118	1:21.54	L S	P	Luca Janse van Rensburg	15	CSC TSH	09/12/2022	NTS Championships 2022
119	1:21.75	L	F	Hannah Witten	15	ASAC CPT	03/09/2022	CTA Qualifying Meet #4
120	1:21.77	L	F	Isabella Vicente	15	SOUL EKU	17/02/2023	EGA Let's Race 2023
121	1:21.83	L	P	Nazneen Mohamed	15	ATLA JHB	02/03/2023	SA Level 2 Regional Age Group Cham
122	1:21.94	L	F	Marizaan De Lange	15	CLSC WCD	11/02/2023	WCA-B Champs - 2023
123	1:21.96	L	F	Alexandra Houniet	15	CA EKU	17/02/2023	EGA Let's Race 2023
124	1:22.03	L	F	Lois Fourie	15	BLSS MAN	27/01/2023	Seals Bullsharks Gala
125	1:22.11	L	F	Haléya Greyvenstein	15	PLAY CED	15/10/2022	CTA Qualifying Meet #6
126	1:22.12	L	P	Izeldi Jacobs	15	NC	21/04/2023	SA Schools Swimming Championship
127	1:22.45	L	F	Marilee Coetzee	15	DOLFI MPD	22/10/2022	Limpopo Age Group 4
128	1:22.55	L	F	Erin Horsley	15	HARL BUF	18/02/2023	BCA 2nd Feb Age Group Gala 2023
129	1:22.56	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022	CTA A CHAMPS 2022
130	1:22.96	L	F	Larissa Badenhorst	15	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Cham
131	1:23.01	L	F	Liche-Mari Britz	15	KALA	03/03/2023	SA Level 2 Regional Age Group Cham
132	1:23.17	L	P	Kanak Rajput	15	AAS JHB	31/03/2023	SA Level 3 Regional Age Group Chan
133	1:23.47	L	F	Kianno-Gro Liversage	15	SSISA CPT	24/09/2022	CTA Qualifying Meet #5
134	1:23.54	L	F	Alienne van Rensburg	15	KTS	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
135	1:23.72	L	F	Catherine Jones	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
136	1:23.77	L	F	Aarya Morar	15	ATLA JHB	25/02/2023	CGA Level 3+ Last Chance gala
137	1:24.00	L	F	Kiara Craven	15	NAE EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
138	1:24.22	L	F	Kirstin Brady	15	RAV EKU	17/02/2023	EGA Let's Race 2023
139	1:24.26	L	F	Carleigh Palmer	15	AFIN JHB	03/02/2023	NTS January Lev 3+ Age Group Gala :
140	1:24.28	L	F	Emsie Brand	15	SWAR WCD	11/02/2023	WCA-B Champs - 2023
141	1:24.33	L	F	Jade Jarvis	15	SAAW CPT	28/01/2023	Winelands SL Final
142	1:24.43	L	P	Deidré Olivier	15	POTC KKD	07/12/2022	NWS Championships 2022/2023
143	1:24.46	L	F	Abby Clayton	15	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Cham
144	1:24.63	L	F	Lisa Ferreira	15	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
145	1:24.75	L	F	Mia Pienaar	15	STSC KCD	21/01/2023	KCDA January Age Group Gala 2023
146	1:24.83	L	F	Amahle Mhlongo	15	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 20
147	1:24.90	L	P	Isabel Vorster	15	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group Chan
148	1:25.17	L	P	Erin Burke	15	AACTA CPT	09/12/2022	Western Cape LC-A Championship 20
149	1:25.25	L	P	Thandolwethu Mabuza	15	MSC NGD	02/12/2022	Mpumalanga Championships 2022
150	1:25.31	L	F	Danielle Seeliger	15	CRSC JHB	17/02/2023	NTS February Lev 1+2 Age Group Gal
151	1:25.56	L	P	Tyla Skelton	15	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan
152	1:25.65	L	F	Taaliah Rinquest	15	MARL CPT	21/01/2023	CTA Qualifying Meet #7
153	1:25.70	L	F	Leandrè Burger	15	QSAW CED	24/09/2022	CTA Qualifying Meet #5
154	1:25.81	L	P	Clara van Rooyen	15	PGAC EKU	02/03/2023	SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
155	1:25.91	L	F	Amelia Fraser-Harding	15	ACSA	ETH	17/03/2023 SA Level 2 Regional Age Group Cham
156	1:26.18	L	F	Zeeva Jones	15	DRGN	JHB	20/01/2023 EGA Last Chance Galal
157	1:26.27	L	F	Emma Wentzel	15	DORE	JHB	02/03/2023 SA Level 2 Regional Age Group Cham
158	1:26.34	L	P	Cameron Morel	15	SWIFT	EKU	02/03/2023 SA Level 2 Regional Age Group Cham
159	1:26.39	L	F	Kimberley Strong	15	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
160	1:26.59	L	P	Simone Read	15		CA	EKU 08/12/2022 EGA Summer Champs 2022
161	1:26.62	L	F	Mia Barnard	FR	BLOT	MAN	22/10/2022 Otters Prestige Gala 2022
162	1:26.63	L	F	Tyra Kasonkomona	15	CKDP	KK	10/02/2023 NW School Championships 2023
163	1:26.77	L	P	Rene Sauerman	15	SEAL	UMD	01/07/2022 Prestige Tournament 2022
164	1:27.02	L	F	Callan-Cate Bouwer	15	HARL	BUF	02/12/2022 BCA Long Course Championships 202
165	1:27.41	L	F	Isabella Mansfield	15	LALE	GED	20/08/2022 Winelands SL 1
166	1:27.56	L	P	Zoey Du Toit	15	UNI	EZD	02/03/2023 SA Level 2 Regional Age Group Cham
167	1:27.64	L	F	Annabelle Roberts	15	LALE	GED	20/08/2022 Winelands SL 1
168	1:27.70	L	P	Megan McFarlane	15	AZON	ETH	01/07/2022 Prestige Tournament 2022
169*	1:27.81	L	F	Shannon Coetzee	15	PGAC	EKU	02/03/2023 SA Level 2 Regional Age Group Cham
169*	1:27.81	L	F	Rebecca Flack	15	CLSC	WCD	20/08/2022 Winelands SL 1
171	1:27.97	L	P	Riley Hattingh-Steyn	15	SOUL	EKU	08/12/2022 EGA Summer Champs 2022
172	1:27.99	L	F	Hanrike Barnard	15	CSC	TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
173	1:28.25	L	F	Elmarie De Witt	15	QUIC	CPT	21/01/2023 CTA Qualifying Meet #7
174	1:28.29	L	F	Clarise Coetzer	15	STSC	KCD	28/01/2023 Ushaka Champs 2023
175	1:28.33	L	F	Michelle Van Rooyen	15	TYGE	CPT	15/10/2022 CTA Qualifying Meet #6
176	1:28.48	L	F	Cara Fourie	15	UPSK		14/01/2023 AGE GROUP 5 UPT 2023
177	1:28.59	L	F	Cara Corrigan	15	FISH	EDD	07/10/2022 41st Freda Barnard Invitational Gala
178	1:28.63	L	F	Thobile Mtshali	15	TUKS	TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
179	1:28.96	L	F	Zara Jeftha	15	MARL	CPT	28/01/2023 Winelands SL Final
180	1:29.00	L	P	Kelsey Windvogel	15	MGSC	UGD	17/03/2023 SA Level 2 Regional Age Group Cham
181	1:29.08	L	F	Eunice Fourie	15	BLSS	MAN	03/03/2023 SA Level 2 Regional Age Group Cham
182	1:29.23	L	F	Leane Janse van Rensburg	15	PSC	TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
183	1:29.31	L	F	Kayleigh Van der Westhuizen	15	CSA	EZD	02/12/2022 Mpumalanga Championships 2022
184	1:29.34	L	F	Taya Groger	15	SGUL	ETH	17/03/2023 SA Level 2 Regional Age Group Cham
185*	1:29.38	L	F	Esmari Weitsz	15	UNI	EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
185*	1:29.38	L	F	Kimberly Kabiri	15	PEAS	NMA	19/11/2022 5th A League Gala
187	1:29.40	L	P	Cher Prinsloo	15	KLOO	ETH	01/07/2022 Prestige Tournament 2022
188*	1:29.60	L	F	Gabrielle Mare	15	HFDT	MPD	04/02/2023 Limpopo School Champs
188*	1:29.60	L	F	Daniëlle Le Roux	15	HFDT	MPD	04/02/2023 Limpopo School Champs
190	1:29.79	L	P	Jenna Perle Du Plessis	15	BLSS	MAN	06/12/2022 Free State Champs 2022
191	1:29.84	L	F	Megan Kemp	15	TINC	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
192	1:29.88	L	P	Marita Lackey	15	TUKS	TSH	02/03/2023 SA Level 2 Regional Age Group Cham
193	1:30.22	L	F	Imani Magotsi	15	VINE	CPT	24/09/2022 CTA Qualifying Meet #5
194	1:30.27	L	F	Olivia Darley	15	HASC	JHB	25/02/2023 CGA Level 3+ Last Chance gala
195	1:30.43	L	F	Amy Lazarou	15	AWSC	JHB	18/03/2023 Level 1 Intra-Provincial 2023
196	1:30.66	L	F	Samantha Maritz	15	BLSS	MAN	29/09/2022 MA Grand Prix
197	1:30.90	L	F	Isabella Afonso	15	QUIC	CPT	11/02/2023 WCA-B Champs - 2023
198	1:31.03	L	F	Jannae De Villiers	15	PRKA	PSD	07/12/2022 NCASA CHAMPS 2022
199	1:31.24	L	F	Bianca Myburgh	15	CUHE	QBD	07/10/2022 41st Freda Barnard Invitational Gala
200	1:31.44	L	F	Lerato Molobye	15	HREF	BPD	07/12/2022 NWS Championships 2022/2023
201	1:31.76	L	P	Lianne Labuschagne	15	POTC	KKD	07/12/2022 NWS Championships 2022/2023
202	1:31.94	L	P	Makayla Lombard	15	JAQ	EKU	02/03/2023 SA Level 2 Regional Age Group Cham
203	1:31.97	L	F	Ahara-Anne Maherry	15	BEAV	ETH	25/11/2022 WSC & Seals Summer LC Champs 20
204	1:32.52	L	F	Amy Clayton	15	CUHE	QBD	11/02/2023 WCA-B Champs - 2023
205	1:33.00	L	F	Maya Lockitch	15	CYBE	CPT	21/01/2023 CTA Qualifying Meet #7
206	1:33.33	L	P	Charmae Donald	15	VALS	FDD	06/12/2022 Free State Champs 2022
207	1:33.39	L	F	Zani Van Rensburg	15	PGAC	EKU	17/02/2023 EGA Let's Race 2023
208	1:33.64	L	F	Kiera Williams	15	PGH	KKD	10/02/2023 NW School Championships 2023
209	1:34.19	L	F	Piya Narandas	15	MAC	EKU	18/03/2023 Level 1 Intra-Provincial 2023
210	1:35.17	L	F	Olivia Ward	15	ELEC	TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
211	1:35.75	L	F	Imaan Davids	15	MANT	CPT	18/02/2023 Swartland Invitational Gala 2023
212	1:35.99	L	P	Sarah Ella Hutt	15	DRGN	JHB	08/12/2022 EGA Summer Champs 2022
213	1:36.13	L	F	Jane Smit	15	PRKA	PSD	07/12/2022 NCASA CHAMPS 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
214	1:36.50	L	F	Mia Pretorius	15	MDOL EKU	25/02/2023 CGA Level 3+ Last Chance gala
215	1:36.52	L	P	Mire' Vorster	15	BLSS MAN	06/12/2022 Free State Champs 2022
216	1:37.79	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
217	1:38.80	L	F	Tamilyn Straub	15	CURHK CCD	04/02/2023 Limpopo School Champs
218	1:38.93	L	F	Lunathi Mfuyo	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
219	1:40.09	L	F	Lana Odendaal	15	WELA LLD	17/02/2023 Neptune Last Chance Gala
220	1:40.30	L	F	Carla Van Tonder	15	DESA NMA	22/10/2022 4th A League Gala
221	1:40.52	L	F	Christn Engelbrecht	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
222	1:40.98	L	F	Jessica Davids	15	GREY CPT	12/11/2022 CTA B CHAMPS
223	1:41.00	L	F	Nubi Niehaus	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
224	1:41.27	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
225	1:43.03	L	P	Bea-Mari Ackerman	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
226	1:43.28	L	P	Adele Van Der Riet	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
227	1:43.51	L	F	Unathi Sibiyi	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
228	1:45.96	L	F	Bonolo Mohapi	15	COSM JHB	18/03/2023 Level 1 Intra-Provincial 2023
229	1:47.16	L	F	Rihannon Noble-Ashby	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
230	1:47.24	L	F	Madelein Bronkhorst	15	SS MPD	02/12/2022 Limpopo Champs
231	1:49.05	L	P	Yana Van Schoor	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
232	1:49.19	L	F	Juanise Van Der Walt	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
233	1:49.57	L	F	René Scott	15	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
234	1:55.62	L	F	Arya Naidoo	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
235	1:56.41	L	F	Laveshni Cayley Behari	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
236	1:57.28	L	F	Deidre Grobler	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
237	1:57.67	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
238	2:00.29	L	F	Nika Snyman	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
239	2:03.94	L	F	Christine Lee	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
240	2:24.96	L	F	Owethu Mokwena	15	NWSCH	21/04/2023 SA Schools Swimming Championship
241	4:00.64	L	F	Jessica Jansen	15	ESS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
242	4:08.51	L	F	Anna Marie Steyn	15	ESS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
<b>Women 200 Back</b>							
1	2:19.06	L	F	Emma De Wet	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
2	2:20.38	L	F	Grace Morris	15	ELEC TSH	21/03/2023 SA National Junior Age Group Champs
3	2:21.65	L	F	Hannah Mouton	15	TUKS TSH	21/03/2023 SA National Junior Age Group Champs
4	2:25.37	L	F	Cassidy Burgess	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
5	2:26.81	L	F	Kaitlynne Horne	15	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
6	2:26.82	L	F	Simoné Henning	15	NWSCH	21/04/2023 SA Schools Swimming Championship
7	2:28.31	L	F	Taylor Morton	15	GSA CPT	09/12/2022 Western Cape LC-A Championship 20
8	2:28.33	L	F	Chanel Baenhoff	15	FSS FS	21/04/2023 SA Schools Swimming Championship
9	2:29.54	L	F	Hannah Ferreira	15	ASA ILD	21/03/2023 SA National Junior Age Group Champs
10	2:30.07	L	F	Keira Duncan	15	KZNA ETH	21/04/2023 SA Schools Swimming Championship
11	2:31.68	L	F	Timara Froneman	15	MSC NGD	30/09/2022 MP AGE GROUP 1
12	2:32.58	L	P	Cassidey Doubell	15	WATR JHB	21/03/2023 SA National Junior Age Group Champs
13	2:33.24	L	F	Dane De Klerk	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
14	2:33.66	L	P	Hannah Rigby	15	DRGN JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
15	2:34.32	L	F	Holley Jacoby	15	VIKI BUF	10/02/2023 Infinity Gala 2023
16	2:35.63	L	P	Kalynne Dowdle	15	ASAW CED	21/03/2023 SA National Junior Age Group Champs
17	2:36.40	L	P	Isabella Desfontaines	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
18	2:36.56	L	P	Michaela Labuschagne	15	SAAW CPT	21/03/2023 SA National Junior Age Group Champs
19	2:36.93	L	F	Amy Schmidt	15	CLSC WCD	09/12/2022 Western Cape LC-A Championship 20
20	2:37.30	L	P	Tatum Lauf	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
21	2:37.37	L	P	Katie-Peta Marcelino	15	SGUL ETH	16/12/2022 KZNA Premier Provincial Championshi
22	2:37.82	L	F	Kate Truter	15	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
23	2:38.06	L	P	Keira Leask	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
24	2:38.63	L	P	Francis Whelan	AR	BLOT MAN	21/03/2023 SA National Junior Age Group Champs
25	2:38.80	L	F	Hannah Liebenberg	15	PAC TSH	09/12/2022 NTS Championships 2022
26	2:39.35	L	F	Charnè Van Tonder	15	TYGE CPT	21/01/2023 CTA Qualifying Meet #7
27	2:39.36	L	P	Hayley Beling	15	BAS EKU	16/12/2022 KZNA Premier Provincial Championshi
28	2:39.38	L	F	Anri De Beer	15	INFA NMA	10/02/2023 Infinity Gala 2023
29	2:40.50	L	F	Jana Lombard	15	LALE CED	13/11/2022 Winelands Summer League 4

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
30	2:40.90	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
31	2:41.27	L	F	Kayla Miller	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
32	2:42.05	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champs
33	2:42.56	L	F	Emma La Grange	15	WCA CPT	21/04/2023 SA Schools Swimming Championship
34	2:43.73	L	P	Caitlin Watson	15	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
35	2:43.83	L S	F	Jana Helmand	KR	BLOT MAN	06/12/2022 Free State Champs 2022
36	2:45.05	L	F	Emma Roberts	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
37	2:45.07	L	F	Lize Burness	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
38	2:45.66	L	F	Erin Glover	15	TYGE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
39	2:45.77	L	F	Tianel Van Der Merwe	15	MSC NGD	31/03/2023 SA Level 3 Regional Age Group Chan
40	2:45.97	L	P	Nicole Beling	15	BAS EKU	16/12/2022 KZNA Premier Provincial Championship
41	2:46.10	L	F	Emily Walker	15	PEAS NMA	10/02/2023 Infinity Gala 2023
42	2:46.37	L	F	Alexia Luz	15	SOUL EKU	31/03/2023 SA Level 3 Regional Age Group Chan
43	2:46.59	L	P	Christina Gennarakis	15	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group Chan
44	2:46.72	L	F	Madison Franks	15	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
45	2:46.76	L	F	Ella Mills	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
46	2:47.11	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
47	2:47.13	L	F	Amelia Manning	15	KNYA EDD	19/11/2022 Eden LC Champs 2022
48	2:47.40	L	F	Neema Banza	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
49	2:47.43	L	F	Joy Vd Westhuizen	15	AQDO CPT	31/03/2023 SA Level 3 Regional Age Group Chan
50	2:47.65	L	P	Tanè Putter	15	CUDU CPT	25/06/2022 PEA Winter Gala 2022
51	2:48.04	L	P	Jhoanè Voges	15	QUIC CPT	09/12/2022 Western Cape LC-A Championship 20
52	2:48.05	L	F	Ashling McCarthy	15	LINR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
53	2:48.24	L	P	Stella Reinecke	15	KLOO ETH	16/12/2022 KZNA Premier Provincial Championship
54	2:48.46	L	F	Logan Coetzee	15	PER JHB	31/03/2023 SA Level 3 Regional Age Group Chan
55	2:48.57	L	F	Ciska Ferreira	15	MP EZ	21/04/2023 SA Schools Swimming Championship
56	2:48.85	L	F	Anke Vd Waal	15	TYGE CPT	03/09/2022 CTA Qualifying Meet #4
57	2:48.96	L	F	Simone Vd Merwe	15	GSA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
58	2:49.66	L	P	Jenna-Mae Lally	15	BEAV ETH	16/12/2022 KZNA Premier Provincial Championship
59	2:49.76	L	F	Anli Rademeyer	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
60	2:50.25	L	F	Alexa Louw	15	BLMA CPT	24/02/2023 Western Cape Elite Gala
61	2:50.36	L	P	Abigail Van Dyk	15	TUKS TSH	09/12/2022 NTS Championships 2022
62	2:50.81	L S	F	Keira Schroll	15	NWUC KKD	07/12/2022 NWS Championships 2022/2023
63	2:51.00	L	F	Jean Marie Swartz	15	ACAQ CCD	22/10/2022 Limpopo Age Group 4
64	2:51.25	L	F	Mignon Smit	15	SS MPD	31/03/2023 SA Level 3 Regional Age Group Chan
65	2:52.30	L	F	Aarya Morar	15	GAUT	21/04/2023 SA Schools Swimming Championship
66	2:52.34	L	P	Erin Mayoss	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
67	2:52.41	L	F	Tiffany Marshall	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
68	2:52.50	L	F	Megan Phillips	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
69	2:53.19	L S	P	Xanthe Nagel	15	HREF BPD	07/12/2022 NWS Championships 2022/2023
70	2:53.39	L	F	Ava Fourie	15	TRAZ TSH	03/02/2023 NTS January Lev 3+ Age Group Gala
71	2:53.77	L	P	Lume Louw	15	USC BUF	31/03/2023 SA Level 3 Regional Age Group Chan
72	2:53.88	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	28/01/2023 EDA January Gala 2023
73	2:53.89	L	P	Beane Swanepoel	15	VRC TSH	09/12/2022 NTS Championships 2022
74	2:53.96	L	F	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
75	2:54.08	L	F	Candice Kruger	15	BAS EKU	20/01/2023 EGA Last Chance Galal
76	2:54.09	L	F	Caitlin Kennedy	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
77	2:54.17	L	F	Amelia Fraser-Harding	15	ACSA ETH	17/03/2023 SA Level 2 Regional Age Group Cham
78	2:54.43	L	F	Marizaan De Lange	15	CLSC WCD	11/02/2023 WCA-B Champs - 2023
79	2:54.65	L	F	Marinique Lamprecht	15	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
80	2:54.67	L	F	Lucy Nagel	15	PEAS NMA	13/08/2022 Madibaz Swim Meet
81	2:54.91	L	F	Cherise Coetzer	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
82	2:55.24	L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
83	2:56.18	L	F	Nazneen Mohamed	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
84	2:56.43	L	F	Adriel Govender	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
85*	2:56.72	L	F	Erin Horsley	15	HARL BUF	18/02/2023 BCA 2nd Feb Age Group Gala 2023
85*	2:56.72	L	P	Emsie Brand	15	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group Chan
87	2:57.23	L	P	Gabriella Douglas	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
88	2:57.32	L	P	Gabriella Smith	15	MDOL EKU	08/12/2022 EGA Summer Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
89	2:58.21	L	F	Alexandra Houniet	15	CA EKU	31/03/2023 SA Level 3 Regional Age Group Cham
90	2:58.25	L	F	Catherine Jones	15	RFA TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
91	2:58.62	L	F	Cameron Morel	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
92	2:58.83	L	F	Izeldi Jacobs	15	STGR	19/11/2022 AGE GROUP 3 KBY 2022
93	2:58.89	L	F	Alienne van Rensburg	15	KTS	28/10/2022 KALAHARI CLASSIC CLUB GALA
94	2:58.91	L	P	Jordana Azran	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
95	2:59.57	L	F	Abby Clayton	15	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Cham
96	2:59.60	L	F	Isabella Vicente	15	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Cham
97	2:59.81	L	F	Leandrè Burger	15	QSAW CED	28/01/2023 Winelands SL Final
98	3:00.06	L	F	Lois Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
99	3:00.29	L	P	Clara van Rooyen	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
100	3:00.43	L	F	Liche-Mari Britz	15	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
101	3:00.75	L	F	Mari Zanne Nortje	15	TKS WBD	02/12/2022 Limpopo Champs
102	3:02.14	L	F	Larissa Badenhorst	15	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Cham
103	3:02.55	L	F	Taaliah Rinquest	15	MARL CPT	21/01/2023 CTA Qualifying Meet #7
104	3:02.93	L	F	Zeeva Jones	15	DRGN JHB	20/01/2023 EGA Last Chance Galal
105	3:02.96	L S	P	Kaylin Stieger	15	RBOT BPD	07/12/2022 NWS Championships 2022/2023
106	3:02.99	L	F	Callan-Cate Bouwer	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
107	3:03.10	L	F	Milla Delpport	15	PEAS NMA	09/12/2022 NMBA Championships 2022
108	3:03.28	L	F	Haléya Greyvenstein	15	PLAY CED	13/11/2022 Winelands Summer League 4
109	3:03.94	L	F	Marilee Coetzee	15	DOLFI MPD	22/10/2022 Limpopo Age Group 4
110	3:04.09	L	F	Jorja Da Cunha	15	BON EKU	20/01/2023 EGA Last Chance Galal
111	3:04.19	L	F	Deidré Olivier	15	POTC KKD	26/11/2022 NWS Age Group 3 2022/23
112	3:04.83	L	F	Lisa Ferreira	15	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
113	3:05.13	L	F	Taryn Coenraad	15	GREY CPT	03/09/2022 CTA Qualifying Meet #4
114	3:05.50	L	F	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Cham
115	3:05.97	L	F	Abigail Phillips	15	SASE JHB	25/02/2023 CGA Level 3+ Last Chance gala
116	3:06.55	L	F	Shannon Coetzee	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
117	3:06.94	L	F	Elmarie De Witt	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
118	3:07.04	L	P	Cher Prinsloo	15	KLOO ETH	01/07/2022 Prestige Tournament 2022
119	3:07.16	L	F	Ammara Jagger	15	AQDO CPT	11/02/2023 WCA-B Champs - 2023
120	3:08.06	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
121	3:08.15	L	F	Annabelle Roberts	15	LALE CED	13/11/2022 Winelands Summer League 4
122	3:09.65	L	F	Thandolwethu Mabuza	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
123	3:10.05	L	P	Rene Sauerman	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
124	3:10.56	L	F	Hanrike Barnard	15	CSC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
125	3:10.86	L	P	Samantha Maritz	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
126	3:10.90	L	F	Isabella Afonso	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
127	3:10.94	L	F	Tyra Kasonkomona	15	MATL KKD	26/11/2022 NWS Age Group 3 2022/23
128	3:11.50	L	F	Marita Lackey	15	TUKS TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
129	3:11.77	L	F	Mia Barnard	FR	BLOT MAN	24/09/2022 Bull-Sharks Gala
130	3:12.30	L	P	Simone Read	15	CA EKU	08/12/2022 EGA Summer Champs 2022
131	3:12.81	L	F	Cara Fourie	15	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
132	3:12.82	L	F	Lerato Molobye	15	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Cham
133	3:12.93	L S	P	Eunice Fourie	15	BLSS MAN	06/12/2022 Free State Champs 2022
134	3:15.77	L S	P	Lianne Labuschagne	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
135	3:16.19	L	F	Emma Atkinson	15	AZON ETH	25/11/2022 WSC & Seals Summer LC Champs 20
136	3:16.30	L	F	Kimberley Strong	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
137	3:16.40	L	F	Jannae De Villiers	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
138	3:16.71	L	F	Maya Lockitch	15	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
139	3:17.26	L	F	Kayleigh Van der Westhuizen	15	CSA EZD	30/09/2022 MP AGE GROUP 1
140	3:18.41	L	F	Jenna Perle Du Plessis	15	BLSS MAN	17/02/2023 Neptune Last Chance Gala
141	3:21.83	L	P	Makayla Lombard	15	JAQ EKU	02/03/2023 SA Level 2 Regional Age Group Cham
142	3:23.41	L	F	Gabriëlle Maré	15	DOLFI MPD	22/10/2022 Limpopo Age Group 4
143	3:23.46	L	F	Imani Magotsi	15	VINE CPT	03/09/2022 CTA Qualifying Meet #4
144	3:24.64	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
145	3:27.58	L	P	Zani Van Rensburg	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
146	3:29.17	L	P	Piya Narandas	15	MAC EKU	08/12/2022 EGA Summer Champs 2022
147	3:29.61	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
148	3:41.51 L	F	Imaan Davids	15	MANT CPT	07/10/2022	41st Freda Barnard Invitational Gala
149	3:45.82 L	F	Bea-Mari Ackerman	15	SHS KK	10/02/2023	NW School Championships 2023
150	3:46.25 L	P	Adele Van Der Riet	15	SWIFT ECU	08/12/2022	EGA Summer Champs 2022
151	3:52.51 L	F	Unathi Sibiya	15	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
<b>Women 50 Breast</b>							
1	34.05 L	F	Daena Robinson	15	SEAL UMD	21/03/2023	SA National Junior Age Group Champs
2	34.21 L	F	Keira Van Heerden	15	PEAS NMA	25/06/2022	PEA Winter Gala 2022
3	34.45 L	F	Myra Viduya	15	INFA NMA	10/02/2023	Infinity Gala 2023
4	34.49 L	P	Cassandra Sikiotis	15	AGA ECU	12/04/2023	SA National Aquatic SNR-Champ 202
5	34.63 L	F	Ana Tavolari	15	ACSA ETH	16/12/2022	KZNA Premier Provincial Championsh
6	34.73 L	F	Christie Piguet	15	AA JHB	21/03/2023	SA National Junior Age Group Champs
7	34.79 L	P	Loghan Gray	15	MDOL ECU	21/03/2023	SA National Junior Age Group Champs
8	34.90 L	F	Rebecca Fury	15	VINE CPT	21/03/2023	SA National Junior Age Group Champs
9	35.15 L	P	Rebecca Kuhn	15	PER JHB	21/03/2023	SA National Junior Age Group Champs
10	35.28 L	P	Tatum Lauf	15	MDOL ECU	21/03/2023	SA National Junior Age Group Champs
11	35.30 L	F	Kirstin Brady	15	RAV ECU	21/03/2023	SA National Junior Age Group Champs
12	35.32 L	F	Mianique Lombard	15	WELA LLD	21/03/2023	SA National Junior Age Group Champs
13	36.06 L	F	Farhah Valli	15	MDOL ECU	08/12/2022	EGA Summer Champs 2022
14	36.14 L S	F	Jordyn Collett	15	TUKS TSH	09/12/2022	NTS Championships 2022
15	36.23 L S	F	Tazmin Suliman	15	TUKS TSH	09/12/2022	NTS Championships 2022
16	36.34 L	P	Madison Fourie	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs
17	36.43 L	F	Erin Beyers	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
18	36.50 L	F	Tanè Putter	15	CTA CPT	28/01/2023	NMBA Intra-District Championship
19	36.61 L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 20
20	36.67 L	F	Erin Mayoss	15	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
21	36.68 L	F	Neema Banza	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
22	36.82 L	F	Kayla Petersen	15	USC BUF	31/03/2023	SA Level 3 Regional Age Group Chan
23	36.94 L	F	Monique Oosthuizen	AR	BLOT MAN	06/12/2022	Free State Champs 2022
24	36.99 L	F	Hannah Rigby	15	DRGN JHB	10/09/2022	Adrian Grafe Gala 2022
25	37.13 L	P	Kanishka Rajput	15	AAS JHB	21/03/2023	SA National Junior Age Group Champs
26	37.22 L	F	Emma De Wet	15	VINE CPT	25/06/2022	PEA Winter Gala 2022
27	37.50 L	F	Mari Zanne Nortje	15	LP CC	21/04/2023	SA Schools Swimming Championship
28	37.62 L	P	Nicole Beling	15	BAS ECU	21/03/2023	SA National Junior Age Group Champs
29	37.67 L	F	Anli Rademeyer	15	QUIC CPT	21/01/2023	CTA Qualifying Meet #7
30	37.69 L	P	Isabella Desfontaines	15	RAV ECU	21/03/2023	SA National Junior Age Group Champs
31	37.74 L	F	Amelia Vincent	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
32	37.81 L	P	Emily Walker	15	PEAS NMA	21/03/2023	SA National Junior Age Group Champs
33	38.01 L	F	Mathilda Liebenberg	15	POTC KKD	07/12/2022	NWS Championships 2022/2023
34	38.06 L	F	Kye-Ann Fowler	15	UNI EZD	06/01/2023	2023 Grand Prix Invitation Swimming I
35	38.10 L	F	Cara Corrigan	15	EDEN EDD	28/01/2023	NMBA Intra-District Championship
36	38.16 L	F	Keira Duncan	15	SGUL ETH	16/12/2022	KZNA Premier Provincial Championsh
37	38.17 L	F	Taylor Hemphill	15	SEAL UMD	03/03/2023	KZN Qualifying Gala
38	38.22 L	F	Carleigh Palmer	15	AFIN JHB	31/03/2023	SA Level 3 Regional Age Group Chan
39	38.27 L	P	Simoné Henning	15	RBOT BPD	01/07/2022	Prestige Tournament 2022
40	38.37 L	P	Acacia- Cailyn Abell	15	MDOL ECU	21/03/2023	SA National Junior Age Group Champs
41	38.52 L S	P	Nikha Lambden	15	EXP TSH	09/12/2022	NTS Championships 2022
42	38.53 L	F	Kristin Vogelzang	15	RAV ECU	23/09/2022	EGA Summer 1 2022
43	38.56 L	F	Simone Theron	15	HSBV SKD	04/02/2023	Limpopo School Champs
44	38.70 L	F	Georgoulla Kambanis	15	BLSS MAN	27/01/2023	Seals Bullsharks Gala
45	38.71 L	F	Shani Olivier	15	WELL CED	31/03/2023	SA Level 3 Regional Age Group Chan
46	38.77 L	F	Nanette Jordaan	AR	BLOT MAN	29/10/2022	Neptune Gala
47	39.01 L	F	Emma La Grange	15	WCA CPT	21/04/2023	SA Schools Swimming Championship
48	39.02 L	F	Zara Jeftha	15	MARL CPT	21/01/2023	CTA Qualifying Meet #7
49	39.08 L	F	Carmi Schoeman	15	TKS WBD	02/12/2022	Limpopo Champs
50	39.20 L	F	Xanthe Nagel	15	HREF BPD	07/12/2022	NWS Championships 2022/2023
51	39.31 L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022	CGA LC Summer Championships Leve
52	39.33 L	P	Dane De Klerk	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
53	39.37 L	F	Gemma Harris	15	MARL CPT	07/10/2022	41st Freda Barnard Invitational Gala
54	39.56 L	P	Erin Hudson	15	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
55	39.57	L	F	Cassidy Sinclair	15	DRGN JHB	10/09/2022	Adrian Grafe Gala 2022
56	39.61	L	F	Michaela Van Rooyen	15	BLSS MAN	06/12/2022	Free State Champs 2022
57	39.67	L	F	Timara Froneman	15	MSC NGD	30/09/2022	MP AGE GROUP 1
58*	39.73	L	F	Erin Burke	15	AACTA CPT	03/09/2022	CTA Qualifying Meet #4
58*	39.73	L	F	Candice Kruger	15	BAS EKU	21/10/2022	EGA Summer 2 2022
60	39.77	L	F	Esmari Weitsz	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
61	39.85	L	F	Aruli Fick	15	USH UHD	31/03/2023	SA Level 3 Regional Age Group Cham
62	39.87	L	F	Kaitlyne Horne	15	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trial
63	39.90	L	P	Tahnah Abrahams	15	SSISA CPT	24/02/2023	Western Cape Elite Gala
64	39.93	L	F	Hannah Witten	15	ASAC CPT	07/10/2022	41st Freda Barnard Invitational Gala
65	39.97	L	F	Hannah Ferreira	15	ASA ILD	16/12/2022	KZNA Premier Provincial Championship
66	40.04	L	P	Tatum Cabral	15	ELEC TSH	31/03/2023	SA Level 3 Regional Age Group Cham
67	40.06	L	F	Gabriella Douglas	15	BAS EKU	31/03/2023	SA Level 3 Regional Age Group Cham
68	40.23	L	F	Eve Abrahams	15	VINE CPT	04/11/2022	CTA A CHAMPS 2022
69	40.33	L	F	Charnè Van Tonder	15	TYGE CPT	03/09/2022	CTA Qualifying Meet #4
70	40.40	L	F	Eunice Fourie	15	BLSS MAN	27/01/2023	Seals Bullsharks Gala
71	40.42	L	F	Abigail Phillips	15	SASE JHB	31/03/2023	SA Level 3 Regional Age Group Cham
72	40.46	L	F	Fallon Tweedie	15	PEAS NMA	19/11/2022	5th A League Gala
73	40.63	L	F	Jorja Da Cunha	15	BON EKU	21/10/2022	EGA Summer 2 2022
74	40.69	L	F	Lindi Claassen	15	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Cham
75	40.72	L	F	Kanak Rajput	15	AAS JHB	31/03/2023	SA Level 3 Regional Age Group Cham
76	40.76	L	F	Tiffany Marshall	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022
77	40.77	L	F	Lois Fourie	15	BLSS MAN	27/01/2023	Seals Bullsharks Gala
78	40.78	L	F	Jannae De Villiers	15	PRKA PSD	03/03/2023	SA Level 2 Regional Age Group Cham
79	40.91	L	P	Colby Cochrane	15	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group Cham
80	40.92	L	F	Francis Whelan	AR	BLOT MAN	27/08/2022	Kovsie Gala
81	41.06	L	F	Jani Borman	15	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
82	41.07	L	F	Hannah Liebenberg	15	PAC TSH	28/10/2022	NTS October SARJ+ Age Group Gala
83	41.14	L	P	Isabella Mansfield	15	LALE CED	09/12/2022	Western Cape LC-A Championship 20
84	41.15	L	P	Erin Glover	15	TYGE CPT	21/03/2023	SA National Junior Age Group Champ
85	41.24	L	F	Tyla Longueira	15	MSC NGD	02/12/2022	Mpumalanga Championships 2022
86	41.26	L	F	Tyla Skelton	15	WATR JHB	01/12/2022	CGA LC Summer Championships Lev
87	41.30	L	P	Emma Roberts	15	MP EZ	21/04/2023	SA Schools Swimming Championship
88	41.37	L	F	Holley Jacoby	15	VIKI BUF	02/12/2022	BCA Long Course Championships 202
89	41.44	L	F	Madelé Harding	15	POTC KKD	07/12/2022	NWS Championships 2022/2023
90	41.46	L	F	Yusrah Du Toit	15	UWCA CPT	03/03/2023	SA Level 2 Regional Age Group Cham
91	41.51	L	F	Chloe Green	15	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Cham
92	41.75	L	F	Deanne Du Plessis	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
93	41.84	L	P	Cherise Coetzer	15	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Cham
94*	41.89	L	F	Jane Smit	15	PRKA PSD	07/12/2022	NCASA CHAMPS 2022
94*	41.89	L	F	Chanel Baenhoff	15	BLSS MAN	06/12/2022	Free State Champs 2022
96	41.95	L	F	Christina Gennarakis	15	CUDU CPT	24/09/2022	CTA Qualifying Meet #5
97	41.99	L	F	Jhoanè Voges	15	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
98*	42.11	L	F	Charissa Volschenk	15	AQU ADJ	17/03/2023	SA Level 2 Regional Age Group Cham
98*	42.11	L	P	Clarise Coetzer	15	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Cham
100	42.13	L	F	Mignon Smit	15	SS MPD	02/12/2022	Limpopo Champs
101	42.22	L	F	Charmae Donald	15	VALS FDD	17/02/2023	Neptune Last Chance Gala
102	42.27	L S	P	Lize Burness	15	TUKS TSH	09/12/2022	NTS Championships 2022
103	42.32	L	F	Larissa Badenhorst	15	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
104	42.41	L	F	Alexandra Houniet	15	CA EKU	21/10/2022	EGA Summer 2 2022
105*	42.50	L	F	Jenna Perle Du Plessis	15	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Cham
105*	42.50	L	F	Lianka Du Toit	15	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
107	42.52	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023	SA Level 2 Regional Age Group Cham
108	42.62	L	F	Kendra Beukes	15	PGAC EKU	21/10/2022	EGA Summer 2 2022
109	42.73	L	P	Hanrike Barnard	15	CSC TSH	02/03/2023	SA Level 2 Regional Age Group Cham
110	42.81	L	P	Alexa Louw	15	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
111	42.87	L	F	Riley Hattingh-Steyn	15	SOUL EKU	11/06/2022	EGA Winter 1 2022
112	42.88	L	F	Amonique Louwrens	15	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
113	43.12	L	F	Emma Atkinson	15	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114*	43.15	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champs
114*	43.15	L	F	Kiara Craven	15	NAE EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
116	43.16	L	F	Taya Groger	15	SGUL ETH	17/03/2023 SA Level 2 Regional Age Group Cham
117	43.20	L	P	Rene Sauerman	15	SEAL UMD	16/12/2022 KZNA Premier Provincial Championshi
118*	43.37	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
118*	43.37	L	F	Hayley Beling	15	BAS EKU	21/10/2022 EGA Summer 2 2022
120	43.42	L	P	Addison vd Byl	15	ELEC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
121	43.43	L	F	Emma Rose	15	ONYX EKU	21/10/2022 EGA Summer 2 2022
122	43.47	L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
123	43.51	L	P	Tatum Borrill	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
124	43.66	L	F	Layah Mahomed	15	HMER MPD	15/10/2022 Limpopo Top 10 - High Schools
125	43.67	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
126	43.69	L	F	Megan Phillips	15	BCA BUF	28/01/2023 NMBA Intra-District Championship
127	43.70	L	P	Luyanda Shandu	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
128	43.72	L	P	Lerato Molobye	15	NWSCH	21/04/2023 SA Schools Swimming Championship
129	43.84	L	F	Isla Thomas	15	AA JHB	08/10/2022 NTS Sprint Gala
130	43.85	L	P	Jennifer Sweeney	15	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
131	43.90	L	F	Alexia Adreani	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
132	43.92	L	F	Deidré Olivier	15	PGIM KKD	10/02/2023 NW School Championships 2023
133	43.96	L	P	Kayla Botha	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
134	44.02	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
135	44.03	L	F	Taylor Morton	15	GSA CPT	20/08/2022 Winelands SL 1
136	44.05	L	F	Ciska Ferreira	15	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
137	44.08	L	F	Carla Pienaar	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
138	44.14	L	F	Olivia Ward	15	ELEC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
139	44.27	L	F	Michaela Mitchley	15	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
140	44.38	L	P	Sinesipho Sibiyi	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
141	44.39	L	F	Tyra Kasonkomona	15	MATL KKD	07/12/2022 NWS Championships 2022/2023
142	44.49	L	P	Tianel Van Der Merwe	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
143	44.58	L	F	Joy Vd Westhuizen	15	AQDO CPT	03/09/2022 CTA Qualifying Meet #4
144	44.59	L	P	Isabel Vorster	15	BLNE MAN	29/09/2022 MA Grand Prix
145*	44.68	L	F	Jade Jarvis	15	SAAW CPT	28/01/2023 Winelands SL Final
145*	44.68	L	F	Anri De Beer	15	ISSC NMD	04/02/2023 Nelson Mandela Bay Schools Swimmii
147	44.77	L	F	Zeeva Jones	15	DRGN JHB	21/10/2022 EGA Summer 2 2022
148	44.79	L	F	Carla Van Tonder	15	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Cham
149	44.89	L	F	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
150	45.01	L	F	Thobile Mtshali	15	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
151	45.07	L	P	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
152	45.10	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
153	45.20	L	P	Caitlin Watson	15	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
154	45.29	L	F	Jamilah Tshiyoyo	15	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
155	45.33	L	F	Isabella Afonso	15	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
156	45.59	L	P	Samantha Maritz	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
157	45.64	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
158	45.69	L	F	Cameron Morel	15	SWIFT EKU	20/01/2023 EGA Last Chance Galal
159	45.87	L	F	Kimberly Kabiri	15	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
160	45.92	L	F	Imani Magotsi	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
161	46.28	L	F	Taaliah Rinquest	15	MARL CPT	28/01/2023 Winelands SL Final
162	46.29	L	F	Catherine Jones	15	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
163	46.37	L	F	Izeldi Jacobs	15	STGR	07/12/2022 NCASA CHAMPS 2022
164	46.54	L	F	Jaime Smit	15	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
165	46.60	L	P	Catherine Wentzel	15	FRA KCD	17/03/2023 SA Level 2 Regional Age Group Cham
166	46.63	L	P	Zoey Du Toit	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
167	46.68	L	P	Nazneen Mohamed	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
168	46.74	L	P	Lianne Labuschagne	15	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
169*	46.90	L	P	Isabella Vicente	15	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Cham
169*	46.90	L	F	Callan-Cate Bouwer	15	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
171	46.98	L	F	Izra Gameeldien	15	MANT CPT	04/11/2022 CTA A CHAMPS 2022
172	47.12	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
173	47.13	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
174	47.17	L	F	Alienne van Rensburg	15	KTS	28/10/2022 KALAHARI CLASSIC CLUB GALA
175	47.27	L	P	Clara van Rooyen	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
176	47.47	L	F	Daniëlle Le Roux	15	SS MPD	02/12/2022 Limpopo Champs
177	47.52	L	F	Jessica Davids	15	GREY CPT	12/11/2022 CTA B CHAMPS
178	47.53	L	P	Liche-Mari Britz	15	NC	21/04/2023 SA Schools Swimming Championship
179	47.66	L	F	Adele Van Der Riet	15	SWIFT EKU	20/01/2023 EGA Last Chance Galal
180	47.67	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
181	48.28	L	F	Abigail Van Dyk	15	TUKS TSH	08/10/2022 NTS Sprint Gala
182*	48.48	L	F	Annabelle Roberts	15	LALE CED	20/08/2022 Winelands SL 1
182*	48.48	L	F	Maya Lockitch	15	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
184	48.50	L	F	Suzanne Pretorius	15	AGAQC OBD	11/11/2022 Swartland Prestige Gala 2022
185	48.58	L	F	Unathi Sibiyi	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
186	48.75	L	F	Ehdel Van der Merwe	15	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
187	48.79	L	F	Morgan Rabie	15	TUKS TSH	08/10/2022 NTS Sprint Gala
188	49.00	L	F	Makayla Lombard	15	JAQ EKU	21/10/2022 EGA Summer 2 2022
189	49.03	L	F	Kimberley Strong	15	BLSS MAN	27/08/2022 Kovsie Gala
190	49.09	L	F	Leandre Burger	15	QSAW CED	24/09/2022 CTA Qualifying Meet #5
191	49.14	L	F	Nkenda Baghana	15	CPSC TSH	08/10/2022 NTS Sprint Gala
192	49.17	L	F	Haléya Greyvenstein	15	PLAY CED	28/01/2023 Winelands SL Final
193	49.44	L	F	Amy Lazarou	15	AWSC JHB	18/03/2023 Level 1 Intra-Provincial 2023
194	49.60	L	F	Anke Oellermann	15	EXP TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
195	49.65	L	F	Yana Van Schoor	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
196	49.78	L	F	Christn Engelbrecht	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
197	49.82	L	F	Madelein Bronkhorst	15	SS MPD	02/12/2022 Limpopo Champs
198	50.48	L	F	Nkateko Moyana	15	TONAU CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
199	50.62	L	F	Marize Rabe	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
200	50.66	L	F	Elanza Oosthuizen	15	PHS CCD	15/10/2022 Limpopo Top 10 - High Schools
201	50.67	L	F	Rudine Van Wyk	15	ACAQ CCD	22/10/2022 Limpopo Age Group 4
202	50.73	L	F	Piya Narandas	15	MAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
203	50.87	L	F	René Scott	15	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
204	50.93	L	F	Chloe Stacey	15	RBUR BPD	21/01/2023 NWS Sprint Gala 2023
205	51.02	L	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
206	51.21	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
207	51.34	L	F	Megan Kemp	15	TINC TSH	08/10/2022 NTS Sprint Gala
208	51.44	L	F	Agena Swanepoel	15	PENC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
209	51.55	L	F	Loren Parker	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
210	51.56	L	F	Bianca Myburgh	15	CUHE OBD	13/11/2022 Winelands Summer League 4
211	51.94	L	F	Isabella Le Roux	15	QSAW CED	11/11/2022 Swartland Prestige Gala 2022
212	52.13	L	F	Bonolo Mohapi	15	COSM JHB	02/10/2022 2022 AG Swim Stars 14&Over
213	52.17	L	F	Leane Jacobs	15	TLAC BPD	07/12/2022 NWS Championships 2022/2023
214	52.25	L	F	Hayley Lottering	15	CA EKU	11/06/2022 EGA Winter 1 2022
215	52.81	L	F	Lana Odendaal	15	WELA LLD	12/11/2022 Kroonstad Age Group
216	53.42	L	F	Arya Naidoo	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
217	53.58	L	F	Ahara-Anne Maherry	15	BEAV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
218	53.80	L	F	Lunathi Mfuyo	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
219	53.81	L	F	Gabriëlle Maré	15	DOLFI MPD	12/11/2022 Limpopo Age Group 5
220	54.02	L	P	Deidre Grobler	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
221	54.14	L	F	Thando Mvuyana	15	TMAC ETH	19/03/2023 KZN Level 1 Championships 2023
222	54.21	L	P	Shannon Coetzee	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
223	54.35	L	F	Alyssa Bester	15	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
224	54.91	L	F	Nika Snyman	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
225	54.94	L	F	Aliska Steenkamp	15	WOAQ CED	03/09/2022 CTA Qualifying Meet #4
226	55.94	L	F	Keanna Padayachee	15	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023
227	56.26	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
228	57.22	L	F	Laveshni Cayley Behari	15	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
229	58.87	L	F	Precious Radebe	15	WELA LLD	12/11/2022 Kroonstad Age Group
230	58.93	L	P	Kayleigh Van der Westhuizen	15	CSA EZD	02/12/2022 Mpumalanga Championships 2022
231	59.82	L	P	Bea-Mari Ackerman	15	MATL KKD	07/12/2022 NWS Championships 2022/2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
232	1:02.77 L	F	Juanise Van Der Walt	15	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022	
233	1:04.64 L	F	Tiffany Steyn	15	KPA EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI	
234	1:05.91 L	F	Sihle Metsing	15	SOWE JHB	02/10/2022	2022 AG Swim Stars 14&Over	
235	1:12.06 L	F	Owethu Mokwena	15	TLAC BPD	21/01/2023	NWS Sprint Gala 2023	
<b>Women 100 Breast</b>								
1	1:14.58 L	F	Daena Robinson	15	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
2	1:15.05 L	F	Loghan Gray	15	MDOL EKU	21/03/2023	SA National Junior Age Group Champs	
3	1:15.40 L	F	Ana Tavorari	15	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship	
4	1:15.60 L	F	Keira Van Heerden	15	PEAS NMA	25/06/2022	PEA Winter Gala 2022	
5	1:15.86 L	P	Myra Viduya	15	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
6	1:15.87 L	F	Cassandra Sikiotis	15	MDOL EKU	21/03/2023	SA National Junior Age Group Champs	
7	1:16.61 L	F	Christie Piguet	15	AA JHB	21/03/2023	SA National Junior Age Group Champs	
8	1:16.75 L	F	Mianique Lombard	15	WELA LLD	21/03/2023	SA National Junior Age Group Champs	
9	1:17.38 L	F	Monique Oosthuizen	AR	BLOT MAN	06/12/2022	Free State Champs 2022	
10	1:18.87 L	F	Tatum Lauf	15	MDOL EKU	21/03/2023	SA National Junior Age Group Champs	
11	1:19.18 L	P	Rebecca Fury	15	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
12	1:19.49 L	F	Jordyn Collett	15	TUKS FSH	09/12/2022	NTS Championships 2022	
13	1:19.81 L	P	Kirstin Brady	15	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
14	1:20.16 L	F	Farhah Valli	15	MDOL EKU	08/12/2022	EGA Summer Champs 2022	
15	1:20.50 L	P	Hannah Rigby	15	DRGN JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
16*	1:20.73 L	P	Tanè Putter	15	CUDU CPT	09/12/2022	Western Cape LC-A Championship 20	
16*	1:20.73 L	F	Erin Beyers	15	UNI EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11	
18	1:20.94 L	P	Kanishka Rajput	15	AAS JHB	21/03/2023	SA National Junior Age Group Champs	
19	1:20.96 L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 20	
20	1:21.71 L	F	Kayla Petersen	15	USC BUF	31/03/2023	SA Level 3 Regional Age Group Chan	
21	1:22.15 L	P	Tazmin Suliman	15	TUKS FSH	09/12/2022	NTS Championships 2022	
22	1:22.22 L	F	Rebecca Kuhn	15	PER JHB	01/12/2022	CGA LC Summer Championships Lev	
23	1:22.46 L	P	Madison Fourie	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs	
24	1:22.52 L	F	Erin Hudson	15	AA JHB	01/12/2022	CGA LC Summer Championships Lev	
25	1:22.66 L	P	Amelia Vincent	15	BLSS MAN	21/03/2023	SA National Junior Age Group Champs	
26	1:22.69 L	F	Georgoulla Kambanis	15	BLSS MAN	05/11/2022	Seals Heidedal Gala	
27	1:23.19 L	P	Tamryn Kunneke	15	RFA FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
28	1:23.24 L	F	Kaitlynn Horne	15	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trial	
29	1:23.48 L	F	Neema Banza	15	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
30	1:23.51 L	F	Dane De Klerk	15	BLSS MAN	06/12/2022	Free State Champs 2022	
31	1:23.53 L	F	Simoné Henning	15	RBOT BPD	01/07/2022	Prestige Tournament 2022	
32	1:23.59 L	F	Nanette Jordaan	AR	BLOT MAN	06/12/2022	Free State Champs 2022	
33	1:23.80 L	F	Nikha Lambden	15	GAUT	21/04/2023	SA Schools Swimming Championship	
34	1:23.81 L	F	Shani Olivier	15	WELL CED	31/03/2023	SA Level 3 Regional Age Group Chan	
35	1:23.88 L	F	Kye-Ann Fowler	15	UNI EZD	06/01/2023	2023 Grand Prix Invitation Swimming I	
36	1:23.94 L	F	Acacia- Cailyn Abell	15	MDOL EKU	17/02/2023	EGA Let's Race 2023	
37	1:24.68 L	P	Erin Mayoss	15	KLOO ETH	21/03/2023	SA National Junior Age Group Champs	
38	1:24.79 L	P	Jani Borman	15	SWAR WCD	24/02/2023	Western Cape Elite Gala	
39	1:24.91 L	F	Hannah Witten	15	ASAC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet	
40	1:25.04 L	F	Taylor Hemphill	15	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group Chan	
41	1:25.13 L S	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
42	1:25.34 L	P	Zara Jefftha	15	MARL CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
43	1:25.78 L	P	Nicole Beling	15	BAS EKU	21/03/2023	SA National Junior Age Group Champs	
44	1:26.22 L	F	Emily Walker	15	PEAS NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2C	
45	1:26.46 L	F	Kristin Vogelzang	15	RAV EKU	23/09/2022	EGA Summer 1 2022	
46	1:26.60 L	P	Carleigh Palmer	15	AFIN JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
47	1:26.83 L	F	Mathilda Liebenberg	15	POTC KKD	07/12/2022	NWS Championships 2022/2023	
48	1:27.18 L	F	Isabella Desfontaines	15	RAV EKU	11/06/2022	EGA Winter 1 2022	
49	1:27.23 L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
50	1:27.24 L	F	Carmi Schoeman	15	TKS WBD	02/12/2022	Limpopo Champs	
51	1:27.44 L	P	Tatum Cabral	15	ELEC FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
52	1:27.75 L	F	Kanak Rajput	15	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala	
53	1:27.97 L	P	Candice Kruger	15	BAS EKU	08/12/2022	EGA Summer Champs 2022	
54	1:28.01 L	P	Aruli Fick	15	USH UHD	31/03/2023	SA Level 3 Regional Age Group Chan	

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
55	1:28.28	L	F	Anli Rademeyer	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
56	1:28.37	L	F	Emma La Grange	15	QSAW CED	31/03/2023 SA Level 3 Regional Age Group Cham
57	1:28.56	L	F	Timara Froneman	15	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
58	1:28.63	L	P	Esmari Weitsz	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
59	1:28.75	L	F	Emma Roberts	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Cham
60	1:28.85	L	F	Cara Corrigan	15	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023
61	1:28.99	L	F	Simone Theron	15	TKS WBD	02/12/2022 Limpopo Champs
62	1:29.04	L	P	Tyla Longueira	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
63	1:29.06	L	F	Mari Zanne Nortje	15	TKS WBD	31/03/2023 SA Level 3 Regional Age Group Cham
64*	1:29.09	L	F	Chloe Green	15	LINR JHB	02/03/2023 SA Level 2 Regional Age Group Cham
64*	1:29.09	L	P	Eunice Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
66	1:29.23	L	F	Erin Burke	15	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
67	1:29.50	L	F	Abigail Phillips	15	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Cham
68	1:29.55	L	F	Lirieka vd Walt	15	TUKS TSH	09/12/2022 NTS Championships 2022
69	1:29.62	L	F	Kendra Beukes	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
70	1:29.96	L	F	Lindi Claassen	15	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Cham
71	1:30.20	L	F	Fallon Tweedie	15	PEAS NMA	09/12/2022 NMBA Championships 2022
72	1:30.31	L	F	Lois Fourie	15	BLSS MAN	27/01/2023 Seals Bullsharks Gala
73	1:30.51	L	F	Hannah Ferreira	15	ASA ILD	25/11/2022 WSC & Seals Summer LC Champs 20
74	1:30.56	L	F	Chanel Baenhoff	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
75	1:30.60	L	F	Tahnah Abrahams	15	SSISA CPT	04/11/2022 CTA A CHAMPS 2022
76	1:30.64	L	F	Gemma Harris	15	MARL CPT	28/01/2023 Winelands SL Final
77	1:30.86	L	F	Cherise Coetzer	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
78	1:30.89	L	F	Francis Whelan	AR	BLOT MAN	22/10/2022 Otters Prestige Gala 2022
79	1:30.92	L	F	Keira Leask	15	AA JHB	01/12/2022 CGA LC Summer Championships Lev
80	1:31.00	L	F	Xanthe Nagel	15	HREF BPD	07/12/2022 NWS Championships 2022/2023
81	1:31.13	L	P	Hayley Beling	15	BAS EKU	16/12/2022 KZNA Premier Provincial Championsh
82	1:31.38	L	F	Katie-Peta Marcelino	15	SGUL ETH	02/12/2022 EDA AG Gala December 2022
83	1:31.62	L	F	Jannae De Villiers	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
84	1:31.76	L	F	Charmae Donald	15	VALS FDD	17/02/2023 Neptune Last Chance Gala
85	1:32.13	L	P	Isabella Mansfield	15	LALE CED	09/12/2022 Western Cape LC-A Championship 20
86	1:32.58	L	P	Stella Reinecke	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Cham
87	1:32.74	L	P	Colby Cochrane	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Cham
88	1:32.89	L	P	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Cham
89	1:33.02	L	F	Kirsten Van Reenen	15	LALE CED	28/01/2023 Winelands SL Final
90	1:33.22	L	F	Charissa Volschenk	15	AQU ADJ	17/03/2023 SA Level 2 Regional Age Group Cham
91	1:33.24	L	F	Mignon Smit	15	HMER MPD	04/02/2023 Limpopo School Champs
92	1:33.33	L	P	Alexia Adreani	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
93	1:33.50	L	F	Hanrike Barnard	15	CSC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
94	1:33.58	L	F	Eve Abrahams	15	VINE CPT	07/10/2022 41st Freda Barnard Invitational Gala
95	1:33.61	L	F	Jennifer Sweeney	15	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
96	1:33.69	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
97	1:33.72	L	F	Clarise Coetzer	15	STSC KCD	28/01/2023 Ushaka Champs 2023
98	1:34.10	L	P	Danielle Walker	15	FLOD JHB	01/12/2022 CGA LC Summer Championships Lev
99	1:34.18	L	F	Ciska Ferreira	15	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
100	1:34.25	L	F	Tamsyn Kotzè	15	BLMA CPT	03/09/2022 CTA Qualifying Meet #4
101*	1:34.51	L	P	Jorja Da Cunha	15	BON EKU	08/12/2022 EGA Summer Champs 2022
101*	1:34.51	L	P	Alexa Louw	15	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Cham
103	1:34.62	L	P	Riley Hattingh-Steyn	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
104*	1:34.68	L	F	Tatum Borrill	15	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
104*	1:34.68	L	F	Emma Atkinson	15	AZON ETH	17/03/2023 SA Level 2 Regional Age Group Cham
106	1:34.88	L	F	Christina Gennarakis	15	CUDU CPT	24/09/2022 CTA Qualifying Meet #5
107	1:35.15	L	F	Thobile Mtshali	15	TUKS TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
108	1:35.20	L	P	Yusrah Du Toit	15	UWCA CPT	03/03/2023 SA Level 2 Regional Age Group Cham
109	1:35.40	L	F	Jane Smit	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
110	1:35.42	L	F	Amelia Manning	15	EDEN EDD	28/01/2023 NMBA Intra-District Championship
111	1:35.97	L	P	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
112	1:36.02	L	P	Gabriella Douglas	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
113	1:36.26	L	F	Alexandra Houniet	15	CA EKU	20/01/2023 EGA Last Chance Galal

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114	1:36.28	L	P	Simone Cairns	15	KLOO	ETH 01/07/2022 Prestige Tournament 2022
115	1:36.36	L	F	Isabella Webber	15	VINE	CPT 24/09/2022 CTA Qualifying Meet #5
116	1:36.40	L	F	Addison vd Byl	15	ELEC	TSH 27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
117	1:36.45	L	F	Rene Sauerman	15	SEAL	UMD 01/07/2022 Prestige Tournament 2022
118	1:36.48	L	P	Emma Rose	15	ONYX	EKU 08/12/2022 EGA Summer Champs 2022
119	1:36.55	L	F	Madelé Harding	15	POTC	KKD 26/11/2022 NWS Age Group 3 2022/23
120	1:37.49	L	F	Claire Kourie	15	ELEC	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
121	1:37.78	L	P	Kayla Botha	15	AFIN	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
122	1:37.82	L	F	Olivia Ward	15	ELEC	TSH 02/03/2023 SA Level 2 Regional Age Group Cham
123	1:37.87	L	F	Lianka Du Toit	15	HPP	BUF 15/10/2022 Limpopo Top 10 - High Schools
124	1:38.55	L	F	Tyra Kasonkomona	15	MATL	KKD 07/12/2022 NWS Championships 2022/2023
125	1:38.96	L	P	Carla Pienaar	15	STSC	KCD 17/03/2023 SA Level 2 Regional Age Group Cham
126*	1:39.43	L	P	Emma Wentzel	15	DORE	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
126*	1:39.43	L	P	Zaibaa Bawa	15	ATLA	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
128	1:39.61	L	F	Lerato Molobye	15	HREF	BPD 07/12/2022 NWS Championships 2022/2023
129	1:40.17	L	P	Isabel Vorster	15	BLNE	MAN 29/09/2022 MA Grand Prix
130*	1:40.27	L	F	Jenna Perle Du Plessis	15	BLSS	MAN 06/12/2022 Free State Champs 2022
130*	1:40.27	L	P	Zeeva Jones	15	DRGN	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
132	1:40.45	L	F	Tianel Van Der Merwe	15	MSC	NGD 02/12/2022 Mpumalanga Championships 2022
133	1:40.56	L	F	Kimberly Kabiri	15	PEAS	NMA 19/11/2022 5th A League Gala
134	1:40.70	L	F	Jade Jarvis	15	SAAW	CPT 28/01/2023 Winelands SL Final
135	1:40.72	L	F	Layah Mahomed	15	SS	MPD 02/12/2022 Limpopo Champs
136	1:40.80	L	F	Jamilah Tshiyoyo	15	TUKS	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
137	1:40.83	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
138	1:40.90	L	P	Cher Prinsloo	15	KLOO	ETH 01/07/2022 Prestige Tournament 2022
139	1:41.05	L	F	Marilee Coetzee	15	DOLFI	MPD 02/12/2022 Limpopo Champs
140	1:41.41	L	F	Marizaan De Lange	15	CLSC	WCD 11/11/2022 Swartland Prestige Gala 2022
141	1:41.48	L	F	Isabella Afonso	15	QUIC	CPT 04/11/2022 CTA A CHAMPS 2022
142	1:41.76	L	F	Larissa Badenhorst	15	ROA	EDD 18/02/2023 EDEN 5th A-League Gala 2023
143	1:42.39	L	P	Taya Groger	15	SGUL	ETH 17/03/2023 SA Level 2 Regional Age Group Cham
144	1:42.63	L	F	Zeeva Jones	15	DRGN	JHB 23/09/2022 EGA Summer 1 2022
145	1:42.71	L	P	Clara van Rooyen	15	PGAC	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
146	1:42.77	L	P	Nazneen Mohamed	15	ATLA	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
147*	1:43.47	L	P	Cameron Morel	15	SWIFT	EKU 08/12/2022 EGA Summer Champs 2022
147*	1:43.47	L	P	Adele Van Der Riet	15	SWIFT	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
149	1:43.50	L	F	Michaela Mitchley	15	KTS	11/11/2022 UPINGTON CLUB GALA 2022
150	1:43.81	L	F	Kayleigh Jansen Van Vuuren	15	CUR	EZD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
151	1:44.09	L	F	Lianne Labuschagne	15	POTC	KKD 26/11/2022 NWS Age Group 3 2022/23
152	1:44.18	L	P	Mire' Vorster	15	BLSS	MAN 06/12/2022 Free State Champs 2022
153	1:44.50	L	F	Megan Phillips	15	HARL	BUF 19/11/2022 BCA 2nd November Age Group Gala 2
154	1:44.72	L	F	Suzanne Pretorius	15	AGAQ	QBD 11/11/2022 Swartland Prestige Gala 2022
155	1:45.24	L	P	Carla Van Tonder	15	DESA	NMA 03/03/2023 SA Level 2 Regional Age Group Cham
156	1:45.45	L	F	Zani Van Rensburg	15	PGAC	EKU 18/03/2023 Level 1 Intra-Provincial 2023
157	1:45.99	L	F	Maya Lockitch	15	CYBE	CPT 07/10/2022 41st Freda Barnard Invitational Gala
158	1:46.05	L	F	Ammara Jagger	15	AQDO	CPT 21/01/2023 CTA Qualifying Meet #7
159	1:46.14	L S	P	Kimberley Strong	15	BLSS	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
160	1:46.43	L	P	Olivia Darley	15	HASC	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
161	1:46.70	L	F	Amy Lazarou	15	AWSC	JHB 18/03/2023 Level 1 Intra-Provincial 2023
162	1:46.94	L	F	Jessica Davids	15	GREY	CPT 12/11/2022 CTA B CHAMPS
163	1:47.83	L	F	Cara Fourie	15	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
164	1:48.11	L	F	Izra Gameeldien	15	MANT	CPT 04/11/2022 CTA A CHAMPS 2022
165	1:48.33	L	T	Leandrè Burger	15	QSAW	GED 13/11/2022 Winelands Summer League 4
166	1:48.43	L	P	Sarah Ella Hutt	15	DRGN	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
167	1:48.80	L	F	Gail Polman	15	BLMA	CPT 04/11/2022 CTA A CHAMPS 2022
168	1:49.24	L	F	Daniëlle Le Roux	15	SS	MPD 02/12/2022 Limpopo Champs
169	1:49.44	L	F	Yana Van Schoor	15	PGAC	EKU 18/03/2023 Level 1 Intra-Provincial 2023
170	1:49.90	L	F	Unathi Sibiyi	15	ELEC	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
171	1:50.13	L	F	Hayley Lottering	15	CA	EKU 11/06/2022 EGA Winter 1 2022
172	1:51.07	L	F	Madelein Bronkhorst	15	SS	MPD 02/12/2022 Limpopo Champs

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
173	1:51.41	L	F	Piya Narandas	15	MAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
174	1:51.57	L	F	Megan Kemp	15	TINC TSH	02/10/2022 2022 AG Swim Stars 14&Over
175	1:52.19	L	F	Gabriëlle Maré	15	DOLFI MPD	12/11/2022 Limpopo Age Group 5
176	1:52.90	L	F	Alisha Calokechi	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
177	1:53.41	L	F	Isabella Le Roux	15	QSAW CED	11/02/2023 WCA-B Champs - 2023
178	1:53.58	L	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022
179	1:53.79	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
180	1:54.05	L	F	Jordan Bijoux	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
181	1:54.16	L	P	Lana Odendaal	15	WELA LLD	06/12/2022 Free State Champs 2022
182	1:54.44	L	P	Shannon Coetzee	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
183	1:54.85	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
184	1:55.97	L	F	Lunathi Mfuyo	15	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 20
185	1:56.71	L	F	Ehdel Van der Merwe	15	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
186	1:58.63	L	F	Rihannon Noble-Ashby	15	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
187	2:00.65	L	F	Arya Naidoo	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
188	2:04.26	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
189	2:04.32	L	F	Nika Snyman	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
190	2:06.31	L	F	Keanna Padayachee	15	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023
191	2:06.65	L	F	Elanza Oosthuizen	15	PHS CCD	15/10/2022 Limpopo Top 10 - High Schools
192	2:09.22	L	F	Elizabeth Swanevelder	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
193	2:15.57	L	F	Laveshni Cayley Behari	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
194	2:15.69	L S	P	Bea-Mari Ackerman	15	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
195	2:45.25	L	F	Sihle Metsing	15	SOWE JHB	02/10/2022 2022 AG Swim Stars 14&Over
196	2:48.11	L	F	Owethu Mokwena	15	LEBII	10/02/2023 NW School Championships 2023
<b>Women 200 Breast</b>							
1	2:39.16	L S	F	Loghan Gray	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
2	2:40.92	L	F	Ana Tavolari	15	ACSA ETH	16/12/2022 KZNA Premier Provincial Championshi
3	2:46.98	L	F	Monique Oosthuizen	AR	BLOT MAN	16/12/2022 KZNA Premier Provincial Championshi
4	2:48.10	L S	F	Cassandra Sikiotis	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
5	2:48.49	L S	F	Tatum Lauf	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
6	2:48.99	L S	F	Christie Piguet	15	AA JHB	21/03/2023 SA National Junior Age Group Champs
7	2:49.74	L	F	Daena Robinson	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
8	2:50.76	L S	F	Mianique Lombard	15	WELA LLD	21/03/2023 SA National Junior Age Group Champs
9	2:51.54	L S	P	Rebecca Fury	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
10	2:51.61	L	P	Myra Viduya	15	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
11	2:51.72	L S	F	Kirstin Brady	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
12	2:53.00	L S	F	Hannah Rigby	15	DRGN EKU	21/03/2023 SA National Junior Age Group Champs
13	2:53.25	L	P	Farhah Valli	15	MDOL EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
14	2:54.44	L	F	Tanè Putter	15	CUDU CPT	25/06/2022 PEA Winter Gala 2022
15	2:55.03	L S	P	Kanishka Rajput	15	AAS JHB	21/03/2023 SA National Junior Age Group Champs
16	2:55.08	L S	P	Acacia- Cailyn Abell	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
17	2:56.13	L S	F	Amelia Vincent	15	BLSS MAN	21/03/2023 SA National Junior Age Group Champs
18	2:57.91	L	F	Erin Beyers	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
19	2:57.96	L	F	Kye-Ann Fowler	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
20	2:58.15	L	F	Simoné Henning	15	RBOT BPD	01/07/2022 Prestige Tournament 2022
21	2:58.32	L	F	Kayla Petersen	15	USC BUF	31/03/2023 SA Level 3 Regional Age Group Chan
22	2:58.51	L	F	Dane De Klerk	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
23	2:58.63	L	F	Jordyn Collett	15	TUKS TSH	09/12/2022 NTS Championships 2022
24	3:00.41	L	F	Shani Olivier	15	WELL CED	11/11/2022 Swartland Prestige Gala 2022
25	3:01.01	L	F	Nikha Lambden	15	GAUT	21/04/2023 SA Schools Swimming Championship
26	3:01.24	L	F	Hannah Witten	15	ASAC CPT	07/10/2022 41st Freda Barnard Invitational Gala
27	3:01.72	L	P	Jani Borman	15	SWAR WCD	24/02/2023 Western Cape Elite Gala
28	3:02.67	L S	P	Nanette Jordaan	AR	BLOT MAN	21/03/2023 SA National Junior Age Group Champs
29	3:02.83	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
30	3:02.95	L S	F	Mathilda Liebenberg	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
31	3:05.49	L	F	Tazmin Suliman	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
32	3:05.52	L	F	Neema Banza	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
33	3:06.37	L	F	Timara Froneman	15	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
34	3:06.38	L	F	Georgoulla Kambanis	15	BLSS MAN	27/01/2023 Seals Bullsharks Gala

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	3:07.78	L	F	Nicole Beling	15	BAS	EKU 16/12/2022 KZNA Premier Provincial Championships
36	3:08.19	L	F	Kendra Beukes	15	PGAC	EKU 31/03/2023 SA Level 3 Regional Age Group Chan
37	3:08.80	L	F	Esmari Weitsz	15	UNI	EZD 02/12/2022 Mpumalanga Championships 2022
38	3:09.16	L	F	Rebecca Kuhn	15	PER	JHB 01/12/2022 CGA LC Summer Championships Leve
39	3:09.25	L	F	Tiffany Marshall	15	UNI	EZD 31/03/2023 SA Level 3 Regional Age Group Chan
40	3:09.32	L	F	Kanak Rajput	15	AAS	JHB 25/02/2023 CGA Level 3+ Last Chance gala
41	3:09.36	L	F	Aruli Fick	15	USH	UHD 31/03/2023 SA Level 3 Regional Age Group Chan
42	3:10.91	L	F	Simone Theron	15	TKS	WBD 02/12/2022 Limpopo Champs
43	3:10.97	L	F	Kristin Vogelzang	15	RAV	EKU 20/01/2023 EGA Last Chance Galal
44	3:11.23	L	F	Isabella Mansfield	15	LALE	GED 13/11/2022 Winelands Summer League 4
45	3:11.94	L S	P	Hayley Beling	15	BAS	EKU 08/12/2022 EGA Summer Champs 2022
46	3:12.13	L	F	Erin Mayoss	15	KLOO	ETH 03/10/2022 Sasolburg Swim Club Invitational Gala
47	3:13.88	L	F	Zara Jeftha	15	MARL	CPT 04/02/2023 CTA BRIAN BUTTON Qualifying Meet
48	3:13.91	L	F	Fallon Tweedie	15	PEAS	NMA 09/12/2022 NMBA Championships 2022
49	3:13.98	L	F	Carmi Schoeman	15	TKS	WBD 02/12/2022 Limpopo Champs
50	3:14.09	L S	P	Candice Kruger	15	BAS	EKU 08/12/2022 EGA Summer Champs 2022
51	3:14.55	L	F	Mmabatho Marite	15	CRSC	JHB 01/12/2022 CGA LC Summer Championships Leve
52	3:15.32	L	F	Tamryn Kunneke	15	RFA	TSH 31/03/2023 SA Level 3 Regional Age Group Chan
53	3:15.42	L	F	Chloe Green	15	LINR	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
54	3:15.65	L	F	Eunice Fourie	15	BLSS	MAN 03/03/2023 SA Level 2 Regional Age Group Cham
55	3:16.30	L	P	Erin Burke	15	AACTA	CPT 09/12/2022 Western Cape LC-A Championship 20
56	3:16.72	L	F	Cherise Coetzer	15	STSC	KCD 17/03/2023 SA Level 2 Regional Age Group Cham
57	3:17.27	L	F	Lois Fourie	15	BLSS	MAN 27/01/2023 Seals Bullsharks Gala
58	3:17.57	L	F	Carleigh Palmer	15	AFIN	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
59	3:17.75	L	F	Abigail Phillips	15	SASE	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
60	3:17.87	L	F	Riley Hattingh-Steyn	15	SOUL	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
61	3:18.85	L	F	Tyla Longueira	15	MSC	NGD 14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTC
62	3:19.03	L	F	Katie-Peta Marcelino	15	SGUL	ETH 16/07/2022 AQZ Dual Meet
63	3:19.75	L	F	Danielle Walker	15	FLOD	JHB 01/12/2022 CGA LC Summer Championships Leve
64	3:20.04	L	F	Francis Whelan	AR	BLOT	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
65	3:20.10	L	F	Tatum Borrill	15	CA	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
66	3:20.15	L	P	Lindi Claassen	15	TUKS	TSH 02/03/2023 SA Level 2 Regional Age Group Cham
67	3:20.27	L	F	Jennifer Sweeney	15	SASE	JHB 02/03/2023 SA Level 2 Regional Age Group Cham
68	3:20.59	L	P	Erin Glover	15	TYGE	CPT 25/06/2022 PEA Winter Gala 2022
69	3:21.09	L	F	Hanrike Barnard	15	CSC	TSH 02/03/2023 SA Level 2 Regional Age Group Cham
70	3:21.40	L	F	Alexia Adreani	15	CA	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
71	3:21.71	L	P	Cara Corrigan	15	FISH	EDD 09/12/2022 Western Cape LC-A Championship 20
72	3:21.81	L	F	Thurayya Moodley	15	TOTIS	ETH 17/03/2023 SA Level 2 Regional Age Group Cham
73	3:22.44	L	F	Clarise Coetzer	15	STSC	KCD 17/03/2023 SA Level 2 Regional Age Group Cham
74	3:22.51	L	F	Kirsten Van Reenen	15	LALE	GED 28/01/2023 Winelands SL Final
75	3:22.88	L	F	Yusrah Du Toit	15	UWCA	CPT 03/03/2023 SA Level 2 Regional Age Group Cham
76	3:23.16	L	F	Emma Roberts	15	UNI	EZD 14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTC
77	3:24.64	L	F	Eve Abrahams	15	VINE	CPT 04/11/2022 CTA A CHAMPS 2022
78	3:25.12	L	F	Jannae De Villiers	15	PRKA	PSD 07/12/2022 NCASA CHAMPS 2022
79	3:25.18	L	F	Gemma Harris	15	MARL	CPT 21/01/2023 CTA Qualifying Meet #7
80	3:25.53	L S	P	Emma Rose	15	ONYX	EKU 08/12/2022 EGA Summer Champs 2022
81	3:26.05	L S	P	Alexia Luz	15	SOUL	EKU 08/12/2022 EGA Summer Champs 2022
82	3:26.53	L	F	Ciska Ferreira	15	UNI	EZD 04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
83	3:26.83	L	P	Jorja Da Cunha	15	BON	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
84	3:27.02	L	F	Charmae Donald	15	VALS	FDD 17/02/2023 Neptune Last Chance Gala
85	3:27.05	L	F	Charissa Volschenk	15	AQU	ADJ 17/03/2023 SA Level 2 Regional Age Group Cham
86	3:29.26	L	F	Thobile Mtshali	15	TUKS	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
87	3:29.72	L	F	Rene Sauerman	15	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
88	3:30.16	L	F	Alexandra Houniet	15	CA	EKU 21/10/2022 EGA Summer 2 2022
89	3:30.70	L	F	Lerato Molobye	15	NWSCH	21/04/2023 SA Schools Swimming Championship
90	3:30.79	L	P	Ashling McCarthy	15	LINR	JHB 01/12/2022 CGA LC Summer Championships Leve
91	3:31.03	L	F	Jane Smit	15	PRKA	PSD 07/12/2022 NCASA CHAMPS 2022
92	3:31.09	L	F	Emma Atkinson	15	AZON	ETH 25/11/2022 WSC & Seals Summer LC Champs 20
93	3:31.32	L	F	Jenna Perle Du Plessis	15	BLSS	MAN 03/03/2023 SA Level 2 Regional Age Group Cham



### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
94	3:31.62	L	F	Lize Burness	15	TUKS TSH	28/10/2022 NTS October SARJ+ Age Group Gala
95	3:32.00	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
96	3:33.32	L	P	Kayla Botha	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
97	3:33.56	L	P	Addison vd Byl	15	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
98	3:33.67	L	F	Tianel Van Der Merwe	15	MSC NGD	02/12/2022 Mpumalanga Championships 2022
99	3:34.20	L	F	Mari Zanne Nortje	15	TKS WBD	02/12/2022 Limpopo Champs
100	3:34.87	L	F	Marinique Lamprecht	15	RFA TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
101	3:34.94	L	P	Marilee Coetzee	15	DOLFI MPD	02/03/2023 SA Level 2 Regional Age Group Cham
102	3:35.11	L S	F	Tyra Kasonkomona	15	MATL KKD	07/12/2022 NWS Championships 2022/2023
103	3:35.72	L	F	Larissa Badenhorst	15	ROA EDD	10/02/2023 Infinity Gala 2023
104	3:36.32	L	F	Isabella Afonso	15	QUIC CPT	11/02/2023 WCA-B Champs - 2023
105	3:38.58	L	P	Clara van Rooyen	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
106	3:40.53	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
107	3:42.59	L	F	Imani Magotsi	15	VINE CPT	04/11/2022 CTA A CHAMPS 2022
108	3:43.07	L	P	Adele Van Der Riet	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
109	3:43.94	L	F	Layah Mahomed	15	SS MPD	02/12/2022 Limpopo Champs
110	3:44.21	L	F	Carla Pienaar	15	STSC KCD	22/10/2022 Stingrays Swim Club Championships 2
111	3:45.38	L	F	Michaela Mitchley	15	KTS	11/11/2022 UPINGTON CLUB GALA 2022
112	3:46.68	L	F	Jaime Smit	15	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
113	3:47.22	L	F	Maya Lockitch	15	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
114	3:48.17	L	F	Jamilah Tshiyoyo	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
115	3:48.38	L	F	Suzanne Pretorius	15	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
116	3:48.73	L	F	Lianne Labuschagne	15	POTC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
117	3:50.80	L	F	Cara Fourie	15	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
118	3:54.73	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
119	3:54.80	L	F	Zeeva Jones	15	DRGN JHB	21/10/2022 EGA Summer 2 2022
120	3:56.43	L	F	Claire Kourie	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
121	3:56.64	L	F	Yana Van Schoor	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
122	3:58.17	L	F	Lianka Du Toit	15	HPP BUF	04/02/2023 Limpopo School Champs
123	4:00.13	L	F	Gabriëlle Maré	15	DOLFI MPD	12/11/2022 Limpopo Age Group 5
124	4:04.03	L	F	Mia Pretorius	15	MDOL EKU	25/02/2023 CGA Level 3+ Last Chance gala
125	4:04.62	L	F	Makayla Lombard	15	JAQ EKU	21/10/2022 EGA Summer 2 2022
126	4:07.98	L	F	Izra Gameeldien	15	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
127	4:10.12	L	F	Unathi Sibiya	15	ELEC TSH	02/10/2022 2022 AG Swim Stars 14&Over
128	4:13.08	L S	P	Piya Narandas	15	MAC EKU	08/12/2022 EGA Summer Champs 2022
129	4:15.22	L	F	Daniëlle Le Roux	15	SS MPD	02/12/2022 Limpopo Champs
130	4:16.72	L	F	Arya Naidoo	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
131	4:26.78	L	F	Esona Botile	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
<b>Women 50 Fly</b>							
1	28.75	L	F	Jana Lombard	15	LALE CED	13/11/2022 Winelands Summer League 4
2	28.78	L	F	Cassidy Burgess	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
3	28.81	L	F	Hannah Mouton	15	TUKS TSH	21/03/2023 SA National Junior Age Group Champs
4	29.16	L S	S	Keira Duncan	15	SGUL ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
5	29.18	L	F	Rebecca Fury	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
6	29.20	L S	P	Myra Viduya	15	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
7	29.21	L S	P	Keira Van Heerden	15	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
8	29.54	L	F	Isabella Desfontaines	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
9	29.55	L	F	Melissa Kuun	15	FISH EDD	21/03/2023 SA National Junior Age Group Champs
10	29.81	L	F	Jessica Carmody	15	SGUL ETH	16/12/2022 KZNA Premier Provincial Championshi
11*	30.24	L	F	Daena Robinson	15	SEAL UMD	16/12/2022 KZNA Premier Provincial Championshi
11*	30.24	L	P	Emma De Wet	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
13	30.35	L	F	Dane De Klerk	15	BLSS MAN	06/12/2022 Free State Champs 2022
14	30.37	L	P	Chanel Baenhoff	15	BLSS MAN	21/03/2023 SA National Junior Age Group Champs
15	30.47	L	F	Xanthe Nagel	15	HREF BPD	21/03/2023 SA National Junior Age Group Champs
16	30.50	L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	21/03/2023 SA National Junior Age Group Champs
17	30.64	L	F	Ella Mills	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
18	30.77	L	P	Grace Morris	15	ELEC TSH	21/03/2023 SA National Junior Age Group Champs
19	30.97	L	P	Loghan Gray	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
20	31.23	L	F	Simone Theron	15	LP CC	21/04/2023 SA Schools Swimming Championship

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	31.24	L	F	Emma La Grange	15	WCA CPT	21/04/2023 SA Schools Swimming Championship
22	31.29	L	F	Christina Gennarakis	15	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group Chan
23*	31.31	L	F	Isabella Webber	15	VINE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
23*	31.31	L	F	Gabriella Douglas	15	BAS ECU	31/03/2023 SA Level 3 Regional Age Group Chan
25*	31.47	L	F	Marony Jacobs	15	INFA NMA	09/12/2022 NMBA Championships 2022
25*	31.47	L	F	Tanè Putter	15	CUDU CPT	09/12/2022 Western Cape LC-A Championship 20
27	31.51	L	P	Charnè Van Tonder	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champ
28*	31.52	L	F	Emily Walker	15	PEAS NMA	10/02/2023 Infinity Gala 2023
28*	31.52	L	F	Beane Swanepoel	15	VRC TSH	31/03/2023 SA Level 3 Regional Age Group Chan
30	31.53	L	P	Mari Zanne Nortje	15	TKS WBD	31/03/2023 SA Level 3 Regional Age Group Chan
31	31.56	L	F	Caitlin Watson	15	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
32	31.59	L	P	Bailey Held	15	SGUL ETH	21/03/2023 SA National Junior Age Group Champ
33	31.69	L	F	Simoné Henning	15	RBOT BPD	07/12/2022 NWS Championships 2022/2023
34	31.73	L	F	Kaitlynne Horne	15	CPRIM BUF	25/02/2023 Eastern Cape Schools Swimming Trial
35	31.75	L	F	Nanette Jordaan	AR	BLOT MAN	06/12/2022 Free State Champs 2022
36	31.87	L	P	Stella Reinecke	15	KLOO ETH	16/12/2022 KZNA Premier Provincial Championshi
37*	31.93	L	F	Hayley Beling	15	BAS ECU	08/12/2022 EGA Summer Champs 2022
37*	31.93	L	F	Kayla Petersen	15	USC BUF	31/03/2023 SA Level 3 Regional Age Group Chan
39*	31.99	L	F	Veneske Steenkamp	15	ROA EDD	10/02/2023 Infinity Gala 2023
39*	31.99	L	F	Carleigh Palmer	15	AFIN JHB	31/03/2023 SA Level 3 Regional Age Group Chan
41	32.03	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
42	32.04	L	F	Timara Froneman	15	MSC NGD	30/09/2022 MP AGE GROUP 1
43*	32.18	L	F	Keira Leask	15	DORE JHB	06/01/2023 2023 Grand Prix Invitation Swimming P
43*	32.18	L	P	Isla Thomas	15	AA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
45	32.19	L	P	Mianique Lombard	15	WELA LLD	21/03/2023 SA National Junior Age Group Champ
46	32.21	L	P	Erin Beyers	15	UNI EZD	21/03/2023 SA National Junior Age Group Champ
47	32.26	L	P	Erin Hudson	15	AA JHB	09/12/2022 NTS Championships 2022
48	32.29	L	P	Tatum Lauf	15	MDOL ECU	21/03/2023 SA National Junior Age Group Champ
49	32.31	L	P	Christie Piguet	15	AA JHB	21/03/2023 SA National Junior Age Group Champ
50	32.32	L	F	Morgan Rabie	15	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
51*	32.35	L	F	Carmi Schoeman	15	HPP BUF	04/02/2023 Limpopo School Champs
51*	32.35	L	F	Anli Rademeyer	15	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
53	32.38	L	F	Nicole Beling	15	BAS ECU	08/12/2022 EGA Summer Champs 2022
54	32.39	L	F	Katie-Peta Marcelino	15	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 20
55*	32.47	L	P	Cassidy Sinclair	15	DRGN JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet - k
55*	32.47	L	P	Isabel Vorster	15	BLNE MAN	06/12/2022 Free State Champs 2022
57	32.49	L	P	Francis Whelan	AR	BLOT MAN	21/03/2023 SA National Junior Age Group Champ
58	32.55	L	F	Erin Mayoss	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
59	32.66	L	P	Jordyn Collett	15	TUKS TSH	09/12/2022 NTS Championships 2022
60	32.76	L	F	Isabella Stanyon	15	USC BUF	02/12/2022 BCA Long Course Championships 202
61	32.77	L	F	Tatum Cabral	15	ELEC TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
62	32.79	L	P	Ava Fourie	15	TRAZ TSH	09/12/2022 NTS Championships 2022
63	33.09	L	F	Joy Vd Westhuizen	15	AQDO CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
64*	33.16	L	P	Hannah Liebenberg	15	PAC TSH	09/12/2022 NTS Championships 2022
64*	33.16	L	P	Jhoanè Voges	15	QUIC CPT	21/03/2023 SA National Junior Age Group Champ
66*	33.21	L	F	Madelé Harding	15	PGIM KKD	10/02/2023 NW School Championships 2023
66*	33.21	L	F	Mathilda Liebenberg	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
68	33.26	L	F	Sinesipho Sibiya	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
69	33.29	L	F	Georgoulla Kambanis	15	BLSS MAN	27/01/2023 Seals Bullsharks Gala
70	33.30	L	F	Holley Jacoby	15	VIKI BUF	02/12/2022 BCA Long Course Championships 202
71	33.31	L	P	Tamsin Yates	15	CA ECU	08/12/2022 EGA Summer Champs 2022
72	33.33	L	P	Aruli Fick	15	USH UJD	16/12/2022 KZNA Premier Provincial Championshi
73	33.38	L	P	Kirstin Brady	15	RAV ECU	21/03/2023 SA National Junior Age Group Champ
74*	33.41	L	F	Mia Pienaar	15	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Cham
74*	33.41	L	F	Anri De Beer	15	INFA NMA	13/08/2022 Madibaz Swim Meet
76	33.42	L	F	Grace George	15	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
77	33.43	L	F	Madison Fourie	15	INFA NMA	17/09/2022 3rd A League Gala-Newton Park Pool
78*	33.47	L	F	Emily Lott	15	ASA ILD	28/01/2023 EDA January Gala 2023
78*	33.47	L	F	Neema Banza	15	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
80	33.49	L	F	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
81	33.52	L	F	Cara Corrigan	15	EDEN EDD	28/01/2023 NMBA Intra-District Championship
82*	33.53	L	P	Candice Kruger	15	BAS ECU	08/12/2022 EGA Summer Champs 2022
82*	33.53	L	F	Kate Truter	15	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
84	33.55	L	F	Deidré Olivier	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
85	33.57	L	P	Madison Franks	15	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
86	33.61	L	P	Amy Schmidt	15	ASAW CED	21/03/2023 SA National Junior Age Group Champ:
87	33.63	L	P	Rebecca Kuhn	15	PER JHB	21/03/2023 SA National Junior Age Group Champ:
88	33.69	L	P	Simone Vd Merwe	15	GSA CPT	09/12/2022 Western Cape LC-A Championship 20
89	33.70	L	P	Gemma Jones	15	VINE CPT	21/03/2023 SA National Junior Age Group Champ:
90	33.72	L	F	Kristin Vogelzang	15	RAV ECU	17/02/2023 EGA Let's Race 2023
91*	33.74	L	F	Catherine Wentzel	15	FRA KCD	17/03/2023 SA Level 2 Regional Age Group Cham
91*	33.74	L	F	Alexia Adreani	15	CA ECU	02/03/2023 SA Level 2 Regional Age Group Cham
93	33.79	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champ:
94	33.85	L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
95	33.86	L	F	Michaela Van Rooyen	15	BLSS MAN	06/12/2022 Free State Champs 2022
96*	33.91	L	F	Aliska Steenkamp	15	WOAQ CED	11/02/2023 WCA-B Champs - 2023
96*	33.91	L	F	Kye-Ann Fowler	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
98	33.99	L	F	Tiffany Marshall	15	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
99	34.04	L	F	Jordana Azran	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
100	34.11	L	P	Catherine Jones	15	RFA TSH	09/12/2022 NTS Championships 2022
101	34.17	L	F	Lucy Nagel	15	PEAS NMA	13/08/2022 Madibaz Swim Meet
102*	34.18	L	F	Adriel Govender	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
102*	34.18	L	F	Megan Kemp	15	TINC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
104	34.27	L	F	Elmarie De Witt	15	QUIC CPT	11/02/2023 WCA-B Champs - 2023
105	34.38	L	F	Kiara Craven	15	NAE EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
106	34.47	L	F	Jade Jarvis	15	SAAW CPT	21/01/2023 CTA Qualifying Meet #7
107	34.51	L	P	Nikha Lambden	15	EXP TSH	31/03/2023 SA Level 3 Regional Age Group Chan
108	34.53	L	F	Esmari Weitsz	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
109	34.54	L	P	Erin Glover	15	TYGE CPT	21/03/2023 SA National Junior Age Group Champ:
110	34.59	L	P	Izeldi Jacobs	15	NC	21/04/2023 SA Schools Swimming Championship
111	34.79	L	F	Emma Roberts	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
112	34.80	L	F	Kayla-Jade Van Heerden	15	KLOO ETH	28/01/2023 EDA January Gala 2023
113	34.86	L	P	Amahle Mhlongo	15	PSCP UMD	01/07/2022 Prestige Tournament 2022
114*	34.88	L	F	Haléya Greyvenstein	15	PLAY CED	11/02/2023 WCA-B Champs - 2023
114*	34.88	L	P	Alexia Luz	15	SOUL ECU	08/12/2022 EGA Summer Champs 2022
116	34.94	L	P	Aarya Morar	15	ATLA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
117	34.99	L	F	Fallon Tweedie	15	PEAR NMA	25/02/2023 Eastern Cape Schools Swimming Trial
118	35.00	L	P	Ana Tavolari	15	ACSA ETH	01/07/2022 Prestige Tournament 2022
119	35.03	L	F	Hannah Rigby	15	DRGN JHB	10/09/2022 Adrian Grafe Gala 2022
120	35.12	L	F	Yusrah Du Toit	15	UWCA CPT	03/03/2023 SA Level 2 Regional Age Group Cham
121*	35.13	L	P	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
121*	35.13	L	F	Simone Cairns	15	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
123	35.23	L	P	Alexa Louw	15	BLMA CPT	24/02/2023 Western Cape Elite Gala
124	35.25	L	P	Colby Cochrane	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
125	35.27	L	P	Luca Janse van Rensburg	15	CSC TSH	09/12/2022 NTS Championships 2022
126	35.39	L	F	Jana Helmand	KR	BLOT MAN	29/10/2022 Neptune Gala
127	35.40	L	F	Zeeva Jones	15	DRGN JHB	20/01/2023 EGA Last Chance Galal
128	35.46	L	P	Lize Burness	15	TUKS TSH	09/12/2022 NTS Championships 2022
129*	35.53	L	F	Monique Oosthuizen	AR	BLOT MAN	29/10/2022 Neptune Gala
129*	35.53	L	F	Erin Horsley	15	BCA BUF	28/01/2023 NMBA Intra-District Championship
129*	35.53	L	F	Kaylin Stieger	15	RHS BPD	10/02/2023 NW School Championships 2023
132	35.55	L	F	Jani Borman	15	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
133	35.56	L	F	Charissa Volschenk	15	AQU ADJ	17/03/2023 SA Level 2 Regional Age Group Cham
134	35.61	L	F	Tahnah Abrahams	15	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
135	35.62	L	F	Megan Phillips	15	BCA BUF	28/01/2023 NMBA Intra-District Championship
136*	35.70	L	F	Taryn Coenraad	15	GREY CPT	04/11/2022 CTA A CHAMPS 2022
136*	35.70	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
138	35.89	L	F	Amelia Manning	15	KNYA EDD	19/11/2022 Eden LC Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
139	35.90	L	F	Carla Van Tonder	15	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Cham
140	35.94	L	P	Emma Rose	15	ONYX EKU	08/12/2022 EGA Summer Champs 2022
141	35.95	L	F	Zara Jeftha	15	WEST CPT	03/09/2022 CTA Qualifying Meet #4
142	35.96	L	F	Jane Smit	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
143	36.04	L	F	Rebecca Flack	15	CLSC WCD	28/01/2023 Winelands SL Final
144	36.07	L	F	Jannae De Villiers	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
145	36.10	L	P	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
146	36.34	L	F	Hanrike Barnard	15	CSC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
147	36.37	L	P	Lisa Ferreira	15	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
148	36.38	L	P	Luyanda Shandu	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
149	36.39	L	P	Alexandra Houniet	15	CA EKU	31/03/2023 SA Level 3 Regional Age Group Chan
150	36.43	L	P	Kanishka Rajput	15	AAS JHB	21/03/2023 SA National Junior Age Group Champ
151	36.44	L	F	Cara Fourie	15	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
152	36.51	L	F	Cassandra Sikiotis	15	MDOL EKU	06/01/2023 2023 Grand Prix Invitation Swimming I
153	36.60	L	F	Anke Vd Waal	15	TYGE CPT	15/10/2022 CTA Qualifying Meet #6
154	36.64	L	P	Acacia- Cailyn Abell	15	MDOL EKU	08/12/2022 EGA Summer Champs 2022
155	36.68	L	F	Lois Fourie	15	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Cham
156	36.70	L	P	Makayla Lombard	15	JAQ EKU	02/03/2023 SA Level 2 Regional Age Group Cham
157	36.71	L	P	Nazneen Mohamed	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
158	36.73	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
159	36.75	L	F	Taya Groger	15	SGUL ETH	17/03/2023 SA Level 2 Regional Age Group Cham
160	36.76	L	F	Clarise Coetzer	15	STSC KCD	28/01/2023 Ushaka Champs 2023
161	36.78	L	F	Isabella Afonso	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
162	36.84	L	P	Rene Sauerman	15	SEAL UMD	31/03/2023 SA Level 3 Regional Age Group Chan
163	36.87	L	F	Farhah Valli	15	MDOL EKU	23/09/2022 EGA Summer 1 2022
164	36.88	L	P	Addison vd Byl	15	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
165	36.89	L	F	Kimberly Kabiri	15	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
166	36.92	L	F	Imani Magotsi	15	VINE CPT	24/09/2022 CTA Qualifying Meet #5
167	37.09	L	F	Amonique Louwrens	15	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
168	37.18	L	F	Christn Engelbrecht	15	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
169	37.35	L	F	Leane Jacobs	15	TLAC BPD	03/03/2023 SA Level 2 Regional Age Group Cham
170	37.39	L	P	Kayla Miller	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
171	37.52	L	P	Tyra Kasonkomona	15	MATL KKD	07/12/2022 NWS Championships 2022/2023
172	37.71	L	F	Alienne van Rensburg	15	KTS	28/10/2022 KALAHARI CLASSIC CLUB GALA
173	37.74	L	P	Jorja Da Cunha	15	BON EKU	08/12/2022 EGA Summer Champs 2022
174	37.77	L	P	Kendra Beukes	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
175	37.79	L	P	Tatum Borrill	15	CA EKU	08/12/2022 EGA Summer Champs 2022
176	37.80	L	F	Mignon Smit	15	HMER MPD	04/02/2023 Limpopo School Champs
177	37.90	L	F	Hannah Witten	15	ASAC CPT	07/10/2022 41st Freda Barnard Invitational Gala
178	38.00	L	P	Liche-Mari Britz	15	KALA	03/03/2023 SA Level 2 Regional Age Group Cham
179	38.02	L	F	Claire Kourie	15	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
180*	38.11	L	F	Gail Polman	15	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
180*	38.11	L	P	Jennifer Sweeney	15	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
182	38.12	L	F	Abigail Van Dyk	15	TUKS TSH	08/10/2022 NTS Sprint Gala
183	38.17	L	F	Jamilah Tshiyoyo	15	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
184	38.49	L	F	Ame Quinn	CR	ROB EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
185	38.52	L	F	Charmae Donald	15	VALS FDD	29/10/2022 Neptune Gala
186*	38.55	L	F	Ilhaam Mohamed	15	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
186*	38.55	L	F	Zoey Du Toit	15	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
188	38.68	L	F	Simone Read	15	CA EKU	23/09/2022 EGA Summer 1 2022
189	38.86	L	P	Erin Burke	15	AACTA CPT	09/12/2022 Western Cape LC-A Championship 20
190	38.91	L	F	Callan-Cate Bouwer	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
191	38.93	L	F	Layah Mahomed	15	SS MPD	02/12/2022 Limpopo Champs
192	39.01	L	F	Keira Schroll	15	NWUC KKD	07/12/2022 NWS Championships 2022/2023
193	39.14	L	F	Marinique Lamprecht	15	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
194	39.29	L	P	Marita Lackey	15	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Cham
195	39.46	L	F	Amy Clayton	15	CUHE OBD	11/02/2023 WCA-B Champs - 2023
196	39.50	L	P	Cameron Morel	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
197	39.54	L	F	Isabella Le Roux	15	QSAW CED	11/02/2023 WCA-B Champs - 2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
198	39.56	L	F	Lianne Labuschagne	15	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
199*	39.61	L	F	Cherise Coetzer	15	STSC KCD	19/11/2022 Froggies Aquatics Championships 202
199*	39.61	L	P	Jenna Perle Du Plessis	15	BLSS MAN	06/12/2022 Free State Champs 2022
201	39.99	L	P	Caitlin Kennedy	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
202	40.07	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
203	40.16	L	F	Amelia Fraser-Harding	15	ACSA ETH	28/01/2023 Ushaka Champs 2023
204	40.25	L	F	Ammara Jagger	15	WEST CPT	07/10/2022 41st Freda Barnard Invitational Gala
205	40.29	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
206	40.35	L	P	Kayla Botha	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
207	40.50	L	P	Deidre Grobler	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
208	40.62	L	F	Imaan Davids	15	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
209	40.78	L	P	Lerato Molobye	15	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Cham
210	40.80	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
211	40.85	L	F	Daniëlle Le Roux	15	SS MPD	02/12/2022 Limpopo Champs
212	40.87	L	F	Bianca Myburgh	15	CUHE QBD	11/02/2023 WCA-B Champs - 2023
213	41.08	L	F	Eunice Fourie	15	BLSS MAN	27/08/2022 Kovsie Gala
214	41.21	L	F	Kimberley Strong	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
215	41.27	L	F	Michelle Van Rooyen	15	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Cham
216	41.45	L	F	Lianka Du Toit	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
217	41.51	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023 Limpopo School Champs
218	41.56	L	F	Izra Gameeldien	15	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
219	41.86	L	F	Kelsey Windvogel	15	MGSC UGD	17/03/2023 SA Level 2 Regional Age Group Cham
220	41.98	L	F	Abigail Phillips	15	SASE JHB	25/02/2023 CGA Level 3+ Last Chance gala
221	42.34	L	F	Carla Pienaar	15	STSC KCD	21/01/2023 KCDA January Age Group Gala 2023
222	42.49	L	F	Alyssa Bester	15	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
223	42.50	L	F	Piya Narandas	15	MAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
224	42.59	L	F	Loren Parker	15	RPAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
225	42.71	L	P	Isabella Vicente	15	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Cham
226	42.78	L	F	Chloe Stacey	15	RBUR BPD	21/01/2023 NWS Sprint Gala 2023
227	42.93	L	F	Thando Mvuyana	15	TMAC ETH	19/03/2023 KZN Level 1 Championships 2023
228	43.14	L	F	Bonolo Mohapi	15	COSM JHB	18/03/2023 Level 1 Intra-Provincial 2023
229	44.11	L	F	Leandrè Burger	15	QSAW GED	24/09/2022 CTA Qualifying Meet #5
230	44.15	L	F	Olivia Darley	15	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
231	44.49	L	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
232	44.65	L	F	Elanza Oosthuizen	15	PHS CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
233	44.92	L	F	Clara van Rooyen	15	PGAC EKU	10/09/2022 Adrian Grafe Gala 2022
234	45.26	L	F	Anele Mbokazi	15	USH UHD	19/11/2022 Froggies Aquatics Championships 202
235	45.40	L	F	Christine Lee	15	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
236	45.44	L	P	Lunathi Mfuyo	15	SGUL ETH	01/07/2022 Prestige Tournament 2022
237	45.47	L	F	Ciska Ferreira	15	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
238	45.76	L	F	Juanise Van Der Walt	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
239	45.79	L	F	Maya Lockitch	15	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
240	45.94	L	F	Kayleigh Van der Westhuizen	15	CSA EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
241	46.11	L	F	Nkenda Baghana	15	CPSC TSH	18/03/2023 Level 1 Intra-Provincial 2023
242	46.16	L	F	Elizabeth Swanevelder	15	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
243	46.19	L	F	Kayleigh Jansen Van Vuuren	15	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
244	46.21	L	F	Madelein Bronkhorst	15	HBV MPD	04/02/2023 Limpopo School Champs
245	46.86	L	F	Anke Oellermann	15	EXP TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
246	46.95	L	F	Precious Radebe	15	WELA LLD	12/11/2022 Kroonstad Age Group
247*	47.30	L	F	Ahara-Anne Maherry	15	BEAV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
247*	47.30	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
249	47.38	L	P	Adele Van Der Riet	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
250	47.89	L	F	Nkateko Moyana	15	TONAU CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
251	48.15	L	F	Alisha Calokechi	15	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
252	49.01	L	F	Unathi Sibiyi	15	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gale
253	49.11	L	F	Ilne Kotzé	15	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
254	49.43	L	F	Yana Van Schoor	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
255	49.54	L	F	Tiffany Steyn	15	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
256	50.06	L	P	Shannon Coetzee	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
257	51.02 L	F	Bea-Mari Ackerman	15	SHS KK	10/02/2023	NW School Championships 2023	
258	51.91 L	F	Laveshni Cayley Behari	15	ATLA JHB	02/10/2022	2022 AG Swim Stars 14&Over	
259	53.26 L	F	Michaela Mitchley	15	KTS	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY	
260	53.68 L	F	Arya Naidoo	15	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala	
261	1:00.24 L	F	Sihle Metsing	15	SOWE JHB	02/10/2022	2022 AG Swim Stars 14&Over	
<b>Women 100 Fly</b>								
1	1:03.91 L	F	Myra Viduya	15	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
2	1:04.31 L S	F	Cassidy Burgess	15	VINE CPT	21/03/2023	SA National Junior Age Group Champs	
3	1:04.71 L	F	Keira Van Heerden	15	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
4	1:05.10 L S	P	Dane De Klerk	15	BLSS MAN	21/03/2023	SA National Junior Age Group Champs	
5	1:06.75 L	F	Kaitlyne Horne	15	BEST NMA	13/01/2023	Eastern Cape Aquatics LC Champs 20	
6	1:06.86 L S	F	Emma De Wet	15	VINE CPT	25/06/2022	PEA Winter Gala 2022	
7	1:07.13 L	F	Melissa Kuun	15	FISH EDD	18/02/2023	EDEN 5th A-League Gala 2023	
8	1:07.54 L	P	Hannah Mouton	15	TUKS TSH	09/12/2022	NTS Championships 2022	
9	1:07.68 L S	F	Isabella Desfontaines	15	RAV EKU	21/03/2023	SA National Junior Age Group Champs	
10	1:07.75 L S	F	Chanel Baenhoff	15	BLSS MAN	06/12/2022	Free State Champs 2022	
11	1:08.15 L	F	Daena Robinson	15	KZNA ETH	21/04/2023	SA Schools Swimming Championship	
12	1:08.20 L	F	Marony Jacobs	15	INFA NMA	09/12/2022	NMBA Championships 2022	
13	1:08.29 L	F	Rebecca Fury	15	VINE CPT	28/01/2023	Winelands SL Final	
14	1:08.77 L S	P	Jessica Carmody	15	SGUL ETH	21/03/2023	SA National Junior Age Group Champs	
15	1:08.87 L	F	Simoné Henning	15	RHS BPD	10/02/2023	NW School Championships 2023	
16	1:09.38 L S	F	Nanette Jordaan	AR	BLOT MAN	06/12/2022	Free State Champs 2022	
17	1:09.68 L S	P	Jana Lombard	15	LALE CED	21/03/2023	SA National Junior Age Group Champs	
18	1:10.28 L	F	Emily Walker	15	PEAS NMA	10/02/2023	Infinity Gala 2023	
19	1:10.78 L	F	Emma La Grange	15	WCA CPT	21/04/2023	SA Schools Swimming Championship	
20	1:10.96 L	F	Ella Mills	15	UNI EZD	31/03/2023	SA Level 3 Regional Age Group Chan	
21	1:11.04 L S	F	Veneske Steenkamp	15	ROA EDD	09/12/2022	Western Cape LC-A Championship 20	
22	1:11.05 L	F	Isabella Webber	15	VINE CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
23	1:11.15 L	F	Bailey Held	15	SGUL ETH	02/12/2022	EDAAG Gala December 2022	
24	1:11.20 L S	F	Jhoanè Voges	15	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20	
25	1:11.35 L	F	Erin Hudson	15	AA JHB	09/12/2022	NTS Championships 2022	
26	1:12.05 L	F	Timara Froneman	15	MSC NGD	02/12/2022	Mpumalanga Championships 2022	
27	1:12.44 L	F	Taylor Morton	15	GSA CPT	15/10/2022	CTA Qualifying Meet #6	
28	1:12.50 L S	F	Amelia Vincent	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
29	1:12.71 L	F	Simone Theron	15	TKS WBD	02/12/2022	Limpopo Champs	
30	1:12.84 L S	F	Isabel Vorster	15	BLNE MAN	06/12/2022	Free State Champs 2022	
31	1:12.91 L S	P	Xanthe Nagel	15	HREF BPD	21/03/2023	SA National Junior Age Group Champs	
32	1:12.98 L	F	Isla Thomas	15	AA JHB	01/12/2022	CGA LC Summer Championships Leve	
33	1:13.03 L	F	Carmi Schoeman	15	LP CC	21/04/2023	SA Schools Swimming Championship	
34	1:13.34 L	F	Erin Beyers	15	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2	
35	1:13.49 L	P	Katie-Peta Marcelino	15	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi	
36	1:13.74 L S	P	Madison Fourie	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs	
37	1:13.81 L S	F	Candice Kruger	15	BAS EKU	08/12/2022	EGA Summer Champs 2022	
38	1:14.00 L S	F	Christina Gennarakis	15	CUDU CPT	09/12/2022	Western Cape LC-A Championship 20	
39	1:14.06 L S	F	Nicole Beling	15	BAS EKU	08/12/2022	EGA Summer Champs 2022	
40	1:14.08 L	P	Anli Rademeyer	15	QUIC CPT	24/02/2023	Western Cape Elite Gala	
41	1:14.33 L	F	Caitlin Watson	15	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
42	1:14.53 L	F	Tanè Putter	15	CTA CPT	28/01/2023	NMBA Intra-District Championship	
43	1:14.58 L	F	Charnè Van Tonder	15	TYGE CPT	15/10/2022	CTA Qualifying Meet #6	
44	1:14.66 L S	F	Hayley Beling	15	BAS EKU	08/12/2022	EGA Summer Champs 2022	
45	1:15.11 L	F	Joy Vd Westhuizen	15	AQDO CPT	24/02/2023	Western Cape Elite Gala	
46	1:15.24 L	F	Kate Truter	15	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
47	1:15.51 L	F	Carleigh Palmer	15	AFIN JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
48	1:15.68 L S	F	Tamsin Yates	15	CA EKU	08/12/2022	EGA Summer Champs 2022	
49	1:15.78 L	F	Keira Leask	15	AA JHB	01/12/2022	CGA LC Summer Championships Leve	
50	1:16.39 L	F	Francis Whelan	AR	BLOT MAN	22/10/2022	Otters Prestige Gala 2022	
51	1:16.41 L	F	Anri De Beer	15	INFA NMA	09/12/2022	NMBA Championships 2022	
52	1:16.52 L	F	Tatum Cabral	15	ELEC TSH	09/12/2022	NTS Championships 2022	
53	1:16.62 L	F	Aruli Fick	15	USH UHD	10/12/2022	KCDA December Age Goup Gala 2022	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
54	1:16.81	L	P	Simone Vd Merwe	15	GSA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
55	1:16.84	L	F	Isabella Stanyon	15	USC BUF	02/12/2022 BCA Long Course Championships 202
56	1:16.87	L	P	Sinesipho Sibiya	15	KZNA ETH	21/04/2023 SA Schools Swimming Championship
57	1:17.52	L	F	Ava Fourie	15	TRAZ TSH	31/03/2023 SA Level 3 Regional Age Group Chan
58	1:17.87	L	F	Catherine Wentzel	15	FRA KCD	17/03/2023 SA Level 2 Regional Age Group Cham
59	1:17.96	L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
60	1:18.40	L	F	Madison Franks	15	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
61	1:18.43	L	F	Catherine Jones	15	RFA TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
62	1:18.86	L S	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champ
63	1:19.10	L S	P	Deidré Olivier	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
64	1:19.87	L	F	Gabriella Douglas	15	BAS EKU	23/09/2022 EGA Summer 1 2022
65	1:20.28	L S	F	Erin Mayoss	15	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
66	1:20.75	L	P	Nikha Lambden	15	EXP TSH	31/03/2023 SA Level 3 Regional Age Group Chan
67	1:20.85	L	F	Aarya Morar	15	ATLA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
68	1:20.86	L	P	Michaela Van Rooyen	15	BLSS MAN	01/07/2022 Prestige Tournament 2022
69	1:21.32	L	F	Farhah Valli	15	MDOL EKU	23/09/2022 EGA Summer 1 2022
70	1:21.74	L	F	Elmarie De Witt	15	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
71	1:22.17	L	F	Zaibaa Bawa	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
72	1:22.28	L	P	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
73	1:22.45	L S	F	Alexia Luz	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
74	1:22.55	L	F	Mari Zanne Nortje	15	HSBV SKD	04/02/2023 Limpopo School Champs
75	1:22.69	L	F	Erin Horsley	15	BCA BUF	28/01/2023 NMBA Intra-District Championship
76	1:23.09	L	F	Zara Jeftha	15	MARL CPT	28/01/2023 Winelands SL Final
77	1:23.55	L	F	Amelia Manning	15	EDEN EDD	28/01/2023 NMBA Intra-District Championship
78	1:23.89	L	F	Deanne Du Plessis	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
79	1:23.93	L	F	Imani Magotsi	15	VINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
80	1:24.05	L	F	Esmari Weitsz	15	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
81	1:24.25	L	F	Adriel Govender	15	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
82	1:24.49	L	P	Gabby Mc Hugh	15	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group Chan
83	1:24.67	L	F	Beane Swanepoel	15	VRC TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
84	1:24.92	L	F	Kendra Beukes	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
85	1:25.55	L	P	Abby Clayton	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
86	1:25.93	L	F	Isabella Afonso	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
87	1:25.98	L	F	Kirstin Brady	15	RAV EKU	11/06/2022 EGA Winter 1 2022
88	1:26.35	L	P	Lisa Ferreira	15	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
89	1:26.52	L	P	Lianne Labuschagne	15	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
90	1:26.99	L	F	Cameron Morel	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
91	1:27.22	L	P	Makayla Lombard	15	JAQ EKU	02/03/2023 SA Level 2 Regional Age Group Cham
92	1:27.47	L	F	Hayley Lottering	15	CA EKU	11/06/2022 EGA Winter 1 2022
93	1:28.13	L S	P	Madelé Harding	15	POTC KKD	07/12/2022 NWS Championships 2022/2023
94	1:28.17	L	F	Clarise Coetzer	15	STSC KCD	19/11/2022 Froggies Aquatics Championships 202
95	1:28.87	L	P	Jordana Azran	15	KLOO ETH	16/12/2022 KZNA Premier Provincial Championshi
96	1:30.08	L	F	Mia Barnard	FR	BLOT MAN	22/10/2022 Otters Prestige Gala 2022
97	1:30.24	L	F	Marinique Lamprecht	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
98	1:30.63	L	F	Mignon Smit	15	SS MPD	12/11/2022 Limpopo Age Group 5
99	1:31.54	L S	P	Alexandra Houniet	15	CA EKU	08/12/2022 EGA Summer Champs 2022
100	1:32.98	L S	F	Jenna Perle Du Plessis	15	BLSS MAN	06/12/2022 Free State Champs 2022
101	1:33.63	L	P	Marilee Coetzee	15	DOLFI MPD	02/03/2023 SA Level 2 Regional Age Group Cham
102	1:34.81	L	F	Mia Pienaar	15	STSC KCD	21/01/2023 KCDA January Age Group Gala 2023
103	1:34.87	L	F	Yusrah Du Toit	15	UWCA CPT	03/03/2023 SA Level 2 Regional Age Group Cham
104	1:35.32	L	F	Imaan Davids	15	MANT CPT	04/11/2022 CTA A CHAMPS 2022
105	1:35.39	L	F	Cara Fourie	15	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
106	1:35.81	L	F	Christn Engelbrecht	15	KSC EZD	02/12/2022 Mpumalanga Championships 2022
107	1:37.08	L	F	Jannae De Villiers	15	PRKA PSD	03/03/2023 SA Level 2 Regional Age Group Cham
108	1:37.70	L	F	Callan-Cate Bouwer	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
109	1:38.05	L	F	Michelle Van Rooyen	15	TYGE CPT	11/02/2023 WCA-B Champs - 2023
110	1:39.61	L	F	Tyra Kasonkomona	15	MATL KKD	26/11/2022 NWS Age Group 3 2022/23
111	1:40.90	L	F	Lois Fourie	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
112	1:41.20	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022 CTA A CHAMPS 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
113	1:41.74	L	F	Eunice Fourie	15	BLSS MAN	24/09/2022	Bull-Sharks Gala
114	1:42.77	L	F	Anele Mbokazi	15	USH UHD	19/11/2022	Froggies Aquatics Championships 202
115	1:42.79	L	F	Hanrike Barnard	15	CSC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
116	1:43.82	L	P	Daniëlle Le Roux	15	SS MPD	02/03/2023	SA Level 2 Regional Age Group Cham
117	1:44.07	L	F	Leandre Burger	15	QSAW CED	07/10/2022	41st Freda Barnard Invitational Gala
118	1:44.49	L	F	Addison vd Byl	15	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
119	1:45.88	L	F	Lianka Du Toit	15	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
120	1:47.75	L	P	Jorja Da Cunha	15	BON EKU	02/03/2023	SA Level 2 Regional Age Group Cham
121	1:48.35	L	F	Gabrielle Mare	15	HFDT MPD	04/02/2023	Limpopo School Champs
122	1:51.22	L	F	Elizabeth Swanevelde	15	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
123	1:51.60	L	F	Marita Lackey	15	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
124	1:51.78	L	F	Gabriëlle Maré	15	DOLFI MPD	22/10/2022	Limpopo Age Group 4
125	1:53.08	L	F	Lunathi Mfuyo	15	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
126	1:54.44	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022	OR TAMBO Soncini 2022
<b>Women 200 Fly</b>								
1	2:20.51	L	F	Dane De Klerk	15	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
2	2:28.11	L	F	Myra Viduya	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs
3	2:31.23	L	F	Marony Jacobs	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs
4	2:33.70	L	F	Simoné Henning	15	RBOT BPD	01/07/2022	Prestige Tournament 2022
5	2:39.28	L	F	Nanette Jordaan	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championshi
6	2:40.36	L	F	Chanel Baenhoff	15	BLSS MAN	06/12/2022	Free State Champs 2022
7	2:45.90	L	F	Veneske Steenkamp	15	ROA EDD	09/12/2022	Western Cape LC-A Championship 20
8	2:46.53	L	F	Jhoanè Voges	15	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
9	2:52.30	L	F	Candice Kruger	15	BAS EKU	20/01/2023	EGA Last Chance Galal
10	2:55.47	L	F	Joy Vd Westhuizen	15	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games
11	2:57.04	L	F	Amelia Vincent	15	BLSS MAN	19/11/2022	AGE GROUP 3 KBY 2022
12	3:01.95	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
13	3:02.65	L	F	Carmi Schoeman	15	HPP BUF	04/02/2023	Limpopo School Champs
14	3:02.96	L	F	Simone Theron	15	TKS WBD	12/11/2022	Limpopo Age Group 5
15	3:10.12	L	F	Kendra Beukes	15	PGAC EKU	08/12/2022	EGA Summer Champs 2022
16	3:21.61	L	F	Gabby Mc Hugh	15	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
17	3:25.18	L	F	Imani Magotsi	15	VINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
18	3:33.80	L	F	Adriel Govender	15	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
19	3:54.97	L	F	Cara Fourie	15	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
<b>Women 200 IM</b>								
1	2:25.30	L	F	Grace Morris	15	GAUT	21/04/2023	SA Schools Swimming Championship
2	2:25.97	L	F	Myra Viduya	15	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
3	2:26.38	L	F	Dane De Klerk	15	BLSS MAN	21/03/2023	SA National Junior Age Group Champs
4	2:27.42	L S	F	Keira Van Heerden	15	PEAS NMA	25/06/2022	PEA Winter Gala 2022
5	2:27.61	L S	F	Rebecca Fury	15	VINE CPT	25/06/2022	PEA Winter Gala 2022
6	2:28.75	L	F	Hannah Mouton	15	TUKS TSH	28/10/2022	NTS October SARJ+ Age Group Gala
7	2:29.90	L	P	Loghan Gray	15	MDOL EKU	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
8	2:31.23	L	P	Hannah Rigby	15	DRGN JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
9	2:31.73	L	F	Simoné Henning	15	RBOT BPD	01/07/2022	Prestige Tournament 2022
10	2:31.85	L	F	Erin Hudson	15	AA JHB	21/03/2023	SA National Junior Age Group Champs
11	2:31.91	L S	F	Emma De Wet	15	VINE CPT	25/06/2022	PEA Winter Gala 2022
12	2:32.23	L	F	Kaitlyne Horne	15	BEST NMA	10/02/2023	Infinity Gala 2023
13	2:33.20	L	F	Daena Robinson	15	SEAL UMD	01/07/2022	Prestige Tournament 2022
14	2:33.41	L	P	Katie-Peta Marcelino	15	SGUL ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
15	2:33.97	L	P	Chanel Baenhoff	15	BLSS MAN	21/03/2023	SA National Junior Age Group Champs
16	2:34.96	L	P	Marony Jacobs	15	INFA NMA	21/03/2023	SA National Junior Age Group Champs
17	2:34.98	L	F	Timara Froneman	15	MSC NGD	30/09/2022	MP AGE GROUP 1
18	2:35.19	L	P	Taylor Morton	15	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
19	2:35.52	L	F	Tanè Putter	15	CUDU CPT	09/12/2022	Western Cape LC-A Championship 20
20	2:36.22	L	P	Hayley Beling	15	BAS EKU	21/03/2023	SA National Junior Age Group Champs
21	2:36.46	L	P	Michaela Labuschagne	15	SAAW CPT	24/02/2023	Western Cape Elite Gala
22	2:36.69	L	P	Nicole Beling	15	BAS EKU	21/03/2023	SA National Junior Age Group Champs
23	2:36.94	L	F	Alex-Zandre' Labuschagne	15	MGSC UGD	21/03/2023	SA National Junior Age Group Champs



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
24	2:37.01	L	P	Isabella Desfontaines	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
25	2:37.43	L	P	Cassidy Sinclair	15	DRGN JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
26	2:38.90	L	F	Erin Beyers	15	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
27	2:39.41	L	F	Cassidy Burgess	15	VINE CPT	09/12/2022 Western Cape LC-A Championship 20
28	2:39.81	L	F	Erin Mayoss	15	KLOO ETH	25/11/2022 WSC & Seals Summer LC Champs 20
29	2:39.86	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
30	2:40.00	L	F	Emma La Grange	15	WCA CPT	21/04/2023 SA Schools Swimming Championship
31	2:40.15	L	P	Madison Fourie	15	INFA NMA	21/03/2023 SA National Junior Age Group Champs
32	2:40.39	L	F	Jessica Carmody	15	SGUL ETH	16/07/2022 AQZ Dual Meet
33	2:40.94	L S	F	Holley Jacoby	15	VIKI BUF	25/06/2022 PEA Winter Gala 2022
34	2:41.15	L	F	Kate Truter	15	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
35	2:41.34	L	P	Ana Tavolari	15	ACSA ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
36	2:42.18	L	F	Keira Duncan	15	SGUL ETH	01/07/2022 Prestige Tournament 2022
37	2:42.35	L	F	Tiffany Marshall	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
38	2:42.64	L	P	Nanette Jordaan	AR	BLOT MAN	21/03/2023 SA National Junior Age Group Champs
39	2:43.23	L	F	Monique Oosthuizen	AR	BLOT MAN	06/12/2022 Free State Champs 2022
40	2:43.24	L	F	Charnè Van Tonder	15	TYGE CPT	21/01/2023 CTA Qualifying Meet #7
41	2:43.37	L	P	Carmi Schoeman	15	TKS WBD	31/03/2023 SA Level 3 Regional Age Group Chan
42	2:43.46	L	F	Simone Theron	15	TKS WBD	02/12/2022 Limpopo Champs
43*	2:43.60	L	F	Bailey Held	15	SGUL ETH	16/07/2022 AQZ Dual Meet
43*	2:43.60	L	F	Neema Banza	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
45	2:43.62	L	F	Veneske Steenkamp	15	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
46*	2:43.68	L	F	Francis Whelan	AR	BLOT MAN	24/09/2022 Bull-Sharks Gala
46*	2:43.68	L	P	Jhoanè Voges	15	QUIC CPT	24/02/2023 Western Cape Elite Gala
48	2:43.78	L	F	Emily Walker	15	PEAS NMA	10/02/2023 Infinity Gala 2023
49	2:44.07	L	F	Jani Borman	15	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group Chan
50	2:44.15	L	F	Anli Rademeyer	15	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
51	2:44.22	L	P	Kanishka Rajput	15	AAS JHB	21/03/2023 SA National Junior Age Group Champs
52	2:44.64	L	P	Jordyn Collett	15	TUKS FSH	21/03/2023 SA National Junior Age Group Champs
53	2:44.86	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
54	2:45.09	L	F	Isla Thomas	15	AA JHB	01/12/2022 CGA LC Summer Championships Lev
55	2:45.27	L	F	Keira Leask	15	DORE JHB	06/01/2023 2023 Grand Prix Invitation Swimming I
56	2:45.32	L	F	Mianique Lombard	15	WELA LLD	06/12/2022 Free State Champs 2022
57*	2:45.44	L	F	Amelia Manning	15	EDEN EDD	28/01/2023 NMBA Intra-District Championship
57*	2:45.44	L	P	Gemma Jones	15	VINE CPT	21/03/2023 SA National Junior Age Group Champs
59	2:45.46	L	P	Candice Kruger	15	BAS EKU	08/12/2022 EGA Summer Champs 2022
60	2:45.54	L	F	Isabella Webber	15	VINE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
61	2:45.84	L	F	Alexia Luz	15	SOUL EKU	31/03/2023 SA Level 3 Regional Age Group Chan
62	2:46.16	L	F	Anri De Beer	15	INFA NMA	09/12/2022 NMBA Championships 2022
63	2:46.43	L	F	Tatum Cabral	15	ELEC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala ;
64*	2:46.46	L	F	Carleigh Palmer	15	AFIN JHB	31/03/2023 SA Level 3 Regional Age Group Chan
64*	2:46.46	L	F	Kye-Ann Fowler	15	UNI EZD	31/03/2023 SA Level 3 Regional Age Group Chan
66	2:47.08	L	P	Acacia- Cailyn Abell	15	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
67*	2:47.30	L	P	Caitlin Watson	15	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
67*	2:47.30	L	P	Tatum Lauf	15	MDOL EKU	08/12/2022 EGA Summer Champs 2022
69	2:47.33	L	P	Xanthe Nagel	15	HREF BPD	21/03/2023 SA National Junior Age Group Champs
70	2:47.35	L	P	Aruli Fick	15	USH UHD	16/12/2022 KZNA Premier Provincial Championshi
71	2:47.83	L	F	Nikha Lambden	15	EXP FSH	03/02/2023 NTS January Lev 3+ Age Group Gala ;
72	2:48.23	L	F	Christina Gennarakis	15	CUDU CPT	03/09/2022 CTA Qualifying Meet #4
73	2:48.38	L	P	Tamsyn Kotzè	15	BLMA CPT	21/03/2023 SA National Junior Age Group Champs
74	2:48.49	L	F	Farhah Valli	15	RSA	28/01/2023 CANA GRAND PRIX JAN 2023 MBOM
75	2:48.64	L	P	Joy Vd Westhuizen	15	AQDO CPT	24/02/2023 Western Cape Elite Gala
76	2:49.03	L	F	Ella Mills	15	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
77	2:49.39	L	F	Tyla Skelton	15	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
78	2:49.53	L	F	Jenna-Mae Lally	15	BEAV ETH	28/01/2023 Ushaka Champs 2023
79	2:49.80	L	P	Mathilda Liebenberg	15	POTC KKD	31/03/2023 SA Level 3 Regional Age Group Chan
80	2:49.91	L	P	Kirstin Brady	15	RAV EKU	21/03/2023 SA National Junior Age Group Champs
81	2:50.59	L	F	Gabriella Douglas	15	BAS EKU	23/09/2022 EGA Summer 1 2022
82	2:50.80	L	F	Mmabatho Marite	15	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
83	2:50.97	L	F	Stella Reinecke	15	KLOO	ETH 31/03/2023 SA Level 3 Regional Age Group Chan
84	2:51.44	L	P	Simone Vd Merwe	15	GSA	CPT 24/02/2023 Western Cape Elite Gala
85	2:53.14	L	F	Hannah Witten	15	ASAC	CPT 03/09/2022 CTA Qualifying Meet #4
86*	2:53.94	L	F	Danielle Walker	15	FLOD	JHB 01/12/2022 CGA LC Summer Championships Lev
86*	2:53.94	L	P	Ashling McCarthy	15	LINR	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
88	2:54.17	L	F	Kirsten Van Reenen	15	LALE	GED 13/11/2022 Winelands Summer League 4
89	2:54.25	L	P	Kendra Beukes	15	PGAC	EKU 31/03/2023 SA Level 3 Regional Age Group Chan
90	2:54.88	L	F	Esmari Weitsz	15	UNI	EZD 02/12/2022 Mpumalanga Championships 2022
91	2:55.14	L	F	Cassandra Sikiotis	15	MDOL	EKU 23/09/2022 EGA Summer 1 2022
92	2:55.45	L	F	Catherine Jones	15	RFA	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
93	2:55.76	L	F	Shani Olivier	15	WELL	GED 18/02/2023 Swartland Invitational Gala 2023
94	2:56.24	L	F	Georgoulla Kambanis	15	BLSS	MAN 05/11/2022 Seals Heidedal Gala
95	2:56.50	L	F	Ciska Ferreira	15	NHS	EZD 22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
96	2:56.64	L	F	Emma Roberts	15	UNI	EZD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
97	2:56.70	L	P	Cherise Coetzer	15	STSC	KCD 17/03/2023 SA Level 2 Regional Age Group Cham
98	2:56.83	L	F	Lucy Nagel	15	PEAS	NMA 13/08/2022 Madibaz Swim Meet
99	2:56.85	L	F	Deidré Olivier	15	POTC	KKD 07/12/2022 NWS Championships 2022/2023
100	2:56.86	L	F	Sinesipho Sibiya	15	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
101	2:56.92	L	F	Mignon Smit	15	HMER	MPD 04/02/2023 Limpopo School Champs
102	2:57.11	L	F	Jean Marie Swartz	15	TONAU	CCD 08/09/2022 Limpopo Interhoer (Capricorn Distrik)
103*	2:57.53	L	F	Cara Corrigan	15	EDEN	EDD 28/01/2023 NMBA Intra-District Championship
103*	2:57.53	L	P	Kanak Rajput	15	AAS	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
105	2:57.57	L	F	Isabella Stanyon	15	USC	BUF 02/12/2022 BCA Long Course Championships 202
106	2:58.43	L	P	Tatum Borrill	15	CA	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
107	2:58.46	L	P	Emma Rose	15	ONYX	EKU 08/12/2022 EGA Summer Champs 2022
108	2:58.64	L	F	Eve Abrahams	15	VINE	CPT 07/10/2022 41st Freda Barnard Invitational Gala
109	2:58.65	L	F	Kristin Vogelzang	15	RAV	EKU 23/09/2022 EGA Summer 1 2022
110	2:58.69	L	F	Luyanda Shandu	15	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
111	2:59.08	L	F	Melissa Kuun	15	FISH	EDD 22/10/2022 EDEN 2nd A-League Gala 2022
112	2:59.29	L	P	Anichia Le Roux	15	BAR	09/12/2022 NTS Championships 2022
113*	2:59.31	L	F	Jade Jarvis	15	SAAW	CPT 21/01/2023 CTA Qualifying Meet #7
113*	2:59.31	L	P	Riley Hattingh-Steyn	15	SOUL	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
113*	2:59.31	L	P	Alexandra Houniet	15	CA	EKU 31/03/2023 SA Level 3 Regional Age Group Chan
116	2:59.76	L	F	Jana Helmand	KR	BLOT	MAN 27/01/2023 Seals Bullsharks Gala
117	2:59.91	L	F	Erin Burke	15	AACTA	CPT 07/10/2022 41st Freda Barnard Invitational Gala
118	3:01.07	L	F	Alexa Louw	15	BLMA	CPT 28/01/2023 Winelands SL Final
119	3:01.24	L	P	Lois Fourie	15	BLSS	MAN 06/12/2022 Free State Champs 2022
120	3:01.40	L	P	Amahle Mhlongo	15	PSCP	UMD 17/03/2023 SA Level 2 Regional Age Group Cham
121*	3:01.59	L	F	Isabella Mansfield	15	LALE	GED 28/01/2023 Winelands SL Final
121*	3:01.59	L	F	Abby Clayton	15	SEAL	UMD 01/07/2022 Prestige Tournament 2022
123	3:01.70	L	F	Lume Louw	15	USC	BUF 10/02/2023 Infinity Gala 2023
124	3:02.37	L	F	Izeldi Jacobs	15	STGR	07/12/2022 NCASA CHAMPS 2022
125	3:02.41	L	P	Jordana Azran	15	KLOO	ETH 03/10/2022 Sasolburg Swim Club Invitational Gala
126	3:02.69	L	F	Kimberly Kabiri	15	PEAS	NMA 17/09/2022 3rd A League Gala-Newton Park Pool
127	3:02.72	L	F	Elmarie De Witt	15	QUIC	CPT 04/02/2023 CTA BRIAN BUTTON Qualifying Meet
128	3:02.81	L	F	Tyla Longueira	15	MSC	NGD 14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
129	3:02.82	L	P	Gabby Mc Hugh	15	CRSC	JHB 31/03/2023 SA Level 3 Regional Age Group Chan
130	3:02.84	L	P	Zara Jeftha	15	MARL	CPT 31/03/2023 SA Level 3 Regional Age Group Chan
131	3:03.44	L	F	Mia Pienaar	15	STSC	KCD 28/01/2023 Ushaka Champs 2023
132	3:03.74	L	F	Isabella Afonso	15	QUIC	CPT 07/10/2022 41st Freda Barnard Invitational Gala
133	3:04.10	L	F	Simone Cairns	15	KLOO	ETH 03/10/2022 Sasolburg Swim Club Invitational Gala
134	3:04.33	L	P	Kayla-Jade Van Heerden	15	KLOO	ETH 03/10/2022 Sasolburg Swim Club Invitational Gala
135	3:04.51	L	F	Ilhaam Mohamed	15	FAAC	FBD 07/10/2022 FLAMINGO GALA OCT 2022
136	3:04.93	L	P	Eunice Fourie	15	BLSS	MAN 06/12/2022 Free State Champs 2022
137	3:05.13	L	F	Amelia Fraser-Harding	15	ACSA	ETH 17/03/2023 SA Level 2 Regional Age Group Cham
138*	3:05.31	L	F	Kayla Petersen	15	USC	BUF 04/02/2023 BCA Feb Age Group Gala 2023
138*	3:05.31	L	F	Adriel Govender	15	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
140	3:05.43	L S	T	Beane Swanepoel	15	VRC	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
141	3:05.61	L	F	Jennifer Sweeney	15	SASE	JHB 02/03/2023 SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
142	3:05.88	L	F	Abigail Phillips	15	SASE JHB	25/02/2023 CGA Level 3+ Last Chance gala
143	3:05.90	L	P	Jorja Da Cunha	15	BON EKU	02/03/2023 SA Level 2 Regional Age Group Cham
144	3:06.25	L	F	Marilee Coetzee	15	DOLFI MPD	02/12/2022 Limpopo Champs
145	3:06.60	L	F	Rene Sauerman	15	SEAL UMD	01/07/2022 Prestige Tournament 2022
146	3:07.11	L	P	Caitlin Kennedy	15	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
147	3:07.43	L	P	Larissa Badenhorst	15	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Cham
148	3:07.47	L	F	Morgan Rabie	15	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
149	3:07.66	L	P	Clara van Rooyen	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
150	3:07.90	L	F	Keira Schroll	15	NWUC KKD	07/12/2022 NWS Championships 2022/2023
151	3:07.96	L	P	Isabel Vorster	15	BLNE MAN	06/12/2022 Free State Champs 2022
152	3:07.97	L	P	Nazneen Mohamed	15	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Cham
153	3:08.00	L S	P	Fallon Tweedie	15	PEAS NMA	25/06/2022 PEA Winter Gala 2022
154	3:08.12	L	P	Cameron Morel	15	SWIFT EKU	02/03/2023 SA Level 2 Regional Age Group Cham
155	3:08.34	L	F	Lindi Claassen	15	TUKS FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
156	3:08.60	L	P	Charmae Donald	15	VALS FDD	06/12/2022 Free State Champs 2022
157	3:09.03	L	F	Annabelle Roberts	15	LALE CED	13/11/2022 Winelands Summer League 4
158	3:09.23	L	P	Tyra Kasonkomona	15	MATL KKD	07/12/2022 NWS Championships 2022/2023
159	3:09.58	L	F	Jenna Perle Du Plessis	15	BLSS MAN	06/12/2022 Free State Champs 2022
160	3:09.82	L	P	Zeeva Jones	15	DRGN JHB	02/03/2023 SA Level 2 Regional Age Group Cham
161	3:09.97	L	F	Liche-Mari Britz	15	KALA	03/03/2023 SA Level 2 Regional Age Group Cham
162	3:10.16	L	F	Samantha Maritz	15	BLSS MAN	05/11/2022 Seals Heidedal Gala
163	3:10.19	L	P	Aarya Morar	15	ATLA JHB	31/03/2023 SA Level 3 Regional Age Group Cham
164	3:10.31	L	F	Thurayya Moodley	15	TOTIS ETH	17/03/2023 SA Level 2 Regional Age Group Cham
165	3:10.52	L	F	Taryn Coenraad	15	GREY CPT	15/10/2022 CTA Qualifying Meet #6
166	3:11.24	L	F	Erin Horsley	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
167	3:11.55	L	F	Jannae De Villiers	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
168	3:11.56	L	P	Isabella Vicente	15	SOUL EKU	08/12/2022 EGA Summer Champs 2022
169	3:12.52	L	F	Michelle Van Rooyen	15	TYGE CPT	11/02/2023 WCA-B Champs - 2023
170	3:12.58	L	F	Zeeva Jones	15	DRGN JHB	23/09/2022 EGA Summer 1 2022
171	3:12.86	L	F	Taaliah Rinquest	15	MARL CPT	03/09/2022 CTA Qualifying Meet #4
172	3:13.18	L	F	Leane Janse van Rensburg	15	PSC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
173	3:13.32	L	F	Haléya Greyvenstein	15	PLAY CED	07/10/2022 41st Freda Barnard Invitational Gala
174	3:13.95	L	P	Lerato Molobye	15	NWSCH	21/04/2023 SA Schools Swimming Championship
175	3:14.36	L	F	Hayley Lottering	15	CA EKU	11/06/2022 EGA Winter 1 2022
176	3:14.73	L	F	Leandrè Burger	15	QSAW CED	11/02/2023 WCA-B Champs - 2023
177	3:14.83	L	F	Alienne van Rensburg	15	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
178	3:15.12	L	F	Callan-Cate Bouwer	15	HARL BUF	02/12/2022 BCA Long Course Championships 202
179	3:15.19	L	F	Clariesa Venter	15	KALA	07/12/2022 NCASA CHAMPS 2022
180	3:15.38	L	F	Rebecca Flack	15	CLSC WCD	28/01/2023 Winelands SL Final
181	3:15.47	L	F	Zaibaa Bawa	15	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
182	3:15.81	L	F	Ammara Jagger	15	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
183	3:15.86	L	F	Cara Fourie	15	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
184	3:15.91	L	F	Clarise Coetzer	15	STSC KCD	19/11/2022 Froggies Aquatics Championships 202
185	3:16.01	L	F	Mia Barnard	FR	BLOT MAN	24/09/2022 Bull-Sharks Gala
186	3:16.11	L	F	Layah Mahomed	15	SS MPD	02/12/2022 Limpopo Champs
187	3:16.22	L	P	Lianne Labuschagne	15	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
188	3:16.45	L	F	Jane Smit	15	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
189	3:16.55	L	F	Catherine Wentzel	15	FRA KCD	22/10/2022 Stingrays Swim Club Championships 2
190	3:17.25	L	F	Yusrah Du Toit	15	UWCA CPT	24/09/2022 CTA Qualifying Meet #5
191	3:17.28	L	F	Kimberley Strong	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
192	3:17.99	L	P	Emma Atkinson	15	AZON ETH	17/03/2023 SA Level 2 Regional Age Group Cham
193	3:18.37	L	F	Gemma Harris	15	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
194	3:18.52	L	F	Alexia Adreani	15	CA EKU	11/06/2022 EGA Winter 1 2022
195	3:18.76	L	F	Gail Polman	15	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
196	3:19.30	L	F	Zani Van Rensburg	15	PGAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
197	3:19.68	L	F	Thandolwethu Mabuza	15	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
198	3:19.85	L	F	Jamilah Tshiyoyo	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
199	3:19.96	L	F	Miana Fourie	15	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
200	3:20.06	L	P	Makayla Lombard	15	JAQ EKU	08/12/2022 EGA Summer Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
201	3:21.46	L	P	Marita Lackey	15	TUKS FSH	02/03/2023 SA Level 2 Regional Age Group Cham
202	3:22.85	L	F	Maya Lockitch	15	CYBE CPT	24/09/2022 CTA Qualifying Meet #5
203	3:23.12	L	F	Bianca Myburgh	15	CUHE OBD	07/10/2022 41st Freda Barnard Invitational Gala
204	3:23.87	L	F	Milla Delpont	15	PEAS NMA	16/07/2022 1st A League Gala 2022 NMA
205	3:24.01	L	P	Sarah Ella Hutt	15	DRGN JHB	08/12/2022 EGA Summer Champs 2022
206	3:24.16	L	F	Hanrike Barnard	15	CSC FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
207	3:24.31	L	F	Gabriëlle Maré	15	DOLFI MPD	02/12/2022 Limpopo Champs
208	3:24.75	L	P	Shannon Coetzee	15	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
209	3:29.99	L	P	Adele Van Der Riet	15	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
210	3:30.89	L	F	Piya Narandas	15	MAC EKU	18/03/2023 Level 1 Intra-Provincial 2023
211	3:31.38	L	F	Rudine Van Wyk	15	ACAA CCD	22/10/2022 Limpopo Age Group 4
212	3:31.64	L	F	Isabella Le Roux	15	QSAW CED	13/11/2022 Winelands Summer League 4
213	3:32.31	L	F	Zoey Du Toit	15	UNI EZD	02/12/2022 Mpumalanga Championships 2022
214	3:33.42	L	F	Megan Kemp	15	TINC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
215	3:33.88	L	F	Carla Van Tonder	15	DESA NMA	22/10/2022 4th A League Gala
216	3:34.53	L	F	Christn Engelbrecht	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
217	3:35.36	L	F	Mire' Vorster	15	BLNE MAN	22/10/2022 Otters Prestige Gala 2022
218	3:35.80	L	F	Olivia Ward	15	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
219	3:38.19	L	F	Suzanne Pretorius	15	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
220	3:38.71	L	F	Jessica Davids	15	GREY CPT	12/11/2022 CTA B CHAMPS
221	3:39.28	L	F	Kayleigh Van der Westhuizen	15	CSA EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
222	3:40.16	L	F	René Scott	15	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
223	3:41.99	L	F	Unathi Sibiyi	15	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
224	3:42.01	L	F	Mia Pretorius	15	MDOL EKU	17/02/2023 EGA Let's Race 2023
225	3:42.88	L	P	Yana Van Schoor	15	PGAC EKU	08/12/2022 EGA Summer Champs 2022
226	3:44.69	L	F	Charissa Volschenk	15	AQU ADJ	24/09/2022 Amajuba District Age Group Gala 3
227	3:44.88	L	F	Keletso Mbimba	15	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
228	3:47.42	L	F	Rizwana Fakir	15	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
229	3:49.99	L	F	Anele Mbokazi	15	USH UHD	25/11/2022 WSC & Seals Summer LC Champs 20
230	3:50.30	L	F	Deidre Grobler	15	KSC EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
231	3:50.52	L	F	Izra Gameeldien	15	MANT CPT	03/09/2022 CTA Qualifying Meet #4
232	3:51.43	L	F	Bea-Mari Ackerman	15	SHS KK	10/02/2023 NW School Championships 2023
233	3:53.14	L	F	Bonolo Mohapi	15	COSM JHB	18/03/2023 Level 1 Intra-Provincial 2023
234	3:55.75	L	F	Laveshni Cayley Behari	15	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
235	3:55.98	L	F	Lana Odendaal	15	WELA LLD	05/11/2022 Seals Heidedal Gala
236	3:59.38	L	F	Juanise Van Der Walt	15	PGAC EKU	20/01/2023 EGA Last Chance Galal
237	4:01.26	L	F	Ilne Kotzé	15	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
238	4:02.49	L	F	Michaela Mitchley	15	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
239	4:03.80	L	F	Precious Radebe	15	WELA LLD	24/09/2022 Bull-Sharks Gala
240	4:07.04	L	F	Arya Naidoo	15	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
<b>Women 400 IM</b>							
1	5:05.78	L	F	Kaitlyne Horne	15	BEST NMA	21/03/2023 SA National Junior Age Group Champs
2	5:13.01	L	F	Dane De Klerk	15	BLSS MAN	21/03/2023 SA National Junior Age Group Champs
3	5:15.68	L	F	Hannah Rigby	15	DRGN EKU	21/03/2023 SA National Junior Age Group Champs
4	5:19.58	L	P	Marony Jacobs	15	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
5	5:22.39	L	F	Simoné Henning	15	RBOT BPD	01/07/2022 Prestige Tournament 2022
6	5:26.88	L	P	Katie-Peta Marcelino	15	SGUL ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
7	5:27.79	L	F	Taylor Morton	15	GSA CPT	21/03/2023 SA National Junior Age Group Champs
8	5:29.99	L	P	Loghan Gray	15	RSA	21/07/2022 Solidarity Games Kazan July
9	5:30.62	L	F	Emma De Wet	15	VINE CPT	25/06/2022 PEA Winter Gala 2022
10	5:36.21	L	F	Hayley Beling	15	BAS EKU	21/03/2023 SA National Junior Age Group Champs
11	5:43.38	L	F	Amelia Vincent	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
12	5:46.27	L	F	Tanè Putter	15	CUDU CPT	09/12/2022 Western Cape LC-A Championship 20
13	5:46.56	L	F	Nicole Beling	15	BAS EKU	20/01/2023 EGA Last Chance Galal
14	5:46.66	L	F	Jhoanè Voges	15	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
15	5:49.41	L	F	Candice Kruger	15	BAS EKU	21/10/2022 EGA Summer 2 2022
16	5:50.04	L	F	Amelia Manning	15	KNYA EDD	09/12/2022 Western Cape LC-A Championship 20
17	5:50.31	L	F	Michaela Van Rooyen	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
18	5:54.21	L	F	Chanel Baenhoff	15	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala

---

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
19	5:54.41 L	F	Carmi Schoeman	15	TKS WBD	02/12/2022	Limpopo Champs
20	5:59.65 L	F	Kate Truter	15	BEAV ETH	25/11/2022	WSC & Seals Summer LC Champs 20
21	6:03.04 L	F	Anri De Beer	15	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
22	6:06.48 L	F	Tamsyn Kotzè	15	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
23	6:06.95 L	F	Nanette Jordaan	AR	BLOT MAN	09/09/2022	MA Long Distance Gala 1
24	6:08.87 L	F	Alexia Luz	15	SOUL EKU	21/10/2022	EGA Summer 2 2022
25	6:09.30 L	F	Joy Vd Westhuizen	15	AQDO CPT	09/12/2022	Western Cape LC-A Championship 20
26	6:12.55 L	F	Monique Oosthuizen	AR	BLOT MAN	09/09/2022	MA Long Distance Gala 1
27	6:13.41 L	F	Kendra Beukes	15	PGAC EKU	08/12/2022	EGA Summer Champs 2022
28	6:27.29 L	F	Alexandra Houniet	15	CA EKU	21/10/2022	EGA Summer 2 2022
29	7:35.01 L	F	Cara Fourie	15	UPSK	07/12/2022	NCASA CHAMPS 2022