

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 14-14 50 Free</b>							
1	28.02	L	F	Tori Voke	14	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
2	28.08	L	P	Scarlett Nichol	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
3	28.30	L	F	Tammy Greenwood	14	ROA EDD	21/02/2020 Infinity Champs LC Gala
4	28.35	L	F	Kirsten Cottrell	14	AZON ETH	12/10/2019 eThekweni Junior Championships 2019
5	28.41	L	F	Georgia Carstens	14	NWS	01/02/2020 NTS Invitational Gala 2020
6	28.45	L	F	Tazmyn Robson	14	NWS	01/02/2020 NTS Invitational Gala 2020
7	28.50	L	P	Christine Wessels	14	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
8	28.56	L	F	Eryn Casey	14	SGUL ETH	25/01/2020 Ushaka Championship Gala 2020
9	28.66	L	F	Rachel Groepes	14	RSA	11/09/2019 13th CANA Junior African
10	28.69	L	F	Ruby Dixon	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
11	28.73	L	F	Ane' Meier	14	PAC FSH	04/12/2019 NTS Championships 2019
12	28.75	L	F	Robyn Aaron	14	WSTV ETH	17/12/2019 KZNA Premier Provincial Championship
13	29.05	L	F	Amy Muller	14	TUKS FSH	14/06/2019 PEA Winter Gala
14	29.06	L	F	Liya Venter	14	BLMA CPT	01/12/2019 Western Cape Summer Championships
15	29.07	L	F	Caitlin Rademakers	14	PEAS NMA	21/02/2020 Infinity Champs LC Gala
16	29.12	L	F	Emma Peacock	14	WATR JHB	05/12/2019 CGA Championships 2019
17	29.26	L	P	Lara Groenewald	14	KZNA ETH	09/12/2019 SA Schools Swimming Championship
18	29.28	L	F	Alexia Delicado	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
19	29.31	L	F	Olivia Kruger	14	ELEC JHB	05/12/2019 CGA Championships 2019
20	29.36	L	F	Michaela Dal Medico	14	SODO JHB	07/09/2019 2019 Hillcrest Sprint Gala 13/O
21	29.38	L	F	Jessica Meter	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
22	29.44	L	F	Jodi Dos Santos	14	NSA EZD	29/11/2019 Mpumalanga Championships 2019
23	29.50	L	F	Eyvonne Mthembu	14	TUKS FSH	04/12/2019 NTS Championships 2019
24	29.52	L	F	Payton Brink	14	VINE CPT	01/12/2019 Western Cape Summer Championships
25	29.53	L	P	Maxine Boyce	14	TUKS FSH	04/12/2019 NTS Championships 2019
26	29.64	L S	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
27	29.65	L	F	Mikaela Goelst	14	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
28	29.67	L	P	Tayla Haslam	14	KLOO ETH	17/12/2019 KZNA Premier Provincial Championship
29	29.69	L	F	Alexandra Caldwell	14	ACT JHB	03/11/2019 CGA All Levels
30	29.71	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
31	29.72	L	F	Samantha Lowman	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
32	29.73	L	F	Emma Beyers	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
33	29.75	L	F	Tumé van Niekerk	14	NWS	01/02/2020 NTS Invitational Gala 2020
34	29.77	L	F	Isabelle Barrow	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
35	29.79	L	F	Carmia Hartman	14	NWS	01/02/2020 NTS Invitational Gala 2020
36	29.81	L	P	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
37	29.82	L	P	Amber Landskron	14	TUKS FSH	04/12/2019 NTS Championships 2019
38	29.87	L	P	Kiara Johnson	14	NCDST ILD	12/10/2019 eThekweni Junior Championships 2019
39	30.07	L	P	Chloe Gershuny	14	SAAW CPT	26/09/2019 Aquabear Invitational Meet 2019
40	30.09	L	P	Danielle Heyes	14	REDAQ CPT	26/09/2019 Aquabear Invitational Meet 2019
41	30.12	L	F	Rachel Irvine	14	SEAL UMD	23/11/2019 KZN TYR Westville Sprints 2019
42	30.14	L	F	Manaal Omar	14	KZNA ETH	09/12/2019 SA Schools Swimming Championship
43	30.15	L	F	Gabriella Edwards	14	MDOL JHB	05/12/2019 CGA Championships 2019
44*	30.16	L	F	Calista Mentz	14	PAC FSH	18/10/2019 NTS Prestige Gala 2019
44*	30.16	L	F	Jade-Ann Le Roux	14	WATR JHB	05/12/2019 CGA Championships 2019
46	30.18	L	F	Keila Manthe	14	TUKS FSH	09/12/2019 SA Schools Swimming Championship
47	30.19	L	F	Jane Lewis	14	SGUL ETH	12/10/2019 eThekweni Junior Championships 2019
48*	30.21	L	F	Livia Bisschops	14	AA JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
48*	30.21	L	F	Meredith O'Tool	14	WELA FDD	16/11/2019 Fezile Dabi Age Group November 2019
50	30.25	L	F	Ashley Freel	14	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
51	30.29	L	P	Eva Markovic	14	MATL KKD	26/09/2019 Aquabear Invitational Meet 2019
52	30.33	L	F	Nirene van der Watt	14	PARYS FDD	16/11/2019 Fezile Dabi Age Group November 2019
53*	30.39	L	P	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
53*	30.39	L	F	Shayla Parkin	14	ELEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
55	30.43	L	F	Michelle Jack	14	MAC EKU	14/12/2019 15th BSSA Nationals
56	30.44	L	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
57*	30.46	L	P	Symóne Steyn	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
57*	30.46	L	P	Lisbe Boooyse	14	TUKS FSH	26/09/2019 Aquabear Invitational Meet 2019

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59	30.47	L	F	Tiara Finnis	14	INFA NMA	29/11/2019 NMBA Championships 2019
60*	30.48	L	P	Taylin Alberts	14	TRAZ FSH	04/12/2019 NTS Championships 2019
60*	30.48	L	P	Thea Vd Toorn	14	CYBE CPT	01/12/2019 Western Cape Summer Championships
62	30.51	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming
63*	30.52	L	P	Zoe Terblanche	14	RFA FSH	04/12/2019 NTS Championships 2019
63*	30.52	L S	F	Wendy-Mae Turner	14	PEAS NMA	07/02/2020 5th A League
65*	30.60	L	P	Reese O'Riordan	14	VINE CPT	01/12/2019 Western Cape Summer Championships
65*	30.60	L	F	Caitlin Ruane	14	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
67*	30.64	L	F	Kate Meyburgh	14	INFA NMA	29/11/2019 NMBA Championships 2019
67*	30.64	L	F	Cassandra Millar	14	DORE JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
69	30.66	L	P	Mischa King	14	PAQU CED	31/01/2020 2020 Grand Prix Invitational Swimming
70	30.68	L	F	Tyler Hughes	14	BOKS EKU	08/11/2019 EGA Summer 4
71	30.69	L	P	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
72	30.71	L	P	Cara Ralfe	14	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
73	30.73	L S	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
74	30.74	L	F	Charne Snyman	DR	BLOT MAN	27/09/2019 Neptunes Open Gala
75	30.75	L	P	Alexandra Eagles	14	TYGE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
76	30.77	L	F	Juliet Van Thiel	14	WATR JHB	05/12/2019 CGA Championships 2019
77	30.78	L	F	Mieke Oosthuizen	14	LSJM SKD	05/10/2019 Limpopo Age Group 4 & School Champs
78	30.87	L	P	Amber Lewis	14	ACSA ETH	12/10/2019 eThekweni Junior Championships 2019
79	30.91	L	F	Kimberley Ingwe	14	MDOL JHB	03/11/2019 CGA All Levels
80*	30.93	L	F	Sarah-Anne Helps	14	BENS EKU	18/01/2020 Cape of Good Hope Gala 2020
80*	30.93	L	F	Nicola Harcus	14	PEAS NMA	09/11/2019 4th A League
82*	30.95	L	F	Janke Fourie	14	NWS	01/02/2020 NTS Invitational Gala 2020
82*	30.95	L S	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019 FS Champs
84	30.96	L	F	Rachel Cross	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
85	30.98	L	F	Zoe Padbury	14	KZNA ETH	09/12/2019 SA Schools Swimming Championship
86	31.01	L	F	Jozi Nupen	14	CRSC JHB	03/11/2019 CGA All Levels
87	31.03	L	P	Jodi Wilson	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
88	31.08	L	F	Roslyn Joseph	14	DDA FSH	26/10/2019 2019 OR Tambo/Soncini Games
89	31.10	L	F	Emma Terblanche	14	FAAC FBD	21/02/2020 NCASA Sprints 2020
90	31.11	L	F	Abigail Powell	14	ROA EDD	01/11/2019 38th Freda Barnard Invitational Gala
91	31.13	L	F	Jordan Zwart	14	SEAL UMD	27/06/2019 2019 FLA International Cup
92	31.15	L	F	Hannah James	14	NCDST ILD	12/10/2019 eThekweni Junior Championships 2019
93*	31.16	L	F	Noxolo Dzanibe	14	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
93*	31.16	L	F	Jenny Zhang	14	EAGA CCD	09/11/2019 Limpopo Age Group 5
95*	31.17	L	F	Grace Daly	14	SODO JHB	07/09/2019 2019 Hillcrest Sprint Gala 13/O
95*	31.17	L	P	Shaunique Kannemeyer	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
97*	31.25	L	F	Katelyn Pienaar	14	PEAS NMA	29/11/2019 NMBA Championships 2019
97*	31.25	L	P	Josi Arnold	14	HARL BUF	26/09/2019 Aquabear Invitational Meet 2019
99	31.26	L	F	Jayda Collett	14	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
100*	31.27	L	F	Sophe De kock	14	AZON ETH	15/02/2020 KZN Aquatics Level 2 Provincial
100*	31.27	L	P	Helena Prinsloo	14	PAQU CED	01/12/2019 Western Cape Long Course
102	31.29	L	F	Melissa Martens	14	PSCP UMD	05/10/2019 eThekweni Age Group 6
103	31.32	L	F	Hannah Wichmann	14	MGSC UGD	09/11/2019 Ugu Level 1 Gala 6
104	31.33	L	F	Rachel Guymer	14	LINR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
105	31.36	L	F	Daniella September	14	KNYD EDD	16/11/2019 EDEN 3rd A-League Gala 2019
106	31.38	L	P	Morgan Pharoah	14	WATR JHB	28/06/2019 Fast & Furious Meet
107	31.40	L S	F	Lize Botha	14	BULS MAN	26/11/2019 FS Champs
108	31.41	L S	F	Imari Voigt	14	VALS FDD	26/11/2019 FS Champs
109	31.43	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
110	31.44	L	P	Samantha Mouton	14	HARL BUF	26/09/2019 Aquabear Invitational Meet 2019
111	31.46	L	F	Demi Jacobs	14	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
112	31.53	L	F	Robyn Hough	14	PEAS NMA	14/06/2019 PEA Winter Gala
113*	31.59	L	F	Corne van Schalkwyk	14	AA JHB	05/12/2019 CGA Championships 2019
113*	31.59	L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
115	31.62	L	F	Callan Lotter	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
116	31.63	L	F	Emma Hamman	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
117	31.66	L	F	Nicola Hartman	14	RFA FSH	14/02/2020 NTS February 2020 Age Group Gala

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118*	31.67	L	F	Ennes Zietsman	14	PSC TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
118*	31.67	L	P	Jaime Abegglen	14	TYGE CPT	01/12/2019 Western Cape Summer Championships
120	31.72	L	F	Amy Dickinson	14	MDOL JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
121	31.77	L	F	Erin Foster	14	ELEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
122	31.80	L	P	Ava Rathner	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
123	31.81	L	F	Awande Mlangeni	14	ONYX EKU	26/10/2019 2019 OR Tambo/Soncini Games
124	31.83	L	F	Kaela Viljoen	14	CRSC JHB	05/12/2019 CGA Championships 2019
125	31.85	L	P	Kelly Williamson	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
126	31.86	L	F	Anina Groenewald	14	BLNE MAN	04/10/2019 Seals Gala
127	31.89	L	F	Jemma van der Merwe	14	CSC TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
128	31.90	L	F	Ruth Jones	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
129	31.91	L	P	Vianne Nel	14	TUKS TSH	04/12/2019 NTS Championships 2019
130*	31.92	L S	F	Ninah Wedderburn	14	PEAS NMA	07/02/2020 5th A League
130*	31.92	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	10/01/2020 2020 Grand Prix Invitation Swimming
132*	31.94	L S	F	Jessica Law	14	DYNA EKU	05/12/2019 EGA Summer Championships 2019
132*	31.94	L S	F	Gemma Kirsten	14	BLNE MAN	26/11/2019 FS Champs
134	31.95	L	F	Rachel Smith	14	MDOL JHB	05/12/2019 CGA Championships 2019
135	31.98	L	F	Emma Gardiner	14	DYNA EKU	31/08/2019 Adrian Grafe Speedo Sprint Meet
136	31.99	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
137	32.01	L	P	Tamika Anderson	14	TUKS TSH	04/12/2019 NTS Championships 2019
138	32.02	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
139	32.03	L	P	Alexia Michalopoulos	14	RFA TSH	04/12/2019 NTS Championships 2019
140	32.05	L	F	Cara Van Der Bijl	14	BLNE MAN	27/09/2019 Neptunes Open Gala
141	32.07	L	F	Larique Joubert	14	TASC MPD	09/11/2019 Limpopo Age Group 5
142	32.09	L	F	Saffron Tweedie	14	PEAR NMA	26/10/2019 1st B Age Group Gala & EC Schools
143	32.10	L	F	Caitlin De Freitas	14	DRGN JHB	03/11/2019 CGA All Levels
144	32.18	L	F	Annette Greyling	14	CRSC JHB	05/12/2019 CGA Championships 2019
145	32.19	L	F	Amy Robson-Garth	14	BOKS EKU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
146	32.21	L	F	Alexis Vorwerk	14	PSCP UMD	05/10/2019 eThekwini Age Group 6
147	32.22	L	F	Julia Volschenk	14	DDA TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
148	32.23	L	F	Saskia Van Thiel	14	WATR JHB	05/12/2019 CGA Championships 2019
149	32.26	L	P	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
150	32.27	L	F	Donia Smit	14	SS MPD	15/02/2020 Limpopo Age Group 6
151	32.28	L	F	Sohini Pillay	14	ELEC JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
152	32.29	L	P	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019 Western Cape Long Course
153	32.30	L	F	Rachael Dart	14	SRAY BUF	25/01/2020 BCA January Age Group Gala 2020
154	32.35	L	F	Emma Michell	14	MATI CED	21/09/2019 Winelands Senior League 3 - 21Sept
155	32.39	L	F	Mélandri De Beer	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
156*	32.40	L	F	Cara Harradine	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
156*	32.40	L	F	Zane Bruyns	14	RFA TSH	26/10/2019 2019 OR Tambo/Soncini Games
158*	32.46	L	F	Grace De Jongh	14	REDAQ CPT	02/11/2019 Swartland Invitational #1
158*	32.46	L	F	Kiara Kunneke	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
160*	32.52	L	P	Haylee Vd Merwe	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
160*	32.52	L	P	Courtney Smith	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
162	32.55	L	F	Kayla De Wet	14	SOUL EKU	31/08/2019 Adrian Grafe Speedo Sprint Meet
163	32.57	L	F	Jenna Mitchell	14	ACSA ETH	05/10/2019 eThekwini Age Group 6
164	32.59	L	F	Lara De Beer	14	BENS EKU	31/08/2019 Adrian Grafe Speedo Sprint Meet
165*	32.62	L	F	Oabilwe Sesoko	14	CSC TSH	26/10/2019 2019 OR Tambo/Soncini Games
165*	32.62	L	F	Thinica Mc Anda	14	FAAC FBD	04/10/2019 Seals Gala
167	32.63	L	P	Laranya Naidoo	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
168	32.64	L	F	Joané Lindeque	14	HSBV SKD	09/11/2019 Limpopo Age Group 5
169	32.65	L	F	Petro Marié Fourie	14	FISH EDD	26/10/2019 EDEN 2nd A-League Gala 2019
170	32.66	L	F	San-Mari Van der Walt	14	DDA TSH	12/10/2019 NTS Oct 2019 Age Group Gala
171	32.72	L	F	Jamie Hains	14	PEAS NMA	10/08/2019 1st A League 2019
172	32.73	L	P	Isabella Rodrigues	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
173*	32.74	L	F	Lesedi Thunzi	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
173*	32.74	L	F	Tamryn Scott	14	CUR MP	19/02/2020 Inter High School Gala - 19 February
175	32.75	L	P	Ami Pirie	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
176	32.79	L	F	Amber Fourie	14	WATR JHB	05/12/2019 CGA Championships 2019

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177	32.82 L	F	Awande Mdlalose	14	CSC FSH	26/10/2019	2019 OR Tambo/Soncini Games
178	32.87 L	P	Zoë Josephs	14	ASAW CED	01/12/2019	Western Cape Long Course
179	32.89 L	F	Kiana Engelbrecht	14	SASOL FDD	30/08/2019	Kovsie Aquatics Gala 2019
180	32.92 L	F	Anje Van Papendorp	14	PSC FSH	30/08/2019	NTS August 2019 Age Group Gala Level
181*	32.95 L	F	Rozelle Burness	14	PAC FSH	14/02/2020	NTS February 2020 Age Group Gala
181*	32.95 L	F	Skye Westerhuis	14	CUDU CPT	02/11/2019	Swartland Invitational #1
183	32.97 L	F	Caden Spencer	14	JSA JHB	12/10/2019	NTS Oct 2019 Age Group Gala
184	32.98 L	F	Karla De Beer	14	HARL BUF	22/11/2019	BCA Long Course Championships 2019
185	33.03 L	F	Georgia Stone	14	PEAS NMA	12/10/2019	3rd A League 2019
186*	33.16 L	F	Zelmarie Levin	14	ETTN ECU	08/11/2019	EGA Summer 4
186*	33.16 L	F	Zodea Jacobie	14	SUPE JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
188*	33.17 L	P	Mienke Herbst	14	SAAW CPT	01/12/2019	Western Cape Summer Championships
188*	33.17 L S	F	Rebecca Leach	14	BOKS ECU	05/12/2019	EGA Summer Championships 2019
190	33.19 L	F	Caitlyn Gomes	14	ISSC NMD	09/11/2019	NWS Age Group 2 1920
191	33.20 L	P	Catherine Rowan	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
192*	33.23 L	P	Matundu Banza	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
192*	33.23 L	F	Anna Victor	14	UPC MP	19/02/2020	Inter High School Gala - 19 February
194	33.26 L S	F	Tatum Havenga	14	CARN ECU	05/12/2019	EGA Summer Championships 2019
195	33.28 L	F	Madyson James	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
196	33.29 L	F	Jadyn-Lee Joubert	14	AZON ETH	05/10/2019	eThekwini Age Group 6
197	33.31 L	F	Tenieka Greyling	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
198	33.33 L	F	Ané Ferreira	14	POTC KKD	05/12/2019	NWS Championships 2019/2020
199*	33.34 L	F	Nina Pretorius	14	CSC FSH	16/08/2019	NTS August 2019 Age Group Gala Level
199*	33.34 L	F	Isabella Reynolds	14	ELEC JHB	05/12/2019	CGA Championships 2019
201	33.36 L	P	Shaina Adriaan	14	TYGE CPT	01/12/2019	Western Cape Summer Championships
202	33.38 L	F	Ashley Jansen Van Vuuren	14	CSA EZD	09/11/2019	Mpumalanga Championships 2019
203	33.45 L	F	Joleen Alves	14	SWIM1 JHB	05/12/2019	CGA Championships 2019
204	33.46 L S	F	Alexia Koupis	14	BLSS MAN	26/11/2019	FS Champs
205	33.49 L	F	Annabelle Geyer	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
206	33.50 L	F	Jelaan Eveleigh	14	RFA FSH	29/11/2019	2019 The Tshwane Mayoral Gala
207	33.51 L S	F	Victoria Baigent	14	ESTR ECU	05/12/2019	EGA Summer Championships 2019
208	33.52 L	F	Hannah Jackson	14	JSA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
209	33.58 L S	F	Zanri De Witt	14	VALS FDD	26/11/2019	FS Champs
210*	33.62 L	F	Kaitlin Henderson	14	ELEC JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
210*	33.62 L	F	Skyla Schroll	14	NWUC KKD	09/11/2019	NWS Age Group 2 1920
212	33.65 L	F	Zahra Dhooma	14	SGUL ETH	08/02/2020	eThekwini Age Group Gala 10
213	33.69 L	F	Keira Booth	14	UNIC MPD	05/10/2019	Limpopo Age Group 4 & School Champs
214	33.71 L	F	Chloe Craig	14	ELIT JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
215*	33.75 L	F	Bianke Pienaar	14	PARYS FDD	16/11/2019	Fezile Dabi Age Group November 2019
215*	33.75 L	F	Ashleigh Witney	14	ONYX ECU	15/02/2020	EGA Last Chance Feb 2020
217	33.81 L	F	Babette Van Rooyen	14	SAAW CPT	02/11/2019	Swartland Invitational #1
218	33.83 L	F	Grace Taylor	14	GREY CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
219	33.86 L	F	Phillipa Tobias	14	CRSC JHB	05/12/2019	CGA Championships 2019
220	33.89 L	P	Sarah West	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
221	33.90 L	F	Jenna Foster	14	AQUB NMA	23/08/2019	Madibaz Spring Gala
222	33.91 L	F	Kimberley Howes	14	HARB BPD	23/11/2019	NWS Age Group 3 2019/20
223	33.98 L	F	Rania Gamielidien	14	WALM CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
224	33.99 L	F	Zara Kleinhans	14	AQDO CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
225	34.03 L	F	Cara Botha	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
226	34.06 L	F	Anika Rabie	14	SEAL UMD	15/02/2020	KZN Aquatics Level 2 Provincial
227	34.11 L	F	Chloe Vd Merwe	14	ASAC CPT	29/02/2020	WCA Junior Champs - 2020
228	34.17 L	F	Celine Hamman	UR	PSA ZLD	23/11/2019	KZN TYR Westville Sprints 2019
229	34.18 L	F	Aidon Naidoo	14	AZON ETH	05/10/2019	eThekwini Age Group 6
230	34.19 L	F	Kaitlyn Immelman	14	ESP ECU	08/03/2020	Aquatics Gauteng Level 1
231	34.20 L	F	Yasmeen Moolla	14	ASAC CPT	21/06/2019	Illembé Age Group Gala 1
232	34.22 L	F	Elizma Huyser	14	FISHS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
233	34.23 L	F	Lene Lategan	14	HFM WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
234	34.34 L	F	Megan Venter	14	SOUL ECU	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
235	34.45 L	F	Emma Wintermeyer	14	CRSC JHB	05/12/2019	CGA Championships 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
236	34.48	L	F	Melissa Theron	14	WATR JHB	05/12/2019 CGA Championships 2019
237	34.52	L	F	Robynne Le Roux	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
238	34.57	L	F	Emma Van Der Westhuysen	14	FISH EDD	29/02/2020 WCA Junior Champs - 2020
239*	34.59	L	F	Tharien Venter	14	BLUO UGD	23/11/2019 KZN TYR Westville Sprints 2019
239*	34.59	L	F	Sasha-Lee Johnson	14	UWCA CPT	02/11/2019 Swartland Invitational #1
241	34.60	L	F	Janke Vogel	14	PSC TSH	16/08/2019 NTS August 2019 Age Group Gala Level
242	34.63	L	F	Liya Davids	14	AA JHB	05/12/2019 CGA Championships 2019
243*	34.64	L	F	Kara Cilliers	14	PAQU CED	29/02/2020 WCA Junior Champs - 2020
243*	34.64	L	F	Ankia Uys	VR	PSA ZLD	25/01/2020 Ushaka Championship Gala 2020
245	34.66	L	F	Busisiwe Mogadima	14	SOUL EKU	15/02/2020 EGA Last Chance Feb 2020
246	34.68	L	F	Juliet Miller	14	ELEC JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
247	34.73	L	F	Mari Kemp	14	SWAR WCD	02/11/2019 Swartland Invitational #1
248	34.78	L	F	Sasha Naidoo	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
249	34.88	L	F	Stacey Leer	14	INFA NMA	23/08/2019 Madibaz Spring Gala
250	34.94	L	F	Leticia Louw	14	SUPE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
251	34.99	L	F	Mia Neilson	14	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
252	35.00	L	F	Chané Jacobsz	14	NWUC KKD	05/12/2019 NWS Championships 2019/2020
253	35.01	L	F	Zoe Viljoen	14	PEAS NMA	14/06/2019 PEA Winter Gala
254	35.06	L	F	Cayla Visser	14	BLSS MAN	27/09/2019 Neptunes Open Gala
255	35.12	L	P	Jordan Toerien	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
256	35.18	L	F	Olivia Drewett	14	HSTAN MPD	15/10/2019 Limpopo Top 10 - High Schools
257	35.20	L	F	Olivia Ralfe	14	UPC MP	19/02/2020 Inter High School Gala - 19 February
258	35.25	L	F	Amy Marks	14	ELEC JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
259	35.31	L	F	Jané Botha	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
260	35.32	L	F	Kayleigh Birch	14	FAAC FBD	04/10/2019 Seals Gala
261	35.34	L	F	Li McQuire	14	NWUC KKD	19/10/2019 NWS Age Group 1 1920
262	35.40	L	F	Marteli Pieters	14	PAC TSH	12/10/2019 NTS Oct 2019 Age Group Gala
263	35.41	L	F	Gemma Donnelly	14	TRAZ TSH	12/10/2019 NTS Oct 2019 Age Group Gala
264*	35.42	L	F	Olwethu Ndlovu	14	UMSH ETH	28/02/2020 NDSA Gala 2020
264*	35.42	L	F	Zoe Stock	14	DYNA EKU	26/10/2019 2019 OR Tambo/Soncini Games
266	35.45	L	F	Erin-Lyn Bose	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
267	35.54	L	F	Caitlyn Martin	14	WATR JHB	05/12/2019 CGA Championships 2019
268	35.57	L	F	Atiyah Valli	14	ATLA JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
269	35.70	L	P	Erin Heydricks	14	BLUO UGD	12/10/2019 eThekweni Junior Championships 2019
270	35.74	L	F	Katrijn Roefs	14	TUKS TSH	29/11/2019 2019 The Tshwane Mayoral Gala
271	35.75	L	F	Talisa Rademeyer	14	SWIFT EKU	08/11/2019 EGA Summer 4
272*	35.82	L	F	Jullia Griffioen	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
272*	35.82	L	F	Caitlyn Martin	14	TUKS TSH	13/09/2019 NTS September 2019 Age Group Gala
274	36.01	L	F	Aaliyah Laher	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
275	36.02	L	F	Catelynn Gouws	14	DBSC SDD	15/02/2020 EGA Last Chance Feb 2020
276	36.06	L	F	Jezwyne Marimuthu	14	BAYV ETH	05/10/2019 eThekweni Age Group 6
277	36.08	L	F	Hayley Swanepoel	14	PER JHB	03/11/2019 CGA All Levels
278*	36.12	L	P	Alexa Jeaven	14	MANT CPT	26/09/2019 Aquabear Invitational Meet 2019
278*	36.12	L	F	Maia Loots	14	TUKS TSH	01/11/2019 NTS November 2019 Age Group Gala
280	36.14	L	F	Kate Savage	14	DORE JHB	03/11/2019 CGA All Levels
281	36.16	L	F	Shadonise Da Veiga	14	SODO JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
282	36.21	L	F	Jamie-Lee Van Den Heever	14	BOKS EKU	15/02/2020 EGA Last Chance Feb 2020
283	36.24	L	F	Isabel Swart	14	BARR CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
284	36.47	L	F	Lana Otto	14	HSTAN MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
285	36.53	L	F	Nikola Roux	14	TRAZ TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
286	36.57	L	F	Carlin Malan	14	DBSC SDD	14/09/2019 EGA Summer 1 2019
287	36.68	L	F	Jayden Timmermans	14	HRP NKD	11/10/2019 MP AGE GROUP 2 - 11-12 October
288	36.70	L	F	Hao Dong	14	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
289	36.75	L S	F	Kaylin Visser	14	BLSS MAN	26/11/2019 FS Champs
290	36.78	L	F	Keira De Aveiro	14	FLOD JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
291	36.79	L	F	Isabelle Ferreira	14	HFDT MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
292	36.94	L	F	Ane Besseling	14	HE WBD	15/10/2019 Limpopo Top 10 - High Schools
293	37.01	L	F	Demi Plath	14	CUR MP	19/02/2020 Inter High School Gala - 19 February
294	37.07	L	F	Hermané Van Breda	14	LSLTT VBD	05/10/2019 Limpopo Age Group 4 & School Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
295	37.13	L	F	Anika Van Der Bank	14	UPTS ZMD	25/10/2019	Flamingo Aquatics Academy Prestige
296	37.17	L	F	Calista Mackenzie	14	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
297	37.36	L	F	Louise Desmond-Smith	14	SAAW CPT	02/11/2019	Swartland Invitational #1
298	37.44	L	F	Josephine Liebenberg	14	MATI CED	21/09/2019	Winelands Senior League 3 - 21Sept
299	37.57	L S	F	Jade Westley	14	H2O EKU	05/12/2019	EGA Summer Championships 2019
300	37.61	L	F	Simone Nel	14	HMER MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
301	37.62	L	F	Aphiwe Khuzwayo	14	UMSH ETH	15/02/2020	KZN Aquatics Level 2 Provincial
302	37.68	L	F	Xandri Botha	14	KSC EZD	14/03/2020	MP LEVEL 1 INTRA PROVINCIAL SWIM
303	37.71	L	F	Chubekile Ndawo	14	ESP EKU	18/01/2020	Cape of Good Hope Gala 2020
304	37.74	L	F	Yedidah Theron	14	ROJ EDD	06/12/2019	Eden LC Champs 2019
305	37.75	L	F	Ruby James	14	UPC MP	19/02/2020	Inter High School Gala - 19 February
306	37.79	L	F	Ruqaiyah Mahomed	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
307	37.87	L	F	Laaiqah Goondie	14	SUPE JHB	26/10/2019	2019 OR Tambo/Soncini Games
308	38.01	L	F	Charlize De Villiers	14	PRKA PSD	21/02/2020	NCASA Sprints 2020
309	38.02	L	F	Mia Limbach	14	ELHS VBD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
310	38.13	L	F	Joy-Mari Boyce	14	TUKS TSH	23/08/2019	Madibaz Spring Gala
311	38.39	L	F	Jasmine Erasmus	14	MATL KKD	05/12/2019	NWS Championships 2019/2020
312	38.48	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020	Amajuba District Long Course
313*	38.52	L	F	Johara Sheik	14	AQSC UMD	19/01/2020	eThekwini Age Level 1 Gala 2
313*	38.52	L	F	Maria Burger	14	KTS JTD	16/11/2019	NCASA Age Group 3 2019 KTU
315	38.70	L	F	Phenyo Mautlane	14	ATLA JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
316	38.88	L	F	Kayleigh De Jong	14	CUDU CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
317	39.03	L	F	Stacey-Lee Van Schalkwyk	14	WEST CPT	02/11/2019	Swartland Invitational #1
318	39.09	L	F	Megan Prinsloo	14	NHS MP	11/10/2019	MP AGE GROUP 2 - 11-12 October
319	39.42	L	F	Danielle Leach	14	CUR MP	19/02/2020	Inter High School Gala - 19 February
320	39.68	L	F	Athelene Gouws	14	FSAC BPD	19/10/2019	NWS Age Group 1 1920
321	40.19	L	F	Sadiyah Sallie	14	PEAS NMA	14/09/2019	2nd A League 14/9/2019
322	40.23	L	F	Rhea Mothichund	14	OTTO ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
323*	40.25	L	F	Tori Robertson	14	MAC EKU	08/03/2020	Aquatics Gauteng Level 1
323*	40.25	L	F	Nosipho Gina	14	USH KCD	07/12/2019	December Age Group Gala 2019
325	40.34	L	F	Sisanda Mvuyana	14	TMAC ETH	28/02/2020	NDSA Gala 2020
326	40.40	L	F	Annelien De Wet	14	LHS FBD	08/11/2019	NCASA Age Group 2 KBY 2019
327	40.45	L	F	Bilqees Abrahams	14	MANT CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
328	40.77	L	F	Kenni-Leigh Carelse	14	UWCA CPT	02/11/2019	Swartland Invitational #1
329	40.81	L	F	Phenyo Sithi	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
330	41.15	L	F	Nombuso Mente	14	SOWE JHB	08/03/2020	Aquatics Gauteng Level 1
331	41.16	L	F	Jana Nel	14	HHS WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
332	41.49	L	F	Niya Madhav	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
333	41.86	L	F	Danielle Verster	14	BAR EZD	29/11/2019	Mpumalanga Championships 2019
334	41.98	L	F	Mianel Du Plooy	14	LSPHA MPD	05/10/2019	Limpopo Age Group 4 & School Champs
335	42.13	L	F	Zenique Francis	14	HUD BUF	26/10/2019	1st B Age Group Gala & EC Schools
336	42.46	L	F	Cezanne Carroll	14	HSS NGD	31/01/2020	MP AGE GROUP 4 31 JANUARY - 1
337	42.51	L	F	Thandeka Mbokazi	14	USH KCD	15/02/2020	KCDA February Age Group Gala 2020
338	42.55	L	F	Lisakhanya Zonke	14	KHAY CPT	02/11/2019	Swartland Invitational #1
339	42.86	L	F	Nolize Rooskrantz	14	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
340	43.24	L	F	Meghan Bezuidenhout	14	HRP NKD	11/10/2019	MP AGE GROUP 2 - 11-12 October
341	43.45	L	F	Mariné Cloete	14	LHS FBD	08/11/2019	NCASA Age Group 2 KBY 2019
342	43.54	L	F	Amogelang Tshabane	14	SOWE JHB	03/11/2019	CGA All Levels
343	44.81	L	F	Thaakirah Abrahams	14	WALM CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
344	45.01	L	F	Zubenathi Gongoo	14	UWCA CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
345	45.12	L	F	Shandr'e Padayachee	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
346	45.23	L	F	Chalista Strombeck	14	HSS NGD	11/10/2019	MP AGE GROUP 2 - 11-12 October
347	45.87	L	F	Rosemarie Oberholzer	14	WRP EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
348	46.05	L	F	Azra Mansoor	14	VVAQ ETH	19/01/2020	eThekwini Age Level 1 Gala 2
349	46.34	L	F	Olerato Maphangela	14	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
350	47.11	L	F	Ayanda- JNR Metsing	14	SOWE JHB	08/03/2020	Aquatics Gauteng Level 1
351	48.44	L	F	Luyanda Dube	14	USH KCD	15/02/2020	KCDA February Age Group Gala 2020
352	49.25	L	F	Elie-Marie Swanepoel	14	QGH BUF	14/03/2020	BCA Level 1 Gala 2020
353	49.77	L	F	Denelle Loots	14	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
354	50.20 L	F	Nina Steenekamp	14	QUIC CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
355	51.19 L	F	Khomotso Moshapa	14	ATTE FSH	08/03/2020	Aquatics Gauteng Level 1
356	56.87 L	F	Naledi Mofokeng	14	MDOL JHB	08/03/2020	Aquatics Gauteng Level 1
357	59.06 L	F	Zothani Sibiya	VR	ASC ILD	14/03/2020	KZNA Level 1 Provincial Champs 2020
358	1:00.92 L S	F	Lydia Erasmus	14	HEIDE MAN	26/11/2019	FS Champs
<b>Women 14-14 100 Free</b>							
1	1:00.79 L	F	Tazmyn Robson	14	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
2	1:00.94 L	P	Christine Wessels	14	HASC JHB	21/02/2020	2020 Grand Prix Invitational Swimming
3	1:01.41 L	F	Georgia Carstens	14	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
4	1:01.56 L	F	Tori Voke	14	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
5	1:01.68 L	P	Amy Muller	14	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
6	1:01.80 L	F	Alexandra Caldwell	14	ACT JHB	05/12/2019	CGA Championships 2019
7	1:01.91 L	P	Rachel Groepes	14	SAAW CPT	21/02/2020	2020 Grand Prix Invitational Swimming
8	1:02.30 L	F	Jessica Meter	14	SEAL UMD	27/06/2019	2019 FLA International Cup
9	1:02.65 L	F	Lara Groenewald	14	AQU ADJ	23/11/2019	KZN TYR Westville Sprints 2019
10	1:02.83 L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	05/12/2019	CGA Championships 2019
11	1:02.86 L	F	Maxine Boyce	14	NWS	01/02/2020	NTS Invitational Gala 2020
12	1:03.10 L	F	Kirsten Cottrell	14	AZON ETH	12/10/2019	eThekwini Junior Championships 2019
13	1:03.15 L	F	Teegan Pio	14	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
14	1:03.27 L	F	Scarlett Nichol	14	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
15	1:03.50 L	F	Keila Manthe	14	NWS	01/02/2020	NTS Invitational Gala 2020
16*	1:03.52 L	F	Tayla Haslam	14	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
16*	1:03.52 L	F	Ruby Dixon	14	ACSA ETH	06/07/2019	eThekwini Age Group Gala 2
18	1:03.56 L	P	Eryn Casey	14	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
19	1:03.58 L	F	Tammy Greenwood	14	ROA EDD	01/11/2019	38th Freda Barnard Invitational Gala
20	1:03.63 L	F	Olivia Kruger	14	ELEC JHB	05/12/2019	CGA Championships 2019
21	1:03.79 L	F	Liya Venter	14	BLMA CPT	01/12/2019	Western Cape Long Course
22	1:03.89 L	P	Ane' Meier	14	PAC FSH	04/12/2019	NTS Championships 2019
23	1:03.99 L	F	Amber Olsen	14	BLNE MAN	31/01/2020	Neptune Last Chance Gala
24	1:04.15 L	P	Chloe Gershuny	14	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
25	1:04.19 L	F	Samantha Lowman	14	SWIM1 JHB	05/12/2019	CGA Championships 2019
26	1:04.22 L	F	Emma Beyers	14	UNIN MPD	31/01/2020	MP AGE GROUP 4 31 JANUARY - 1
27	1:04.53 L	P	Rachel Irvine	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
28	1:04.55 L	P	Danielle Davidson	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
29	1:04.60 L	F	Mikaela Goelst	14	CUR MP	19/02/2020	Inter High School Gala - 19 February
30	1:04.65 L	P	Robyn Aaron	14	WSTV ETH	17/12/2019	KZNA Premier Provincial Championship
31	1:04.75 L	F	Caitlin Rademakers	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
32	1:04.80 L	F	Jade-Ann Le Roux	14	WATR JHB	15/02/2020	EGA Last Chance Feb 2020
33	1:04.84 L	F	Mischa King	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
34	1:04.92 L	F	Emma Peacock	14	WATR JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
35	1:04.93 L	F	Payton Brink	14	VINE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
36	1:05.02 L	P	Calista Mentz	14	PAC FSH	04/12/2019	NTS Championships 2019
37	1:05.30 L	P	Amber Landskron	14	TUKS FSH	04/12/2019	NTS Championships 2019
38	1:05.41 L	F	Jodi Dos Santos	14	NSA EZD	29/11/2019	Mpumalanga Championships 2019
39	1:05.59 L	P	Melindie Van Rensburg	14	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
40	1:05.62 L	F	Michelle Jack	14	TUKS FSH	20/02/2020	CANA Zone IV Championships
41	1:05.80 L	F	Isabelle Barrow	14	SWIM1 JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
42	1:05.85 L	F	Jane Lewis	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
43*	1:05.87 L S	F	Meredith O'Tool	14	WELA FDD	26/11/2019	FS Champs
43*	1:05.87 L	F	Zoe Terblanche	14	NWS	01/02/2020	NTS Invitational Gala 2020
45*	1:05.95 L	F	Tiara Finnis	14	RSA	20/02/2020	CANA Zone IV Championships
45*	1:05.95 L	F	Carmia Hartman	14	NWS	01/02/2020	NTS Invitational Gala 2020
47	1:05.97 L	P	Kiara Johnson	14	NCDST ILD	12/10/2019	eThekwini Junior Championships 2019
48	1:06.05 L	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
49	1:06.11 L	F	Tumé van Niekerk	14	POTC KKD	23/11/2019	NWS Age Group 3 2019/20
50	1:06.20 L	F	Michaela Dal Medico	14	SODO JHB	27/09/2019	NTS September 2019 Age Group Gala
51	1:06.21 L	F	Alexia Delicado	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
52	1:06.22 L	P	Helena Prinsloo	14	PAQU CED	31/01/2020	2020 Grand Prix Invitational Swimming
53	1:06.23 L	F	Morgan Pharoah	14	WATR JHB	10/05/2019	4LSA AFOCH Ramadan Tournament

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
54	1:06.33	L	F	Jessica Gardner	14	USC BUF	25/01/2020	BCA January Age Group Gala 2020
55	1:06.34	L	F	Alexandra Eagles	14	TYGE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
56	1:06.39	L	P	Reese O'Riordan	14	VINE CPT	01/12/2019	Western Cape Summer Championships
57	1:06.42	L	P	Grace Daly	14	SODO JHB	04/12/2019	NTS Championships 2019
58*	1:06.45	L	F	Jemma van der Merwe	14	CSC FSH	04/12/2019	NTS Championships 2019
58*	1:06.45	L	F	Ashley Freel	14	TUKS FSH	14/02/2020	NTS February 2020 Age Group Gala
60	1:06.55	L	P	Lisbe Booyse	14	TUKS FSH	26/09/2019	Aquabear Invitational Meet 2019
61	1:06.64	L	F	Abigail Powell	14	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
62	1:06.70	L	P	Kate Moore	14	MATI CED	26/09/2019	Aquabear Invitational Meet 2019
63	1:06.72	L	F	Gabriella Edwards	14	MDOL JHB	05/12/2019	CGA Championships 2019
64	1:06.76	L	F	Emma Terblanche	14	FAAC FBD	26/02/2020	Flamingo Time Trial Gala
65	1:06.78	L S	F	Miche Johns	14	BLNE MAN	26/11/2019	FS Champs
66	1:06.79	L	F	Mieke Oosthuizen	14	LSJM SKD	05/10/2019	Limpopo Age Group 4 & School Champs
67	1:06.86	L	F	Livia Bisschops	14	AA JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
68	1:06.87	L	F	Callan Lotter	14	WATR JHB	05/12/2019	CGA Championships 2019
69	1:06.96	L	F	Taylin Alberts	14	TRAZ FSH	12/10/2019	NTS Oct 2019 Age Group Gala
70	1:06.99	L	F	Nicola Harcus	14	PEAS NMA	14/09/2019	2nd A League 14/9/2019
71	1:07.12	L	F	Robyn Hough	14	PEAS NMA	14/06/2019	PEA Winter Gala
72	1:07.14	L	F	Symóne Steyn	14	KEIK NMA	05/12/2019	NWS Championships 2019/2020
73	1:07.20	L	P	Cara Ralfe	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
74	1:07.29	L	F	Tyler Hughes	14	BOKS ECU	05/12/2019	EGA Summer Championships 2019
75	1:07.42	L	P	Emma Michell	14	MATI CED	01/12/2019	Western Cape Summer Championships
76	1:07.45	L S	F	Wendy-Mae Turner	14	PEAS NMA	07/02/2020	5th A League
77	1:07.58	L	F	Amy Dickinson	14	MDOL JHB	05/12/2019	CGA Championships 2019
78	1:07.60	L	P	Caitlin Ruane	14	TUKS FSH	04/12/2019	NTS Championships 2019
79*	1:07.73	L	F	Jenny Zhang	14	EAGA CCD	15/02/2020	Limpopo Age Group 6
79*	1:07.73	L	F	Rachel Cross	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
81*	1:07.74	L	F	Shayla Parkin	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
81*	1:07.74	L	P	Josi Arnold	14	HARL BUF	26/09/2019	Aquabear Invitational Meet 2019
83	1:07.76	L	F	Katelyn Pienaar	14	PEAS NMA	29/11/2019	NMBA Championships 2019
84	1:07.94	L	P	Danielle Heyes	14	REDAQ CPT	26/09/2019	Aquabear Invitational Meet 2019
85	1:08.03	L	F	Cara Van Der Bijl	14	BLNE MAN	18/10/2019	Otters Prestige Gala 2019
86	1:08.10	L	F	Somikazi Qwemesha	14	CYBE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
87	1:08.15	L	F	Rachel Guymmer	14	LINR JHB	03/11/2019	CGA All Levels
88	1:08.26	L	F	Demi Jacobs	14	TUKS FSH	12/10/2019	NTS Oct 2019 Age Group Gala
89	1:08.34	L	F	Jordan Zwart	14	SEAL UMD	23/11/2019	KZN TYR Westville Sprints 2019
90	1:08.37	L	P	Lara Gouws	14	VINE CPT	01/12/2019	Western Cape Long Course
91*	1:08.39	L	F	Jozi Nupen	14	CRSC JHB	05/12/2019	CGA Championships 2019
91*	1:08.39	L	F	Kate Meyburgh	14	INFA NMA	29/11/2019	NMBA Championships 2019
93	1:08.40	L	P	Aeryn Reyneke	14	CYBE CPT	01/12/2019	Western Cape Long Course
94	1:08.52	L	P	Eyvonne Mthembu	14	TUKS FSH	04/12/2019	NTS Championships 2019
95	1:08.53	L	P	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019	Western Cape Summer Championships
96*	1:08.56	L	P	Manaal Omar	14	SGUL ETH	12/10/2019	eThekweni Junior Championships 2019
96*	1:08.56	L	P	Tara Uys	14	TYGE CPT	01/12/2019	Western Cape Summer Championships
98	1:08.57	L	P	Jodi Wilson	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
99	1:08.63	L	F	Nirene van der Watt	14	PARYS FDD	15/02/2020	NWS Last Chance AG5 1920
100	1:08.65	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019	FS Champs
101	1:08.75	L	P	Nicola Hartman	14	RFA FSH	04/12/2019	NTS Championships 2019
102	1:08.76	L	P	Alexis Vorwerk	14	PSCP UMD	17/12/2019	KZNA Premier Provincial Championship
103	1:08.77	L	F	Rachel Smith	14	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
104	1:08.78	L	F	Roslyn Joseph	14	DDA FSH	15/11/2019	NTS November 2019 Age Group Gala
105	1:08.79	L	F	Corne van Schalkwyk	14	AA JHB	05/12/2019	CGA Championships 2019
106	1:08.80	L	F	Kimberley Ingwe	14	MDOL JHB	19/10/2019	EGA Summer 3 2019
107	1:08.81	L	P	Laranya Naidoo	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
108	1:08.95	L	P	Melissa Martens	14	PSCP UMD	17/12/2019	KZNA Premier Provincial Championship
109	1:09.01	L	P	Amber Lewis	14	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
110	1:09.07	L	F	Sarah-Anne Helps	14	BENS ECU	05/12/2019	EGA Summer Championships 2019
111	1:09.12	L	P	Eva Markovic	14	MATL KKD	26/09/2019	Aquabear Invitational Meet 2019
112	1:09.13	L	F	Emma Hamman	14	FAAC FBD	15/02/2020	NCASA Age Group 5 KBY 2019-2020



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
113	1:09.22	L	F	Daniella September	14	KNYD EDD	06/12/2019 Eden LC Champs 2019
114	1:09.25	L	F	Hannah James	14	SEAL UMD	15/02/2020 KZN Aquatics Level 2 Provincial
115	1:09.32	L S	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019 FS Champs
116	1:09.40	L	P	Jadyn-Lee Joubert	14	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
117	1:09.44	L	F	Emma Gardiner	14	DYNA ECU	15/02/2020 EGA Last Chance Feb 2020
118*	1:09.50	L	P	Jaime Abegglen	14	TYGE CPT	01/12/2019 Western Cape Long Course
118*	1:09.50	L	F	Kayla De Wet	14	SOUL ECU	05/12/2019 EGA Summer Championships 2019
120	1:09.51	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
121	1:09.69	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	10/01/2020 2020 Grand Prix Invitation Swimming
122	1:09.74	L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
123	1:09.76	L	F	Jayda Collett	14	TUKS TSH	14/02/2020 NTS February 2020 Age Group Gala
124	1:09.77	L	F	Anina Groenewald	14	BLNE MAN	04/10/2019 Seals Gala
125*	1:09.80	L	F	Caden Spencer	14	JSA JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
125*	1:09.80	L	F	Babette Van Rooyen	14	SAAW CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
127*	1:09.83	L	P	Tamika Anderson	14	TUKS TSH	04/12/2019 NTS Championships 2019
127*	1:09.83	L	F	Gemma Frank	14	ASA ILD	23/11/2019 KZN TYR Westville Sprints 2019
129*	1:09.84	L	F	Noxolo Dzanibe	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
129*	1:09.84	L	P	Vianne Nel	14	TUKS TSH	04/12/2019 NTS Championships 2019
131	1:09.92	L	F	Kaela Viljoen	14	CRSC JHB	05/12/2019 CGA Championships 2019
132	1:10.02	L	F	Juliet Van Thiel	14	WATR JHB	05/12/2019 CGA Championships 2019
133	1:10.06	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	02/11/2019 Swartland Invitational #1
134	1:10.13	L	F	Kiara Kunneke	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
135	1:10.22	L	F	Saffron Tweedie	14	AQUB NMA	09/12/2019 SA Schools Swimming Championship
136	1:10.41	L	F	Amy Robson-Garth	14	SOUL ECU	19/10/2019 EGA Summer 3 2019
137	1:10.46	L	F	Ava Rathner	14	SAAW CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
138	1:10.52	L	P	Cara Harradine	14	PAC TSH	04/12/2019 NTS Championships 2019
139	1:10.60	L	F	Kiana Engelbrecht	14	SASOL FDD	12/10/2019 Fezile Dabi Age Group October 2019
140	1:10.62	L	F	Oabilwe Sesoko	14	CSC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
141	1:10.65	L	F	Charne Snyman	DR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
142	1:10.67	L	F	Larique Joubert	14	TASC MPD	29/11/2019 Limpopo Champs
143	1:10.81	L	F	Hannah Wichmann	14	MGSC UGD	09/11/2019 Ugu Level 1 Gala 6
144	1:10.85	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
145	1:10.96	L	P	Haylee Vd Merwe	14	QUIC CPT	01/12/2019 Western Cape Long Course
146	1:11.07	L	F	Kelly Williamson	14	INFA NMA	29/11/2019 NMBA Championships 2019
147	1:11.12	L	P	Shauniquè Kannemeyer	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
148	1:11.13	L S	F	Gemma Kirsten	14	BLNE MAN	26/11/2019 FS Champs
149	1:11.15	L	F	Ashleigh Witney	14	ONYX ECU	15/02/2020 EGA Last Chance Feb 2020
150	1:11.16	L	P	Ruth Jones	14	VINE CPT	01/12/2019 Western Cape Summer Championships
151	1:11.27	L	F	Sohini Pillay	14	ELEC JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
152	1:11.33	L	F	Alexia Michalopoulos	14	RFA TSH	13/09/2019 NTS September 2019 Age Group Gala
153	1:11.40	L	F	Ninah Wedderburn	14	PEAS NMA	14/06/2019 PEA Winter Gala
154	1:11.44	L	P	Ami Pirie	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
155	1:11.50	L	F	Zane Bruyns	14	RFA TSH	14/02/2020 NTS February 2020 Age Group Gala
156	1:11.52	L	P	Lara De Beer	14	BENS ECU	05/12/2019 EGA Summer Championships 2019
157	1:11.82	L	F	Annette Greyling	14	CRSC JHB	05/12/2019 CGA Championships 2019
158	1:11.83	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019 Mpumalanga Championships 2019
159	1:11.84	L	F	Amber Fourie	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
160	1:11.85	L	F	Courtney Smith	14	TYGE CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
161	1:11.99	L	F	Jenna Mitchell	14	ACSA ETH	15/02/2020 KZN Aquatics Level 2 Provincial
162	1:12.00	L	P	Awande Mlangeni	14	ONYX ECU	05/12/2019 EGA Summer Championships 2019
163	1:12.04	L	F	Shaina Adriaan	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
164	1:12.09	L	F	San-Mari Van der Walt	14	DDA TSH	15/11/2019 NTS November 2019 Age Group Gala
165	1:12.13	L	F	Zelmarie Levin	14	ETTN ECU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
166	1:12.23	L	P	Isabella Rodrigues	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
167*	1:12.41	L	F	Erin Foster	14	ELEC JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
167*	1:12.41	L	F	Kara Cilliers	14	PAQU CED	02/11/2019 Swartland Invitational #1
169	1:12.49	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
170*	1:12.57	L	P	Mienke Herbst	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
170*	1:12.57	L	P	Zoë Josephs	14	ASAW CED	01/12/2019 Western Cape Summer Championships

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
172	1:12.70	L	F	Saskia Van Thiel	14	WATR JHB	05/12/2019 CGA Championships 2019
173	1:12.74	L	F	Matundu Banza	14	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
174	1:12.78	L	F	Rachael Dart	14	SRAY BUF	07/02/2020 BCA Feb Age Group Gala 2020
175	1:12.83	L	F	Isabella Reynolds	14	ELEC JHB	03/11/2019 CGA All Levels
176	1:12.92	L	F	Tatum Havenga	14	CARN ECU	15/02/2020 EGA Last Chance Feb 2020
177	1:12.95	L	F	Nina Pretorius	14	CSC TSH	13/09/2019 NTS September 2019 Age Group Gala
178	1:13.09	L	F	Samantha Mouton	14	HARL BUF	21/02/2020 Infinity Champs LC Gala
179	1:13.18	L	F	Donia Smit	14	SS MPD	29/11/2019 Limpopo Champs
180	1:13.25	L	F	Joleen Alves	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
181	1:13.35	L	F	Lesedi Thunzi	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
182	1:13.37	L S	F	Lize Botha	14	BULS MAN	26/11/2019 FS Champs
183	1:13.48	L	P	Nicole Bantom	14	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
184	1:13.60	L	P	Rebecca Leach	14	BOKS ECU	05/12/2019 EGA Summer Championships 2019
185	1:13.68	L	P	Jamie Hains	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
186	1:13.72	L	F	Caitlin Smit	14	CSC TSH	12/10/2019 NTS Oct 2019 Age Group Gala
187	1:13.87	L	F	Mélandri De Beer	14	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
188	1:13.90	L	F	Sharne Steele	14	LINR JHB	05/12/2019 CGA Championships 2019
189	1:13.93	L	F	Elza De Kock	14	QUIC CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
190	1:14.00	L	F	Georgia Stone	14	PEAS NMA	12/10/2019 3rd A League 2019
191	1:14.06	L	F	Thinica Mc Anda	14	FAAC FBD	05/12/2019 NCASA Champs Dec 2019
192	1:14.11	L	F	Tenieka Greyling	14	HREF BPD	15/02/2020 NWS Last Chance AG5 1920
193	1:14.40	L	P	Jessica Law	14	DYNA ECU	05/12/2019 EGA Summer Championships 2019
194	1:14.52	L	F	Michaela Cairns	14	AZON ETH	26/10/2019 eThekwini Age Group Gala 7
195	1:14.60	L S	F	Zanri De Witt	14	VALS FDD	26/11/2019 FS Champs
196	1:14.81	L	F	Tharien Venter	14	BLUO UGD	23/11/2019 KZN TYR Westville Sprints 2019
197	1:14.88	L	F	Marî Kemp	14	SWAR WCD	24/08/2019 Winelands Senior League 2 - 24Aug
198	1:15.00	L	F	Victoria Baigent	14	ESTR ECU	19/10/2019 EGA Summer 3 2019
199	1:15.02	L	F	Anna Victor	14	GTC EZD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
200	1:15.03	L	F	Petro Marié Fourie	14	FISH EDD	05/10/2019 EDEN District School Trials 2019
201	1:15.04	L	F	Kimberley Howes	14	HARB BPD	23/11/2019 NWS Age Group 3 2019/20
202*	1:15.05	L	F	Elizma Huyser	14	FISH EDD	29/02/2020 WCA Junior Champs - 2020
202*	1:15.05	L	F	Joané Lindeque	14	HSBV SKD	09/11/2019 Limpopo Age Group 5
204	1:15.10	L	F	Olwethu Ndlovu	14	UMSH ETH	26/10/2019 eThekwini Age Group Gala 7
205	1:15.12	L	F	Chloe Vd Merwe	14	ASAC CPT	29/02/2020 WCA Junior Champs - 2020
206	1:15.20	L	F	Mia Uys	14	PSC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
207	1:15.26	L	F	Karla De Beer	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
208	1:15.27	L	F	Grace Taylor	14	GREY CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
209	1:15.37	L	F	Skye Westerhuis	14	CUDU CPT	02/11/2019 Swartland Invitational #1
210	1:15.44	L	F	Phillipa Tobias	14	CRSC JHB	05/12/2019 CGA Championships 2019
211	1:15.46	L	F	Ané Ferreira	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
212	1:15.56	L	F	Caitlin De Freitas	14	DRGN JHB	15/02/2020 EGA Last Chance Feb 2020
213	1:15.62	L	F	Anje Van Papendorp	14	PSC TSH	12/10/2019 NTS Oct 2019 Age Group Gala
214	1:15.65	L	F	Anike Kuhn	14	PEAS NMA	14/06/2019 PEA Winter Gala
215	1:15.66	L	F	Sasha Naidoo	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
216	1:15.69	L	F	Awande Mdlalose	14	CSC TSH	12/10/2019 NTS Oct 2019 Age Group Gala
217	1:15.72	L	F	Zodea Jacobie	14	SUPE JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
218	1:15.75	L	P	Sophe De kock	14	AZON ETH	12/10/2019 eThekwini Junior Championships 2019
219	1:15.81	L	F	Rozelle Burness	14	PAC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
220	1:15.88	L	F	Cara Botha	14	HARB BPD	16/08/2019 NTS August 2019 Age Group Gala Level
221	1:16.06	L	F	Catelynn Gouws	14	DBSC SDD	15/02/2020 EGA Last Chance Feb 2020
222	1:16.16	L	F	Melissa Theron	14	WATR JHB	05/12/2019 CGA Championships 2019
223	1:16.24	L	F	Cayla Visser	14	BLSS MAN	30/08/2019 Kovsie Aquatics Gala 2019
224	1:16.26	L	F	Anika Visser	14	CUDU CPT	02/11/2019 Swartland Invitational #1
225	1:16.30	L	F	Caitlyn Martin	14	TUKS TSH	29/11/2019 2019 The Tshwane Mayoral Gala
226	1:16.38	L	F	Sophia Stegmann	14	MDOL JHB	19/10/2019 EGA Summer 3 2019
227	1:16.51	L	F	Mia Nortjé	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
228	1:16.56	L	F	Skyla Schroll	14	NWUC KKD	05/12/2019 NWS Championships 2019/2020
229	1:16.57	L	F	Kayleigh Birch	14	FAAC FBD	18/01/2020 Good Hope Gala 2020
230	1:16.63	L S	F	Imari Voigt	14	VALS FDD	26/11/2019 FS Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
231	1:16.66	L	F	Sasha-Lee Johnson	14	UWCA CPT	02/11/2019 Swartland Invitational #1
232	1:16.75	L	F	Caitlyn Gomes	14	ISSC NMD	19/10/2019 NWS Age Group 1 1920
233	1:16.95	L	F	Keira De Aveiro	14	FLOD JHB	05/12/2019 CGA Championships 2019
234	1:17.00	L	F	Isabel Swart	14	BARR CPT	25/01/2020 West Coast Qualify Gala 2020
235	1:17.04	L	F	Amy Marks	14	ELEC JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
236	1:17.32	L	F	Mia Neilson	14	WATR JHB	05/12/2019 CGA Championships 2019
237	1:17.34	L	F	Yasmeen Moolla	14	ASAC CPT	21/06/2019 Illeembe Age Group Gala 1
238	1:17.43	L	F	Marteli Pieters	14	PAC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
239	1:17.51	L	P	Zoe Stock	14	DYNA ECU	05/12/2019 EGA Summer Championships 2019
240	1:17.61	L S	F	Dina Jansen Van Rensburg	14	TTNS ECU	24/06/2019 Sasol National Winter Championship
241	1:17.85	L	F	Kaylin Visser	14	BLSS MAN	25/01/2020 Mangaung Classic Gala 2020
242	1:17.87	L S	F	Alexia Koupis	14	BLSS MAN	26/11/2019 FS Champs
243	1:17.92	L	F	Jelaan Eveleigh	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
244	1:17.96	L	F	Emma Van Der Westhuysen	14	FISH EDD	29/02/2020 WCA Junior Champs - 2020
245	1:18.00	L	F	Stacey Leer	14	INFA NMA	21/02/2020 Infinity Champs LC Gala
246	1:18.22	L	F	Chané Jacobsz	14	NWUC KKD	15/02/2020 NWS Last Chance AG5 1920
247	1:18.28	L	F	Keira Booth	14	SS MPD	29/11/2019 Limpopo Champs
248*	1:18.35	L	F	Juliet Miller	14	ELEC JHB	05/12/2019 CGA Championships 2019
248*	1:18.35	L	F	Aidon Naidoo	14	AZON ETH	15/02/2020 KZN Aquatics Level 2 Provincial
250	1:18.42	L	F	Chloe Craig	14	ELIT JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
251	1:18.55	L	F	Ankia Uys	VR	PSA ZLD	21/02/2020 Amajuba District Long Course
252	1:18.56	L	F	Emma Wintermeyer	14	CRSC JHB	05/12/2019 CGA Championships 2019
253	1:18.58	L	F	Kelsey Kemp	14	AQU ADJ	26/10/2019 Amajuba District Age Group 1
254	1:18.67	L	F	Nurul-Huda Samaai	14	MARL CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
255	1:18.69	L	F	Megan Venter	14	SOUL ECU	19/10/2019 EGA Summer 3 2019
256	1:18.90	L	F	Ninke Griffioen	14	FISHS EDD	01/11/2019 38th Freda Barnard Invitational Gala
257	1:18.98	L	F	Atiyyah Valli	14	ATLA JHB	03/11/2019 CGA All Levels
258*	1:19.04	L	F	Julia Volschenk	14	DDA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
258*	1:19.04	L	F	Nikola Roux	14	TRAZ TSH	14/02/2020 NTS February 2020 Age Group Gala
260	1:19.19	L	F	Kaitlin Henderson	14	ELEC JHB	05/12/2019 CGA Championships 2019
261	1:19.28	L	F	Shadonise Da Veiga	14	SODO JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
262	1:19.36	L	F	Jané Botha	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
263	1:19.38	L	F	Bianke Pienaar	14	PARYS FDD	14/09/2019 Fezile Dabi Age Group
264	1:19.51	L	F	Erin-Lyn Bose	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
265	1:19.63	L	F	Talisa Rademeyer	14	SWIFT ECU	15/02/2020 EGA Last Chance Feb 2020
266	1:19.66	L	P	Jordan Toerien	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
267	1:19.81	L	P	Erin Heydricks	14	BLUO UGD	12/10/2019 eThekweni Junior Championships 2019
268	1:19.90	L	F	Janke Vogel	14	PSC TSH	16/08/2019 NTS August 2019 Age Group Gala Level
269	1:19.97	L	F	Alexa Jeaven	14	MANT CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
270	1:20.31	L	F	Jullia Griffioen	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
271	1:20.46	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
272	1:21.50	L	F	Olivia Drewett	14	HSTAN MPD	15/10/2019 Limpopo Top 10 - High Schools
273	1:21.54	L	P	Busisiwe Mogadima	14	SOUL ECU	05/12/2019 EGA Summer Championships 2019
274	1:21.63	L	F	Saskia Reddering	14	CUDU CPT	22/02/2020 Swartland Invitational Gala 2
275	1:21.71	L	F	Li McQuire	14	NWUC KKD	05/12/2019 NWS Championships 2019/2020
276	1:21.80	L	F	Hayley Swanepoel	14	PER JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
277	1:21.82	L	F	Joy-Mari Boyce	14	TUKS TSH	23/08/2019 Madibaz Spring Gala
278	1:21.96	L	F	Maja Alexander	14	VINE CPT	02/11/2019 Swartland Invitational #1
279	1:22.19	L	F	Louise Desmond-Smith	14	SAAW CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
280	1:22.21	L	F	Jezwyne Marimuthu	14	BAYV ETH	23/11/2019 KZN TYR Westville Sprints 2019
281	1:22.22	L	F	Zara Kleinhans	14	AQDO CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
282	1:22.32	L	F	Kaitlyn Immelman	14	ESP ECU	08/03/2020 Aquatics Gauteng Level 1
283	1:22.38	L	F	Yedidah Theron	14	ROJ EDD	06/12/2019 Eden LC Champs 2019
284	1:22.57	L	F	Katrijn Roefs	14	TUKS TSH	14/02/2020 NTS February 2020 Age Group Gala
285	1:22.76	L	F	Xandri Botha	14	NHS MP	19/02/2020 Inter High School Gala - 19 February
286	1:22.92	L	F	Caitlyn Martin	14	WATR JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
287	1:23.08	L	F	Zoe Viljoen	14	PEAS NMA	14/06/2019 PEA Winter Gala
288	1:23.28	L	F	Anika Van Der Bank	14	UPTS ZMD	21/02/2020 NCASA Sprints 2020
289	1:23.36	L	F	Simone Nel	14	HMER MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
290*	1:23.62	L	F	Rania Gamielidien	14	WALM	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
290*	1:23.62	L	F	Jamie-Lee Van Den Heever	14	BOKS	EKU 15/02/2020 EGA Last Chance Feb 2020
292	1:23.67	L	F	Hao Dong	14	BARR	CPT 01/11/2019 38th Freda Barnard Invitational Gala
293	1:23.94	L	F	Mia Limbach	14	ELHS	VBD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
294	1:24.09	L	F	Ruqaiyah Mahomed	14	AQSC	UMD 14/03/2020 KZNA Level 1 Provincial Champs 2020
295	1:24.46	L	F	Jade Westley	14	H2O	EKU 08/03/2020 Aquatics Gauteng Level 1
296	1:25.03	L	F	Charlize De Villiers	14	PRKA	PSD 21/02/2020 NCASA Sprints 2020
297	1:25.07	L	F	Talita McDonald	14	FISHS	EDD 01/11/2019 38th Freda Barnard Invitational Gala
298	1:25.30	L	F	Kate Savage	14	DORE	JHB 03/11/2019 CGA All Levels
299	1:25.31	L	F	Kayleigh De Jong	14	CUDU	CPT 02/11/2019 Swartland Invitational #1
300	1:26.06	L	F	Jasmine Erasmus	14	MATL	KKD 05/12/2019 NWS Championships 2019/2020
301	1:26.37	L	F	Aphiwe Khuzwayo	14	UMSH	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
302	1:26.74	L	F	Leticia Louw	14	SUPE	JHB 05/12/2019 CGA Championships 2019
303	1:27.17	L	F	Maia Loots	14	TUKS	TSH 01/11/2019 NTS November 2019 Age Group Gala
304	1:27.20	L	F	Leigh Jonkers	14	SRAY	BUF 22/11/2019 BCA Long Course Championships 2019
305	1:27.43	L	F	Hermané Van Breda	14	LSLTT	VBD 05/10/2019 Limpopo Age Group 4 & School Champs
306	1:27.81	L	F	Laaiah Goondie	14	SUPE	JHB 05/12/2019 CGA Championships 2019
307	1:27.99	L	F	Aaliyah Laher	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
308	1:28.84	L	F	Stacey-Lee Van Schalkwyk	14	WEST	CPT 02/11/2019 Swartland Invitational #1
309	1:30.05	L	F	Maria Burger	14	KTS	JTD 25/10/2019 Flamingo Aquatics Academy Prestige
310	1:30.22	L	F	Johara Sheik	14	UM-SA	UMD 10/11/2019 eThekweni Age Level 1 Gala 1
311	1:31.31	L	P	Chubekile Ndawo	14	ESP	EKU 05/12/2019 EGA Summer Championships 2019
312	1:31.53	L	F	Nosipho Gina	14	USH	KCD 07/12/2019 December Age Group Gala 2019
313	1:31.89	L	F	Daniella Hunziker	14	AFIN	JHB 19/10/2019 EGA Summer 3 2019
314	1:32.76	L	F	Athelene Gouws	14	FSAC	BPD 19/10/2019 NWS Age Group 1 1920
315	1:33.07	L	P	Bilqeas Abrahams	14	MANT	CPT 26/09/2019 Aquabear Invitational Meet 2019
316	1:33.26	L	F	Sisanda Mvuyana	14	TMAC	ETH 28/02/2020 NDSA Gala 2020
317	1:33.76	L	F	Danielle Verster	14	MPS	NGD 09/12/2019 SA Schools Swimming Championship
318	1:35.06	L	F	Annelien De Wet	14	LHS	FBD 08/11/2019 NCASA Age Group 2 KBY 2019
319	1:35.59	L	F	Tori Robertson	14	MAC	EKU 08/03/2020 Aquatics Gauteng Level 1
320	1:37.67	L	F	Malinda Perucatti	14	HSLTT	VBD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
321	1:38.14	L	F	Cezanne Carroll	14	HSS	NGD 31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
322	1:38.72	L	F	Mianel Du Plooy	14	LSPHA	MPD 05/10/2019 Limpopo Age Group 4 & School Champs
323	1:40.07	L	F	Niya Madhav	14	ATLA	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
324	1:40.63	L	F	Rhea Mothichund	14	OTTO	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
325	1:41.02	L	F	Kenni-Leigh Carelse	14	UWCA	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
326	1:41.27	L	F	Mariné Cloete	14	LHS	FBD 08/11/2019 NCASA Age Group 2 KBY 2019
327	1:41.56	L	F	Lisakhanya Zonke	14	KHAY	CPT 02/11/2019 Swartland Invitational #1
328	1:42.02	L	F	Nombuso Mente	14	SOWE	JHB 08/03/2020 Aquatics Gauteng Level 1
329	1:42.97	L	F	Thandeka Mbokazi	14	USH	KCD 25/01/2020 Ushaka Championship Gala 2020
330	1:43.10	L	F	Zubenathi Gongo	14	UWCA	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
331	1:43.53	L	F	Meghan Bezuidenhout	14	HRP	NKD 11/10/2019 MP AGE GROUP 2 - 11-12 October
332	1:45.58	L	F	Thaakirah Abrahams	14	WALM	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
333	1:46.97	L	F	Azra Mansoor	14	WVAQ	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
334	1:48.39	L	F	Rosemarie Oberholzer	14	WRP	EZD 11/10/2019 MP AGE GROUP 2 - 11-12 October
335	1:48.71	L	F	Zenique Francis	14	HUD	BUF 26/10/2019 1st B Age Group Gala & EC Schools
336	1:48.94	L	F	Shand'r'e Padayachee	14	AQSC	UMD 10/11/2019 eThekweni Age Level 1 Gala 1
337	1:51.43	L	F	Landri Du Plessis	14	PHS	CCD 15/10/2019 Limpopo Top 10 - High Schools
338	1:56.80	L	F	Olerato Maphangela	14	WRAN	WRD 26/10/2019 2019 OR Tambo/Soncini Games
339	1:57.20	L	F	Luyanda Dube	14	USH	KCD 07/12/2019 December Age Group Gala 2019
340	1:57.73	L	F	Ayanda- JNR Metsing	14	SOWE	JHB 08/03/2020 Aquatics Gauteng Level 1
341	1:57.79	L	F	Nolize Rooskrantz	14	WRAN	WRD 26/10/2019 2019 OR Tambo/Soncini Games
342	1:59.15	L	F	Khomotso Moshapa	14	ATTE	TSH 08/03/2020 Aquatics Gauteng Level 1
343	2:04.35	L	F	Denelle Loots	14	WRAN	WRD 26/10/2019 2019 OR Tambo/Soncini Games
344	2:24.21	L	F	Zothani Sibiya	VR	ASC	ILD 14/03/2020 KZNA Level 1 Provincial Champs 2020
345	2:25.04	L	F	Naledi Mofokeng	14	MDOL	JHB 08/03/2020 Aquatics Gauteng Level 1
<b>Women 14-14 200 Free</b>							
1	2:12.52	L	F	Tazmyn Robson	14	NWS	01/02/2020 NTS Invitational Gala 2020
2	2:13.70	L	P	Jessica Meter	14	SEAL	UMD 21/02/2020 2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	2:13.93	L S	F	Georgia Carstens	14	TUKS FSH	04/12/2019 NTS Championships 2019
4	2:14.75	L	P	Christine Wessels	14	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
5	2:14.91	L	F	Amy Muller	14	NWS	01/02/2020 NTS Invitational Gala 2020
6	2:15.32	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
7	2:15.72	L	P	Samantha Lowman	14	RSA	11/09/2019 13th CANA Junior African
8	2:16.86	L S	P	Tayla Haslam	14	KLOO ETH	17/12/2019 KZNA Premier Provincial Championship
9	2:17.32	L	F	Tammy Greenwood	14	ROA EDD	23/08/2019 Madibaz Spring Gala
10	2:18.20	L	P	Rachel Groepes	14	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
11	2:18.41	L	F	Emma Beyers	14	RSA	20/02/2020 CANA Zone IV Championships
12	2:18.69	L	F	Mischa King	14	ASAW CED	04/10/2019 CTA TYR QUALIFYING GALA #2
13	2:19.20	L S	F	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
14	2:19.52	L	F	Tiara Finnis	14	RSA	20/02/2020 CANA Zone IV Championships
15	2:19.79	L	F	Maxine Boyce	14	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
16	2:20.11	L S	F	Kirsten Cottrell	14	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
17	2:20.31	L S	P	Rachel Irvine	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
18	2:20.85	L	P	Chloe Gershuny	14	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
19	2:20.99	L S	F	Keila Manthe	14	TUKS FSH	04/12/2019 NTS Championships 2019
20	2:21.23	L	F	Robyn Hough	14	PEAS NMA	29/11/2019 NMBA Championships 2019
21	2:21.49	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	03/11/2019 CGA All Levels
22	2:21.80	L	F	Jade-Ann Le Roux	14	WATR JHB	15/02/2020 EGA Last Chance Feb 2020
23*	2:21.89	L	F	Alexandra Caldwell	14	ACT JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
23*	2:21.89	L	F	Lisbe Booyse	14	TUKS FSH	26/09/2019 Aquabear Invitational Meet 2019
25	2:21.94	L S	P	Amber Landskron	14	TUKS FSH	04/12/2019 NTS Championships 2019
26	2:22.07	L	F	Nicola Harcus	14	PEAS NMA	29/11/2019 NMBA Championships 2019
27	2:22.20	L S	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
28	2:22.73	L	F	Tori Voke	14	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
29	2:22.74	L	F	Meredith O'Tool	14	WELA FDD	09/11/2019 Bull-Sharks 2019
30	2:23.14	L	F	Olivia Kruger	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
31	2:23.81	L	F	Morgan Pharoah	14	WATR JHB	10/05/2019 4LSA AFOCH Ramadan Tournament
32	2:23.87	L	F	Callan Lotter	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
33	2:23.89	L	F	Caitlin Rademakers	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
34	2:24.32	L	P	Helena Prinsloo	14	PAQU CED	31/01/2020 2020 Grand Prix Invitational Swimming
35	2:24.48	L	F	Emma Michell	14	MATI CED	01/12/2019 Western Cape Summer Championships
36*	2:24.77	L S	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
36*	2:24.77	L	P	Liya Venter	14	BLMA CPT	31/01/2020 2020 Grand Prix Invitational Swimming
38	2:25.11	L	F	Mieke Oosthuizen	14	LP LP	09/12/2019 SA Schools Swimming Championship
39	2:25.55	L	F	Jane Lewis	14	SGUL ETH	12/10/2019 eThekweni Junior Championships 2019
40	2:25.63	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019 Western Cape Summer Championships
41	2:25.74	L	F	Payton Brink	14	VINE CPT	01/12/2019 Western Cape Summer Championships
42	2:25.89	L S	F	Jemma van der Merwe	14	CSC FSH	04/12/2019 NTS Championships 2019
43	2:25.90	L	F	Mikaela Goelst	14	FINS EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
44	2:26.24	L S	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
45	2:26.44	L	F	Alexandra Eagles	14	TYGE CPT	01/12/2019 Western Cape Long Course
46	2:26.57	L	F	Lara Groenewald	14	AQU ADJ	26/10/2019 Amajuba District Age Group 1
47	2:26.66	L	F	Cara Ralfe	14	SEAL UMD	23/11/2019 KZN TYR Westville Sprints 2019
48	2:26.86	L	P	Babette Van Rooyen	14	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
49	2:27.29	L	F	Katelyn Pienaar	14	PEAS NMA	29/11/2019 NMBA Championships 2019
50	2:27.44	L S	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
51	2:27.55	L	P	Eryn Casey	14	SGUL ETH	21/02/2020 2020 Grand Prix Invitational Swimming
52	2:27.56	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
53	2:27.70	L	F	Alexia Delicado	14	POTC KKD	09/11/2019 NWS Age Group 2 1920
54	2:27.93	L	F	Jenny Zhang	14	EAGA CCD	29/11/2019 Limpopo Champs
55	2:28.10	L	F	Kate Meyburgh	14	INFA NMA	29/11/2019 NMBA Championships 2019
56	2:28.29	L	F	Abigail Powell	14	ROA EDD	26/09/2019 Aquabear Invitational Meet 2019
57	2:28.53	L	F	Tyler Hughes	14	BOKS EKU	14/09/2019 EGA Summer 1 2019
58	2:28.55	L	F	Amy Dickinson	14	MDOL JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
59	2:28.61	L	F	Melissa Martens	14	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
60	2:28.71	L	F	Michelle Jack	14	MAC EKU	14/12/2019 15th BSSA Nationals
61	2:28.73	L	F	Tara Uys	14	TYGE CPT	01/12/2019 Western Cape Summer Championships

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
62	2:29.07	L	F	Ashley Freel	14	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
63	2:29.19	L	F	Cara Van Der Bijl	14	BLNE MAN	04/10/2019 Seals Gala
64	2:29.34	L	P	Jodi Dos Santos	14	NSA EZD	29/11/2019 Mpumalanga Championships 2019
65	2:29.59	L	F	Jadyn-Lee Joubert	14	AZON ETH	03/08/2019 eThekwini Age Group Gala 4
66	2:29.61	L	F	Thea Vd Toorn	14	CYBE CPT	01/12/2019 Western Cape Long Course
67	2:29.85	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
68	2:30.34	L	F	Jozi Nupen	14	CRSC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
69	2:30.35	L	F	Lara De Beer	14	BENS ECU	05/12/2019 EGA Summer Championships 2019
70	2:30.59	L	F	Rachel Smith	14	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
71	2:30.74	L	F	Rachel Cross	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
72	2:31.21	L	F	Demi Jacobs	14	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
73	2:31.41	L	F	Tumé van Niekerk	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
74	2:31.43	L S	P	Cara Harradine	14	PAC FSH	04/12/2019 NTS Championships 2019
75	2:31.44	L S	P	Taylin Alberts	14	TRAZ FSH	04/12/2019 NTS Championships 2019
76	2:31.45	L	F	Laranya Naidoo	14	SGUL ETH	12/10/2019 eThekwini Junior Championships 2019
77*	2:31.94	L	F	Shayla Parkin	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
77*	2:31.94	L	F	Roslyn Joseph	14	DDA FSH	15/11/2019 NTS November 2019 Age Group Gala
79	2:32.06	L S	P	Alexis Vorwerk	14	PSCP UMD	17/12/2019 KZNA Premier Provincial Championship
80	2:32.07	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
81	2:32.33	L	F	Carmia Hartman	14	NWS	01/02/2020 NTS Invitational Gala 2020
82	2:32.42	L	F	Emma Terblanche	14	FAAC FBD	21/02/2020 NCASA Sprints 2020
83	2:32.65	L	F	Tamika Anderson	14	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
84	2:32.77	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
85	2:32.88	L	F	Haylee Vd Merwe	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
86	2:33.15	L	F	Danielle Heyes	14	REDAQ CPT	26/09/2019 Aquabear Invitational Meet 2019
87	2:33.16	L	F	Caden Spencer	14	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
88	2:33.22	L	F	Aeryn Reyneke	14	CYBE CPT	01/12/2019 Western Cape Summer Championships
89	2:33.32	L	F	Emma Gardiner	14	DYNA ECU	18/01/2020 EGA Summer 5 - 2020
90	2:33.43	L	F	Jaime Abegglen	14	TYGE CPT	01/12/2019 Western Cape Summer Championships
91	2:33.57	L	F	Corne van Schalkwyk	14	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
92	2:33.73	L	F	Ami Pirie	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
93	2:33.75	L	F	Ashleigh Witney	14	ONYX ECU	15/02/2020 EGA Last Chance Feb 2020
94	2:33.91	L	F	Caitlin Rossouw	14	BLSS MAN	25/01/2020 Mangaung Classic Gala 2020
95	2:34.48	L	F	Kelly Williamson	14	INFA NMA	29/11/2019 NMBA Championships 2019
96	2:34.53	L	F	Kimberley Ingwe	14	MDOL JHB	03/11/2019 CGA All Levels
97	2:34.60	L	F	Reese O'Riordan	14	VINE CPT	01/12/2019 Western Cape Summer Championships
98	2:34.63	L	F	Zoe Terblanche	14	RFA FSH	12/10/2019 NTS Oct 2019 Age Group Gala
99	2:34.74	L	F	Gemma Kirsten	14	BLNE MAN	30/08/2019 Kopsie Aquatics Gala 2019
100	2:35.21	L	F	Kaela Viljoen	14	CRSC JHB	15/02/2020 EGA Last Chance Feb 2020
101	2:35.32	L	F	Rachel Guymmer	14	LINR JHB	03/11/2019 CGA All Levels
102	2:35.49	L	F	Josi Arnold	14	HARL BUF	26/09/2019 Aquabear Invitational Meet 2019
103	2:35.56	L	F	Eyvyonne Mthembu	14	TUKS FSH	26/10/2019 2019 OR Tambo/Soncini Games
104	2:35.71	L	F	Emma Peacock	14	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
105	2:35.79	L S	F	Charne Snyman	DR	BLOT MAN	26/11/2019 FS Champs
106	2:36.06	L	F	Michaela Dal Medico	14	SODO JHB	30/08/2019 NTS August 2019 Age Group Gala Level
107	2:36.12	L	F	San-Mari Van der Walt	14	DDA FSH	29/11/2019 2019 The Tshwane Mayoral Gala
108	2:36.29	L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
109	2:36.31	L	F	Saffron Tweedie	14	AQUB NMA	09/11/2019 4th A League
110	2:36.35	L	F	Donia Smit	14	SS MPD	29/11/2019 Limpopo Champs
111	2:36.68	L S	P	Nicola Hartman	14	RFA FSH	04/12/2019 NTS Championships 2019
112	2:37.44	L S	P	Zoe Padbury	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
113	2:37.53	L	P	Sarah-Anne Helps	14	BENS ECU	05/12/2019 EGA Summer Championships 2019
114*	2:37.69	L	F	Eva Markovic	14	MATL KKD	26/09/2019 Aquabear Invitational Meet 2019
114*	2:37.69	L	F	Shaina Adriaan	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
116	2:37.74	L	F	Matundu Banza	14	RSA	28/11/2019 2019 EASC CANA Zone 3
117	2:37.82	L	F	Daniella September	14	KNYD EDD	06/12/2019 Eden LC Champs 2019
118	2:37.83	L	F	Isabella Rodrigues	14	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
119	2:37.85	L	F	Courtney Smith	14	TYGE CPT	01/12/2019 Western Cape Summer Championships
120	2:38.06	L	F	Vianne Nel	14	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
121	2:38.07	L	F	Grace De Jongh	14	REDAQ CPT	01/12/2019 Western Cape Summer Championships
122	2:38.08	L	F	Anina Groenewald	14	BLNE MAN	04/10/2019 Seals Gala
123*	2:38.22	L	F	Ninah Wedderburn	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
123*	2:38.22	L	F	Sohini Pillay	14	ELEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
125	2:38.43	L	F	Zelmarie Levin	14	ETTN EKU	01/11/2019 NTS November 2019 Age Group Gala
126*	2:38.56	L	F	Jodi Wilson	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
126*	2:38.56	L	F	Lesedi Thunzi	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
128	2:38.64	L	F	Tharien Venter	14	BLUO UGD	15/02/2020 KZN Aquatics Level 2 Provincial
129	2:38.84	L	F	Robynne Le Roux	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
130	2:38.96	L	F	Mienke Herbst	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
131	2:39.03	L	F	Zane Bruyns	14	RFA TSH	16/08/2019 NTS August 2019 Age Group Gala Level
132	2:39.11	L	F	Emma Hamman	14	FAAC FBD	21/02/2020 NCASA Sprints 2020
133	2:39.15	L	F	Kayla De Wet	14	SOUL EKU	15/02/2020 EGA Last Chance Feb 2020
134	2:39.28	L	F	Gemma Frank	14	ASA ILD	09/11/2019 eThekwini Age Group Gala 8
135	2:39.41	L	F	Jenna Mitchell	14	ACSA ETH	09/11/2019 eThekwini Age Group Gala 8
136	2:39.44	L	F	Kiara Kunneke	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
137	2:39.47	L	F	Rachael Dart	14	SRAY BUF	25/01/2020 BCA January Age Group Gala 2020
138	2:39.67	L	F	Tatum Havenga	14	CARN EKU	14/09/2019 EGA Summer 1 2019
139	2:39.95	L	F	Awande Mlangeni	14	ONYX EKU	18/01/2020 EGA Summer 5 - 2020
140	2:39.96	L S	F	Kiana Engelbrecht	14	SASOL FDD	26/11/2019 FS Champs
141	2:40.27	L	P	Amy Robson-Garth	14	SOUL EKU	05/12/2019 EGA Summer Championships 2019
142	2:40.47	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019 Mpumalanga Championships 2019
143	2:40.98	L	F	Petro Marié Fourie	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
144	2:41.32	L	P	Rebecca Leach	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
145	2:41.52	L	F	Lara Daling	14	LP LP	09/12/2019 SA Schools Swimming Championship
146	2:41.66	L	F	Symóne Steyn	14	KEIK NMA	05/12/2019 NWS Championships 2019/2020
147	2:41.87	L	F	Shauniqué Kannemeyer	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
148	2:42.26	L	F	Cayla Visser	14	BLSS MAN	04/10/2019 Seals Gala
149	2:42.34	L	F	Isabella Reynolds	14	ELEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
150	2:42.92	L	F	Samantha Mouton	14	HARL BUF	21/02/2020 Infinity Champs LC Gala
151	2:42.99	L	F	Hannah James	14	SEAL UMD	15/02/2020 KZN Aquatics Level 2 Provincial
152	2:43.21	L	F	Nina Pretorius	14	CSC TSH	13/09/2019 NTS September 2019 Age Group Gala
153	2:43.32	L	F	Nirene van der Watt	14	PARYS FDD	16/11/2019 Fezile Dabi Age Group November 2019
154	2:43.49	L	F	Phillipa Tobias	14	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
155	2:43.61	L	F	Mari Kemp	14	SWAR WCD	01/12/2019 Western Cape Long Course
156	2:43.82	L	F	Anika Rabie	14	SEAL UMD	15/02/2020 KZN Aquatics Level 2 Provincial
157	2:43.88	L	F	Noxolo Dzanibe	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
158	2:44.17	L	F	Jamie Hains	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
159	2:44.44	L	F	Caitlyn Martin	14	TUKS TSH	17/01/2020 NTS January 2020 Age Group Gala
160	2:44.46	L	F	Oabilwe Sesoko	14	CSC TSH	26/10/2019 2019 OR Tambo/Soncini Games
161	2:44.88	L	F	Tenieka Greyling	14	HREF BPD	05/12/2019 NWS Championships 2019/2020
162	2:45.27	L	F	Anje Van Papendorp	14	NWS	01/02/2020 NTS Invitational Gala 2020
163	2:45.50	L	P	Jessica Law	14	DYNA EKU	05/12/2019 EGA Summer Championships 2019
164	2:45.65	L	F	Anike Kuhn	14	PEAS NMA	14/06/2019 PEA Winter Gala
165	2:46.44	L	F	Liya Davids	14	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
166	2:46.94	L	F	Elza De Kock	14	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
167	2:47.15	L	F	Zodea Jacobie	14	SUPE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
168	2:47.36	L	F	Kimberley Howes	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
169	2:47.50	L	F	Cara Botha	14	HARB BPD	13/09/2019 NTS September 2019 Age Group Gala
170	2:47.80	L	F	Elizma Huyser	14	FISH EDD	29/02/2020 WCA Junior Champs - 2020
171	2:47.81	L	F	Thinica Mc Anda	14	FAAC FBD	04/10/2019 Seals Gala
172	2:48.38	L	F	Kelsey Kemp	14	AQU ADJ	26/10/2019 Amajuba District Age Group 1
173	2:48.57	L S	P	Alexia Michalopoulos	14	RFA TSH	04/12/2019 NTS Championships 2019
174	2:48.75	L	F	Karla De Beer	14	HARL BUF	25/01/2020 West Coast Qualify Gala 2020
175	2:48.76	L	F	Emma Wintermeyer	14	CRSC JHB	15/02/2020 EGA Last Chance Feb 2020
176	2:48.90	L	F	Keira De Aveiro	14	FLOD JHB	11/01/2020 NCASA Age Group 4 KTU 2019-2020
177	2:49.13	L	F	Atiyah Valli	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
178	2:49.24	L	F	Amy Marks	14	ELEC JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
179	2:50.93	L	F	Anna Victor	14	GTC EZD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
180	2:51.36	L	F	Kaylin Visser	14	BLSS MAN	04/10/2019	Seals Gala
181	2:51.39	L	F	Janke Vogel	14	PSC FSH	16/08/2019	NTS August 2019 Age Group Gala Level
182	2:51.41	L	F	Sasha Naidoo	14	VINE CPT	25/01/2020	West Coast Qualify Gala 2020
183	2:51.86	L	F	Chloe Craig	14	ELIT JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
184	2:52.16	L	F	Catelynn Gouws	14	DBSC SDD	15/02/2020	EGA Last Chance Feb 2020
185	2:52.25	L	P	Dina Jansen Van Rensburg	14	TTNS EKU	24/06/2019	Sasol National Winter Championship
186*	2:52.63	L	F	Talisa Rademeyer	14	SWIFT EKU	15/02/2020	EGA Last Chance Feb 2020
186*	2:52.63	L	F	Nikola Roux	14	TRAZ FSH	14/02/2020	NTS February 2020 Age Group Gala
188	2:52.94	L	F	Zanri De Witt	14	VALS FDD	16/11/2019	Fezile Dabi Age Group November 2019
189	2:53.08	L	P	Zoe Stock	14	DYNA EKU	05/12/2019	EGA Summer Championships 2019
190	2:54.34	L	F	Aidon Naidoo	14	AZON ETH	15/02/2020	KZN Aquatics Level 2 Provincial
191	2:54.37	L	F	Olwethu Ndlovu	14	UMSH ETH	03/08/2019	eThekweni Age Group Gala 4
192	2:54.54	L	F	Victoria Baigent	14	ESTR EKU	15/02/2020	EGA Last Chance Feb 2020
193	2:55.13	L	F	Shadonise Da Veiga	14	SODO JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
194	2:55.18	L	F	Juliet Miller	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
195	2:55.58	L	F	Skyla Schroll	14	NWUC KKD	05/12/2019	NWS Championships 2019/2020
196	2:56.20	L	F	Ané Ferreira	14	POTC KKD	15/02/2020	NWS Last Chance AG5 1920
197	2:56.24	L	F	Sophe De kock	14	AZON ETH	15/02/2020	KZN Aquatics Level 2 Provincial
198	2:56.53	L	F	Jezwyne Marimuthu	14	BAYV ETH	12/10/2019	eThekweni Junior Championships 2019
199	2:56.83	L	F	Mélandri De Beer	14	RBOT BPD	05/12/2019	NWS Championships 2019/2020
200	2:56.97	L	F	Alexa Jeaen	14	MANT CPT	26/09/2019	Aquabear Invitational Meet 2019
201	2:57.82	L	F	Jordan Toerien	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
202	2:58.42	L	F	Erin-Lyn Bose	14	RFA FSH	29/11/2019	2019 The Tshwane Mayoral Gala
203	2:58.53	L	F	Megan Venter	14	SOUL EKU	15/02/2020	EGA Last Chance Feb 2020
204	2:59.82	L	F	Jané Botha	14	FISH EDD	08/02/2020	EDEN 5th A-League Gala 2020
205	3:00.00	L	F	Jamie-Lee Van Den Heever	14	BOKS EKU	15/02/2020	EGA Last Chance Feb 2020
206	3:00.55	L	F	Ninke Griffioen	14	FISHS EDD	01/11/2019	38th Freda Barnard Invitational Gala
207	3:02.09	L	F	Maja Alexander	14	VINE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
208	3:02.63	L	F	Keira Booth	14	SS MPD	29/11/2019	Limpopo Champs
209	3:03.10	L	F	Yedidah Theron	14	ROJ EDD	06/12/2019	Eden LC Champs 2019
210	3:04.30	L	F	Hayley Swanepoel	14	PER JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
211	3:04.35	L	F	Alexia Koupis	14	BLSS MAN	04/10/2019	Seals Gala
212	3:04.42	L	F	Kayleigh Birch	14	FAAC FBD	04/10/2019	Seals Gala
213	3:04.70	L	F	Kaitlyn Immelman	14	ESP EKU	08/03/2020	Aquatics Gauteng Level 1
214	3:05.12	L	F	Xandri Botha	14	KSC EZD	14/03/2020	MP LEVEL 1 INTRA PROVINCIAL SWIM
215	3:06.11	L	F	Leticia Louw	14	SUPE JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
216	3:06.48	L	F	Julia Volschenk	14	DDA FSH	29/11/2019	2019 The Tshwane Mayoral Gala
217	3:07.71	L	F	Hannah Jackson	14	JSA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
218	3:08.38	L	F	Hao Dong	14	BARR CPT	01/11/2019	38th Freda Barnard Invitational Gala
219	3:08.46	L	F	Anika Van Der Bank	14	UPTS ZMD	21/02/2020	NCASA Sprints 2020
220	3:08.48	L	F	Jullia Griffioen	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
221	3:08.63	L	P	Jasmine Erasmus	14	MATL KKD	24/06/2019	Sasol National Winter Championship
222	3:09.17	L	F	Carlin Malan	14	DBSC SDD	14/09/2019	EGA Summer 1 2019
223	3:09.29	L	F	Emma Van Der Westhuysen	14	FISHS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
224	3:09.47	L	F	Isabel Swart	14	BARR CPT	01/11/2019	38th Freda Barnard Invitational Gala
225	3:09.68	L	F	Ruqaiyah Mahomed	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
226	3:11.44	L	F	Jade Westley	14	H2O EKU	15/02/2020	EGA Last Chance Feb 2020
227	3:12.81	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019	KZN TYR Westville Sprints 2019
228	3:13.02	L	F	Caitlyn Martin	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
229	3:13.28	L	F	Charlize De Villiers	14	PRKA PSD	21/02/2020	NCASA Sprints 2020
230	3:13.58	L	F	Aaliyah Laher	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
231	3:14.50	L	F	Saskia Reddering	14	CUDU CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
232	3:15.75	L	P	Li McQuire	14	NWUC KKD	24/06/2019	Sasol National Winter Championship
233	3:16.53	L	F	Busisiwe Mogadima	14	SOUL EKU	08/03/2020	Aquatics Gauteng Level 1
234	3:17.50	L	F	Aphiwe Khuzwayo	14	UMSH ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
235	3:19.28	L	F	Johara Sheik	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
236	3:20.96	L	F	Zoe Viljoen	14	PEAS NMA	14/06/2019	PEA Winter Gala
237	3:23.41	L	F	Bilqees Abrahams	14	MANT CPT	26/09/2019	Aquabear Invitational Meet 2019
238	3:29.63	L	F	Sisanda Mvuyana	14	TMAC ETH	15/02/2020	KZN Aquatics Level 2 Provincial



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
239	3:30.97	L	F	Lindelihle Cele	14	UMSH ETH	03/08/2019 eThekweni Age Group Gala 4
240	3:32.80	L	F	Phenyo Mautlane	14	ATLA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
241	3:32.90	L	F	Tori Robertson	14	MAC EKU	15/02/2020 EGA Last Chance Feb 2020
242	3:33.42	L	F	Niya Madhav	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
243	3:45.16	L	F	Chubekile Ndawo	14	ESP EKU	18/01/2020 EGA Summer 5 - 2020
244	3:48.63	L	F	Phenyo Sithi	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
245	3:56.55	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
246	4:02.27	L	F	Thandeka Mbokazi	14	USH KCD	07/12/2019 December Age Group Gala 2019
247	4:24.68	L	F	Nolize Rooskrantz	14	MDOL JHB	08/03/2020 Aquatics Gauteng Level 1
248	5:30.61	L	F	Khomotso Moshapa	14	ATTE TSH	13/09/2019 NTS September 2019 Age Group Gala
<b>Women 14-14 400 Free</b>							
1	4:36.17	L	F	Ruby Dixon	14	ACSA ETH	05/10/2019 eThekweni Age Group 6
2	4:37.33	L	F	Jessica Meter	14	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
3	4:40.74	L	F	Tazmyn Robson	14	TUKS TSH	04/12/2019 NTS Championships 2019
4	4:44.61	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
5	4:46.88	L	P	Samantha Lowman	14	RSA	11/09/2019 13th CANA Junior African
6	4:49.71	L	F	Georgia Carstens	14	TUKS TSH	04/12/2019 NTS Championships 2019
7	4:51.18	L	F	Mischa King	14	PAQU CED	01/12/2019 Western Cape Summer Championships
8	4:51.26	L	F	Tayla Haslam	14	KLOO ETH	17/12/2019 KZNA Premier Provincial Championship
9	4:51.51	L	F	Tammy Greenwood	14	ROA EDD	23/08/2019 Madibaz Spring Gala
10	4:51.71	L	F	Emma Beyers	14	UNIN MPD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
11	4:54.02	L	F	Amy Muller	14	TUKS TSH	14/06/2019 PEA Winter Gala
12	4:55.00	L	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
13	4:55.22	L	F	Danielle Davidson	14	SGUL ETH	08/02/2020 eThekweni Age Group Gala 10
14	4:55.61	L	F	Michaela Dal Medico	14	SODO JHB	04/12/2019 NTS Championships 2019
15	4:56.35	L	F	Nicola Harcus	14	PEAS NMA	29/11/2019 NMBA Championships 2019
16	4:56.55	L	F	Tiara Finnis	14	INFA NMA	29/11/2019 NMBA Championships 2019
17	4:56.71	L	F	Kirsten Cottrell	14	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
18	4:56.96	L	F	Rachel Groepes	14	SAAW CPT	01/12/2019 Western Cape Long Course
19	4:57.29	L	F	Maxine Boyce	14	TUKS TSH	04/12/2019 NTS Championships 2019
20	4:57.59	L	F	Robyn Hough	14	PEAS NMA	29/11/2019 NMBA Championships 2019
21	4:58.39	L	F	Alexandra Caldwell	14	ACT JHB	05/12/2019 CGA Championships 2019
22*	4:59.68	L	F	Jenny Zhang	14	LP LP	09/12/2019 SA Schools Swimming Championship
22*	4:59.68	L	F	Christine Wessels	14	HASC JHB	05/12/2019 CGA Championships 2019
24	5:00.88	L	F	Lisbe Booyse	14	TUKS TSH	26/09/2019 Aquabear Invitational Meet 2019
25	5:02.68	L	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
26	5:04.97	L	F	Caitlin Rademakers	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
27	5:05.45	L	F	Chloe Gershuny	14	SAAW CPT	26/09/2019 Aquabear Invitational Meet 2019
28	5:06.12	L	F	Helena Prinsloo	14	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
29	5:06.20	L	F	Keila Manthe	14	TUKS TSH	04/12/2019 NTS Championships 2019
30	5:06.34	L	F	Callan Lotter	14	WATR JHB	05/12/2019 CGA Championships 2019
31	5:07.42	L	F	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
32	5:07.95	L	F	Jessica Gardner	14	USC BUF	25/01/2020 BCA January Age Group Gala 2020
33	5:08.23	L	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
34	5:08.31	L	F	Olivia Kruger	14	ELEC JHB	05/12/2019 CGA Championships 2019
35	5:09.93	L	F	Thea Vd Toorn	14	CYBE CPT	01/12/2019 Western Cape Long Course
36	5:11.06	L	F	Mieke Oosthuizen	14	TKS WBD	29/11/2019 Limpopo Champs
37	5:12.44	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019 Western Cape Summer Championships
38	5:12.57	L	P	Babette Van Rooyen	14	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
39	5:12.60	L	F	Jadyn-Lee Joubert	14	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
40	5:12.91	L	F	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
41	5:14.34	L	F	Cara Van Der Bijl	14	BLNE MAN	26/11/2019 FS Champs
42	5:14.38	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
43	5:15.06	L	F	Tara Uys	14	TYGE CPT	01/12/2019 Western Cape Summer Championships
44	5:15.49	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
45	5:15.87	L	F	Michelle Jack	14	TUKS TSH	20/02/2020 CANA Zone IV Championships
46	5:17.19	L	F	Kimberley Ingwe	14	MDOL JHB	19/10/2019 EGA Summer 3 2019
47	5:18.44	L	F	Tamika Anderson	14	TUKS TSH	04/12/2019 NTS Championships 2019
48	5:18.52	L	F	Amy Dickinson	14	MDOL JHB	05/12/2019 CGA Championships 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
49	5:18.68	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
50	5:18.95	L	F	Corne van Schalkwyk	14	AA JHB	05/12/2019	CGA Championships 2019
51	5:19.29	L	F	Melissa Martens	14	PSCP UMD	05/10/2019	eThekwini Age Group 6
52	5:20.56	L	F	Rachel Smith	14	MDOL JHB	19/10/2019	EGA Summer 3 2019
53	5:21.16	L	F	Jodi Dos Santos	14	NSA EZD	29/11/2019	Mpumalanga Championships 2019
54	5:21.84	L	F	Caitlin Ruane	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
55	5:22.56	L	F	Cara Harradine	14	PAC TSH	14/02/2020	NTS February 2020 Age Group Gala
56	5:22.61	L	F	Alexandra Eagles	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
57	5:22.71	L	F	Rachel Cross	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
58	5:23.14	L	F	Courtney Smith	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
59	5:23.58	L	F	Lara Groenewald	14	AQU ADJ	21/02/2020	Amajuba District Long Course
60	5:24.32	L	F	Tumé van Niekerk	14	POTC KKD	05/12/2019	NWS Championships 2019/2020
61	5:24.90	L	F	Alexis Vorwerk	14	PSCP UMD	17/12/2019	KZNA Premier Provincial Championship
62	5:25.07	L	F	Abigail Powell	14	ROA EDD	01/11/2019	38th Freda Barnard Invitational Gala
63	5:26.69	L	F	Sarah West	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
64	5:27.05	L	F	Ami Pirie	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
65	5:27.11	L	F	Danielle Joubert	14	BLNE MAN	27/09/2019	Neptunes Open Gala
66	5:28.70	L	F	Kiana Engelbrecht	14	SASOL FDD	25/01/2020	4 + 1 Inter Provincial Gala 2020
67	5:29.41	L	F	Tyler Hughes	14	BOKS EKU	15/02/2020	EGA Last Chance Feb 2020
68	5:30.11	L	F	Gemma Kirsten	14	BLNE MAN	26/11/2019	FS Champs
69	5:31.01	L	F	Lara De Beer	14	BENS EKU	05/12/2019	EGA Summer Championships 2019
70	5:31.36	L	F	Saffron Tweedie	14	AQUB NMA	29/11/2019	NMBA Championships 2019
71	5:31.38	L	F	Ashleigh Witney	14	ONYX EKU	19/10/2019	EGA Summer 3 2019
72	5:31.39	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019	Mpumalanga Championships 2019
73	5:31.42	L	F	Kate Meyburgh	14	INFA NMA	12/10/2019	3rd A League 2019
74	5:31.77	L	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019	FS Champs
75	5:32.55	L	F	San-Mari Van der Walt	14	DDA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
76	5:32.70	L	F	Donia Smit	14	SS MPD	29/11/2019	Limpopo Champs
77	5:33.12	L	F	Emma Gardiner	14	DYNA EKU	19/10/2019	EGA Summer 3 2019
78	5:33.33	L	F	Caden Spencer	14	TUKS TSH	14/02/2020	NTS February 2020 Age Group Gala
79	5:34.14	L	F	Charne Snyman	DR	BLOT MAN	26/11/2019	FS Champs
80	5:34.41	L	F	Sarah-Anne Helps	14	BENS EKU	19/10/2019	EGA Summer 3 2019
81	5:34.99	L	F	Jozzi Nupen	14	CRSC JHB	05/12/2019	CGA Championships 2019
82	5:35.17	L	F	Lesedi Thunzi	14	HARL BUF	21/02/2020	BCA 2nd Feb Age Group Gala 2020
83	5:35.28	L	F	Danielle Heyes	14	REDAQ CPT	01/12/2019	Western Cape Long Course
84	5:36.76	L	F	Petro Marié Fourie	14	FISH EDD	29/02/2020	WCA Junior Champs - 2020
85	5:36.78	L	F	Josi Arnold	14	HARL BUF	26/09/2019	Aquabear Invitational Meet 2019
86	5:36.96	L	F	Jodi Wilson	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
87	5:38.16	L	F	Emma Hamman	14	FAAC FBD	25/10/2019	Flamingo Aquatics Academy Prestige
88	5:38.30	L	F	Isabella Rodriques	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
89	5:38.57	L	F	Jordan Zwart	14	SEAL UMD	14/06/2019	2019 Michael Lohberg
90	5:38.61	L	F	Sharne Steele	14	LINR JHB	05/12/2019	CGA Championships 2019
91	5:39.25	L	F	Caitlyn Martin	14	TUKS TSH	17/01/2020	NTS Janaury 2020 Age Group Gala
92	5:39.26	L	F	Carmia Hartman	14	RFA TSH	14/02/2020	NTS February 2020 Age Group Gala
93	5:39.43	L	F	Tatum Havenga	14	CARN EKU	19/10/2019	EGA Summer 3 2019
94	5:40.89	L	F	Eyvyonne Mthembu	14	TUKS TSH	04/12/2019	NTS Championships 2019
95	5:41.17	L	F	Roslyn Joseph	14	DDA TSH	17/01/2020	NTS Janaury 2020 Age Group Gala
96	5:42.08	L	F	Sohini Pillay	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
97	5:42.18	L	F	Jamie Hains	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
98	5:42.81	L	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019	FS Champs
99	5:43.66	L	F	Kara Cilliers	14	PAQU CED	25/01/2020	West Coast Qualify Gala 2020
100	5:43.70	L	F	Zane Bruyns	14	RFA TSH	12/10/2019	NTS Oct 2019 Age Group Gala
101	5:44.02	L	F	Emma Terblanche	14	PRKA PSD	05/12/2019	NCASA Champs Dec 2019
102	5:44.90	L	F	Kayla De Wet	14	SOUL EKU	15/02/2020	EGA Last Chance Feb 2020
103	5:45.45	L	F	Rachel Guymer	14	LINR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
104	5:46.08	L	F	Noxolo Dzanibe	14	RBOT NW	23/11/2019	NWS Age Group 3 2019/20
105	5:46.17	L	F	Daniella September	14	KNYD EDD	16/11/2019	EDEN 3rd A-League Gala 2019
106	5:46.35	L	F	Nicola Hartman	14	RFA TSH	14/02/2020	NTS February 2020 Age Group Gala
107	5:47.05	L	F	Cayla Visser	14	BLSS MAN	25/10/2019	Flamingo Aquatics Academy Prestige

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
108	5:48.19	L	F	Phillipa Tobias	14	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
109	5:49.18	L	F	Kimberley Howes	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
110	5:49.65	L	F	Isabella Reynolds	14	ELEC JHB	05/12/2019 CGA Championships 2019
111	5:50.20	L	F	Kiara Kunneke	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
112	5:50.67	L	F	Cara Botha	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
113	5:51.83	L	F	Mari Kemp	14	SWAR WCD	21/09/2019 Winelands Senior League 3 - 21Sept
114	5:52.92	L	F	Rachael Dart	14	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
115	5:53.57	L	F	Awande Mlangeni	14	ONYX ECU	19/10/2019 EGA Summer 3 2019
116	5:56.36	L	F	Samantha Mouton	14	HARL BUF	07/02/2020 BCA Feb Age Group Gala 2020
117	5:56.75	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
118	5:56.99	L	F	Anina Groenewald	14	BLNE MAN	26/11/2019 FS Champs
119	5:57.84	L	F	Keira De Aveiro	14	FLOD JHB	05/12/2019 CGA Championships 2019
120	5:58.98	L	F	Thinica Mc Anda	14	FAAC FBD	05/12/2019 NCASA Champs Dec 2019
121	5:59.14	L	F	Kaylin Visser	14	BLSS MAN	25/10/2019 Flamingo Aquatics Academy Prestige
122	6:04.62	L	F	Janke Vogel	14	PSC TSH	16/08/2019 NTS August 2019 Age Group Gala Level
123	6:07.48	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020 Amajuba District Long Course
124	6:08.32	L	F	Alexia Michalopoulos	14	RFA TSH	14/02/2020 NTS February 2020 Age Group Gala
125	6:08.33	L	F	Jezwyne Marimuthu	14	BAYV ETH	05/10/2019 eThekwini Age Group 6
126	6:08.55	L	F	Skyla Schroll	14	NWUC KKD	23/11/2019 NWS Age Group 3 2019/20
127	6:10.91	L	F	Atiyyah Valli	14	ATLA JHB	05/12/2019 CGA Championships 2019
128	6:13.62	L	F	Jayda Collett	14	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
129	6:14.95	L	F	Erin-Lyn Bose	14	RFA TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
130	6:16.82	L	F	Mélandri De Beer	14	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
131	6:18.20	L	F	Victoria Baigent	14	ESTR ECU	15/02/2020 EGA Last Chance Feb 2020
132	6:21.76	L	F	Alexa Jeaven	14	MANT CPT	26/09/2019 Aquabear Invitational Meet 2019
133	6:22.17	L	F	Yedidah Theron	14	ROJ EDD	06/12/2019 Eden LC Champs 2019
134	6:22.90	L	F	Larika Joubert	14	TASC MPD	29/11/2019 Limpopo Champs
135	6:31.08	L	F	Kayleigh Birch	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
136	6:32.68	L	F	Jané Botha	14	FISH EDD	08/02/2020 EDEN 5th A-League Gala 2020
137	6:39.24	L	F	Keira Booth	14	SS MPD	29/11/2019 Limpopo Champs
138	6:44.89	L	F	Anika Van Der Bank	14	UPTS ZMD	25/10/2019 Flamingo Aquatics Academy Prestige
139	6:48.73	L	F	Xandri Botha	14	KSC EZD	29/11/2019 Mpumalanga Championships 2019
140	6:50.76	L	F	Jasmine Erasmus	14	MATL KKD	05/12/2019 NWS Championships 2019/2020
141	6:52.10	L	F	Jullia Griffioen	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
<b>Women 14-14 800 Free</b>							
1	9:43.32	L	F	Jessica Meter	14	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
2	9:57.63	L	F	Mischa King	14	PAQU CED	01/12/2019 Western Cape Summer Championships
3	9:58.13	L	F	Tammy Greenwood	14	ROA EDD	01/12/2019 Western Cape Summer Championships
4	10:00.57	L	F	Georgia Carstens	14	NWS	01/02/2020 NTS Invitational Gala 2020
5	10:00.74	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
6	10:05.23	L	F	Danielle Davidson	14	SGUL ETH	26/10/2019 eThekwini Age Group Gala 7
7	10:06.09	L	F	Ruby Dixon	14	ACSA ETH	26/10/2019 eThekwini Age Group Gala 7
8	10:10.03	L	F	Emma Beyers	14	RSA	20/02/2020 CANA Zone IV Championships
9	10:12.28	L	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
10	10:13.35	L	F	Maxine Boyce	14	TUKS TSH	14/02/2020 NTS February 2020 Age Group Gala
11	10:13.38	L	F	Samantha Lowman	14	SWIM1 JHB	30/08/2019 NTS August 2019 Age Group Gala Level
12	10:14.75	L	F	Tiara Finnis	14	RSA	20/02/2020 CANA Zone IV Championships
13	10:22.94	L	F	Robyn Hough	14	PEAS NMA	14/09/2019 2nd A League 14/9/2019
14	10:30.14	L	F	Tayla Haslam	14	KLOO ETH	24/06/2019 Sasol National Winter Championship
15	10:31.79	L	F	Callan Lotter	14	WATR JHB	05/12/2019 CGA Championships 2019
16	10:34.92	L	F	Keila Manthe	14	NWS	01/02/2020 NTS Invitational Gala 2020
17	10:36.05	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019 Western Cape Summer Championships
18	10:36.25	L	F	Helena Prinsloo	14	PAQU CED	01/12/2019 Western Cape Summer Championships
19	10:38.38	L	F	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
20	10:41.88	L	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
21	10:44.92	L	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
22	10:46.61	L	F	Jenny Zhang	14	EAGA CCD	29/11/2019 Limpopo Champs
23	10:48.04	L	F	Rachel Groepes	14	SAAW CPT	01/12/2019 Western Cape Long Course
24	10:52.62	L	F	Thea Vd Toorn	14	CYBE CPT	01/12/2019 Western Cape Summer Championships

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
25	10:54.15	L	F	Jadyn-Lee Joubert	14	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
26	10:56.07	L	F	Tamika Anderson	14	NWS	01/02/2020 NTS Invitational Gala 2020
27	10:56.55	L	F	Cara Van Der Bijl	14	BLNE MAN	26/11/2019 FS Champs
28	11:03.32	L	F	Mikaela Goelst	14	FINS EZD	29/02/2020 MP AGE GROUP 6 - 29 FEBRUARY
29	11:08.51	L	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
30	11:08.85	L	F	Babette Van Rooyen	14	SAAW CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
31	11:08.96	L	F	Tatum Havenga	14	CARN EKU	05/12/2019 EGA Summer Championships 2019
32	11:14.07	L	F	Tharien Venter	14	BLUO UGD	09/11/2019 Ugu District Age Group Gala 6
33	11:17.76	L	F	Catherine Rowan	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
34	11:18.86	L	F	Mia Nortjè	14	CYBE CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
35	11:19.06	L	F	Lara De Beer	14	BENS EKU	05/12/2019 EGA Summer Championships 2019
36	11:21.18	L	F	Mieke Oosthuizen	14	TKS WBD	29/11/2019 Limpopo Champs
37	11:22.23	L	F	Somikazi Qwemesha	14	CYBE CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
38	11:22.38	L	F	Ashleigh Witney	14	ONYX EKU	08/11/2019 EGA Summer 4
39	11:23.79	L	F	Gemma Kirsten	14	BLNE MAN	26/11/2019 FS Champs
40	11:30.87	L	F	Donia Smit	14	SS MPD	29/11/2019 Limpopo Champs
41	11:32.61	L	F	Saffron Tweedie	14	AQUB NMA	09/11/2019 4th A League
42	11:40.62	L	F	Sharne Steele	14	LINR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
43	11:42.57	L	F	Lara Groenewald	14	AQU ADJ	21/02/2020 Amajuba District Long Course
44	11:43.48	L	F	Charne Snyman	DR	BLOT MAN	26/11/2019 FS Champs
45	11:46.97	L	F	Petro Marié Fourie	14	FISH EDD	08/02/2020 EDEN 5th A-League Gala 2020
46	11:57.55	L	F	Kiana Engelbrecht	14	SASOL FDD	16/11/2019 Fezile Dabi Age Group November 2019
47	11:59.12	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019 Mpumalanga Championships 2019
48	12:01.52	L	F	Lesedi Thunzi	14	HARL BUF	25/01/2020 BCA January Age Group Gala 2020
49	12:02.65	L	F	Cayla Visser	14	BLSS MAN	26/11/2019 FS Champs
50	12:10.52	L	F	Emma Hamman	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
51	12:14.70	L	F	Samantha Mouton	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
52	12:15.69	L	F	Lara Daling	14	TKS WBD	09/11/2019 Limpopo Age Group 5
53	12:23.69	L	F	Kimberley Howes	14	HARB BPD	23/11/2019 NWS Age Group 3 2019/20
54	12:26.78	L	F	Rachael Dart	14	SRAY BUF	08/11/2019 BCA November Age Group Gala 2019
55	12:35.09	L	F	Kaylin Visser	14	BLSS MAN	26/11/2019 FS Champs
56	12:43.66	L	F	Awande Mlangeni	14	ONYX EKU	08/11/2019 EGA Summer 4
57	12:49.76	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020 Amajuba District Long Course
58	12:58.97	L	F	Janke Vogel	14	PSC TSH	14/02/2020 NTS February 2020 Age Group Gala
59	13:11.79	L	F	Thinica Mc Anda	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
60	13:17.45	L	F	Karla De Beer	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
61	14:07.67	L	F	Anika Van Der Bank	14	UPTS ZMD	25/10/2019 Flamingo Aquatics Academy Prestige
62	14:09.70	L	F	Jullia Griffioen	14	HARB BPD	23/11/2019 NWS Age Group 3 2019/20
63	15:00.23	L	F	Aphiwe Khuzwayo	14	UMSH ETH	23/11/2019 KZN TYR Westville Sprints 2019

### Women 14-14 1000 Free

1	14:28.00	L	F	Jessica Meter	14	SEAL UMD	30/11/2019 KZN Open Water
2	15:00.80	L	O	Abigail Powell	14	ROA EDD	08/02/2020 WCA Open Water Swimming
3	15:43.00	L	F	Nirvana Borrageiro	14	SGUL ETH	30/11/2019 KZN Open Water
4	16:00.00	L	F	Catherine Rowan	14	SGUL ETH	30/11/2019 KZN Open Water
5	16:38.00	L	F	Alexis Vorwerk	14	PSCP UMD	30/11/2019 KZN Open Water
6	16:48.00	L	F	Cara Ralfe	14	SEAL UMD	30/11/2019 KZN Open Water
7	18:19.00	L	F	Tharien Venter	14	BLUO UGD	30/11/2019 KZN Open Water
8	18:30.00	L	F	Aidon Naidoo	14	AZON ETH	30/11/2019 KZN Open Water
9	19:14.00	L	F	Anika Rabie	14	SEAL UMD	30/11/2019 KZN Open Water
10	19:41.00	L	O	Chloe Gershuny	14	SAAW CPT	01/09/2019 CTMA OWS Cold Water Swim
11	29:39.35	L	O	Tammy Greenwood	14	ROA EDD	08/02/2020 WCA Open Water Swimming

### Women 14-14 1500 Free

1	19:16.68	L S	F	Jessica Meter	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
2	19:19.06	L	F	Tammy Greenwood	14	ROA EDD	09/11/2019 4th A League
3	19:56.41	L	F	Tayla Haslam	14	KLOO ETH	24/06/2019 Sasol National Winter Championship
4	20:13.92	L	F	Robyn Hough	14	PEAS NMA	14/06/2019 PEA Winter Gala
5	20:40.19	L	F	Grace Daly	14	SODO JHB	30/08/2019 NTS August 2019 Age Group Gala Level
6	21:16.32	L	F	Keila Manthe	14	TUKS TSH	27/09/2019 NTS September 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	21:26.55	L	F	Thea Vd Toorn	14	CYBE CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
8	21:26.84	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	25/01/2020 West Coast Qualify Gala 2020
9	21:48.94	L	F	Somikazi Qwemesha	14	CYBE CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
10	21:52.30	L	F	Tatum Havenga	14	CARN EKU	14/09/2019 EGA Summer 1 2019
11	22:12.83	L	F	Mia Nortjè	14	CYBE CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
12	22:12.93	L	F	Abigail Powell	14	ROA EDD	16/11/2019 EDEN 3rd A-League Gala 2019
13	22:19.96	L	F	Saffron Tweedie	14	AQUB NMA	14/09/2019 2nd A League 14/9/2019
14	22:21.77	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/02/2020 MP AGE GROUP 6 - 29 FEBRUARY
15	22:28.67	L	F	San-Mari Van der Walt	14	DDA TSH	27/09/2019 NTS September 2019 Age Group Gala
16	23:39.00	L	F	Kiana Engelbrecht	14	SASOL FDD	24/06/2019 Sasol National Winter Championship
17	24:41.69	L	F	Catelynn Gouws	14	DBSC SDD	14/09/2019 EGA Summer 1 2019
18	25:53.09	L	F	Kelsey Kemp	14	AQU ADJ	26/10/2019 Amajuba District Age Group 1
<b>Women 14-14 3000 Free</b>							
1	39:49.10	L	O	Tammy Greenwood	14	ROA EDD	25/01/2020 NMBA OWS Championships 2020
2	39:55.70	L	O	Robyn Hough	14	PEAS NMA	25/01/2020 NMBA OWS Championships 2020
3	40:08.30	L	O	Teegan Pio	14	PEAS NMA	25/01/2020 NMBA OWS Championships 2020
4	40:57.10	L	O	Tiara Finnis	14	INFA NMA	25/01/2020 NMBA OWS Championships 2020
5	41:05.26	L	O	Callan Lotter	14	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
6	41:09.91	L	O	Jessica Meter	14	KZNA ETH	07/03/2020 SA National Aquatic Championship 2020
7	41:42.40	L	O	Caitlin Rademakers	14	PEAS NMA	25/01/2020 NMBA OWS Championships 2020
8	42:29.51	L	O	Michaela Dal Medico	14	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
9	43:50.77	L	O	Miche Johns	14	FSA FS	07/03/2020 SA National Aquatic Championship 2020
10	43:58.12	L	O	Emma Beyers	14	UNIN MPD	03/11/2019 OPEN WATER SWIM 2
11	44:06.48	L	O	Keila Manthe	14	AGC TSH	07/03/2020 SA National Aquatic Championship 2020
12	44:09.70	L	O	Nicola Harcus	14	PEAS NMA	24/11/2019 EC Swim Series OWS 2 2019
13	44:46.00	L	O	Babette Van Rooyen	14	VINE CPT	01/09/2019 CTMA OWS Cold Water Swim
14	44:57.91	L	O	Cara Van Der Bijl	14	FSA FS	07/03/2020 SA National Aquatic Championship 2020
15	45:21.44	L	O	Melindie Van Rensburg	14	UNIN MPD	03/11/2019 OPEN WATER SWIM 2
16	46:10.19	L	O	Jadyn-Lee Joubert	14	KZNA ETH	07/03/2020 SA National Aquatic Championship 2020
17	46:10.52	L	O	Amber Olsen	14	FSA FS	07/03/2020 SA National Aquatic Championship 2020
18	46:15.13	L	O	Lize-Mari Geldenhuys	14	WCA WCA	07/03/2020 SA National Aquatic Championship 2020
19	46:16.96	L	O	Amy Dickinson	14	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
20	46:20.12	L	O	Tatum Havenga	14	AGA EKU	07/03/2020 SA National Aquatic Championship 2020
21	46:20.23	L	O	Corne van Schalkwyk	14	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
22*	46:48.00	L	F	Nirvana Borrageiro	14	SGUL ETH	30/11/2019 KZN Open Water
22*	46:48.00	L	F	Catherine Rowan	14	SGUL ETH	30/11/2019 KZN Open Water
24	47:01.00	L	F	Rachel Irvine	14	SEAL UMD	30/11/2019 KZN Open Water
25	47:25.00	L	F	Cara Ralfe	14	SEAL UMD	30/11/2019 KZN Open Water
26	47:41.00	L	F	Zoe Padbury	14	SEAL UMD	30/11/2019 KZN Open Water
27	47:57.75	L	O	Ashley Jansen Van Vuuren	14	CSA EZD	03/11/2019 OPEN WATER SWIM 2
28	48:33.70	L	O	Kelly Williamson	14	INFA NMA	12/01/2020 EC Swim Series OWS 4 2020
29	51:45.00	L	F	Kiana Engelbrecht	14	SASOL FDD	18/01/2020 Dischem Kovsie Aquatics Open Water
30	54:33.00	L	F	Jezwyne Marimuthu	14	BAYV ETH	30/11/2019 KZN Open Water
31	57:08.00	L	F	Gemma Kirsten	14	BLNE MAN	18/01/2020 Dischem Kovsie Aquatics Open Water
32	1:01:11.00	L	O	Ava Rathner	14	SAAW CPT	01/09/2019 CTMA OWS Cold Water Swim
<b>Women 14-14 5000 Free</b>							
1	1:07:52.00	L	O	Tammy Greenwood	14	ROA EDD	20/07/2019 Bled Swimming Challenge 2019
2	1:08:37.90	L	O	Teegan Pio	14	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
3	1:09:13.90	L	O	Callan Lotter	14	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
4	1:09:17.50	L	O	Nicola Harcus	14	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
5	1:09:28.30	L	O	Robyn Hough	14	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
6	1:12:19.20	L	O	Tiara Finnis	14	INFA NMA	12/01/2020 EC Swim Series OWS 4 2020
7	1:12:26.30	L	O	Caitlin Rademakers	14	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
8	1:16:37.65	L	O	Lize-Mari Geldenhuys	14	WCA WCA	07/03/2020 SA National Aquatic Championship 2020
9	1:39:59.00	L	F	Jezwyne Marimuthu	14	BAYV ETH	30/11/2019 KZN Open Water
<b>Women 14-14 50 Back</b>							
1	31.53	L	F	Scarlett Nichol	14	BLSS MAN	19/06/2019 Neo Garden 15th SNSC 2019
2	32.15	L	P	Robyn Aaron	14	WSTV ETH	21/02/2020 2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	32.34 L	F	Chloe Gershuny	14	SAAW CPT	26/09/2019	Aquabear Invitational Meet 2019
4	32.42 L	F	Alexandra Eagles	14	RSA	11/09/2019	13th CANA Junior African
5	32.85 L	P	Ane' Meier	14	PAC FSH	04/12/2019	NTS Championships 2019
6	33.00 L	F	Tammy Greenwood	14	ROA EDD	01/11/2019	38th Freda Barnard Invitational Gala
7	33.18 L	F	Reese O'Riordan	14	VINE CPT	01/12/2019	Western Cape Summer Championships
8	33.37 L S	F	Danielle Davidson	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
9*	33.43 L	F	Georgia Carstens	14	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
9*	33.43 L	P	Rachel Groepes	14	SAAW CPT	21/02/2020	2020 Grand Prix Invitational Swimming
11	33.48 L	F	Amy Muller	14	TUKS FSH	27/09/2019	NTS September 2019 Age Group Gala
12*	33.58 L	F	Tori Voke	14	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
12*	33.58 L	F	Ashley Freel	14	TUKS FSH	14/02/2020	NTS February 2020 Age Group Gala
14	33.62 L	F	Alexia Delicado	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
15	33.63 L	P	Ava Rathner	14	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
16	33.70 L	F	Lisbe Booyse	14	TUKS FSH	26/09/2019	Aquabear Invitational Meet 2019
17	33.72 L	F	Tayla Haslam	14	KLOO ETH	24/06/2019	Sasol National Winter Championship
18	33.73 L	F	Liya Venter	14	BLMA CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
19	33.83 L	F	Isabelle Barrow	14	SWIM1 JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
20	33.90 L	F	Emma Michell	14	MATI CED	01/12/2019	Western Cape Long Course
21	33.92 L	F	Jaime Abegglen	14	TYGE CPT	01/12/2019	Western Cape Long Course
22	34.19 L	P	Rachel Irvine	14	SEAL UMD	21/02/2020	2020 Grand Prix Invitational Swimming
23	34.21 L	F	Kirsten Cottrell	14	AZON ETH	12/10/2019	eThekwini Junior Championships 2019
24	34.33 L	F	Olivia Kruger	14	ELEC JHB	05/12/2019	CGA Championships 2019
25	34.38 L	F	Callan Lotter	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
26	34.40 L	P	Maxine Boyce	14	TUKS FSH	04/12/2019	NTS Championships 2019
27	34.42 L S	P	Kiara Johnson	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
28	34.47 L	F	Emma Peacock	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
29	34.49 L	P	Payton Brink	14	VINE CPT	01/12/2019	Western Cape Summer Championships
30	34.51 L	F	Taylin Alberts	14	TRAZ FSH	12/10/2019	NTS Oct 2019 Age Group Gala
31	34.56 L	P	Kate Moore	14	MATI CED	26/09/2019	Aquabear Invitational Meet 2019
32	34.58 L	F	Samantha Lowman	14	SWIM1 JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
33*	34.61 L	F	Caitlin Ruane	14	TUKS FSH	09/12/2019	SA Schools Swimming Championship
33*	34.61 L S	F	Tyler Hughes	14	BOKS EKU	05/12/2019	EGA Summer Championships 2019
35	34.67 L	F	Kaela Viljoen	14	CRSC JHB	05/12/2019	CGA Championships 2019
36	34.72 L	P	Nirvana Borrageiro	14	SGUL ETH	12/10/2019	eThekwini Junior Championships 2019
37	34.74 L	F	Jodi Dos Santos	14	NHS MP	19/02/2020	Inter High School Gala - 19 February
38*	34.77 L S	F	Amber Olsen	14	BLNE MAN	26/11/2019	FS Champs
38*	34.77 L	P	Calista Mentz	14	PAC FSH	04/12/2019	NTS Championships 2019
40	34.78 L	P	Grace De Jongh	14	REDAQ CPT	01/12/2019	Western Cape Long Course
41	34.80 L	F	Jade-Ann Le Roux	14	WATR JHB	03/11/2019	CGA All Levels
42	34.90 L	F	Michelle Jack	14	TUKS FSH	20/02/2020	CANA Zone IV Championships
43	34.95 L	F	Tazmyn Robson	14	TUKS FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
44	34.97 L	P	Tiara Finnis	14	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
45	35.03 L	F	Gabriella Edwards	14	MDOL JHB	05/12/2019	CGA Championships 2019
46	35.24 L	F	Lara Daling	14	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
47	35.26 L	F	Michaela Dal Medico	14	SODO JHB	07/09/2019	2019 Hillcrest Sprint Gala 13/O
48	35.30 L	F	Tamika Anderson	14	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
49	35.50 L	F	Wendy-Mae Turner	14	PEAS NMA	09/11/2019	4th A League
50	35.53 L	F	Symóne Steyn	14	KEIK NMA	05/12/2019	NWS Championships 2019/2020
51	35.54 L S	F	Meredith O'Tool	14	WELA FDD	26/11/2019	FS Champs
52	35.56 L	F	Janke Fourie	14	PAC FSH	04/12/2019	NTS Championships 2019
53	35.63 L	P	Zoe Terblanche	14	RFA FSH	04/12/2019	NTS Championships 2019
54	35.66 L	F	Robyn Hough	14	PEAS NMA	12/10/2019	3rd A League 2019
55	35.70 L	F	Tara Uys	14	TYGE CPT	02/11/2019	Swartland Invitational #1
56	35.85 L	F	Nicola Harcus	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
57	35.88 L	P	Amber Lewis	14	ACSA ETH	12/10/2019	eThekwini Junior Championships 2019
58*	35.90 L	F	Katelyn Pienaar	14	PEAS NMA	29/11/2019	NMBA Championships 2019
58*	35.90 L	F	Courtney Smith	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
60*	35.91 L	P	Cara Harradine	14	PAC FSH	04/12/2019	NTS Championships 2019
60*	35.91 L	F	Mikaela Goelst	14	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
62	35.93 L	F	Samantha Mouton	14	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
63	35.95 L S	P	Eryn Casey	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
64	35.98 L	P	Haylee Vd Merwe	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
65	36.06 L	F	Amber Landskron	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
66	36.07 L	F	Kimberley Ingwe	14	MDOL JHB	19/10/2019	EGA Summer 3 2019
67	36.11 L	P	Jane Lewis	14	SGUL ETH	12/10/2019	eThekwini Junior Championships 2019
68	36.19 L	F	Cara Van Der Bijl	14	BLNE MAN	04/10/2019	Seals Gala
69	36.22 L	P	Alexis Vorwerk	14	PSCP UMD	12/10/2019	eThekwini Junior Championships 2019
70*	36.23 L	F	Ennes Zietsman	14	PSC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
70*	36.23 L S	F	Gemma Kirsten	14	BLNE MAN	26/11/2019	FS Champs
72	36.26 L	F	Mieke Oosthuizen	14	TKS WBD	09/11/2019	Limpopo Age Group 5
73*	36.27 L	F	Jenny Zhang	14	EAGA CCD	29/11/2019	Limpopo Champs
73*	36.27 L	P	Morgan Pharoah	14	WATR JHB	28/06/2019	Fast & Furious Meet
75	36.34 L	F	Keila Manthe	14	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
76*	36.42 L	P	Manaal Omar	14	SGUL ETH	12/10/2019	eThekwini Junior Championships 2019
76*	36.42 L	F	Gemma Frank	14	ASA ILD	26/10/2019	eThekwini Age Group Gala 7
78*	36.45 L	F	Kayla De Wet	14	SOUL ECU	31/08/2019	Adrian Grafe Speedo Sprint Meet
78*	36.45 L	F	Livia Bisschops	14	AA JHB	05/12/2019	CGA Championships 2019
78*	36.45 L	P	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
81	36.49 L	P	Melindie Van Rensburg	14	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
82	36.54 L	F	Lesedi Thunzi	14	HARL BUF	08/11/2019	BCA November Age Group Gala 2019
83*	36.55 L	F	Juliet Van Thiel	14	WATR JHB	05/12/2019	CGA Championships 2019
83*	36.55 L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
85	36.61 L	F	Jamie Hains	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
86	36.62 L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
87*	36.63 L	P	Jessica Meter	14	SEAL UMD	14/06/2019	2019 Michael Lohberg
87*	36.63 L S	F	Jessica Law	14	DYNA ECU	05/12/2019	EGA Summer Championships 2019
89	36.64 L S	P	Melissa Martens	14	PSCP UMD	17/12/2019	KZNA Premier Provincial Championship
90	36.66 L	F	Tatum Havenga	14	CARN ECU	24/06/2019	Sasol National Winter Championship
91	36.67 L	F	Danielle Joubert	14	BLNE MAN	04/10/2019	Seals Gala
92	36.89 L	F	Lara De Beer	14	BENS ECU	31/08/2019	Adrian Grafe Speedo Sprint Meet
93	36.93 L	F	Thea Vd Toorn	14	CYBE CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
94	36.94 L	P	Skye Westerhuis	14	CUDU CPT	01/12/2019	Western Cape Summer Championships
95	36.98 L	F	Petro Marié Fourie	14	FISH EDD	08/02/2020	EDEN 5th A-League Gala 2020
96	37.01 L	F	Jozi Nupen	14	CRSC JHB	05/12/2019	CGA Championships 2019
97	37.04 L	P	Danielle Heyes	14	REDAQ CPT	26/09/2019	Aquabear Invitational Meet 2019
98	37.10 L	F	Hannah Wichmann	14	MGSC UGD	09/11/2019	Ugu Level 1 Gala 6
99*	37.12 L	F	Alexia Michalopoulos	14	RFA TSH	04/12/2019	NTS Championships 2019
99*	37.12 L	F	Emma Hamman	14	FAAC FBD	24/06/2019	Sasol National Winter Championship
101*	37.14 L	P	Eva Markovic	14	MATL KKD	26/09/2019	Aquabear Invitational Meet 2019
101*	37.14 L	P	Nurul-Huda Samaai	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
103	37.15 L	F	Donia Smit	14	HMER MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
104	37.18 L	F	Jemma van der Merwe	14	CSC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
105	37.19 L S	F	Miche Johns	14	BLNE MAN	26/11/2019	FS Champs
106	37.21 L	P	Nina Pretorius	14	CSC TSH	04/12/2019	NTS Championships 2019
107	37.30 L	F	Rachel Guymer	14	LINR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
108	37.31 L	F	Charne Snyman	DR	BLOT MAN	27/09/2019	Neptunes Open Gala
109	37.34 L	P	Hannah James	14	NCDST ILD	12/10/2019	eThekwini Junior Championships 2019
110	37.39 L	P	Jordan Zwart	14	SEAL UMD	12/10/2019	eThekwini Junior Championships 2019
111	37.41 L	P	Anje Van Papendorp	14	PSC TSH	04/12/2019	NTS Championships 2019
112	37.42 L	F	Isabella Rodrigues	14	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
113	37.47 L	F	Annette Greyling	14	CRSC JHB	05/12/2019	CGA Championships 2019
114	37.52 L	F	Amy Robson-Garth	14	SOUL ECU	19/10/2019	EGA Summer 3 2019
115	37.54 L	F	Kate Meyburgh	14	INFA NMA	14/06/2019	PEA Winter Gala
116*	37.60 L	F	Shaina Adriaan	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
116*	37.60 L	F	Jayda Collett	14	TUKS TSH	14/02/2020	NTS February 2020 Age Group Gala
118*	37.61 L	F	Ruth Jones	14	VINE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
118*	37.61 L	F	Caitlin Rademakers	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
120	37.62 L	F	Rachel Cross	14	SGUL ETH	03/08/2019	eThekwini Age Group Gala 4

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
121	37.63 L	P	Annè Sabbagha	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
122	37.65 L S	P	Cara Ralfe	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
123	37.68 L	P	Saffron Tweedie	14	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
124	37.70 L	F	Noxolo Dzanibe	14	RBOT BPD	05/12/2019	NWS Championships 2019/2020
125	37.72 L	P	Li McQuire	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
126	37.73 L	F	Josi Arnold	14	HARL BUF	14/06/2019	PEA Winter Gala
127	37.74 L	P	Shaunique Kannemeyer	14	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
128	37.75 L	F	Joleen Alves	14	SWIM1 JHB	05/12/2019	CGA Championships 2019
129	37.76 L	F	Eyvyonne Mthembu	14	TUKS TSH	14/02/2020	NTS February 2020 Age Group Gala
130	37.80 L	F	Phillipa Tobias	14	CRSC JHB	05/12/2019	CGA Championships 2019
131	37.86 L	F	Anina Groenewald	14	BLNE MAN	27/09/2019	Neptunes Open Gala
132	37.97 L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
133	38.01 L	F	Sarah West	14	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
134	38.06 L	F	Sohini Pillay	14	ELEC JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
135	38.07 L	P	Jodi Wilson	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
136	38.08 L S	F	Zoe Stock	14	DYNA ECU	05/12/2019	EGA Summer Championships 2019
137	38.12 L	P	Ami Pirie	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
138	38.18 L	F	Erin Foster	14	ELEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
139	38.20 L S	F	Thinica Mc Anda	14	FAAC FBD	26/11/2019	FS Champs
140	38.22 L	F	Babette Van Rooyen	14	SAAW CPT	02/11/2019	Swartland Invitational #1
141*	38.28 L S	F	Nirene van der Watt	14	PARYS FDD	26/11/2019	FS Champs
141*	38.28 L S	F	Lize Botha	14	BULS MAN	26/11/2019	FS Champs
143	38.33 L	F	Jenna Mitchell	14	ACSA ETH	26/10/2019	eThekwi Age Group Gala 7
144	38.35 L	F	Rachel Smith	14	MDOL JHB	05/12/2019	CGA Championships 2019
145*	38.38 L	F	Sarah-Anne Helps	14	BENS ECU	31/08/2019	Adrian Grafe Speedo Sprint Meet
145*	38.38 L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019	Apumalanga Championships 2019
147	38.46 L	P	Ninah Wedderburn	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
148	38.62 L	F	Roslyn Joseph	14	DDA TSH	12/10/2019	NTS Oct 2019 Age Group Gala
149	38.67 L	F	Sophe De kock	14	AZON ETH	15/02/2020	KZN Aquatics Level 2 Provincial
150	38.74 L	P	Karla De Beer	14	HARL BUF	09/12/2019	SA Schools Swimming Championship
151	38.78 L	F	Chloe Vd Merwe	14	ASAC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
152	38.83 L	F	Emma Gardiner	14	DYNA ECU	31/08/2019	Adrian Grafe Speedo Sprint Meet
153	38.92 L	F	Cayla Visser	14	BLSS MAN	27/09/2019	Neptunes Open Gala
154	39.05 L	F	Amelie Coetzee	14	HPP WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
155	39.09 L	F	Kiara Kunneke	14	RFA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
156	39.12 L	F	Georgia Stone	14	PEAS NMA	12/10/2019	3rd A League 2019
157	39.16 L	F	Katrijn Roefs	14	TUKS TSH	14/02/2020	NTS February 2020 Age Group Gala
158	39.18 L	F	Kimberley Howes	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
159	39.30 L	P	Tarryn Volkwyn	14	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
160	39.37 L	F	Mia Neilson	14	WATR JHB	03/11/2019	CGA All Levels
161	39.41 L	F	Abigail Powell	14	ROA EDD	01/11/2019	38th Freda Barnard Invitational Gala
162*	39.43 L	F	Vianne Nel	14	TUKS TSH	13/09/2019	NTS September 2019 Age Group Gala
162*	39.43 L	F	Melissa Theron	14	WATR JHB	05/12/2019	CGA Championships 2019
164	39.44 L	F	Juliet Miller	14	ELEC JHB	05/12/2019	CGA Championships 2019
165	39.46 L S	F	Kiana Engelbrecht	14	SASOL FDD	26/11/2019	FS Champs
166*	39.54 L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019	FS Champs
166*	39.54 L	F	Cara Botha	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
168*	39.57 L	F	Michaela Cairns	14	AZON ETH	26/10/2019	eThekwi Age Group Gala 7
168*	39.57 L	F	Skyla Schroll	14	NWUC KKD	24/06/2019	Sasol National Winter Championship
170	39.62 L	F	Tharien Venter	14	BLUO UGD	23/11/2019	KZN TYR Westville Sprints 2019
171	39.64 L	F	Julia Volschenk	14	DDA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
172	39.67 L S	F	Rebecca Leach	14	BOKS ECU	05/12/2019	EGA Summer Championships 2019
173	39.68 L	F	Catherine Rowan	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
174*	39.69 L	F	Zane Bruyns	14	RFA TSH	14/02/2020	NTS February 2020 Age Group Gala
174*	39.69 L	F	Caitlyn Gomes	14	ISSC NMA	05/12/2019	NWS Championships 2019/2020
176	39.76 L	F	Joané Lindeque	14	HSBV SKD	05/10/2019	Limpopo Age Group 4 & School Champs
177	39.78 L S	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019	FS Champs
178	39.80 L	F	Celine Hamman	UR	PSA ZLD	23/11/2019	KZN TYR Westville Sprints 2019
179*	39.95 L S	F	Ashleigh Witney	14	ONYX ECU	05/12/2019	EGA Summer Championships 2019



## Individual Top Times

Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
179*	39.95	L	F	Tumé van Niekerk	14	POTC	KKD 09/11/2019 NWS Age Group 2 1920
181	40.02	L	F	Isabella Reynolds	14	ELEC	JHB 05/12/2019 CGA Championships 2019
182	40.06	L	F	Olivia Ralfe	14	UPC	MP 19/02/2020 Inter High School Gala - 19 February
183	40.07	L	F	Zoe Padbury	14	SEAL	UMD 23/11/2019 KZN TYR Westville Sprints 2019
184	40.09	L	F	Awande Mdlalose	14	CSC	FSH 14/02/2020 NTS February 2020 Age Group Gala
185	40.10	L	F	Chloe Craig	14	ELIT	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
186	40.13	L	F	Ankia Uys	VR	PSA	ZLD 12/10/2019 KCDA October Age Group Gala 2019
187	40.22	L	F	Kelsey Kemp	14	AQU	ADJ 21/02/2020 Amajuba District Long Course
188	40.31	L	F	Tenieka Greyling	14	HREF	BPD 05/12/2019 NWS Championships 2019/2020
189	40.32	L	F	Isabel Swart	14	BARR	CPT 25/01/2020 West Coast Qualify Gala 2020
190	40.37	L	F	Anika Rabie	14	SEAL	UMD 15/02/2020 KZN Aquatics Level 2 Provincial
191	40.43	L	F	Aidon Naidoo	14	AZON	ETH 03/08/2019 eThekwini Age Group Gala 4
192	40.46	L	F	Matundu Banza	14	RSA	28/11/2019 2019 EASC CANA Zone 3
193	40.63	L	P	Jadyn-Lee Joubert	14	AZON	ETH 12/10/2019 eThekwini Junior Championships 2019
194*	40.65	L	F	Zodea Jacobie	14	SUPE	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
194*	40.65	L	F	Carmia Hartman	14	RFA	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
196	40.67	L	F	Awande Mlangeni	14	ONYX	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
197	40.72	L	F	Rozelle Burness	14	PAC	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
198	40.88	L	F	Jenna Foster	14	AQUB	NMA 23/08/2019 Madibaz Spring Gala
199	40.89	L	F	Erin-Lyn Bose	14	RFA	FSH 16/08/2019 NTS August 2019 Age Group Gala Level
200*	40.93	L	F	Caitlyn Martin	14	TUKS	FSH 13/09/2019 NTS September 2019 Age Group Gala
200*	40.93	L S	F	Talisa Rademeyer	14	SWIFT	EKU 05/12/2019 EGA Summer Championships 2019
202*	40.97	L	F	Elizma Huyser	14	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
202*	40.97	L	F	Sasha Naidoo	14	VINE	CPT 25/01/2020 West Coast Qualify Gala 2020
204	40.98	L	F	Mia Nortjè	14	CYBE	CPT 19/10/2019 Winelands Senior League 4 - 19 Oct
205	41.18	L	F	Rachael Dart	14	SRAY	BUF 07/02/2020 BCA Feb Age Group Gala 2020
206	41.55	L S	F	Alexia Koupis	14	BLSS	MAN 26/11/2019 FS Champs
207	41.57	L	F	Keira De Aveiro	14	FLOD	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
208*	41.70	L	F	Nicola Hartman	14	RFA	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
208*	41.70	L	F	Caitlyn Martin	14	WATR	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
210	41.78	L	F	Victoria Baigent	14	ESTR	EKU 19/10/2019 EGA Summer 3 2019
211	41.92	L	F	Caitlin De Freitas	14	DRGN	JHB 05/12/2019 CGA Championships 2019
212	41.96	L	F	Kaylin Visser	14	BLSS	MAN 04/10/2019 Seals Gala
213	42.04	L	F	Anna Victor	14	UPC	MP 19/02/2020 Inter High School Gala - 19 February
214	42.10	L	F	Sasha-Lee Johnson	14	UWCA	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
215	42.12	L	F	San-Mari Van der Walt	14	DDA	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
216	42.16	L	F	Ané Ferreira	14	POTC	KKD 15/02/2020 NWS Last Chance AG5 1920
217	42.17	L	F	Kaitlin Henderson	14	ELEC	JHB 05/12/2019 CGA Championships 2019
218	42.18	L	F	Leigh Jonkers	14	SRAY	BUF 22/11/2019 BCA Long Course Championships 2019
219*	42.28	L	F	Zelmarie Levin	14	ETTN	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
219*	42.28	L	F	Emma Terblanche	14	PRKA	PSD 05/12/2019 NCASA Champs Dec 2019
221	42.32	L	P	Alexa Jeaven	14	MANT	CPT 26/09/2019 Aquabear Invitational Meet 2019
222	42.34	L	F	Anika Visser	14	CUDU	CPT 19/10/2019 Winelands Senior League 4 - 19 Oct
223	42.37	L	F	Emma Wintermeyer	14	CRSC	JHB 05/12/2019 CGA Championships 2019
224	42.41	L	F	Ninke Griffioen	14	FISHS	EDD 01/11/2019 38th Freda Barnard Invitational Gala
225	42.43	L	F	Ruby James	14	UPC	MP 19/02/2020 Inter High School Gala - 19 February
226*	42.44	L	F	Bianke Pienaar	14	PARYS	FDD 14/09/2019 Fezile Dabi Age Group
226*	42.44	L S	F	Zanri De Witt	14	VALS	FDD 26/11/2019 FS Champs
228	42.47	L	F	Yedidah Theron	14	ROJ	EDD 06/12/2019 Eden LC Champs 2019
229	42.49	L	F	Stacey Leer	14	INFA	NMA 23/08/2019 Madibaz Spring Gala
230	42.51	L	F	Leticia Louw	14	SUPE	JHB 05/12/2019 CGA Championships 2019
231	42.52	L	F	Sophia Stegmann	14	MDOL	JHB 19/10/2019 EGA Summer 3 2019
232	42.53	L	F	Janke Vogel	14	PSC	FSH 16/08/2019 NTS August 2019 Age Group Gala Level
233	42.69	L	F	Jelaan Eveleigh	14	RFA	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
234	42.85	L	F	Hao Dong	14	BARR	CPT 01/11/2019 38th Freda Barnard Invitational Gala
235	42.87	L	F	Anike Kuhn	14	PEAS	NMA 14/06/2019 PEA Winter Gala
236	42.94	L	P	Jordan Toerien	14	MARL	CPT 26/09/2019 Aquabear Invitational Meet 2019
237	43.06	L	F	Mélandri De Beer	14	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
238	43.22	L	F	Nikola Roux	14	TRAZ	FSH 12/10/2019 NTS Oct 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
239	43.26	L	F	Jamie-Lee Van Den Heever	14	BOKS	EKU	15/02/2020	EGA Last Chance Feb 2020
240	43.48	L	F	Anika Van Der Bank	14	UPTS	ZMD	25/10/2019	Flamingo Aquatics Academy Prestige
241	43.54	L	F	Jané Botha	14	FISH	EDD	01/11/2019	38th Freda Barnard Invitational Gala
242	43.60	L	F	Somikazi Qwemesha	14	CYBE	CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
243	43.90	L S	F	Kaitlyn Immelman	14	ESP	EKU	05/12/2019	EGA Summer Championships 2019
244	43.94	L	F	Mienke Herbst	14	SAAW	CPT	02/11/2019	Swartland Invitational #1
245	44.09	L	F	Jayden Timmermans	14	HRP	NKD	11/10/2019	MP AGE GROUP 2 - 11-12 October
246	44.13	L	F	Jezwyne Marimuthu	14	BAYV	ETH	03/08/2019	eThekwini Age Group Gala 4
247	44.20	L	F	Atiyyah Valli	14	ATLA	JHB	05/12/2019	CGA Championships 2019
248	44.24	L	F	Maia Loots	14	TUKS	FSH	01/11/2019	NTS November 2019 Age Group Gala
249	44.32	L	F	Kate Savage	14	DORE	JHB	03/11/2019	CGA All Levels
250	44.56	L	F	Keira Booth	14	SS	MPD	29/11/2019	Limpopo Champs
251	44.58	L	F	Jullia Griffioen	14	HARB	BPD	05/12/2019	NWS Championships 2019/2020
252	44.70	L	F	Amy Marks	14	ELEC	JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
253	44.74	L S	F	Imari Voigt	14	VALS	FDD	26/11/2019	FS Champs
254	44.88	L S	F	Jade Westley	14	H2O	EKU	05/12/2019	EGA Summer Championships 2019
255	45.18	L	F	Busisiwe Mogadima	14	SOUL	EKU	08/03/2020	Aquatics Gauteng Level 1
256	45.21	L S	F	Catelynn Gouws	14	DBSC	SDD	05/12/2019	EGA Summer Championships 2019
257	45.24	L	F	Lana Otto	14	HSTAN	MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
258	45.25	L	F	Oabilwe Sesoko	14	CSC	FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
259	45.33	L	F	Laaqah Goondie	14	SUPE	JHB	08/03/2020	Aquatics Gauteng Level 1
260	45.35	L	F	Kayleigh Birch	14	FAAC	FBD	04/10/2019	Seals Gala
261	45.39	L	F	Louise Desmond-Smith	14	SAAW	CPT	02/11/2019	Swartland Invitational #1
262	45.62	L	F	Josephine Liebenberg	14	MATI	CED	19/10/2019	Winelands Senior League 4 - 19 Oct
263	45.68	L	F	Isabelle Ferreira	14	HFDT	MPD	05/10/2019	Limpopo Age Group 4 & School Champs
264	45.87	L	F	Chané Jacobsz	14	NWUC	KKD	09/11/2019	NWS Age Group 2 1920
265	45.89	L	F	Danielle Verster	14	BAR	EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
266	45.97	L	F	Tori Robertson	14	MAC	EKU	08/03/2020	Aquatics Gauteng Level 1
267	46.10	L	F	Olwethu Ndlovu	14	UMSH	ETH	08/02/2020	eThekwini Age Group Gala 10
268	46.38	L	F	Kayla Kirton	14	PENC	MP	19/02/2020	Inter High School Gala - 19 February
269	46.62	L	F	Laranya Naidoo	14	SGUL	ETH	03/08/2019	eThekwini Age Group Gala 4
270	46.77	L	F	Megan Venter	14	SOUL	EKU	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
271	46.98	L	F	Talita McDonald	14	FISHS	EDD	01/11/2019	38th Freda Barnard Invitational Gala
272	47.22	L	F	Johara Sheik	14	AQSC	UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
273	47.24	L	F	Zara Kleinhans	14	AQDO	CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
274	47.34	L	F	Joy-Mari Boyce	14	TUKS	FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
275	47.52	L	F	Jasmine Erasmus	14	MATL	KKD	24/06/2019	Sasol National Winter Championship
276	48.66	L	F	Emma Van Der Westhuysen	14	FISHS	EDD	26/10/2019	ESDN 2nd A-League Gala 2019
277	48.77	L	F	Zoe Viljoen	14	PEAS	NMA	14/06/2019	PEA Winter Gala
278	48.82	L	F	Ruqaiyah Mahomed	14	AQSC	UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
279	48.90	L	F	Maria Burger	14	KTS	JTD	25/10/2019	Flamingo Aquatics Academy Prestige
280	48.92	L	F	Charlize De Villiers	14	PRKA	PSD	21/02/2020	NCASA Sprints 2020
281	49.18	L	F	Danielle Leach	14	CUR	MP	19/02/2020	Inter High School Gala - 19 February
282*	49.26	L	P	Bilqees Abrahams	14	MANT	CPT	26/09/2019	Aquabear Invitational Meet 2019
282*	49.26	L	F	Mia Limbach	14	ELHS	VBD	05/10/2019	Limpopo Age Group 4 & School Champs
284	49.46	L	F	Daniella Hunziker	14	AFIN	JHB	19/10/2019	EGA Summer 3 2019
285	49.53	L	F	Stacey-Lee Van Schalkwyk	14	WEST	CPT	02/11/2019	Swartland Invitational #1
286	49.74	L	F	Megan Prinsloo	14	NHS	MP	19/02/2020	Inter High School Gala - 19 February
287	50.05	L	F	Aaliyah Laher	14	ATLA	JHB	08/03/2020	Aquatics Gauteng Level 1
288	50.06	L	F	Phenyo Sithi	14	ATLA	JHB	08/03/2020	Aquatics Gauteng Level 1
289	50.50	L	F	Aphiwe Khuzwayo	14	UMSH	ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
290	50.53	L	F	Zenique Francis	14	HUD	BUF	26/10/2019	1st B Age Group Gala & EC Schools
291	50.63	L	F	Niya Madhav	14	ATLA	JHB	11/01/2020	NCASA Age Group 4 KTU 2019-2020
292	50.95	L S	F	Chubekile Ndawo	14	ESP	EKU	05/12/2019	EGA Summer Championships 2019
293	51.63	L	F	Hermané Van Breda	14	LSLTT	VBD	05/10/2019	Limpopo Age Group 4 & School Champs
294	52.53	L	F	Mianel Du Plooy	14	LSPHA	MPD	05/10/2019	Limpopo Age Group 4 & School Champs
295	52.58	L	F	Chalista Strombeck	14	HSS	NGD	11/10/2019	MP AGE GROUP 2 - 11-12 October
296	52.87	L	F	Cezanne Carroll	14	HSS	NGD	17/01/2020	MP AGE GROUP 3 17 - 18 JANUARY
297	52.97	L	F	Sisanda Mvuyana	14	TMAC	ETH	15/02/2020	KZN Aquatics Level 2 Provincial

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
298	53.81	L	F	Thaakirah Abrahams	14	WALM CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
299	54.16	L	F	Nombuso Mente	14	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
300	54.41	L	F	Mariné Cloete	14	LHS FBD	08/11/2019 NCASA Age Group 2 KBY 2019
301	56.55	L	F	Kenni-Leigh Carelse	14	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
302	56.66	L	F	Nina Steenekamp	14	QUIC CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
303	57.43	L	P	Lisakhanya Zonke	14	KHAY CPT	26/09/2019 Aquabear Invitational Meet 2019
304	58.80	L	F	Zubenathi Gongo	14	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
305	58.92	L	F	Shandr'e Padayachee	14	AQSC UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
306	1:00.30	L	F	Rosemarie Oberholzer	14	WRP EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
307	1:00.38	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
308	1:00.99	L	F	Larissa De Villiers	14	PHS CCD	15/10/2019 Limpopo Top 10 - High Schools
309	1:04.06	L	F	Nolize Rooskrantz	14	MDOL JHB	08/03/2020 Aquatics Gauteng Level 1
310	1:04.78	L	F	Olerato Maphangela	14	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
311	1:07.37	L	F	Thandeka Mbokazi	14	USH KCD	25/01/2020 Ushaka Championship Gala 2020
312	1:07.65	L	F	Ayanda- JNR Metsing	14	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
313	1:09.37	L	F	Naledi Mofokeng	14	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
314	1:13.34	L	F	Denelle Loots	14	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
<b>Women 14-14 100 Back</b>							
1	1:05.20	L	F	Ruby Dixon	14	ACSA ETH	21/02/2020 2020 Grand Prix Invitational Swimming
2	1:07.74	L	P	Scarlett Nichol	14	BLSS MAN	19/06/2019 Neo Garden 15th SNSC 2019
3	1:09.14	L	F	Rachel Groepes	14	SAAW CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
4	1:09.64	L	F	Ane' Meier	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
5	1:09.70	L	F	Robyn Aaron	14	WSTV ETH	28/02/2020 NDSA Gala 2020
6	1:10.14	L	F	Tammy Greenwood	14	ROA EDD	21/02/2020 Infinity Champs LC Gala
7	1:10.46	L	F	Chloe Gershuny	14	SAAW CPT	26/09/2019 Aquabear Invitational Meet 2019
8	1:10.53	L	F	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
9	1:10.68	L	F	Tori Voke	14	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
10	1:10.73	L	F	Reese O'Riordan	14	VINE CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
11	1:11.43	L	P	Alexandra Eagles	14	RSA	11/09/2019 13th CANA Junior African
12	1:11.78	L	P	Christine Wessels	14	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
13	1:12.26	L	F	Rachel Irvine	14	SEAL UMD	23/11/2019 KZN TYR Westville Sprints 2019
14	1:12.35	L	F	Georgia Carstens	14	TUKS TSH	15/11/2019 NTS November 2019 Age Group Gala
15	1:12.79	L	F	Tara Uys	14	TYGE CPT	26/09/2019 Aquabear Invitational Meet 2019
16	1:12.96	L	F	Tayla Haslam	14	KLOO ETH	24/06/2019 Sasol National Winter Championship
17	1:13.01	L	P	Lisbe Booyse	14	TUKS TSH	26/09/2019 Aquabear Invitational Meet 2019
18	1:13.09	L	P	Liya Venter	14	BLMA CPT	01/12/2019 Western Cape Long Course
19	1:13.21	L	P	Jaime Abegglen	14	TYGE CPT	01/12/2019 Western Cape Summer Championships
20	1:13.69	L	F	Amy Muller	14	TUKS TSH	14/06/2019 PEA Winter Gala
21	1:13.76	L	P	Kirsten Cottrell	14	AZON ETH	12/10/2019 eThekweni Junior Championships 2019
22	1:13.78	L	F	Callan Lotter	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
23	1:13.81	L	P	Ava Rathner	14	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
24	1:13.86	L	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
25	1:13.89	L	F	Maxine Boyce	14	TUKS TSH	27/09/2019 NTS September 2019 Age Group Gala
26	1:13.91	L	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
27*	1:14.12	L	P	Ashley Ebing	14	WSTV ETH	21/02/2020 2020 Grand Prix Invitational Swimming
27*	1:14.12	L	F	Robyn Hough	14	PEAS NMA	09/12/2019 SA Schools Swimming Championship
29	1:14.15	L	F	Tazmyn Robson	14	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
30	1:14.35	L	F	Taylin Alberts	14	TRAZ TSH	14/02/2020 NTS February 2020 Age Group Gala
31	1:14.43	L	P	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
32	1:14.63	L	P	Emma Michell	14	MATI CED	01/12/2019 Western Cape Summer Championships
33	1:14.94	L	F	Jade-Ann Le Roux	14	WATR JHB	15/02/2020 EGA Last Chance Feb 2020
34	1:14.95	L	F	Kaela Viljoen	14	CRSC JHB	15/02/2020 EGA Last Chance Feb 2020
35	1:15.05	L	F	Michelle Jack	14	TUKS TSH	20/02/2020 CANA Zone IV Championships
36	1:15.08	L	F	Thea Vd Toorn	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
37	1:15.18	L	F	Emma Peacock	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
38	1:15.19	L	F	Babette Van Rooyen	14	SAAW CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
39	1:15.42	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming
40	1:15.52	L	F	Ashley Freel	14	TUKS TSH	14/02/2020 NTS February 2020 Age Group Gala
41	1:15.60	L	F	Isabelle Barrow	14	SWIM1 JHB	09/12/2019 SA Schools Swimming Championship

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
42	1:15.65	L S	F	Tiara Finnis	14	INFA NMA	07/02/2020 5th A League
43	1:15.76	L	F	Jodi Dos Santos	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
44	1:15.82	L S	P	Calista Mentz	14	PAC TSH	04/12/2019 NTS Championships 2019
45	1:15.92	L	F	Samantha Lowman	14	SWIM1 JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
46	1:16.08	L	F	Olivia Kruger	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
47	1:16.13	L	P	Payton Brink	14	VINE CPT	01/12/2019 Western Cape Summer Championships
48	1:16.15	L S	F	Keila Manthe	14	TUKS TSH	04/12/2019 NTS Championships 2019
49	1:16.19	L	F	Jenny Zhang	14	EAGA CCD	29/11/2019 Limpopo Champs
50	1:16.29	L	F	Nicola Harcus	14	PEAS NMA	29/11/2019 NMBA Championships 2019
51	1:16.52	L	F	Meredith O'Tool	14	WELA FDD	18/10/2019 Otters Prestige Gala 2019
52	1:16.64	L S	F	Caitlin Ruane	14	TUKS TSH	04/12/2019 NTS Championships 2019
53	1:17.05	L	F	Tyler Hughes	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
54	1:17.23	L	F	Tamika Anderson	14	TUKS TSH	18/10/2019 NTS Prestige Gala 2019
55*	1:17.24	L	F	Lesedi Thunzi	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
55*	1:17.24	L	P	Kiara Johnson	14	NCDST ILD	12/10/2019 eThekweni Junior Championships 2019
57	1:17.41	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
58	1:17.52	L	F	Kimberley Ingwe	14	MDOL JHB	19/10/2019 EGA Summer 3 2019
59	1:17.53	L	P	Grace De Jongh	14	REDAQ CPT	01/12/2019 Western Cape Summer Championships
60	1:17.56	L	F	Zoe Terblanche	14	NWS	01/02/2020 NTS Invitational Gala 2020
61	1:17.70	L	P	Jessica Meter	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
62	1:17.95	L	F	Samantha Mouton	14	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
63	1:17.99	L	F	Mieke Oosthuizen	14	LSJM SKD	05/10/2019 Limpopo Age Group 4 & School Champs
64	1:18.32	L S	P	Janke Fourie	14	PAC TSH	04/12/2019 NTS Championships 2019
65	1:18.34	L	F	Alexia Delicado	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
66	1:18.50	L	P	Melissa Martens	14	PSCP UMD	17/12/2019 KZNA Premier Provincial Championship
67	1:18.51	L	F	Emma Beyers	14	UNIN MPD	14/09/2019 MP Sprint Gala - 14 September 2019
68	1:18.61	L	P	Amber Lewis	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
69	1:18.66	L	F	Haylee Vd Merwe	14	QUIC CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
70	1:18.68	L	P	Lize-Mari Geldenhuys	14	CLSC WCD	01/12/2019 Western Cape Summer Championships
71	1:18.70	L	F	Wendy-Mae Turner	14	PEAS NMA	09/11/2019 4th A League
72	1:18.71	L	F	Mikaela Goelst	14	FINS EZD	29/11/2019 Mpumalanga Championships 2019
73	1:18.79	L	F	Lara De Beer	14	BENS EKU	05/12/2019 EGA Summer Championships 2019
74	1:18.81	L	F	Rachel Guymer	14	LINR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
75	1:18.91	L	F	Katelyn Pienaar	14	PEAS NMA	29/11/2019 NMBA Championships 2019
76	1:19.14	L	F	Gabriella Edwards	14	MDOL JHB	12/10/2019 NTS Oct 2019 Age Group Gala
77	1:19.16	L	F	Sarah-Anne Helps	14	BENS EKU	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
78	1:19.29	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
79	1:19.37	L	F	Donia Smit	14	HMER MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
80	1:19.38	L	F	Lara Daling	14	HWBA WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
81	1:19.50	L S	P	Cara Harradine	14	PAC TSH	04/12/2019 NTS Championships 2019
82	1:19.52	L	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
83	1:19.53	L	F	Livia Bisschops	14	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
84	1:19.68	L	F	Courtney Smith	14	TYGE CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
85	1:19.69	L	F	Zoe Stock	14	DYNA EKU	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
86	1:19.72	L	F	Corne van Schalkwyk	14	AA JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
87	1:19.74	L	F	Symone Steyn	14	KEIK NMA	05/12/2019 NWS Championships 2019/2020
88	1:19.75	L	F	Alexis Vorwerk	14	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
89	1:19.91	L	F	Jozi Nupen	14	CRSC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
90	1:20.03	L	F	Demi Jacobs	14	TUKS TSH	14/02/2020 NTS February 2020 Age Group Gala
91	1:20.06	L	F	Jessica Law	14	DYNA EKU	19/10/2019 EGA Summer 3 2019
92	1:20.14	L	F	Emma Gardiner	14	DYNA EKU	05/12/2019 EGA Summer Championships 2019
93	1:20.17	L	F	Morgan Pharoah	14	WATR JHB	10/05/2019 4LSA AFOCH Ramadan Tournament
94	1:20.31	L	F	Isabella Rodrigues	14	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
95	1:20.32	L	F	Tatum Havenga	14	CARN EKU	15/02/2020 EGA Last Chance Feb 2020
96	1:20.38	L	F	Kate Meyburgh	14	INFA NMA	21/02/2020 Infinity Champs LC Gala
97	1:20.48	L	F	Nina Pretorius	14	CSC TSH	14/02/2020 NTS February 2020 Age Group Gala
98	1:20.64	L	F	Gemma Kirsten	14	BLNE MAN	30/08/2019 Kovsie Aquatics Gala 2019
99	1:20.74	L	F	Shaina Adriaan	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
100	1:20.80	L	F	Mia Neilson	14	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1

### Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
101	1:20.81	L	F	Eryn Casey	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
102	1:20.92	L	P	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
103	1:21.05	L	F	Jemma van der Merwe	14	CSC FSH	15/11/2019 NTS November 2019 Age Group Gala
104	1:21.07	L	F	Ashleigh Witney	14	ONYX ECU	15/02/2020 EGA Last Chance Feb 2020
105	1:21.15	L	F	Anina Groenewald	14	BLNE MAN	04/10/2019 Seals Gala
106	1:21.25	L	F	Emma Hamman	14	FAAC FBD	11/10/2019 Age Group 1 2019 Kimberley
107	1:21.41	L	P	Nurul-Huda Samaai	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
108	1:21.48	L	F	Jane Lewis	14	SGUL ETH	20/07/2019 eThekweni Age Group Gala 3
109*	1:21.51	L	F	Skye Westerhuis	14	DYNA ECU	15/02/2020 EGA Last Chance Feb 2020
109*	1:21.51	L	F	Ami Pirie	14	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
111	1:21.55	L	P	Sarah West	14	QUIC CPT	31/01/2020 2020 Grand Prix Invitational Swimming
112	1:21.60	L	F	Petro Marié Fourie	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
113	1:21.65	L	F	Phillipa Tobias	14	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
114	1:21.71	L	F	Sohini Pillay	14	ELEC JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
115	1:21.74	L	F	Erin Foster	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
116	1:21.76	L	P	Jordan Zwart	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
117	1:21.86	L	F	Kayla De Wet	14	SOUL ECU	15/02/2020 EGA Last Chance Feb 2020
118	1:22.01	L	F	Noxolo Dzanibe	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
119	1:22.19	L	F	Ruth Jones	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
120	1:22.27	L S	P	Anje Van Papendorp	14	PSC FSH	04/12/2019 NTS Championships 2019
121	1:22.34	L S	P	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
122	1:22.43	L	F	Jamie Hains	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
123	1:22.44	L S	P	Jayda Collett	14	TUKS FSH	04/12/2019 NTS Championships 2019
124	1:22.48	L	P	Abigail Powell	14	ROA EDD	26/09/2019 Aquabear Invitational Meet 2019
125	1:22.62	L	P	Amy Robson-Garth	14	SOUL ECU	05/12/2019 EGA Summer Championships 2019
126	1:22.87	L	F	Cara Van Der Bijl	14	BLNE MAN	18/10/2019 Otters Prestige Gala 2019
127	1:23.06	L	F	Jenna Mitchell	14	ACSA ETH	15/02/2020 KZN Aquatics Level 2 Provincial
128	1:23.07	L	F	Danielle Heyes	14	REDAQ CPT	02/11/2019 Swartland Invitational #1
129*	1:23.21	L	F	Josi Arnold	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
129*	1:23.21	L	P	Shauniqué Kannemeyer	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
131	1:23.29	L	F	Charne Snyman	DR	BLOT MAN	26/11/2019 FS Champs
132	1:23.42	L	F	Roslyn Joseph	14	DDA FSH	26/10/2019 2019 OR Tambo/Soncini Games
133	1:23.46	L	F	Dina Jansen Van Rensburg	14	ETTN ECU	25/01/2020 4 + 1 Inter Provincial Gala 2020
134	1:23.52	L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
135	1:23.55	L	F	Alexia Michalopoulos	14	RFA FSH	15/11/2019 NTS November 2019 Age Group Gala
136	1:23.69	L	F	Rachel Smith	14	MDOL JHB	18/01/2020 Cape of Good Hope Gala 2020
137	1:23.79	L	F	Eva Markovic	14	MATL KKD	05/12/2019 NWS Championships 2019/2020
138	1:24.11	L	F	Eyvonne Mthembu	14	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
139	1:24.14	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
140	1:24.15	L	F	Mia Nortjè	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
141	1:24.23	L	F	Madyson James	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
142	1:24.28	L	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
143	1:24.30	L	F	Caitlyn Martin	14	TUKS FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
144	1:24.56	L	F	Saffron Tweedie	14	AQUB NMA	10/08/2019 1st A League 2019
145	1:24.57	L	P	Jodi Wilson	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
146*	1:24.60	L	F	Chloe Vd Merwe	14	ASAC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
146*	1:24.60	L	F	San-Mari Van der Walt	14	DDA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
148	1:24.64	L	P	Manaal Omar	14	SGUL ETH	12/10/2019 eThekweni Junior Championships 2019
149	1:24.82	L	F	Thinica Mc Anda	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
150	1:24.87	L	F	Kiara Kunneke	14	RFA FSH	29/11/2019 2019 The Tshwane Mayoral Gala
151	1:24.88	L	P	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019 Mpumalanga Championships 2019
152	1:25.03	L	F	Bianke Pienaar	14	PARYS FDD	26/11/2019 FS Champs
153	1:25.08	L	F	Robynne Le Roux	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
154	1:25.16	L	P	Tarryn Volkwyn	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
155	1:25.23	L	F	Aidon Naidoo	14	AZON ETH	15/02/2020 KZN Aquatics Level 2 Provincial
156	1:25.41	L	F	Cayla Visser	14	BLSS MAN	30/08/2019 Kopsie Aquatics Gala 2019
157	1:25.57	L	F	Skyla Schroll	14	NWUC KKD	24/06/2019 Sasol National Winter Championship
158	1:25.63	L	F	Katrijn Roefs	14	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
159	1:25.71	L	F	Nirene van der Watt	14	PARYS FDD	26/11/2019 FS Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
160	1:25.89	L	F	Annette Greyling	14	CRSC	JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
161	1:25.99	L	P	Rebecca Leach	14	BOKS	EKU	05/12/2019	EGA Summer Championships 2019
162	1:26.07	L	F	Tenika Greyling	14	HREF	BPD	15/02/2020	NWS Last Chance AG5 1920
163	1:26.18	L	F	Sophe De kock	14	AZON	ETH	15/02/2020	KZN Aquatics Level 2 Provincial
164	1:26.27	L	P	Hannah James	14	NCDST	ILD	12/10/2019	eThekwini Junior Championships 2019
165	1:26.43	L	F	Cara Botha	14	HARB	BPD	05/12/2019	NWS Championships 2019/2020
166*	1:26.47	L	F	Saskia Van Thiel	14	WATR	JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
166*	1:26.47	L	F	Karla De Beer	14	HARL	BUF	25/01/2020	West Coast Qualify Gala 2020
168	1:26.48	L	P	Ninah Wedderburn	14	PEAS	NMA	26/09/2019	Aquabear Invitational Meet 2019
169	1:26.53	L	F	Tharien Venter	14	BLUO	UGD	23/11/2019	KZN TYR Westville Sprints 2019
170	1:26.55	L	F	Amelie Coetzee	14	HPP	WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
171	1:26.91	L	F	Kimberley Howes	14	HARB	BPD	05/12/2019	NWS Championships 2019/2020
172	1:27.00	L	F	Hayley Swanepoel	14	PER	JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
173	1:27.32	L	F	Zodea Jacobie	14	SUPE	JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
174	1:27.40	L	F	Caden Spencer	14	JSA	JHB	30/08/2019	NTS August 2019 Age Group Gala Level
175	1:27.41	L	F	Kelly Williamson	14	INFA	NMA	21/02/2020	Infinity Champs LC Gala
176	1:27.57	L	F	Awande Mlangeni	14	ONYX	EKU	26/10/2019	2019 OR Tambo/Soncini Games
177	1:27.69	L	F	Julia Volschenk	14	DDA	TSH	29/11/2019	2019 The Tshwane Mayoral Gala
178	1:27.84	L	F	Juliet Miller	14	ELEC	JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
179	1:27.92	L	F	Li McQuire	14	MPS	NGD	09/12/2019	SA Schools Swimming Championship
180	1:27.97	L	P	Michaela Cairns	14	AZON	ETH	12/10/2019	eThekwini Junior Championships 2019
181	1:28.03	L	F	Isabel Swart	14	BARR	CPT	22/02/2020	Swartland Invitational Gala 2
182	1:28.18	L	F	Talisa Rademeyer	14	SWIFT	EKU	15/02/2020	EGA Last Chance Feb 2020
183	1:28.25	L	F	Nikola Roux	14	TRAZ	TSH	14/02/2020	NTS February 2020 Age Group Gala
184	1:28.43	L	F	Caitlyn Gomes	14	ISSC	NMD	19/10/2019	NWS Age Group 1 1920
185	1:28.61	L	F	Kiana Engelbrecht	14	SASOL	FDD	26/11/2019	FS Champs
186	1:28.63	L	F	Sasha Naidoo	14	VINE	CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
187	1:28.70	L	F	Kaylin Visser	14	BLSS	MAN	26/11/2019	FS Champs
188	1:28.92	L	F	Melissa Theron	14	WATR	JHB	11/01/2020	NCASA Age Group 4 KTU 2019-2020
189	1:28.96	L	F	Caitlin Rossouw	14	BLSS	MAN	26/11/2019	FS Champs
190	1:29.06	L	F	Anika Visser	14	CUDU	CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
191	1:29.19	L	F	Ankia Uys	VR	PSA	ZLD	21/02/2020	Amajuba District Long Course
192	1:29.70	L	F	Alexia Koupis	14	BLSS	MAN	04/10/2019	Seals Gala
193	1:29.80	L	F	Kelsey Kemp	14	AQU	ADJ	21/02/2020	Amajuba District Long Course
194	1:29.82	L	P	Jordan Toerien	14	MARL	CPT	26/09/2019	Aquabear Invitational Meet 2019
195*	1:29.84	L	F	Chloe Craig	14	ELIT	JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
195*	1:29.84	L	F	Jadyn-Lee Joubert	14	AZON	ETH	23/11/2019	KZN TYR Westville Sprints 2019
197	1:29.94	L	F	Anika Rabie	14	SEAL	UMD	15/02/2020	KZN Aquatics Level 2 Provincial
198	1:30.06	L	F	Celine Hamman	UR	PSA	ZLD	23/11/2019	KZN TYR Westville Sprints 2019
199	1:30.17	L	F	Keira De Aveiro	14	FLOD	JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
200	1:30.19	L	F	Jelaan Eveleigh	14	RFA	TSH	29/11/2019	2019 The Tshwane Mayoral Gala
201	1:30.39	L	F	Anna Victor	14	UPC	MP	19/02/2020	Inter High School Gala - 19 February
202	1:30.42	L	F	Lize Botha	14	BULS	MAN	25/01/2020	Mangaung Classic Gala 2020
203	1:30.83	L	F	Erin-Lyn Bose	14	RFA	TSH	01/11/2019	NTS November 2019 Age Group Gala
204	1:30.88	L	F	Awande Mdlalose	14	CSC	TSH	14/02/2020	NTS February 2020 Age Group Gala
205	1:30.90	L	F	Hao Dong	14	BARR	CPT	01/11/2019	38th Freda Barnard Invitational Gala
206	1:31.35	L	F	Victoria Baigent	14	ESTR	EKU	15/02/2020	EGA Last Chance Feb 2020
207	1:31.38	L	F	Caitlin De Freitas	14	DRGN	JHB	15/02/2020	EGA Last Chance Feb 2020
208*	1:31.58	L	F	Zelmarie Levin	14	ETTN	EKU	18/01/2020	Cape of Good Hope Gala 2020
208*	1:31.58	L	F	Rozelle Burness	14	PAC	TSH	15/11/2019	NTS November 2019 Age Group Gala
210	1:31.86	L	F	Leigh Jonkers	14	SRAY	BUF	22/11/2019	BCA Long Course Championships 2019
211	1:32.57	L	F	Oabilwe Sesoko	14	CSC	TSH	29/11/2019	2019 The Tshwane Mayoral Gala
212	1:32.63	L	F	Ninke Griffioen	14	FISHS	EDD	01/11/2019	38th Freda Barnard Invitational Gala
213	1:32.76	L	F	Hannah Jackson	14	JSA	JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
214	1:32.81	L	F	Yedidah Theron	14	ROJ	EDD	06/12/2019	Eden LC Champs 2019
215	1:33.40	L	F	Alexa Jeaven	14	MANT	CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
216	1:34.20	L	F	Kaitlin Henderson	14	ELEC	JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
217	1:34.65	L	F	Emma Wintermeyer	14	CRSC	JHB	15/02/2020	EGA Last Chance Feb 2020
218	1:34.75	L	F	Sasha-Lee Johnson	14	UWCA	CPT	04/10/2019	CTA TYR QUALIFYING GALA #2

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
219	1:34.94	L	F	Catelynn Gouws	14	DBSC	SDD 17/08/2019 EGA Winter 4 (Soncini) 17.08.19
220	1:35.89	L	F	Mélandri De Beer	14	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
221	1:36.81	L	F	Jané Botha	14	FISH	EDD 29/02/2020 WCA Junior Champs - 2020
222	1:36.94	L	F	Atiyyah Valli	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
223	1:37.16	L	F	Maja Alexander	14	VINE	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
224	1:37.35	L	F	Isabelle Ferreira	14	HFDT	MPD 05/10/2019 Limpopo Age Group 4 & School Champs
225*	1:37.37	L	F	Keira Booth	14	SS	MPD 15/02/2020 Limpopo Age Group 6
225*	1:37.37	L	F	Anika Van Der Bank	14	UPTS	ZMD 21/02/2020 NCASA Sprints 2020
227	1:37.59	L	F	Mari Kemp	14	SWAR	WCD 25/01/2020 West Coast Qualify Gala 2020
228	1:38.53	L	F	Saskia Reddering	14	CUDU	CPT 22/02/2020 Swartland Invitational Gala 2
229	1:38.88	L	F	Ané Ferreira	14	POTC	KKD 05/12/2019 NWS Championships 2019/2020
230	1:39.25	L	F	Amy Marks	14	ELEC	JHB 22/02/2020 CGA Level 2 Last Chance Gala - Day 1
231	1:39.41	L	F	Jade Westley	14	H2O	EKU 15/02/2020 EGA Last Chance Feb 2020
232	1:39.44	L	F	Laiiqah Goondie	14	SUPE	JHB 22/02/2020 CGA Level 2 Last Chance Gala - Day 1
233	1:39.54	L	F	Kayleigh Birch	14	FAAC	FBD 08/11/2019 NCASA Age Group 2 KBY 2019
234	1:40.01	L	F	Leticia Louw	14	SUPE	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
235	1:40.02	L	F	Danielle Verster	14	BAR	EZD 11/10/2019 MP AGE GROUP 2 - 11-12 October
236	1:41.18	L	F	Kayleigh De Jong	14	CUDU	CPT 02/11/2019 Swartland Invitational #1
237	1:41.29	L	F	Lana Otto	14	HSTAN	MPD 15/10/2019 Limpopo Top 10 - High Schools
238	1:41.49	L	F	Tori Robertson	14	MAC	EKU 08/03/2020 Aquatics Gauteng Level 1
239	1:42.11	L	F	Jamie-Lee Van Den Heever	14	BOKS	EKU 08/03/2020 Aquatics Gauteng Level 1
240	1:42.51	L	F	Shadonise Da Veiga	14	SODO	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
241	1:44.99	L	F	Emma Van Der Westhuysen	14	FISHS	EDD 01/11/2019 38th Freda Barnard Invitational Gala
242	1:45.36	L	F	Laranya Naidoo	14	SGUL	ETH 20/07/2019 eThekweni Age Group Gala 3
243	1:47.69	L	F	Ruqaiyah Mahomed	14	AQSC	UMD 14/03/2020 KZNA Level 1 Provincial Champs 2020
244	1:47.80	L	F	Maria Burger	14	KTS	JTD 05/12/2019 NCASA Champs Dec 2019
245	1:48.14	L	F	Busisiwe Mogadima	14	SOUL	EKU 08/03/2020 Aquatics Gauteng Level 1
246	1:48.46	L	P	Chubekile Ndawo	14	ESP	EKU 05/12/2019 EGA Summer Championships 2019
247	1:48.47	L	F	Aphiwe Khuzwayo	14	UMSH	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
248	1:48.64	L	F	Jasmine Erasmus	14	MATL	KKD 05/12/2019 NWS Championships 2019/2020
249	1:49.96	L	F	Shaniell Senosky	14	BLSS	MAN 04/10/2019 Seals Gala
250	1:49.97	L	F	Aaliyah Laher	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
251	1:50.12	L	F	Hermané Van Breda	14	LSLTT	VBD 05/10/2019 Limpopo Age Group 4 & School Champs
252	1:51.01	L	F	Louise Desmond-Smith	14	SAAW	CPT 02/11/2019 Swartland Invitational #1
253	1:52.22	L	F	Stacey-Lee Van Schalkwyk	14	WEST	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
254	1:52.65	L	F	Phenyo Sithi	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
255	1:54.39	L	F	Niya Madhav	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
256	1:55.97	L	F	Mianel Du Plooy	14	LSPHA	MPD 05/10/2019 Limpopo Age Group 4 & School Champs
257	1:57.25	L	F	Johara Sheik	14	AQSC	UMD 14/03/2020 KZNA Level 1 Provincial Champs 2020
258	1:57.51	L	F	Izandri Joubert	14	HFM	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
259	1:59.53	L	F	Sisanda Mvuyana	14	TMAC	ETH 15/02/2020 KZN Aquatics Level 2 Provincial
260	2:03.11	L	F	Phenyo Mautlane	14	ATLA	JHB 22/02/2020 CGA Level 2 Last Chance Gala - Day 1
261	2:23.05	L	F	Azra Mansoor	14	WVAQ	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
262	2:32.95	L	F	Larissa De Villiers	14	PHS	CCD 15/10/2019 Limpopo Top 10 - High Schools

### Women 14-14 200 Back

1	2:21.53	L	F	Ruby Dixon	14	ACSA	ETH 17/12/2019 KZNA Premier Provincial Championship
2	2:30.07	L	P	Rachel Groepes	14	SAAW	CPT 21/02/2020 2020 Grand Prix Invitational Swimming
3	2:30.42	L	F	Tammy Greenwood	14	ROA	EDD 23/08/2019 Madibaz Spring Gala
4	2:31.76	L	F	Danielle Davidson	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
5	2:32.26	L	F	Ane' Meier	14	NWS	01/02/2020 NTS Invitational Gala 2020
6	2:32.52	L	F	Reese O'Riordan	14	VINE	CPT 09/11/2019 CTA MEET #4
7	2:33.65	L	F	Robyn Aaron	14	WSTV	ETH 17/12/2019 KZNA Premier Provincial Championship
8	2:33.72	L	F	Tayla Haslam	14	KLOO	ETH 17/12/2019 KZNA Premier Provincial Championship
9	2:34.04	L	P	Samantha Lowman	14	SWIM1	JHB 05/12/2019 CGA Championships 2019
10	2:35.92	L	F	Georgia Carstens	14	TUKS	FSH 09/12/2019 SA Schools Swimming Championship
11	2:36.16	L	F	Robyn Hough	14	PEAS	NMA 29/11/2019 NMBA Championships 2019
12	2:36.28	L	P	Rachel Irvine	14	SEAL	UMD 17/12/2019 KZNA Premier Provincial Championship
13	2:36.33	L	F	Nicola Harcus	14	PEAS	NMA 29/11/2019 NMBA Championships 2019
14	2:36.49	L	P	Chloe Gershuny	14	SAAW	CPT 31/01/2020 2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
15	2:36.68	L	F	Christine Wessels	14	HASC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
16	2:36.70	L	F	Tori Voke	14	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
17	2:37.36	L	F	Tara Uys	14	TYGE CPT	01/12/2019	Western Cape Long Course
18	2:37.59	L	F	Maxine Boyce	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
19	2:37.65	L	F	Callan Lotter	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
20	2:37.85	L	F	Jade-Ann Le Roux	14	WATR JHB	15/02/2020	EGA Last Chance Feb 2020
21	2:39.41	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
22	2:39.57	L	F	Amy Muller	14	TUKS TSH	14/06/2019	PEA Winter Gala
23	2:39.81	L	P	Thea Vd Toorn	14	CYBE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
24	2:40.04	L	F	Nirvana Borrageiro	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
25	2:40.53	L	F	Lisbe Booyse	14	TUKS TSH	26/09/2019	Aquabear Invitational Meet 2019
26	2:40.60	L	F	Amber Olsen	14	BLNE MAN	31/01/2020	Neptune Last Chance Gala
27	2:41.51	L	F	Liya Venter	14	BLMA CPT	01/12/2019	Western Cape Summer Championships
28	2:41.52	L	F	Kirsten Cottrell	14	AZON ETH	17/12/2019	KZNA Premier Provincial Championship
29	2:41.65	L	F	Michaela Dal Medico	14	SODO JHB	09/12/2019	SA Schools Swimming Championship
30	2:42.01	L	F	Tamika Anderson	14	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
31	2:42.44	L	F	Jenny Zhang	14	LP LP	09/12/2019	SA Schools Swimming Championship
32	2:42.55	L	P	Ava Rathner	14	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
33	2:42.92	L	F	Jaime Abegglen	14	TYGE CPT	01/12/2019	Western Cape Long Course
34	2:42.98	L	F	Calista Mentz	14	PAC TSH	30/08/2019	NTS August 2019 Age Group Gala Level
35	2:43.28	L	F	Payton Brink	14	VINE CPT	01/12/2019	Western Cape Summer Championships
36	2:44.05	L	F	Tiara Finnis	14	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
37	2:44.57	L	F	Kate Moore	14	REDAQ CPT	09/11/2019	CTA MEET #4
38	2:45.26	L	F	Kaela Viljoen	14	CRSC JHB	15/02/2020	EGA Last Chance Feb 2020
39	2:45.43	L	F	Tyler Hughes	14	BOKS EKU	05/12/2019	EGA Summer Championships 2019
40	2:45.52	L	P	Babette Van Rooyen	14	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
41	2:46.23	L	P	Olivia Kruger	14	ELEC JHB	05/12/2019	CGA Championships 2019
42	2:46.64	L	F	Jessica Meter	14	SEAL UMD	23/11/2019	KZN TYR Westville Sprints 2019
43	2:47.28	L	P	Mia Neilson	14	WATR JHB	05/12/2019	CGA Championships 2019
44	2:47.65	L	F	Donia Smit	14	SS MPD	15/02/2020	Limpopo Age Group 6
45	2:47.76	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
46	2:47.88	L	F	Kimberley Ingwe	14	MDOL JHB	19/10/2019	EGA Summer 3 2019
47	2:47.92	L	F	Mieke Oosthuizen	14	LSJM SKD	05/10/2019	Limpopo Age Group 4 & School Champs
48	2:48.63	L	F	Courtney Smith	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
49	2:48.84	L	F	Morgan Pharoah	14	WATR JHB	10/05/2019	4LSA AFOCH Ramadan Tournament
50	2:49.04	L	P	Ashley Freel	14	TUKS TSH	04/12/2019	NTS Championships 2019
51	2:49.33	L	F	Michelle Jack	14	MAC EKU	14/12/2019	15th BSSA Nationals
52	2:49.38	L	F	Keila Manthe	14	TUKS TSH	30/08/2019	NTS August 2019 Age Group Gala Level
53	2:49.39	L	P	Emma Peacock	14	WATR JHB	05/12/2019	CGA Championships 2019
54	2:49.59	L	F	Gabriella Edwards	14	MDOL JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
55	2:49.87	L	F	Taylin Alberts	14	TRAZ TSH	15/11/2019	NTS November 2019 Age Group Gala
56	2:50.25	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	26/09/2019	Aquabear Invitational Meet 2019
57	2:50.50	L	F	Grace De Jongh	14	REDAQ CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
58	2:50.63	L	P	Alexis Vorwerk	14	PSCP UMD	17/12/2019	KZNA Premier Provincial Championship
59	2:50.91	L	F	Sarah-Anne Helps	14	BENS EKU	15/02/2020	EGA Last Chance Feb 2020
60	2:51.18	L	F	Jozi Nupen	14	CRSC JHB	03/11/2019	CGA All Levels
61	2:51.21	L	F	Mikaela Goelst	14	FINS EZD	29/11/2019	Mpumalanga Championships 2019
62	2:51.37	L	F	Rachel Smith	14	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
63	2:51.43	L	P	Cara Harradine	14	PAC TSH	04/12/2019	NTS Championships 2019
64	2:51.53	L	F	Ami Pirie	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
65	2:51.61	L	F	Emma Gardiner	14	DYNA EKU	05/12/2019	EGA Summer Championships 2019
66	2:52.09	L	F	Lesedi Thunzi	14	HARL BUF	25/01/2020	BCA January Age Group Gala 2020
67	2:52.20	L	F	Haylee Vd Merwe	14	QUIC CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
68	2:52.27	L S	F	Miche Johns	14	BLNE MAN	26/11/2019	FS Champs
69	2:52.47	L S	F	Meredith O'Tool	14	WELA FDD	26/11/2019	FS Champs
70	2:52.60	L	F	Caitlin Ruane	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
71*	2:52.94	L	P	Sarah West	14	QUIC CPT	31/01/2020	2020 Grand Prix Invitational Swimming
71*	2:52.94	L S	F	Gemma Kirsten	14	BLNE MAN	26/11/2019	FS Champs
73	2:53.05	L	F	Emma Hamman	14	NCASA FBD	25/01/2020	4 + 1 Inter Provincial Gala 2020



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
74	2:53.14	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
75	2:53.16	L	F	Lara De Beer	14	BENS EKU	05/12/2019 EGA Summer Championships 2019
76	2:53.46	L	F	Alexia Delicado	14	POTC KKD	09/11/2019 NWS Age Group 2 1920
77	2:53.53	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
78	2:53.70	L	F	Ashleigh Witney	14	ONYX EKU	15/02/2020 EGA Last Chance Feb 2020
79	2:53.83	L	F	Rachel Guymmer	14	LINR JHB	03/11/2019 CGA All Levels
80	2:53.88	L	F	Emma Michell	14	MATI CED	21/09/2019 Winelands Senior League 3 - 21Sept
81	2:54.55	L	F	Skye Westerhuis	14	DYNA EKU	15/02/2020 EGA Last Chance Feb 2020
82	2:55.14	L	F	Phillipa Tobias	14	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
83	2:55.54	L	F	Teegan Pio	14	PEAS NMA	14/06/2019 PEA Winter Gala
84	2:55.56	L	F	Samantha Mouton	14	HARL BUF	26/09/2019 Aquabear Invitational Meet 2019
85	2:55.63	L	F	Nurul-Huda Samaai	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
86	2:56.02	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
87	2:56.24	L	F	Kate Meyburgh	14	INFA NMA	10/08/2019 1st A League 2019
88	2:56.53	L	P	Demi Jacobs	14	TUKS TSH	04/12/2019 NTS Championships 2019
89	2:56.88	L	F	Zoe Stock	14	DYNA EKU	26/10/2019 2019 OR Tambo/Soncini Games
90	2:57.43	L	F	Isabella Rodriques	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
91	2:57.53	L	F	Tatum Havenga	14	CARN EKU	15/02/2020 EGA Last Chance Feb 2020
92	2:57.57	L	F	Symóne Steyn	14	KEIK NMA	05/12/2019 NWS Championships 2019/2020
93	2:57.64	L	F	Caitlyn Martin	14	TUKS TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
94	2:58.19	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	27/09/2019 MP AGE GROUP 1 - 27-28
95	2:58.66	L	P	Kayla De Wet	14	SOUL EKU	05/12/2019 EGA Summer Championships 2019
96	2:58.69	L	P	Corne van Schalkwyk	14	AA JHB	05/12/2019 CGA Championships 2019
97	2:59.16	L	F	Shaina Adriaan	14	TYGE CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
98	2:59.35	L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
99	2:59.52	L	P	Joleen Alves	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
100	2:59.81	L	P	Janke Fourie	14	PAC TSH	04/12/2019 NTS Championships 2019
101	2:59.83	L	F	Melissa Martens	14	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
102	3:00.25	L	P	Kimberley Howes	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
103	3:00.83	L	F	Aidon Naidoo	14	AZON ETH	15/02/2020 KZN Aquatics Level 2 Provincial
104	3:00.85	L	F	Tharien Venter	14	BLUO UGD	15/02/2020 KZN Aquatics Level 2 Provincial
105	3:00.92	L	F	Roslyn Joseph	14	DDA TSH	26/10/2019 2019 OR Tambo/Soncini Games
106	3:00.95	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
107	3:01.09	L	F	Noxolo Dzanibe	14	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
108	3:01.66	L	F	Ruth Jones	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
109*	3:01.91	L	F	Sohini Pillay	14	ELEC JHB	03/11/2019 CGA All Levels
109*	3:01.91	L	F	Jamie Hains	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
111	3:02.43	L	F	Jodi Wilson	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
112	3:02.86	L	F	Petro Marié Fourie	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
113	3:03.28	L	F	Jadyn-Lee Joubert	14	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
114	3:03.34	L	P	Robynne Le Roux	14	WATR JHB	05/12/2019 CGA Championships 2019
115	3:03.62	L	F	Cara Van Der Bijl	14	BLNE MAN	04/10/2019 Seals Gala
116	3:03.73	L	P	Melissa Theron	14	WATR JHB	05/12/2019 CGA Championships 2019
117	3:04.11	L S	F	Cayla Visser	14	BLSS MAN	26/11/2019 FS Champs
118	3:04.14	L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
119	3:04.32	L	F	Skyla Schroll	14	NWUC KKD	09/11/2019 NWS Age Group 2 1920
120	3:05.03	L	P	Rebecca Leach	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
121	3:05.32	L	F	Elza De Kock	14	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
122	3:05.48	L	F	San-Mari Van der Walt	14	DDA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
123	3:06.19	L	F	Nikola Roux	14	TRAZ TSH	14/02/2020 NTS February 2020 Age Group Gala
124	3:06.35	L	F	Zane Bruyns	14	RFA TSH	14/02/2020 NTS February 2020 Age Group Gala
125	3:06.90	L	F	Talisa Rademeyer	14	SWIFT EKU	08/11/2019 EGA Summer 4
126	3:07.04	L	P	Jessica Law	14	DYNA EKU	05/12/2019 EGA Summer Championships 2019
127	3:07.38	L	F	Dina Jansen Van Rensburg	14	ETTN EKU	25/01/2020 4 + 1 Inter Provincial Gala 2020
128	3:07.42	L	F	Katrijn Roefs	14	TUKS TSH	29/11/2019 2019 The Tshwane Mayoral Gala
129	3:07.46	L	F	Tenieka Greyling	14	HREF BPD	05/12/2019 NWS Championships 2019/2020
130	3:07.54	L	F	Saffron Tweedie	14	AQUB NMA	10/08/2019 1st A League 2019
131	3:07.62	L	F	Cara Botha	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
132	3:08.46	L	F	Kaylin Visser	14	BLSS MAN	25/01/2020 Mangaung Classic Gala 2020

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
133	3:09.54	L S	F	Kiana Engelbrecht	14	SASOL FDD	26/11/2019 FS Champs
134	3:09.91	L	F	Rachael Dart	14	SRAY BUF	08/11/2019 BCA November Age Group Gala 2019
135	3:10.36	L	F	Thinica Mc Anda	14	FAAC FBD	26/09/2019 Aquabear Invitational Meet 2019
136	3:11.75	L	F	Jayda Collett	14	TUKS TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
137	3:11.92	L S	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019 FS Champs
138	3:12.52	L	F	Hayley Swanepoel	14	PER JHB	03/11/2019 CGA All Levels
139	3:13.90	L	F	Rozelle Burness	14	PAC TSH	14/02/2020 NTS February 2020 Age Group Gala
140	3:14.05	L	F	Keira De Aveiro	14	FLOD JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
141	3:14.32	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020 Amajuba District Long Course
142	3:14.48	L	F	Bianke Pienaar	14	PARYS FDD	16/11/2019 Fezile Dabi Age Group November 2019
143	3:14.50	L	F	Juliet Miller	14	ELEC JHB	03/11/2019 CGA All Levels
144	3:16.41	L	F	Karla De Beer	14	HARL BUF	22/11/2019 BCA Long Course Championships 2019
145	3:16.45	L	F	Jordan Toerien	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
146	3:17.10	L	F	Awande Mlangeni	14	ONYX EKU	19/10/2019 EGA Summer 3 2019
147	3:18.32	L	F	Zodea Jacobie	14	SUPE JHB	03/11/2019 CGA All Levels
148	3:18.48	L	F	Sasha Naidoo	14	VINE CPT	01/12/2019 Western Cape Summer Championships
149	3:18.56	L	F	Eva Markovic	14	MATL KKD	09/11/2019 NWS Age Group 2 1920
150	3:19.16	L	F	Ankia Uys	VR	PSA ZLD	21/02/2020 Amajuba District Long Course
151	3:19.53	L	F	Ané Ferreira	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
152	3:20.28	L	F	Leigh Jonkers	14	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
153	3:21.06	L	F	Erin-Lyn Bose	14	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
154	3:22.21	L S	F	Alexia Koupis	14	BLSS MAN	26/11/2019 FS Champs
155	3:23.27	L	F	Victoria Baigent	14	ESTR EKU	08/11/2019 EGA Summer 4
156	3:25.17	L	P	Emma Wintermeyer	14	CRSC JHB	05/12/2019 CGA Championships 2019
157	3:25.58	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
158	3:27.25	L	F	Sophe De kock	14	AZON ETH	18/01/2020 eThekwini Age Group Gala 9
159	3:28.81	L	F	Anika Van Der Bank	14	UPTS ZMD	15/02/2020 NCASA Age Group 5 UPT 2019-2020
160	3:33.06	L	F	Jasmine Erasmus	14	MATL KKD	09/11/2019 NWS Age Group 2 1920
161	3:33.91	L	P	Catelynn Gouws	14	DBSC SDD	05/12/2019 EGA Summer Championships 2019
162	3:38.79	L	F	Jullia Griffioen	14	HARB BPD	23/11/2019 NWS Age Group 3 2019/20
163	3:45.14	L	F	Leticia Louw	14	SUPE JHB	26/10/2019 2019 OR Tambo/Soncini Games
164	4:01.51	L	F	Mianel Du Plooy	14	LSPHA MPD	05/10/2019 Limpopo Age Group 4 & School Champs
165	4:59.06	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 50 Breast</b>							
1	34.30	L S	F	Caitlin Ruane	14	TUKS TSH	04/12/2019 NTS Championships 2019
2	35.20	L	F	Cara Ralfe	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
3	35.65	L	F	Amy Muller	14	TUKS TSH	27/09/2019 NTS September 2019 Age Group Gala
4	35.75	L S	F	Zoe Terblanche	14	RFA TSH	04/12/2019 NTS Championships 2019
5	36.03	L	P	Isabelle Barrow	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
6	36.08	L S	F	Georgia Carstens	14	TUKS TSH	04/12/2019 NTS Championships 2019
7	36.24	L	F	Jasmin Vermeulen	14	DRGN JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
8	36.25	L S	F	Maxine Boyce	14	TUKS TSH	04/12/2019 NTS Championships 2019
9	36.26	L	F	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
10	36.29	L	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
11	36.36	L	F	Matundu Banza	14	RSA	28/11/2019 2019 EASC CANA Zone 3
12	36.39	L	F	Jessica Gardner	14	USC BUF	25/01/2020 BCA January Age Group Gala 2020
13	36.74	L	F	Mikaela Goelst	14	FINS EZD	29/11/2019 Mpumalanga Championships 2019
14	36.77	L	P	Ashley Ebing	14	WSTV ETH	21/02/2020 2020 Grand Prix Invitational Swimming
15	36.78	L S	P	Michaela Dal Medico	14	SODO JHB	04/12/2019 NTS Championships 2019
16	36.95	L	F	Morgan Pharoah	14	CSC TSH	14/02/2020 NTS February 2020 Age Group Gala
17	37.14	L	F	Ciara Wimble	14	SEAL UMD	12/05/2019 Swim England 14 Under Swimming
18	37.32	L	F	Jane Lewis	14	SGUL ETH	12/10/2019 eThekwini Junior Championships 2019
19	37.36	L	F	Amy Robson-Garth	14	SOUL EKU	05/12/2019 EGA Summer Championships 2019
20	37.51	L	F	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
21	37.56	L	F	Annè Sabbagha	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
22	37.67	L	F	Erin Foster	14	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
23	37.69	L	F	Amber Landskron	14	TUKS TSH	27/09/2019 NTS September 2019 Age Group Gala
24	37.83	L	P	Samantha Lowman	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
25	37.97	L S	F	Nicola Hartman	14	RFA TSH	04/12/2019 NTS Championships 2019

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Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
26	38.10	L	F	Juliet Van Thiel	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
27	38.11	L	F	Somikazi Qwemesha	14	CYBE CPT	01/12/2019 Western Cape Summer Championships
28	38.14	L S	F	Janke Fourie	14	PAC TSH	04/12/2019 NTS Championships 2019
29	38.23	L	P	Melissa Martens	14	PSCP UMD	17/12/2019 KZNA Premier Provincial Championship
30	38.30	L	F	Danielle Heyes	14	REDAQ CPT	01/12/2019 Western Cape Summer Championships
31	38.31	L	F	Caitlin Rademakers	14	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
32	38.32	L	F	Calista Mentz	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
33	38.51	L	F	Amber Fourie	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
34	38.54	L	F	Robyn Hough	14	PEAS NMA	14/06/2019 PEA Winter Gala
35	38.55	L	P	Zoe Padbury	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
36	38.56	L S	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
37	38.61	L	P	Livia Bisschops	14	AA JHB	05/12/2019 CGA Championships 2019
38	38.70	L	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
39	38.74	L	F	Charne Snyman	DR	BLOT MAN	09/11/2019 Bull-Sharks 2019
40	38.75	L	F	Katelyn Pienaar	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
41	38.82	L	P	Annette Greyling	14	CRSC JHB	05/12/2019 CGA Championships 2019
42	39.00	L	F	Abigail Powell	14	ROA EDD	06/12/2019 Eden LC Champs 2019
43	39.05	L	F	Emma Terblanche	14	PRKA PSD	08/11/2019 NCASA Age Group 2 KBY 2019
44	39.13	L	F	Ane' Meier	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
45	39.28	L	F	Rebecca Leach	14	BOKS ECU	05/12/2019 EGA Summer Championships 2019
46	39.33	L	F	Zoe Richards	TR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
47	39.35	L	F	Anina Groenewald	14	BLNE MAN	04/10/2019 Seals Gala
48	39.39	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
49	39.41	L	F	Alexia Delicado	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
50	39.49	L	F	Rachel Cross	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
51	39.59	L	F	Cara Van Der Bijl	14	BLNE MAN	09/12/2019 SA Schools Swimming Championship
52	39.66	L	P	Shayla Parkin	14	ELEC JHB	05/12/2019 CGA Championships 2019
53*	39.75	L	P	Shauniquè Kannemeyer	14	CUDU CPT	01/12/2019 Western Cape Long Course
53*	39.75	L	F	Zoë Josephs	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
55	39.84	L	F	Carmia Hartman	14	RFA TSH	14/02/2020 NTS February 2020 Age Group Gala
56	39.92	L	P	Tori Voke	14	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
57	40.08	L	F	Meredith O'Tool	14	WELA FDD	12/10/2019 Fezile Dabi Age Group October 2019
58	40.10	L	P	Tarryn Volkwyn	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
59	40.12	L	P	Gabriella Edwards	14	MDOL JHB	05/12/2019 CGA Championships 2019
60	40.17	L	F	Kara Cilliers	14	PAQU CED	29/02/2020 WCA Junior Champs - 2020
61	40.18	L	P	Haylee Vd Merwe	14	QUIC CPT	26/09/2019 Aquabear Invitational Meet 2019
62	40.22	L	P	Sarah West	14	QUIC CPT	31/01/2020 2020 Grand Prix Invitational Swimming
63	40.27	L	F	Jodi Dos Santos	14	NSA EZD	29/11/2019 Mpumalanga Championships 2019
64	40.28	L	F	Joané Lindeque	14	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
65	40.36	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
66	40.52	L	F	Larique Joubert	14	LSTZN MPD	05/10/2019 Limpopo Age Group 4 & School Champs
67	40.54	L	F	Nicola Harcus	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
68	40.59	L	F	Tumé van Niekerk	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
69	40.62	L	P	Lara Gouws	14	VINE CPT	01/12/2019 Western Cape Long Course
70	40.66	L	F	Mischa King	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
71	40.71	L	F	Tamryn Scott	14	CUR MP	19/02/2020 Inter High School Gala - 19 February
72	40.75	L	F	Saskia Van Thiel	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
73	40.89	L	F	Danielle Joubert	14	BLNE MAN	27/09/2019 Neptunes Open Gala
74	41.10	L	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
75	41.12	L	P	Mienke Herbst	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
76	41.28	L	F	Tayla Haslam	14	KLOO ETH	24/06/2019 Sasol National Winter Championship
77	41.34	L	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
78	41.39	L	F	Julia Volschenk	14	DDA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
79*	41.40	L	F	Grace De Jongh	14	REDAQ CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
79*	41.40	L	F	Liya Davids	14	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
81	41.41	L	F	Petro Marié Fourie	14	FISH EDD	08/02/2020 EDEN 5th A-League Gala 2020
82	41.51	L	F	Jozi Nupen	14	CRSC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
83	41.54	L	F	Jenny Zhang	14	EAGA CCD	09/11/2019 Limpopo Age Group 5
84	41.55	L S	P	Demi Jacobs	14	TUKS TSH	04/12/2019 NTS Championships 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
85*	41.56 L	F	Michelle Jack	14	MAC EKU	14/12/2019	15th BSSA Nationals
85*	41.56 L	P	Lara De Beer	14	BENS EKU	05/12/2019	EGA Summer Championships 2019
87	41.59 L	F	Noxolo Dzanibe	14	RBOT NW	07/09/2019	2019 Hillcrest Sprint Gala 13/O
88	41.62 L	F	Hannah Wichmann	14	MGSC UGD	09/11/2019	Ugu Level 1 Gala 6
89	41.69 L	F	Kelly Williamson	14	INFA NMA	10/08/2019	1st A League 2019
90	41.70 L	F	Marteli Pieters	14	PAC TSH	14/02/2020	NTS February 2020 Age Group Gala
91	41.79 L	F	Ninah Wedderburn	14	PEAS NMA	12/10/2019	3rd A League 2019
92	41.92 L	P	Sharne Steele	14	LINR JHB	05/12/2019	CGA Championships 2019
93	41.93 L	F	Eva Markovic	14	MATL KKD	09/11/2019	NWS Age Group 2 1920
94	41.97 L	F	Ruth Jones	14	VINE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
95	41.98 L	P	Tara Uys	14	TYGE CPT	01/12/2019	Western Cape Long Course
96	41.99 L	F	Rozelle Burness	14	PAC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
97	42.00 L	P	Josi Arnold	14	HARL BUF	26/09/2019	Aquabear Invitational Meet 2019
98	42.05 L	F	Emma Hamman	14	FAAC FBD	25/10/2019	Flamingo Aquatics Academy Prestige
99*	42.08 L	F	Anje Van Papendorp	14	PSC TSH	12/10/2019	NTS Oct 2019 Age Group Gala
99*	42.08 L	F	Joy-Mari Boyce	14	TUKS TSH	29/11/2019	2019 The Tshwane Mayoral Gala
101	42.17 L	F	Gemma Kirsten	14	BLNE MAN	26/11/2019	FS Champs
102	42.18 L	F	Daniella September	14	KNYD EDD	06/12/2019	Eden LC Champs 2019
103	42.29 L	F	Nirene van der Watt	14	PARYS FDD	26/11/2019	FS Champs
104	42.36 L	F	Alexandra Caldwell	14	ACT JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
105	42.44 L	P	Manaal Omar	14	SGUL ETH	12/10/2019	eThekwini Junior Championships 2019
106	42.49 L	F	Cassandra Millar	14	DORE JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
107	42.53 L	F	Courtney Smith	14	TYGE CPT	22/02/2020	Swartland Invitational Gala 2
108	42.58 L	F	Ashley Freel	14	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
109	42.59 L	F	Eryn Casey	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
110	42.60 L	F	Helena Prinsloo	14	P AQU CED	22/02/2020	Swartland Invitational Gala 2
111	42.61 L	P	Isabella Reynolds	14	ELEC JHB	05/12/2019	CGA Championships 2019
112	42.69 L	P	Rachel Smith	14	MDOL JHB	05/12/2019	CGA Championships 2019
113	42.70 L	F	Kate Meyburgh	14	INFA NMA	14/06/2019	PEA Winter Gala
114	42.74 L	F	Jemma van der Merwe	14	CSC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
115	42.84 L	F	Zodea Jacobie	14	SUPE JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
116*	42.98 L	F	Mieke Oosthuizen	14	TKS WBD	29/11/2019	Limpopo Champs
116*	42.98 L	F	Donia Smit	14	SS MPD	29/11/2019	Limpopo Champs
118*	43.03 L	F	Lara Daling	14	TKS WBD	29/11/2019	Limpopo Champs
118*	43.03 L	F	Lize Botha	14	BULS MAN	26/11/2019	FS Champs
120*	43.15 L	F	Laranya Naidoo	14	SGUL ETH	09/11/2019	eThekwini Age Group Gala 8
120*	43.15 L	F	Shaniell Senosky	14	BLSS MAN	04/10/2019	Seals Gala
122	43.16 L	P	Emma Gardiner	14	DYNA EKU	05/12/2019	EGA Summer Championships 2019
123*	43.27 L	F	Zelmarie Levin	14	ETTN EKU	18/01/2020	EGA Summer 5 - 2020
123*	43.27 L	F	Caitlyn Martin	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
125	43.29 L	F	Anika Rabie	14	SEAL UMD	15/02/2020	KZN Aquatics Level 2 Provincial
126	43.31 L	F	Tamika Anderson	14	TUKS TSH	30/08/2019	NTS August 2019 Age Group Gala Level
127	43.34 L	P	Nurul-Huda Samaai	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
128	43.37 L	F	Bianke Pienaar	14	PARYS FDD	26/11/2019	FS Champs
129	43.41 L	F	Thinica Mc Anda	14	FAAC FBD	08/11/2019	NCASA Age Group 2 KBY 2019
130	43.47 L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
131	43.48 L	F	Elza De Kock	14	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
132	43.53 L	F	Symóne Steyn	14	KEIK NMA	05/12/2019	NWS Championships 2019/2020
133	43.58 L	F	Gemma Frank	14	ASA ILD	09/11/2019	eThekwini Age Group Gala 8
134	43.63 L	F	Sarah-Anne Helps	14	BENS EKU	15/02/2020	EGA Last Chance Feb 2020
135	43.65 L	P	Joleen Alves	14	SWIM1 JHB	05/12/2019	CGA Championships 2019
136*	43.86 L	F	Ennes Zietsman	14	PSC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
136*	43.86 L	F	Caitlin Rossouw	14	BLSS MAN	27/09/2019	Neptunes Open Gala
138	43.92 L	F	Jelaan Eveleigh	14	RFA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
139	43.95 L	F	Olivia Drewett	14	HSTAN MPD	15/10/2019	Limpopo Top 10 - High Schools
140*	44.00 L	F	Kirsten Cottrell	14	AZON ETH	03/08/2019	eThekwini Age Group Gala 4
140*	44.00 L	F	Roslyn Joseph	14	DDA TSH	27/09/2019	NTS September 2019 Age Group Gala
142	44.02 L	P	Ami Pirie	14	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
143	44.07 L	F	Phillipa Tobias	14	CRSC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
144	44.16	L	F	Jullia Griffioen	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
145	44.17	L	F	Awande Mlangeni	14	ONYX EKU	18/01/2020	EGA Summer 5 - 2020
146	44.21	L	F	Caden Spencer	14	JSA JHB	12/10/2019	NTS Oct 2019 Age Group Gala
147	44.22	L	P	Michaela Cairns	14	AZON ETH	12/10/2019	eThekwini Junior Championships 2019
148	44.38	L	P	Saffron Tweedie	14	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
149*	44.47	L	F	Ava Rathner	14	SAAW CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
149*	44.47	L	F	Gemma Donnelly	14	TRAZ TSH	12/10/2019	NTS Oct 2019 Age Group Gala
151	44.49	L	F	Tatum Havenga	14	CARN EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
152	44.52	L	F	Jasmine Erasmus	14	MATL KKD	24/06/2019	Sasol National Winter Championship
153	44.55	L	F	Keira Booth	14	SS MPD	29/11/2019	Limpopo Champs
154*	44.60	L	P	Tyler Hughes	14	BOKS EKU	05/12/2019	EGA Summer Championships 2019
154*	44.60	L	F	Mari Kemp	14	SWAR WCD	22/02/2020	Swartland Invitational Gala 2
156	44.68	L	F	Li McQuire	14	NWUC KKD	24/06/2019	Sasol National Winter Championship
157	44.73	L	P	Catherine Rowan	14	SGUL ETH	12/10/2019	eThekwini Junior Championships 2019
158	44.75	L	F	Kaylin Visser	14	BLSS MAN	26/11/2019	FS Champs
159	44.83	L	F	Jodi Wilson	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
160	44.84	L	P	Annabel Dresel	14	AA JHB	05/12/2019	CGA Championships 2019
161	44.89	L	P	Zoe Stock	14	DYNA EKU	05/12/2019	EGA Summer Championships 2019
162	44.90	L	F	Calista Mackenzie	14	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
163*	44.91	L	P	Juliet Miller	14	ELEC JHB	05/12/2019	CGA Championships 2019
163*	44.91	L	F	Keila Manthe	14	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
165	44.95	L	F	Charlize De Villiers	14	PRKA PSD	21/02/2020	NCASA Sprints 2020
166	44.97	L	F	Emma Van Der Westhuysen	14	FISH EDD	29/02/2020	WCA Junior Champs - 2020
167	45.09	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	29/11/2019	Mpumalanga Championships 2019
168*	45.20	L	F	Sohini Pillay	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
168*	45.20	L	F	Skyla Schroll	14	NWUC KKD	05/12/2019	NWS Championships 2019/2020
170	45.22	L	F	Aidon Naidoo	14	AZON ETH	15/02/2020	KZN Aquatics Level 2 Provincial
171	45.25	L	F	Jadyn-Lee Joubert	14	AZON ETH	03/08/2019	eThekwini Age Group Gala 4
172*	45.29	L	F	Anike Kuhn	14	PEAS NMA	14/06/2019	PEA Winter Gala
172*	45.29	L	F	Kayleigh Birch	14	FAAC FBD	18/01/2020	Good Hope Gala 2020
174	45.31	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	02/11/2019	Swartland Invitational #1
175	45.43	L	F	Dina Jansen Van Rensburg	14	TTNS EKU	24/06/2019	Sasol National Winter Championship
176	45.52	L	P	Jamie Hains	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
177	45.54	L	F	Zanri De Witt	14	VALS FDD	26/11/2019	FS Champs
178	45.55	L	F	Alexia Koupis	14	BLSS MAN	04/10/2019	Seals Gala
179*	45.57	L	F	San-Mari Van der Walt	14	DDA TSH	27/09/2019	NTS September 2019 Age Group Gala
179*	45.57	L	F	Anika Van Der Bank	14	UPTS ZMD	08/11/2019	NCASA Age Group 2 UP 2019
181	45.61	L	P	Hannah James	14	NC DST ILD	12/10/2019	eThekwini Junior Championships 2019
182	45.74	L	F	Olwethu Ndlovu	14	UMSH ETH	28/02/2020	NDSA Gala 2020
183	45.89	L	F	Chané Jacobsz	14	NWUC KKD	09/11/2019	NWS Age Group 2 1920
184	46.02	L	F	Anna Phillips	14	PENC MP	19/02/2020	Inter High School Gala - 19 February
185	46.05	L	F	Victoria Baigent	14	ESTR EKU	15/02/2020	EGA Last Chance Feb 2020
186	46.07	L	P	Alexis Vorwerk	14	PSCP UMD	12/10/2019	eThekwini Junior Championships 2019
187*	46.11	L	F	Zane Bruyns	14	RFA TSH	26/10/2019	2019 OR Tambo/Soncini Games
187*	46.11	L	F	Oabilwe Sesoko	14	CSC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
189	46.22	L	F	Kaitlin Henderson	14	ELEC JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
190	46.24	L	F	Teniek Greyling	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
191	46.32	L	P	Jezwyne Marimuthu	14	BAYV ETH	12/10/2019	eThekwini Junior Championships 2019
192	46.43	L	F	Lara Groenewald	14	AQU ADJ	21/02/2020	Amajuba District Long Course
193	46.49	L	F	Sophe De kock	14	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
194	46.56	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	30/08/2019	NTS August 2019 Age Group Gala Level
195	46.81	L	F	Shadonise Da Veiga	14	SODO JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
196	46.83	L	P	Erin Heydricks	14	BLUO UGD	12/10/2019	eThekwini Junior Championships 2019
197	46.93	L	F	Demi Plath	14	CUR MP	19/02/2020	Inter High School Gala - 19 February
198	46.96	L	F	Alexia Michalopoulos	14	RFA TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
199	46.97	L	P	Alexa Jeaen	14	MANT CPT	26/09/2019	Aquabear Invitational Meet 2019
200	47.08	L	F	Cayla Visser	14	BLSS MAN	26/11/2019	FS Champs
201	47.13	L	F	Leigh Jonkers	14	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
202	47.17	L	F	Yasmeen Moolla	14	ASAC CPT	21/06/2019	Illeembe Age Group Gala 1

## Individual Top Times

Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
203	47.19	L	F	Elri Vorster	14	ELHS VBD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
204	47.21	L	P	Kaitlyn Immelman	14	ESP EKU	05/12/2019 EGA Summer Championships 2019
205	47.24	L	F	Louise Desmond-Smith	14	SAAW CPT	02/11/2019 Swartland Invitational #1
206	47.26	L	F	Eyvonne Mthembu	14	TUKS TSH	26/10/2019 2019 OR Tambo/Soncini Games
207	47.33	L	F	Chloe Craig	14	ELIT JHB	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
208	47.39	L	F	Robynne Le Roux	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
209	47.53	L	F	Sasha-Lee Johnson	14	UWCA CPT	02/11/2019 Swartland Invitational #1
210	47.58	L	F	Cara Harradine	14	PAC TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
211	47.63	L	F	Megan Venter	14	SOUL EKU	15/02/2020 EGA Last Chance Feb 2020
212	47.84	L	F	Chloe Vd Merwe	14	ASAC CPT	02/11/2019 Swartland Invitational #1
213	47.90	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020 Amajuba District Long Course
214	48.06	L	F	Caitlin De Freitas	14	DRGN JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
215	48.10	L	F	Cara Botha	14	HARB BPD	16/08/2019 NTS August 2019 Age Group Gala Level
216	48.15	L	F	Jané Botha	14	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
217	48.18	L	F	Awande Mdlalose	14	CSC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
218	48.24	L	F	Jade Westley	14	H2O EKU	15/02/2020 EGA Last Chance Feb 2020
219*	48.25	L	F	Janke Vogel	14	PSC TSH	16/08/2019 NTS August 2019 Age Group Gala Level
219*	48.25	L	F	Kiana Engelbrecht	14	SASOL FDD	26/11/2019 FS Champs
221	48.27	L	F	Jayden Timmermans	14	HRP NKD	11/10/2019 MP AGE GROUP 2 - 11-12 October
222	48.28	L	F	Ané Ferreira	14	POTC KKD	15/02/2020 NWS Last Chance AG5 1920
223	48.45	L	F	Sadiyah Sallie	14	PEAS NMA	14/09/2019 2nd A League 14/9/2019
224*	48.48	L	F	Daniella Hunziker	14	AFIN JHB	03/11/2019 CGA All Levels
224*	48.48	L	F	Hannah Jackson	14	JSA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
226	48.50	L	F	Saskia Reddering	14	CUDU CPT	22/02/2020 Swartland Invitational Gala 2
227	48.55	L	F	Zoe Viljoen	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
228	48.56	L	F	Catelynn Gouws	14	DBSC SDD	15/02/2020 EGA Last Chance Feb 2020
229	48.58	L	F	Laaiqah Goondie	14	SUPE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
230	48.72	L	F	Tylor Nel	14	HMER MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
231	48.83	L	F	Kimberley Howes	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
232	48.91	L	F	Leticia Louw	14	SUPE JHB	26/10/2019 2019 OR Tambo/Soncini Games
233	48.94	L	F	Taylin Alberts	14	TRAZ TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
234	49.25	L	F	Daniella Mancos	14	CUR MP	19/02/2020 Inter High School Gala - 19 February
235	49.63	L	F	Katrijn Roefs	14	TUKS TSH	13/09/2019 NTS September 2019 Age Group Gala
236	49.70	L	F	Atiyyah Valli	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
237*	49.71	L	F	Busisiwe Mogadima	14	SOUL EKU	08/11/2019 EGA Summer 4
237*	49.71	L	F	Mélandri De Beer	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
239	49.80	L	F	Mia Van Staden	14	NHS MP	19/02/2020 Inter High School Gala - 19 February
240	49.84	L	F	Sasha Naidoo	14	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
241	50.23	L	F	Phenyo Sithi	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
242	50.27	L	F	Sisanda Mvuyana	14	TMAC ETH	28/02/2020 NDSA Gala 2020
243	50.43	L	F	Stacey Leer	14	INFA NMA	14/06/2019 PEA Winter Gala
244	50.44	L	F	Hao Dong	14	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
245	50.82	L	F	Nikola Roux	14	TRAZ TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
246	50.98	L	F	Talisa Rademeyer	14	SWIFT EKU	08/11/2019 EGA Summer 4
247	51.00	L	F	Isabelle Ferreira	14	HFDT MPD	05/10/2019 Limpopo Age Group 4 & School Champs
248	51.20	L	F	Ruqaiyah Mahomed	14	AQSC UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
249	51.31	L	P	Emma Wintermeyer	14	CRSC JHB	05/12/2019 CGA Championships 2019
250	51.50	L	F	Ayanda- JNR Metsing	14	SOWE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
251	51.85	L	F	Phenyo Mautlane	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
252	51.87	L	F	Xandri Botha	14	KSC EZD	29/11/2019 Mpumalanga Championships 2019
253	51.89	L	F	Meghan Bezuidenhout	14	HRP NKD	11/10/2019 MP AGE GROUP 2 - 11-12 October
254	52.37	L	F	Annelien De Wet	14	LHS FBD	08/11/2019 NCASA Age Group 2 KBY 2019
255	52.54	L	F	Niya Madhav	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
256	52.69	L	F	Chubekile Ndawo	14	ESP EKU	08/03/2020 Aquatics Gauteng Level 1
257	52.79	L	F	Elizma Huyser	14	FISHS EDD	16/11/2019 EDEN 3rd A-League Gala 2019
258	52.83	L	F	Stacey-Lee Van Schalkwyk	14	WEST CPT	02/11/2019 Swartland Invitational #1
259	52.86	L	F	Nina Pretorius	14	CSC TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
260	53.04	L	F	Isabel Swart	14	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
261	53.05	L	F	Nombuso Mente	14	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1

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Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
262	53.22	L	F	Kayla Kirton	14	PENC MP	19/02/2020 Inter High School Gala - 19 February
263	53.31	L	F	Mariné Cloete	14	LHS FBD	08/11/2019 NCASA Age Group 2 KBY 2019
264	53.39	L	F	Yedidah Theron	14	ROJ EDD	16/11/2019 EDEN 3rd A-League Gala 2019
265	53.88	L	F	Kayleigh De Jong	14	CUDU CPT	02/11/2019 Swartland Invitational #1
266	54.07	L	F	Karla De Beer	14	HANG CHD	26/10/2019 1st B Age Group Gala & EC Schools
267	54.25	L	F	Lindelihle Cele	14	UMSH ETH	03/08/2019 eThekweni Age Group Gala 4
268	54.55	L	F	Khomotso Moshapa	14	ATTE FSH	29/11/2019 2019 The Tshwane Mayoral Gala
269	55.09	L	F	Cezanne Carroll	14	HSS NGD	17/01/2020 MP AGE GROUP 3 17 - 18 JANUARY
270	55.27	L	F	Aphiwe Khuzwayo	14	UMSH ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
271	55.61	L	P	Bilqees Abrahams	14	MANT CPT	26/09/2019 Aquabear Invitational Meet 2019
272	55.75	L	F	Aaliyah Laher	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
273	56.33	L	F	Jamie-Lee Van Den Heever	14	BOKS EKU	08/03/2020 Aquatics Gauteng Level 1
274	56.98	L	F	Hayley Swanepoel	14	PER JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
275	57.84	L	F	Nosipho Gina	14	USH KCD	07/12/2019 December Age Group Gala 2019
276	57.92	L	F	Tori Robertson	14	MAC EKU	15/02/2020 EGA Last Chance Feb 2020
277	58.39	L	F	Mianel Du Plooy	14	LSPHA MPD	05/10/2019 Limpopo Age Group 4 & School Champs
278	58.85	L	F	Kenni-Leigh Carelse	14	UWCA CPT	02/11/2019 Swartland Invitational #1
279	58.98	L	F	Luyanda Dube	14	USH KCD	15/02/2020 KCDA February Age Group Gala 2020
280	1:00.41	L	F	Rhea Mothichund	14	OTTO ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
281	1:01.12	L	F	Shandr'e Padayachee	14	AQSC UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
282	1:01.49	L	F	Thandeka Mbokazi	14	USH KCD	12/10/2019 KCDA October Age Group Gala 2019
283	1:01.56	L	F	Hermané Van Breda	14	LSLTT VBD	05/10/2019 Limpopo Age Group 4 & School Champs
284	1:02.90	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
285	1:03.36	L	F	Lydia Erasmus	14	HEIDE MAN	26/11/2019 FS Champs
286	1:03.66	L	F	Danielle Verster	14	BAR EZD	29/11/2019 Mpumalanga Championships 2019
287	1:04.58	L	F	Rosemarie Oberholzer	14	WRP EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
288	1:05.31	L	F	Olerato Maphangela	14	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
289	1:05.63	L	P	Lisakhanya Zonke	14	KHAY CPT	26/09/2019 Aquabear Invitational Meet 2019
290	1:07.66	L	F	Elie-Marie Swanepoel	14	QGH BUF	14/03/2020 BCA Level 1 Gala 2020
291	1:11.47	L	F	Nolize Rooskrantz	14	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
292	1:15.30	L	F	Amogelang Tshabane	14	SOWE JHB	03/11/2019 CGA All Levels
293	1:21.81	L	F	Zothani Sibiya	VR	ASC ILD	10/11/2019 eThekweni Age Level 1 Gala 1
<b>Women 14-14 100 Breast</b>							
1	1:16.25	L	F	Caitlin Ruane	14	TUKS FSH	04/12/2019 NTS Championships 2019
2	1:17.42	L	P	Cara Ralfe	14	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
3	1:17.95	L	F	Michaela Dal Medico	14	SODO JHB	04/12/2019 NTS Championships 2019
4	1:18.31	L	F	Morgan Pharoah	14	WATR JHB	21/06/2019 Hamilton Aquatics Summer Sizzler
5	1:18.73	L	F	Isabelle Barrow	14	SWIM1 JHB	09/12/2019 SA Schools Swimming Championship
6	1:18.99	L	F	Amy Muller	14	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
7	1:19.01	L	F	Jessica Gardner	14	USC BUF	25/01/2020 BCA January Age Group Gala 2020
8	1:20.58	L	F	Jasmin Vermeulen	14	DRGN JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
9	1:20.74	L	F	Maxine Boyce	14	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
10*	1:20.83	L	F	Samantha Lowman	14	SWIM1 JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
10*	1:20.83	L	F	Amy Robson-Garth	14	SOUL EKU	14/09/2019 EGA Summer 1 2019
12	1:21.01	L	F	Mikaela Goelst	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
13	1:21.10	L	F	Matundu Banza	14	RSA	20/02/2020 CANA Zone IV Championships
14	1:21.11	L S	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
15	1:21.19	L	F	Ruby Dixon	14	ACSA ETH	06/07/2019 eThekweni Age Group Gala 2
16	1:21.23	L	F	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
17	1:21.55	L	P	Ashley Ebing	14	WSTV ETH	21/02/2020 2020 Grand Prix Invitational Swimming
18	1:22.13	L	P	Robyn Hough	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
19	1:22.21	L S	P	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
20	1:22.24	L	F	Zoe Terblanche	14	RFA FSH	04/12/2019 NTS Championships 2019
21	1:22.50	L	P	Ciara Wimple	14	GUIS	25/01/2020 Surrey Age Group Championships
22	1:22.52	L	F	Amber Landskron	14	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
23	1:22.58	L	F	Janke Fourie	14	PAC FSH	04/12/2019 NTS Championships 2019
24	1:24.06	L	F	Shayla Parkin	14	ELEC JHB	03/11/2019 CGA All Levels
25	1:24.18	L	P	Jane Lewis	14	SGUL ETH	12/10/2019 eThekweni Junior Championships 2019
26	1:24.25	L S	F	Charne Snyman	DR	BLOT MAN	26/11/2019 FS Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	1:24.42	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
28	1:24.49	L	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
29	1:24.76	L	F	Meredith O'Tool	14	WSS FDD	02/11/2019 Fezile Dabi Inter District Gala 2019
30	1:24.87	L	F	Kara Cilliers	14	PAQU CED	22/02/2020 Swartland Invitational Gala 2
31	1:24.94	L	F	Zoe Richards	TR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
32	1:25.07	L S	P	Melissa Martens	14	PSCP UMD	17/12/2019 KZNA Premier Provincial Championship
33*	1:25.47	L	F	Tayla Haslam	14	KLOO ETH	23/11/2019 KZN TYR Westville Sprints 2019
33*	1:25.47	L	F	Calista Mentz	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
35	1:25.64	L	F	Livia Bisschops	14	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
36	1:25.65	L	F	Nicola Hartman	14	NWS	01/02/2020 NTS Invitational Gala 2020
37	1:25.66	L	F	Annè Sabbagha	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
38	1:25.93	L S	F	Katelyn Pienaar	14	PEAS NMA	07/02/2020 5th A League
39	1:26.11	L S	F	Zoe Padbury	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
40	1:26.20	L	F	Georgia Carstens	14	TUKS TSH	18/10/2019 NTS Prestige Gala 2019
41	1:26.34	L	F	Cara Van Der Bijl	14	BLNE MAN	18/10/2019 Otters Prestige Gala 2019
42	1:26.37	L	F	Jade-Ann Le Roux	14	WATR JHB	03/11/2019 CGA All Levels
43	1:26.65	L	F	Danielle Heyes	14	REDAQ CPT	01/12/2019 Western Cape Summer Championships
44	1:26.82	L	F	Jenny Zhang	14	PEPPS CCD	05/10/2019 Limpopo Age Group 4 & School Champs
45	1:26.83	L	F	Erin Foster	14	ELEC JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
46	1:26.96	L	F	Rebecca Leach	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
47	1:27.15	L	F	Amber Fourie	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
48	1:27.18	L	F	Carmia Hartman	14	RFA TSH	27/09/2019 NTS September 2019 Age Group Gala
49	1:27.29	L	F	Gabriella Edwards	14	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
50	1:27.34	L	F	Emma Terblanche	14	PRKA PSD	05/12/2019 NCASA Champs Dec 2019
51	1:27.69	L	F	Noxolo Dzanibe	14	RBOT NW	25/01/2020 4 + 1 Inter Provincial Gala 2020
52	1:27.75	L	F	Rachel Cross	14	SGUL ETH	18/01/2020 eThekweni Age Group Gala 9
53	1:27.79	L	F	Juliet Van Thiel	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
54	1:27.83	L	F	Haylee Vd Merwe	14	QUIC CPT	01/12/2019 Western Cape Summer Championships
55	1:27.94	L	F	Ane' Meier	14	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
56	1:28.19	L	P	Somikazi Qwemesha	14	CYBE CPT	01/12/2019 Western Cape Long Course
57	1:28.25	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
58	1:28.28	L	F	Zoë Josephs	14	ASAW CED	25/01/2020 West Coast Qualify Gala 2020
59	1:28.35	L S	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
60	1:28.78	L	F	Sarah West	14	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
61	1:28.86	L	F	Abigail Powell	14	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
62	1:29.27	L S	F	Caitlin Rademakers	14	PEAS NMA	07/02/2020 5th A League
63	1:29.51	L	F	Mienke Herbst	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
64	1:29.80	L	F	Joy-Mari Boyce	14	TUKS TSH	2019 The Tshwane Mayoral Gala
65*	1:29.87	L	F	Anina Groenewald	14	BLNE MAN	27/09/2019 Neptunes Open Gala
65*	1:29.87	L S	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
67	1:29.88	L	F	Sharne Steele	14	LINR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
68	1:29.99	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	03/11/2019 CGA All Levels
69	1:30.07	L	F	Mia Uys	14	PSC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
70	1:30.09	L	F	Anje Van Papendorp	14	PSC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
71	1:30.12	L	P	Jodi Dos Santos	14	NSA EZD	29/11/2019 Mpumalanga Championships 2019
72	1:30.20	L S	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
73	1:30.24	L	F	Tumé van Niekerk	14	POTC KKD	23/11/2019 NWS Age Group 3 2019/20
74	1:30.35	L S	F	Emma Hamman	14	FAAC FBD	26/11/2019 FS Champs
75	1:30.42	L	F	Marteli Pieters	14	PAC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
76	1:30.55	L	F	Joané Lindeque	14	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
77	1:30.57	L	F	Saskia Van Thiel	14	WATR JHB	03/11/2019 CGA All Levels
78	1:30.74	L	F	Grace De Jongh	14	REDAQ CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
79*	1:30.80	L	P	Shauniquè Kannemeyer	14	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
79*	1:30.80	L	P	Lara Gouws	14	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
81	1:30.83	L	F	Annette Greyling	14	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
82	1:30.91	L	F	Gemma Frank	14	ASA ILD	18/10/2019 Ilembe District Age Group Gala 2
83	1:31.18	L	F	Rozelle Burness	14	PAC TSH	14/02/2020 NTS February 2020 Age Group Gala
84	1:31.23	L	P	Lara De Beer	14	BENS EKU	05/12/2019 EGA Summer Championships 2019
85	1:31.29	L	F	Jemma van der Merwe	14	CSC TSH	15/11/2019 NTS November 2019 Age Group Gala



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
86	1:31.40	L	F	Courtney Smith	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
87	1:31.46	L	F	Mischa King	14	ASAW CED	24/08/2019 Winelands Senior League 2 - 24Aug
88	1:31.53	L	F	Demi Jacobs	14	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
89	1:31.57	L	F	Zelmarie Levin	14	ETTN EKU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
90	1:31.58	L	F	Ashley Freel	14	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
91	1:31.66	L	F	Larique Joubert	14	LSTZN MPD	05/10/2019 Limpopo Age Group 4 & School Champs
92	1:32.15	L	P	Tarryn Volkwyn	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
93	1:32.22	L	F	Kate Meyburgh	14	INFA NMA	12/10/2019 3rd A League 2019
94	1:32.95	L	P	Skye Westerhuis	14	CUDU CPT	01/12/2019 Western Cape Long Course
95	1:33.00	L	F	Ami Pirie	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
96	1:33.07	L	F	Michelle Jack	14	MAC EKU	14/12/2019 15th BSSA Nationals
97	1:33.08	L	F	Petro Marié Fourie	14	FISH EDD	06/12/2019 Eden LC Champs 2019
98	1:33.11	L	F	Caitlin Smit	14	CSC TSH	12/10/2019 NTS Oct 2019 Age Group Gala
99	1:33.19	L	F	Helena Prinsloo	14	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
100	1:33.22	L	F	Roslyn Joseph	14	DDA TSH	15/11/2019 NTS November 2019 Age Group Gala
101	1:33.37	L	F	Emma Gardiner	14	DYNA EKU	05/12/2019 EGA Summer Championships 2019
102*	1:33.41	L	F	Anika Visser	14	CUDU CPT	02/11/2019 Swartland Invitational #1
102*	1:33.41	L	F	Gemma Kirsten	14	BLNE MAN	30/08/2019 Kovsie Aquatics Gala 2019
104	1:33.54	L	F	Jayda Collett	14	TUKS TSH	13/09/2019 NTS September 2019 Age Group Gala
105	1:33.60	L	F	Eva Markovic	14	MATL KKD	25/01/2020 4 + 1 Inter Provincial Gala 2020
106	1:33.68	L	F	Kelly Williamson	14	INFA NMA	29/11/2019 NMBA Championships 2019
107	1:33.76	L	F	Zodea Jacobie	14	SUPE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
108	1:33.85	L	F	Donia Smit	14	SS MPD	29/11/2019 Limpopo Champs
109	1:34.40	L	F	Ashleigh Witney	14	ONYX EKU	15/02/2020 EGA Last Chance Feb 2020
110	1:34.62	L	F	Jenna Mitchell	14	ACSA ETH	15/02/2020 KZN Aquatics Level 2 Provincial
111	1:34.73	L	F	Sarah-Anne Helps	14	BENS EKU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
112	1:34.76	L	F	Mia Neilson	14	WATR JHB	03/11/2019 CGA All Levels
113	1:34.88	L	F	Daniella September	14	KNYD EDD	06/12/2019 Eden LC Champs 2019
114	1:35.26	L	F	Isabella Reynolds	14	ELEC JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
115	1:35.44	L	F	Isabella Rodrigues	14	QUIC CPT	22/02/2020 Swartland Invitational Gala 2
116	1:35.48	L	P	Tara Uys	14	TYGE CPT	26/09/2019 Aquabear Invitational Meet 2019
117	1:35.58	L	F	Caden Spencer	14	JSA JHB	12/10/2019 NTS Oct 2019 Age Group Gala
118	1:35.92	L	F	Awande Mlangeni	14	ONYX EKU	15/02/2020 EGA Last Chance Feb 2020
119	1:35.99	L	P	Tyler Hughes	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
120	1:36.04	L	F	Josi Arnold	14	HARL BUF	14/06/2019 PEA Winter Gala
121*	1:36.23	L	F	Julia Volschenk	14	DDA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
121*	1:36.23	L	F	Symóne Steyn	14	KEIK NMD	19/10/2019 NWS Age Group 1 1920
123	1:36.56	L	F	Mieke Oosthuizen	14	TKS WBD	29/11/2019 Limpopo Champs
124	1:36.57	L	F	Jullia Griffioen	14	HARB BPD	23/11/2019 NWS Age Group 3 2019/20
125	1:36.76	L	P	Nurul-Huda Samaai	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
126	1:36.94	L	F	Tenieka Greyling	14	WATR JHB	03/11/2019 CGA All Levels
127	1:37.03	L	F	Rachael Dart	14	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
128	1:37.04	L	F	Anika Rabie	14	ACSA ETH	05/10/2019 eThekwini Age Group 6
129	1:37.06	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
130	1:37.13	L	F	Bianke Pienaar	14	PARYS FDD	16/11/2019 Fezile Dabi Age Group November 2019
131	1:37.24	L	F	Gemma Donnelly	14	TRAZ TSH	12/10/2019 NTS Oct 2019 Age Group Gala
132	1:37.41	L	P	Ninah Wedderburn	14	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
133	1:37.49	L	P	Manaal Omar	14	SGUL ETH	12/10/2019 eThekwini Junior Championships 2019
134	1:37.59	L	F	Anna Victor	14	GTC EZD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
135	1:37.65	L	F	Zoe Stock	14	DYNA EKU	14/09/2019 EGA Summer 1 2019
136	1:37.75	L S	F	Nirene van der Watt	14	PARYS FDD	26/11/2019 FS Champs
137	1:37.82	L	P	Catherine Rowan	14	SGUL ETH	12/10/2019 eThekwini Junior Championships 2019
138	1:37.86	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
139	1:37.96	L	F	Jasmine Erasmus	14	MATL KKD	05/12/2019 NWS Championships 2019/2020
140	1:38.08	L	F	Chloe Vd Merwe	14	ASAC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
141	1:38.12	L	F	Elza De Kock	14	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
142	1:38.14	L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
143	1:38.23	L	F	Mari Kemp	14	SWAR WCD	02/11/2019 Swartland Invitational #1
144	1:38.26	L	F	Rania Gamielien	14	WALM CPT	25/01/2020 CTA TYR QUALIFYING GALA #3

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
145	1:38.37	L	F	Zahra Dhooma	14	SGUL	ETH	18/01/2020 eThekweni Age Group Gala 9
146	1:38.40	L	F	Skyla Schroll	14	NWUC	KKD	23/11/2019 NWS Age Group 3 2019/20
147	1:38.73	L S	P	Dina Jansen Van Rensburg	14	TTNS	EKU	24/06/2019 Sasol National Winter Championship
148*	1:38.95	L	F	Grace Taylor	14	GREY	CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
148*	1:38.95	L	F	Charlize De Villiers	14	PRKA	PSD	05/12/2019 NCASA Champs Dec 2019
150	1:39.07	L	F	Gabriëlle Nieuwoudt	14	CUDU	CPT	02/11/2019 Swartland Invitational #1
151	1:39.27	L	F	Caitlin Rossouw	14	BLSS	MAN	18/10/2019 Otters Prestige Gala 2019
152	1:39.38	L	F	Hannah James	14	NCDST	ILD	18/10/2019 Ilembe District Age Group Gala 2
153	1:39.48	L	F	Shadonise Da Veiga	14	SODO	JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
154	1:39.52	L S	F	Tatum Havenga	14	CARN	EKU	24/06/2019 Sasol National Winter Championship
155	1:40.08	L	F	Cassandra Millar	14	DORE	JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
156	1:40.58	L	F	Olivia Drewett	14	HSTAN	MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
157	1:40.93	L	F	Emma Van Der Westhuysen	14	FISHS	EDD	08/02/2020 EDEN 5th A-League Gala 2020
158	1:40.99	L	F	Cayla Visser	14	BLSS	MAN	14/09/2019 Mangaung Sprints
159	1:41.04	L	F	San-Mari Van der Walt	14	DDA	FSH	15/11/2019 NTS November 2019 Age Group Gala
160	1:41.16	L	F	Zane Bruyns	14	RFA	FSH	26/10/2019 2019 OR Tambo/Soncini Games
161	1:41.22	L	F	Kaylin Visser	14	BLSS	MAN	04/10/2019 Seals Gala
162	1:41.59	L	F	Kayleigh Birch	14	FAAC	FBD	25/10/2019 Flamingo Aquatics Academy Prestige
163	1:41.70	L	F	Keira Booth	14	UNIC	MPD	05/10/2019 Limpopo Age Group 4 & School Champs
164	1:41.81	L	F	Calista Mackenzie	14	HE	WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
165	1:41.89	L	F	Li McQuire	14	NWUC	KKD	05/12/2019 NWS Championships 2019/2020
166	1:41.94	L	F	Anike Kuhn	14	PEAS	NMA	14/06/2019 PEA Winter Gala
167	1:42.08	L	F	Caitlyn Martin	14	WATR	JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
168	1:42.13	L	F	Saffron Tweedie	14	PEAR	NMA	26/10/2019 1st B Age Group Gala & EC Schools
169	1:42.22	L	F	Leigh Jonkers	14	SRAY	BUF	22/11/2019 BCA Long Course Championships 2019
170	1:42.50	L	F	Victoria Baigent	14	ESTR	EKU	15/02/2020 EGA Last Chance Feb 2020
171*	1:42.68	L	F	Shaina Adriaan	14	TYGE	CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
171*	1:42.68	L	F	Imari Voigt	14	VALS	FDD	16/11/2019 Fezile Dabi Age Group November 2019
173	1:42.86	L	F	Yasmeen Moolla	14	ASA	ILD	18/10/2019 Ilembe District Age Group Gala 2
174	1:42.93	L	F	Atiyyah Valli	14	ATLA	JHB	03/11/2019 CGA All Levels
175	1:43.06	L	F	Chané Jacobsz	14	NWUC	KKD	15/02/2020 NWS Last Chance AG5 1920
176	1:43.19	L	F	Elri Vorster	14	ELHS	VBD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
177	1:43.72	L S	F	Zanri De Witt	14	VALS	FDD	26/11/2019 FS Champs
178	1:43.74	L	F	Anika Van Der Bank	14	UPTS	ZMD	21/02/2020 NCASA Sprints 2020
179	1:43.88	L	F	Thinica Mc Anda	14	FAAC	FBD	25/10/2019 Flamingo Aquatics Academy Prestige
180	1:44.47	L	F	Isabel Swart	14	BARR	CPT	22/02/2020 Swartland Invitational Gala 2
181	1:44.96	L	F	Awande Mdlalose	14	CSC	FSH	29/11/2019 2019 The Tshwane Mayoral Gala
182	1:45.18	L	F	Sadiyah Sallie	14	CAMB	BUF	26/10/2019 1st B Age Group Gala & EC Schools
183	1:45.45	L	F	Jamie Hains	14	PEAS	NMA	14/06/2019 PEA Winter Gala
184	1:45.78	L	P	Alexa Jeaven	14	MANT	CPT	26/09/2019 Aquabear Invitational Meet 2019
185	1:45.99	L	F	Kimberley Howes	14	HARB	BPD	13/09/2019 NTS September 2019 Age Group Gala
186	1:46.06	L	F	Kaitlyn Immelman	14	ESP	EKU	14/09/2019 EGA Summer 1 2019
187	1:46.10	L	F	Jade Westley	14	H2O	EKU	14/09/2019 EGA Summer 1 2019
188	1:46.13	L	F	Olwethu Ndlovu	14	UMSH	ETH	05/10/2019 eThekweni Age Group 6
189	1:46.22	L	F	Ané Ferreira	14	POTC	KKD	15/02/2020 NWS Last Chance AG5 1920
190	1:46.29	L	F	Nikola Roux	14	TRAZ	FSH	13/09/2019 NTS September 2019 Age Group Gala
191	1:46.35	L	F	Catelynn Gouws	14	DBSC	SDD	15/02/2020 EGA Last Chance Feb 2020
192	1:46.52	L	F	Jezwyne Marimuthu	14	BAYV	ETH	05/10/2019 eThekweni Age Group 6
193	1:46.63	L	F	Carlin Malan	14	DBSC	SDD	14/09/2019 EGA Summer 1 2019
194	1:46.98	L S	F	Alexia Koupis	14	BLSS	MAN	26/11/2019 FS Champs
195	1:47.51	L	F	Hayley Swanepoel	14	PER	JHB	03/11/2019 CGA All Levels
196	1:47.83	L	F	Louise Desmond-Smith	14	SAAW	CPT	02/11/2019 Swartland Invitational #1
197	1:48.75	L	F	Laaiqah Goondie	14	SUPE	JHB	26/10/2019 2019 OR Tambo/Soncini Games
198	1:49.21	L	F	Hao Dong	14	BARR	CPT	01/11/2019 38th Freda Barnard Invitational Gala
199	1:49.80	L	F	Ruqaiyah Mahomed	14	AQSC	UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
200	1:49.85	L	F	Cara Botha	14	HARB	BPD	05/12/2019 NWS Championships 2019/2020
201	1:50.23	L	F	Jané Botha	14	FISH	EDD	08/02/2020 EDEN 5th A-League Gala 2020
202	1:50.36	L	F	Tylor Nel	14	HMER	MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
203	1:50.48	L	F	Jayden Timmermans	14	HRP	NKD	11/10/2019 MP AGE GROUP 2 - 11-12 October

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
204	1:50.58	L	F	Chloe Craig	14	ELIT JHB	03/11/2019 CGA All Levels
205	1:50.60	L	F	Alexia Michalopoulos	14	RFA TSH	16/08/2019 NTS August 2019 Age Group Gala Level
206	1:50.79	L	F	Isabelle Ferreira	14	HFDT MPD	05/10/2019 Limpopo Age Group 4 & School Champs
207	1:51.54	L	F	Busisiwe Mogadima	14	SOUL EKU	08/03/2020 Aquatics Gauteng Level 1
208	1:51.67	L	F	Daniella Hunziker	14	AFIN JHB	03/11/2019 CGA All Levels
209	1:52.02	L	F	Zoe Viljoen	14	PEAS NMA	14/06/2019 PEA Winter Gala
210	1:52.21	L	F	Sasha-Lee Johnson	14	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
211	1:52.93	L	F	Josephine Liebenberg	14	MATI CED	25/01/2020 CTA TYR QUALIFYING GALA #3
212	1:53.37	L	F	Sisanda Mvuyana	14	TMAC ETH	28/02/2020 NDSA Gala 2020
213	1:55.05	L	F	Megan Venter	14	SOUL EKU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
214	1:55.07	L	F	Phenyo Mautlane	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
215	1:55.50	L	F	Stacey-Lee Van Schalkwyk	14	WEST CPT	02/11/2019 Swartland Invitational #1
216	1:56.17	L	F	Nombuso Mente	14	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
217	1:56.24	L	F	Xandri Botha	14	KSC EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
218	1:56.47	L	F	Niya Madhav	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
219	1:57.27	L	F	Kayleigh De Jong	14	CUDU CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
220	1:57.29	L	F	Phenyo Sithi	14	ATLA JHB	08/03/2020 Aquatics Gauteng Level 1
221	1:57.40	L	F	Chubekile Ndawo	14	ESP EKU	08/03/2020 Aquatics Gauteng Level 1
222	1:58.24	L	F	Yedidah Theron	14	ROJ EDD	05/10/2019 EDEN District School Trials 2019
223	1:59.10	L	F	Thaakirah Abrahams	14	WALM CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
224	1:59.68	L	F	Athelene Gouws	14	FSAC BPD	19/10/2019 NWS Age Group 1 1920
225	2:00.20	L	F	Maja Alexander	14	VINE CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
226	2:02.47	L	F	Nosipho Gina	14	USH KCD	07/12/2019 December Age Group Gala 2019
227	2:02.51	L	F	Khomotso Moshapa	14	ATTE TSH	14/02/2020 NTS February 2020 Age Group Gala
228	2:04.30	L	F	Bilqeas Abrahams	14	MANT CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
229	2:04.39	L	F	Aphiwe Khuzwayo	14	UMSH ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
230	2:04.72	L	F	Aaliyah Laher	14	ATLA JHB	03/11/2019 CGA All Levels
231	2:05.06	L	F	Meghan Bezuidenhout	14	HRP NKD	11/10/2019 MP AGE GROUP 2 - 11-12 October
232	2:08.60	L	F	Ayanda- JNR Metsing	14	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
233	2:09.12	L	F	Mianel Du Plooy	14	LSPHA MPD	05/10/2019 Limpopo Age Group 4 & School Champs
234	2:13.40	L	F	Luyanda Dube	14	USH KCD	25/01/2020 Ushaka Championship Gala 2020
235	2:13.75	L	F	Thandeka Mbokazi	14	USH KCD	12/10/2019 KCDA October Age Group Gala 2019
236	2:14.41	L	F	Danielle Verster	14	BAR EZD	29/11/2019 Mpumalanga Championships 2019
237	2:21.66	L	F	Rhea Mothichund	14	OTTO ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
238	2:21.74	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
239	2:28.40	L	F	Rosemarie Oberholzer	14	WRP EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
240	3:03.38	L	F	Zothani Sibiya	VR	ASC ILD	14/03/2020 KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 200 Breast</b>							
1	2:43.27	L S	F	Ruby Dixon	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
2	2:45.23	L	F	Michaela Dal Medico	14	SODO JHB	04/12/2019 NTS Championships 2019
3	2:46.32	L	F	Morgan Pharoah	14	WATR JHB	21/06/2019 Hamilton Aquatics Summer Sizzler
4	2:48.10	L	F	Caitlin Ruane	14	NWS	01/02/2020 NTS Invitational Gala 2020
5	2:48.92	L	F	Jessica Gardner	14	USC BUF	25/01/2020 BCA January Age Group Gala 2020
6	2:50.26	L	F	Cara Ralfe	14	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
7	2:51.40	L S	F	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
8	2:51.48	L	F	Isabelle Barrow	14	SWIM1 JHB	09/12/2019 SA Schools Swimming Championship
9	2:52.72	L	F	Maxine Boyce	14	NWS	01/02/2020 NTS Invitational Gala 2020
10	2:52.94	L	F	Robyn Hough	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
11	2:54.03	L	F	Amy Muller	14	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
12	2:54.44	L	F	Mikaela Goelst	14	FINS EZD	29/11/2019 Mpumalanga Championships 2019
13	2:56.65	L	F	Ciara Wimple	14	GUIS	25/01/2020 Surrey Age Group Championships
14	2:57.22	L	F	Matundu Banza	14	RSA	20/02/2020 CANA Zone IV Championships
15	2:57.34	L	F	Jasmin Vermeulen	14	DRGN JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
16	2:59.11	L	F	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
17	3:00.99	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	10/01/2020 2020 Grand Prix Invitation Swimming
18	3:01.35	L S	F	Shayla Parkin	14	ELEC JHB	17/12/2019 KZNA Premier Provincial Championship
19	3:01.52	L S	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
20	3:02.18	L	F	Zoe Terblanche	14	NWS	01/02/2020 NTS Invitational Gala 2020
21	3:03.05	L	F	Mia Nortjè	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
22	3:03.10	L	F	Somikazi Qwemesha	14	CYBE	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
23	3:03.21	L	F	Grace Daly	14	SODO	JHB 04/12/2019 NTS Championships 2019
24	3:04.07	L	F	Haylee Vd Merwe	14	QUIC	CPT 26/09/2019 Aquabear Invitational Meet 2019
25	3:04.46	L	F	Amy Robson-Garth	14	SOUL	EKU 19/10/2019 EGA Summer 3 2019
26	3:04.96	L	P	Sarah West	14	QUIC	CPT 31/01/2020 2020 Grand Prix Invitational Swimming
27	3:05.30	L S	P	Melissa Martens	14	PSCP	UMD 17/12/2019 KZNA Premier Provincial Championship
28	3:05.68	L	P	Cara Van Der Bijl	14	BLNE	MAN 09/12/2019 SA Schools Swimming Championship
29	3:06.13	L	F	Annè Sabbagha	14	MPS	NGD 09/12/2019 SA Schools Swimming Championship
30	3:06.76	L	F	Gabriella Edwards	14	MDOL	JHB 05/12/2019 CGA Championships 2019
31	3:07.52	L	P	Amber Landskron	14	TUKS	FSH 04/12/2019 NTS Championships 2019
32	3:07.64	L	P	Zoë Josephs	14	ASAW	GED 31/01/2020 2020 Grand Prix Invitational Swimming
33	3:08.03	L	F	Rachel Cross	14	SGUL	ETH 23/11/2019 KZN TYR Westville Sprints 2019
34	3:08.24	L	F	Courtney Smith	14	TYGE	CPT 01/12/2019 Western Cape Summer Championships
35	3:08.41	L S	F	Rebecca Leach	14	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
36	3:08.57	L	F	Nicola Hartman	14	RFA	FSH 15/11/2019 NTS November 2019 Age Group Gala
37	3:08.85	L	F	Emma Hamman	14	FAAC	FBD 08/11/2019 NCASA Age Group 2 KBY 2019
38	3:09.02	L	F	Zoe Padbury	14	KZNA	ETH 09/12/2019 SA Schools Swimming Championship
39	3:09.16	L S	F	Danielle Joubert	14	BLNE	MAN 26/11/2019 FS Champs
40	3:09.42	L	P	Janke Fourie	14	PAC	FSH 04/12/2019 NTS Championships 2019
41	3:09.65	L	F	Noxolo Dzanibe	14	NWS	01/02/2020 NTS Invitational Gala 2020
42	3:09.69	L	F	Tayla Haslam	14	KLOO	ETH 24/06/2019 Sasol National Winter Championship
43	3:09.83	L S	F	Miche Johns	14	BLNE	MAN 26/11/2019 FS Champs
44	3:10.16	L	F	Livia Bisschops	14	AA	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
45	3:10.21	L	F	Erin Foster	14	ELEC	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
46	3:11.02	L	F	Danielle Heyes	14	REDAQ	CPT 01/12/2019 Western Cape Summer Championships
47	3:11.13	L	F	Joy-Mari Boyce	14	TUKS	FSH 14/02/2020 NTS February 2020 Age Group Gala
48	3:11.18	L	F	Anje Van Papendorp	14	PSC	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
49	3:11.36	L	F	Charne Snyman	DR	BLOT	MAN 04/10/2019 Seals Gala
50	3:11.40	L	F	Jenny Zhang	14	PEPPS	CCD 05/10/2019 Limpopo Age Group 4 & School Champs
51	3:11.41	L	F	Grace De Jongh	14	REDAQ	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
52	3:11.58	L	F	Amber Fourie	14	WATR	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
53	3:12.04	L	F	Annette Greyling	14	CRSC	JHB 05/12/2019 CGA Championships 2019
54	3:12.28	L	F	Lara De Beer	14	BENS	EKU 19/10/2019 EGA Summer 3 2019
55	3:12.30	L	F	Zoe Richards	TR	PSA	ZLD 23/11/2019 KZN TYR Westville Sprints 2019
56	3:12.62	L	F	Kara Cilliers	14	PAQU	GED 29/02/2020 WCA Junior Champs - 2020
57	3:13.07	L	F	Juliet Van Thiel	14	WATR	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
58	3:13.86	L	F	Sharne Steele	14	LINR	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
59	3:14.21	L	F	Mienke Herbst	14	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
60	3:14.66	L S	P	Nirvana Borrageiro	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
61	3:14.77	L	F	Demi Jacobs	14	TUKS	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
62	3:14.80	L	F	Abigail Powell	14	ROA	EDD 26/09/2019 Aquabear Invitational Meet 2019
63	3:15.59	L	F	Shauniquè Kannemeyer	14	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
64	3:15.70	L	F	Jane Lewis	14	SGUL	ETH 20/07/2019 eThekweni Age Group Gala 3
65	3:16.10	L	F	Eva Markovic	14	MATL	KKD 09/11/2019 NWS Age Group 2 1920
66	3:16.13	L	F	Tumé van Niekerk	14	POTC	KKD 09/11/2019 NWS Age Group 2 1920
67	3:16.34	L	F	Ami Pirie	14	QUIC	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
68	3:17.46	L	F	Jemma van der Merwe	14	CSC	FSH 14/02/2020 NTS February 2020 Age Group Gala
69	3:18.01	L	P	Reese O'Riordan	14	MPS	NGD 09/12/2019 SA Schools Swimming Championship
70	3:18.69	L	F	Anina Groenewald	14	BLNE	MAN 27/09/2019 Neptunes Open Gala
71	3:18.86	L S	F	Gemma Kirsten	14	BLNE	MAN 26/11/2019 FS Champs
72	3:18.89	L S	F	Heike-Louise Hecter	14	BLSS	MAN 26/11/2019 FS Champs
73	3:18.98	L	F	Emma Terblanche	14	PRKA	PSD 05/12/2019 NCASA Champs Dec 2019
74	3:19.37	L	F	Marteli Pieters	14	PAC	FSH 14/02/2020 NTS February 2020 Age Group Gala
75	3:19.40	L	F	Larique Joubert	14	LSTZN	MPD 05/10/2019 Limpopo Age Group 4 & School Champs
76	3:20.14	L	F	Anika Visser	14	CUDU	CPT 19/10/2019 Winelands Senior League 4 - 19 Oct
77	3:20.75	L	F	Emma Gardiner	14	DYNA	EKU 19/10/2019 EGA Summer 3 2019
78	3:21.47	L	F	Aeryn Reyneke	14	CYBE	CPT 09/11/2019 CTA MEET #4
79	3:22.66	L	F	Lara Gouws	14	VINE	CPT 09/11/2019 CTA MEET #4
80	3:22.89	L	F	Zelmarie Levin	14	ETTN	EKU 01/11/2019 NTS November 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
81	3:23.18 L	F	Isabella Rodrigues	14	QUIC CPT	22/02/2020	Swartland Invitational Gala 2
82	3:23.48 L	F	Caitlin Smit	14	CSC FSH	01/11/2019	NTS November 2019 Age Group Gala
83	3:23.49 L	F	Petro Marié Fourie	14	FISH EDD	06/12/2019	Eden LC Champs 2019
84	3:24.39 L	F	Sarah-Anne Helps	14	BENS ECU	19/10/2019	EGA Summer 3 2019
85	3:24.40 L	F	Josi Arnold	14	HARL BUF	26/09/2019	Aquabear Invitational Meet 2019
86	3:25.48 L	F	Zodea Jacobie	14	SUPE JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
87	3:25.70 L S	P	Catherine Rowan	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
88	3:26.16 L	F	Skye Westerhuis	14	CUDU CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
89	3:26.18 L	F	Gemma Frank	14	ASA ILD	26/10/2019	eThekwini Age Group Gala 7
90	3:26.83 L	F	Bianke Pienaar	14	PARYS FDD	16/11/2019	Fezile Dabi Age Group November 2019
91	3:26.98 L	F	Joané Lindeque	14	HSBV SKD	05/10/2019	Limpopo Age Group 4 & School Champs
92	3:27.57 L	F	Rozelle Burness	14	PAC FSH	14/02/2020	NTS February 2020 Age Group Gala
93	3:27.66 L	F	Saskia Van Thiel	14	WATR JHB	05/12/2019	CGA Championships 2019
94	3:27.93 L	F	Bianca Vd Merwe	14	TYGE CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
95	3:28.14 L	F	Mari Kemp	14	SWAR WCD	01/12/2019	Western Cape Summer Championships
96	3:28.20 L	F	Jasmine Erasmus	14	MATL KKD	09/11/2019	NWS Age Group 2 1920
97	3:28.33 L	F	Nurul-Huda Samaai	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
98	3:28.42 L	F	Liya Davids	14	AA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
99	3:28.57 L S	F	Kaylin Visser	14	BLSS MAN	26/11/2019	FS Champs
100	3:28.68 L	F	Skyla Schroll	14	NWUC KKD	09/11/2019	NWS Age Group 2 1920
101	3:29.54 L	F	San-Mari Van der Walt	14	DDA FSH	29/11/2019	2019 The Tshwane Mayoral Gala
102	3:29.55 L	F	Roslyn Joseph	14	DDA FSH	30/08/2019	NTS August 2019 Age Group Gala Level
103	3:29.68 L	F	Anika Rabie	14	SEAL UMD	15/02/2020	KZN Aquatics Level 2 Provincial
104	3:29.91 L	F	Mieke Oosthuizen	14	TKS WBD	29/11/2019	Limpopo Champs
105	3:31.26 L	F	Anna Victor	14	GTC EZD	29/02/2020	MP AGE GROUP 6 - 29 FEBRUARY
106	3:31.44 L	F	Sophia Stegmann	14	MDOL JHB	19/10/2019	EGA Summer 3 2019
107	3:32.44 L	F	Elza De Kock	14	QUIC CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
108	3:32.92 L	F	Charlize De Villiers	14	PRKA PSD	05/12/2019	NCASA Champs Dec 2019
109	3:32.94 L S	F	Cayla Visser	14	BLSS MAN	26/11/2019	FS Champs
110	3:32.99 L S	F	Zoe Stock	14	DYNA ECU	05/12/2019	EGA Summer Championships 2019
111	3:33.34 L	F	Tenieka Greyling	14	HREF BPD	05/12/2019	NWS Championships 2019/2020
112	3:33.44 L	F	Chané Jacobsz	14	NWUC KKD	09/11/2019	NWS Age Group 2 1920
113	3:33.80 L	F	Ninah Wedderburn	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
114	3:35.03 L	F	Olwethu Ndlovu	14	UMSH ETH	15/02/2020	KZN Aquatics Level 2 Provincial
115	3:35.69 L	F	Grace Taylor	14	GREY CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
116	3:36.24 L	F	Shadonise Da Veiga	14	SODO JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
117	3:36.40 L	P	Dina Jansen Van Rensburg	14	TTNS ECU	24/06/2019	Sasol National Winter Championship
118	3:36.75 L	F	Caitlin Rossouw	14	BLSS MAN	04/10/2019	Seals Gala
119	3:37.06 L	F	Rachael Dart	14	SRAY BUF	25/01/2020	BCA January Age Group Gala 2020
120	3:37.85 L	F	Thea Vd Toorn	14	CYBE CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
121	3:39.54 L S	F	Awande Mlangeni	14	ONYX ECU	05/12/2019	EGA Summer Championships 2019
122	3:39.95 L	F	Anika Van Der Bank	14	UPTS ZMD	21/02/2020	NCASA Sprints 2020
123	3:40.62 L	F	Jullia Griffioen	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
124	3:41.29 L	F	Kayleigh Birch	14	FAAC FBD	08/11/2019	NCASA Age Group 2 KBY 2019
125	3:41.57 L	F	Leigh Jonkers	14	SRAY BUF	07/02/2020	BCA Feb Age Group Gala 2020
126	3:41.78 L	F	Keira Booth	14	SS MPD	29/11/2019	Limpopo Champs
127	3:42.42 L	F	Erin-Lyn Bose	14	RFA FSH	16/08/2019	NTS August 2019 Age Group Gala Level
128	3:43.19 L	F	Ané Ferreira	14	POTC KKD	05/12/2019	NWS Championships 2019/2020
129	3:43.40 L	F	Caitlyn Martin	14	WATR JHB	05/12/2019	CGA Championships 2019
130	3:44.76 L	F	Imari Voigt	14	VALS FDD	16/11/2019	Fezile Dabi Age Group November 2019
131	3:45.19 L	F	Zanri De Witt	14	VALS FDD	16/11/2019	Fezile Dabi Age Group November 2019
132	3:45.88 L	F	Atiyah Valli	14	ATLA JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
133	3:45.99 L	F	Kimberley Howes	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
134	3:46.01 L	F	Lara Daling	14	HWBA WBD	05/10/2019	Limpopo Age Group 4 & School Champs
135	3:46.75 L	F	Catelynn Gouws	14	DBSC SDD	15/02/2020	EGA Last Chance Feb 2020
136	3:47.57 L	F	Juliet Miller	14	ELEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
137	3:47.62 L	F	Li McQuire	14	NWUC KKD	09/11/2019	NWS Age Group 2 1920
138	3:47.97 L	F	Jade Westley	14	H2O ECU	19/10/2019	EGA Summer 3 2019
139	3:50.02 L	F	Nikola Roux	14	TRAZ FSH	13/09/2019	NTS September 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
140	3:50.18	L	F	Cara Botha	14	HARB BPD	13/09/2019 NTS September 2019 Age Group Gala
141	3:52.19	L	F	Tharien Venter	14	BLUO UGD	15/02/2020 KZN Aquatics Level 2 Provincial
142	3:53.42	L	F	Thinica Mc Anda	14	FAAC FBD	24/06/2019 Sasol National Winter Championship
143	3:54.04	L	F	Shaniell Senosky	14	BLSS MAN	04/10/2019 Seals Gala
144	3:54.44	L	F	Awande Mdlalose	14	CSC TSH	26/10/2019 2019 OR Tambo/Soncini Games
145	3:56.75	L	F	Nirene van der Watt	14	PARYS FDD	15/02/2020 NWS Last Chance AG5 1920
146	3:57.07	L	F	Laaiah Goondie	14	SUPE JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
147	3:58.17	L	F	Saskia Reddering	14	CUDU CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
148	3:59.45	L	F	Ruqaiyah Mahomed	14	AQSC UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
149	4:00.96	L	F	Alexia Michalopoulos	14	RFA TSH	16/08/2019 NTS August 2019 Age Group Gala Level
150	4:02.12	L	F	Chloe Craig	14	ELIT JHB	19/10/2019 EGA Summer 3 2019
151	4:02.64	L	F	Megan Venter	14	SOUL EKU	19/10/2019 EGA Summer 3 2019
152	4:03.76	L	F	Zoe Viljoen	14	PEAS NMA	14/06/2019 PEA Winter Gala
153	4:07.32	L	F	Sisanda Mvuyana	14	TMAC ETH	28/02/2020 NDSA Gala 2020
154	4:07.50	L	F	Isabelle Ferreira	14	HFDT MPD	05/10/2019 Limpopo Age Group 4 & School Champs
155	4:07.66	L	F	Xandri Botha	14	KSC EZD	29/11/2019 Mpumalanga Championships 2019
156	4:10.45	L	F	Niya Madhav	14	ATLA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
157	4:11.21	L	F	Jezwyne Marimuthu	14	BAYV ETH	20/07/2019 eThekweni Age Group Gala 3
158	4:12.67	L	F	Emma Wintermeyer	14	CRSC JHB	05/12/2019 CGA Championships 2019
159	4:31.75	L	F	Aphiwe Khuzwayo	14	UMSH ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
160	4:51.97	L	F	Nosipho Gina	14	USH KCD	25/01/2020 Ushaka Championship Gala 2020
161	4:52.61	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
162	5:00.31	L	F	Khomotso Moshapa	14	ATTE TSH	16/08/2019 NTS August 2019 Age Group Gala Level
163	5:57.35	L	F	Zothani Sibiya	VR	ASC ILD	14/03/2020 KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 50 Fly</b>							
1	28.83	L	F	Scarlett Nichol	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
2	29.58	L	P	Ruby Dixon	14	WOAQ CED	23/07/2019 British Summer Nationals
3	30.05	L	F	Ane' Meier	14	PAC TSH	04/12/2019 NTS Championships 2019
4	30.27	L	F	Robyn Aaron	14	WSTV ETH	17/12/2019 KZNA Premier Provincial Championship
5	30.39	L	F	Amy Muller	14	TUKS TSH	04/12/2019 NTS Championships 2019
6	30.62	L	F	Christine Wessels	14	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
7	30.64	L	P	Payton Brink	14	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
8	30.83	L	F	Isabelle Barrow	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
9	30.87	L	F	Georgia Carstens	14	TUKS TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
10	30.91	L	F	Rachel Groepes	14	SAAW CPT	01/12/2019 Western Cape Summer Championships
11	31.04	L	F	Tayla Haslam	14	KLOO ETH	23/11/2019 KZN TYR Westville Sprints 2019
12	31.12	L	F	Jodi Dos Santos	14	NHS MP	19/02/2020 Inter High School Gala - 19 February
13	31.13	L	P	Thea Vd Toorn	14	CYBE CPT	01/12/2019 Western Cape Summer Championships
14*	31.23	L	F	Emma Peacock	14	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
14*	31.23	L	F	Michaela Dal Medico	14	SODO JHB	07/09/2019 2019 Hillcrest Sprint Gala 13/O
16	31.24	L	P	Zoe Terblanche	14	RFA TSH	04/12/2019 NTS Championships 2019
17	31.30	L	F	Tazmyn Robson	14	TUKS TSH	18/10/2019 NTS Prestige Gala 2019
18	31.46	L	P	Jane Lewis	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
19	31.74	L	F	Tammy Greenwood	14	ROA EDD	09/11/2019 4th A League
20	31.76	L	F	Alexia Delicado	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
21	31.85	L	F	Emma Beyers	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
22	32.02	L	P	Kate Moore	14	MATI CED	26/09/2019 Aquabear Invitational Meet 2019
23	32.03	L	F	Alexandra Eagles	14	TYGE CPT	01/12/2019 Western Cape Long Course
24	32.07	L	P	Chloe Gershuny	14	SAAW CPT	26/09/2019 Aquabear Invitational Meet 2019
25	32.08	L	P	Tori Voke	14	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
26	32.16	L	F	Tyler Hughes	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
27	32.17	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
28	32.18	L	F	Taylin Alberts	14	TRAZ TSH	19/10/2019 EGA Summer 3 2019
29	32.24	L	F	Samantha Lowman	14	SWIM1 JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
30	32.40	L S	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
31	32.49	L	F	Lara Groenewald	14	AQU ADJ	23/11/2019 KZN TYR Westville Sprints 2019
32	32.61	L	P	Liya Venter	14	BLMA CPT	01/12/2019 Western Cape Summer Championships
33	32.62	L	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
34	32.80	L S	F	Meredith O'Tool	14	WELA FDD	26/11/2019 FS Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	32.83	L	F	Nirvana Borrageiro	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
36	32.84	L	F	Alexandra Caldwell	14	ACT	JHB 03/11/2019 CGA All Levels
37	32.86	L	P	Danielle Davidson	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
38	33.00	L	F	Jade-Ann Le Roux	14	WATR	JHB 03/11/2019 CGA All Levels
39	33.03	L	F	Josi Arnold	14	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
40	33.04	L	P	Maxine Boyce	14	TUKS	FSH 04/12/2019 NTS Championships 2019
41	33.07	L S	F	Amber Olsen	14	BLNE	MAN 26/11/2019 FS Champs
42	33.16	L	F	Keila Manthe	14	TUKS	FSH 04/12/2019 NTS Championships 2019
43	33.17	L	F	Cara Van Der Bijl	14	BLNE	MAN 09/12/2019 SA Schools Swimming Championship
44	33.26	L	F	Mieke Oosthuizen	14	LP	LP 09/12/2019 SA Schools Swimming Championship
45	33.33	L	F	Jessica Law	14	DYNA	EKU 14/09/2019 EGA Summer 1 2019
46	33.39	L	F	Carmia Hartman	14	RFA	FSH 04/12/2019 NTS Championships 2019
47	33.48	L	P	Eryn Casey	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
48	33.54	L	F	Miche Johns	14	BLNE	MAN 30/08/2019 Kovies Aquatics Gala 2019
49*	33.59	L	F	Kimberley Ingwe	14	MDOL	JHB 19/10/2019 EGA Summer 3 2019
49*	33.59	L	F	Danielle Heyes	14	REDAQ	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
51*	33.69	L	F	Erin Foster	14	ELEC	JHB 05/12/2019 CGA Championships 2019
51*	33.69	L	F	Emma Hamman	14	FAAC	FBD 24/06/2019 Sasol National Winter Championship
53*	33.70	L	F	Jordan Zwart	14	SEAL	UMD 23/11/2019 KZN TYR Westville Sprints 2019
53*	33.70	L	F	Amber Landskron	14	TUKS	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
55	33.71	L	F	Olivia Kruger	14	ELEC	JHB 05/12/2019 CGA Championships 2019
56	33.76	L	P	Lisbe Booyse	14	TUKS	FSH 26/09/2019 Aquabear Invitational Meet 2019
57	33.81	L	F	Jessica Gardner	14	USC	BUF 25/01/2020 BCA January Age Group Gala 2020
58	33.83	L	F	Tatum Havenga	14	CARN	EKU 05/12/2019 EGA Summer Championships 2019
59	33.87	L	P	Morgan Pharoah	14	WATR	JHB 28/06/2019 Fast & Furious Meet
60	33.88	L	F	Jozi Nupen	14	CRSC	JHB 05/12/2019 CGA Championships 2019
61	33.94	L	F	Kaela Viljoen	14	CRSC	JHB 05/12/2019 CGA Championships 2019
62	34.04	L	P	Tara Uys	14	TYGE	CPT 26/09/2019 Aquabear Invitational Meet 2019
63	34.05	L	F	Rachel Guymmer	14	LINR	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
64	34.07	L	F	Cara Ralfe	14	SEAL	UMD 27/06/2019 2019 FLA International Cup
65	34.08	L	F	Symóne Steyn	14	KEIK	NMD 23/11/2019 NWS Age Group 3 2019/20
66	34.13	L	F	Babette Van Rooyen	14	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
67*	34.15	L	F	Wendy-Mae Turner	14	AQUB	NMA 23/08/2019 Madibaz Spring Gala
67*	34.15	L	F	Demi Jacobs	14	TUKS	FSH 04/12/2019 NTS Championships 2019
69	34.17	L	F	Juliet Van Thiel	14	WATR	JHB 05/12/2019 CGA Championships 2019
70	34.19	L	F	Kelly Williamson	14	INFA	NMA 29/11/2019 NMBA Championships 2019
71	34.22	L	F	Dieu-Dene Van Jaarsveld	14	WATR	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
72	34.26	L	P	Somikazi Qwemesha	14	CYBE	CPT 01/12/2019 Western Cape Summer Championships
73	34.30	L	F	Calista Mentz	14	PAC	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
74*	34.34	L	P	Ruth Jones	14	VINE	CPT 17/12/2019 KZNA Premier Provincial Championship
74*	34.34	L	F	Vianne Nel	14	TUKS	FSH 13/09/2019 NTS September 2019 Age Group Gala
76	34.39	L	P	Haylee Vd Merwe	14	QUIC	CPT 26/09/2019 Aquabear Invitational Meet 2019
77	34.41	L	F	Amber Lewis	14	ACSA	ETH 12/10/2019 eThekwini Junior Championships 2019
78	34.46	L S	F	Katelyn Pienaar	14	PEAS	NMA 07/02/2020 5th A League
79	34.49	L	F	Nicola Harcus	14	PEAS	NMA 23/08/2019 Madibaz Spring Gala
80	34.52	L	P	Alexis Vorwerk	14	PSCP	UMD 12/10/2019 eThekwini Junior Championships 2019
81	34.54	L	F	Jessica Meter	14	SEAL	UMD 14/06/2019 2019 Michael Lohberg
82	34.58	L	P	Ava Rathner	14	SAAW	CPT 31/01/2020 2020 Grand Prix Invitational Swimming
83	34.59	L	F	Caitlin Ruane	14	TUKS	FSH 27/09/2019 NTS September 2019 Age Group Gala
84	34.69	L	F	Emma Terblanche	14	FAAC	FBD 21/02/2020 NCASA Sprints 2020
85	34.70	L	F	Emma Michell	14	MATI	CED 24/08/2019 Winelands Senior League 2 - 24Aug
86	34.75	L	F	Kara Cilliers	14	PAQU	CED 29/02/2020 WCA Junior Champs - 2020
87	34.78	L	F	Robyn Hough	14	PEAR	NMA 26/10/2019 1st B Age Group Gala & EC Schools
88	34.80	L	F	Amy Dickinson	14	MDOL	JHB 05/12/2019 CGA Championships 2019
89	34.81	L	F	Mikaela Goelst	14	CUR	MP 19/02/2020 Inter High School Gala - 19 February
90	34.84	L	P	Jemma van der Merwe	14	CSC	FSH 04/12/2019 NTS Championships 2019
91*	34.86	L	P	Courtney Smith	14	TYGE	CPT 01/12/2019 Western Cape Long Course
91*	34.86	L S	F	Alexia Koupis	14	BLSS	MAN 26/11/2019 FS Champs
93	34.90	L	F	Jasmin Vermeulen	14	DRGN	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala

## Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
94	34.94	L	F	Melissa Martens	14	PSCP UMD	05/10/2019 eThekwini Age Group 6
95	34.95	L	F	Hannah James	14	SEAL UMD	15/02/2020 KZN Aquatics Level 2 Provincial
96*	35.01	L	F	Lara Daling	14	TKS WBD	29/11/2019 Limpopo Champs
96*	35.01	L	P	Kirsten Cottrell	14	AZON ETH	12/10/2019 eThekwini Junior Championships 2019
98	35.03	L	F	Noxolo Dzanibe	14	RBOT BPD	05/12/2019 NWS Championships 2019/2020
99	35.04	L	F	Mischa King	14	ASAW CED	24/08/2019 Winelands Senior League 2 - 24Aug
100	35.10	L	P	Manaal Omar	14	SGUL ETH	12/10/2019 eThekwini Junior Championships 2019
101	35.15	L	P	Tarryn Volkwyn	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
102	35.24	L	P	Laranya Naidoo	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
103	35.27	L S	F	Charne Snyman	DR	BLOT MAN	26/11/2019 FS Champs
104	35.30	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019 KZN TYR Westville Sprints 2019
105	35.31	L	F	Alexia Michalopoulos	14	RFA TSH	12/10/2019 NTS Oct 2019 Age Group Gala
106	35.33	L	F	Kiara Johnson	14	NCDST ILD	23/11/2019 KZN TYR Westville Sprints 2019
107	35.42	L	P	Kayla De Wet	14	SOUL EKU	05/12/2019 EGA Summer Championships 2019
108*	35.54	L	P	Tiara Finnis	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
108*	35.54	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	02/11/2019 Swartland Invitational #1
110	35.60	L S	F	Thinica Mc Anda	14	FAAC FBD	26/11/2019 FS Champs
111*	35.61	L	F	Livia Bisschops	14	AA JHB	05/12/2019 CGA Championships 2019
111*	35.61	L	P	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
113	35.70	L	P	Michaela Cairns	14	AZON ETH	12/10/2019 eThekwini Junior Championships 2019
114	35.75	L	F	Corne van Schalkwyk	14	AA JHB	05/12/2019 CGA Championships 2019
115	35.80	L	F	Jenny Zhang	14	EAGA CCD	29/11/2019 Limpopo Champs
116	35.83	L	F	Ennes Zietsman	14	PSC TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
117	35.87	L	F	Isabella Rodrigues	14	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
118	35.91	L	P	Catherine Rowan	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
119	35.93	L	F	Zahra Dhooma	14	SGUL ETH	08/02/2020 eThekwini Age Group Gala 10
120	35.96	L	F	Nicola Hartman	14	RFA TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
121	35.97	L	F	Cassandra Millar	14	DORE JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
122	36.10	L S	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019 FS Champs
123	36.14	L	F	Jade Tinker	14	UPC MP	19/02/2020 Inter High School Gala - 19 February
124	36.15	L	F	Michelle Jack	14	MAC EKU	14/12/2019 15th BSSA Nationals
125	36.18	L	F	Karla De Beer	14	HANG CHD	26/10/2019 1st B Age Group Gala & EC Schools
126*	36.26	L	F	Jaime Abegglen	14	TYGE CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
126*	36.26	L	F	Rachel Smith	14	MDOL JHB	05/12/2019 CGA Championships 2019
128	36.27	L	F	Li McQuire	14	NWUC KKD	24/06/2019 Sasol National Winter Championship
129	36.29	L	F	Larique Joubert	14	LSTZN MPD	05/10/2019 Limpopo Age Group 4 & School Champs
130	36.39	L	F	Daniella September	14	KNYD EDD	06/12/2019 Eden LC Champs 2019
131	36.42	L	F	Aidon Naidoo	14	AZON ETH	03/08/2019 eThekwini Age Group Gala 4
132	36.43	L	F	Matundu Banza	14	RSA	28/11/2019 2019 EASC CANA Zone 3
133	36.44	L	F	Annette Greyling	14	CRSC JHB	05/12/2019 CGA Championships 2019
134	36.46	L	F	Rachael Dart	14	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
135	36.47	L	F	Lesedi Thunzi	14	HARL BUF	21/02/2020 BCA 2nd Feb Age Group Gala 2020
136	36.49	L	F	Abigail Powell	14	ROA EDD	01/11/2019 38th Freda Barnard Invitational Gala
137	36.52	L	F	Caitlyn Gomes	14	ISSC NMD	15/02/2020 NWS Last Chance AG5 1920
138	36.53	L	F	Eyvyonne Mthembu	14	TUKS TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
139	36.56	L S	F	Ninah Wedderburn	14	PEAS NMA	07/02/2020 5th A League
140	36.58	L	F	Oabilwe Sesoko	14	CSC TSH	26/10/2019 2019 OR Tambo/Soncini Games
141	36.70	L	P	Nurul-Huda Samaai	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
142	36.74	L	F	Heike-Louise Hecter	14	BLSS MAN	30/08/2019 Kovsie Aquatics Gala 2019
143	36.75	L	F	Lize Botha	14	BULS MAN	25/01/2020 Mangaung Classic Gala 2020
144	36.87	L	F	Roslyn Joseph	14	DDA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
145	37.01	L	F	Sophe De kock	14	AZON ETH	15/02/2020 KZN Aquatics Level 2 Provincial
146	37.04	L	F	Jayda Collett	14	TUKS TSH	01/11/2019 NTS November 2019 Age Group Gala
147	37.07	L	F	San-Mari Van der Walt	14	DDA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
148	37.09	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
149	37.13	L	P	Ashley Freel	14	TUKS TSH	04/12/2019 NTS Championships 2019
150*	37.18	L	F	Jenna Mitchell	14	ACSA ETH	05/10/2019 eThekwini Age Group 6
150*	37.18	L	F	Tumé van Niekerk	14	POTC KKD	05/12/2019 NWS Championships 2019/2020
152	37.20	L	P	Eva Markovic	14	MATL KKD	26/09/2019 Aquabear Invitational Meet 2019



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	Time	P/F/S	Name	Age/Yr			
153	37.29	L	F	Zelmarie Levin	14	ETTN	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
154	37.32	L	P	Lara De Beer	14	BENS	EKU 05/12/2019 EGA Summer Championships 2019
155	37.57	L	F	Amber Fourie	14	WATR	JHB 05/12/2019 CGA Championships 2019
156	37.60	L	P	Awande Mlangeni	14	ONYX	EKU 05/12/2019 EGA Summer Championships 2019
157	37.65	L	F	Sasha Naidoo	14	VINE	CPT 25/01/2020 West Coast Qualify Gala 2020
158	37.66	L	F	Zane Bruyns	14	RFA	TSH 16/08/2019 NTS August 2019 Age Group Gala Level
159	37.67	L	F	Anina Groenewald	14	BLNE	MAN 27/09/2019 Neptunes Open Gala
160	37.71	L	P	Amy Robson-Garth	14	SOUL	EKU 05/12/2019 EGA Summer Championships 2019
161*	37.76	L	F	Anje Van Papendorp	14	PSC	TSH 12/10/2019 NTS Oct 2019 Age Group Gala
161*	37.76	L	F	Saskia Van Thiel	14	WATR	JHB 05/12/2019 CGA Championships 2019
163	37.78	L	P	Mari Kemp	14	SWAR	WCD 01/12/2019 Western Cape Summer Championships
164	37.79	L	F	Anika Rabie	14	SEAL	UMD 15/02/2020 KZN Aquatics Level 2 Provincial
165	37.82	L	P	Jadyn-Lee Joubert	14	AZON	ETH 12/10/2019 eThekwini Junior Championships 2019
166*	37.83	L	P	Jodi Wilson	14	PEAS	NMA 26/09/2019 Aquabear Invitational Meet 2019
166*	37.83	L	P	Erin Heydricks	14	BLUO	UGD 12/10/2019 eThekwini Junior Championships 2019
168	37.87	L	P	Victoria Baigent	14	ESTR	EKU 05/12/2019 EGA Summer Championships 2019
169	37.89	L	F	Isabel Swart	14	BARR	CPT 22/02/2020 Swartland Invitational Gala 2
170	38.02	L	F	Saffron Tweedie	14	AQUB	NMA 09/12/2019 SA Schools Swimming Championship
171	38.20	L	F	Ashleigh Witney	14	ONYX	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
172	38.34	L	F	Phillipa Tobias	14	CRSC	JHB 05/12/2019 CGA Championships 2019
173*	38.43	L	F	Liya Davids	14	AA	JHB 05/12/2019 CGA Championships 2019
173*	38.43	L	F	Cayla Visser	14	BLSS	MAN 27/09/2019 Neptunes Open Gala
175	38.48	L	F	Tamika Anderson	14	TUKS	TSH 30/08/2019 NTS August 2019 Age Group Gala Level
176	38.49	L	F	Ashley Jansen Van Vuuren	14	CSA	EZD 11/10/2019 MP AGE GROUP 2 - 11-12 October
177	38.53	L	F	Elza De Kock	14	QUIC	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
178	38.54	L	F	Kate Meyburgh	14	INFA	NMA 29/11/2019 NMBA Championships 2019
179	38.62	L	F	Donia Smit	14	SS	MPD 29/11/2019 Limpopo Champs
180	38.63	L	P	Sarah-Anne Helps	14	BENS	EKU 05/12/2019 EGA Summer Championships 2019
181	38.66	L	F	Sohini Pillay	14	ELEC	JHB 05/12/2019 CGA Championships 2019
182	38.72	L	F	Zodea Jacobie	14	SUPE	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
183	38.79	L	F	Chloe Craig	14	ELIT	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
184	38.82	L	P	Shaina Adriaan	14	TYGE	CPT 01/12/2019 Western Cape Long Course
185	38.86	L	F	Zoë Josephs	14	MPS	NGD 09/12/2019 SA Schools Swimming Championship
186	38.89	L S	F	Kiana Engelbrecht	14	SASOL	FDD 26/11/2019 FS Champs
187	38.93	L	F	Olwethu Ndlovu	14	UMSH	ETH 05/10/2019 eThekwini Age Group 6
188	38.97	L	F	Petro Marié Fourie	14	FISH	EDD 08/02/2020 EDEN 5th A-League Gala 2020
189	38.99	L	F	Georgia Stone	14	PEAS	NMA 12/10/2019 3rd A League 2019
190	39.22	L	F	Hao Dong	14	BARR	CPT 01/11/2019 38th Freda Barnard Invitational Gala
191	39.25	L	F	Samantha Mouton	14	HARL	BUF 07/12/2019 BCA December Age Group Gala 2019
192	39.28	L	P	Alexa Jeaven	14	MANT	CPT 26/09/2019 Aquabear Invitational Meet 2019
193	39.30	L	F	Jenna Foster	14	AQUB	NMA 23/08/2019 Madibaz Spring Gala
194	39.45	L	F	Kaylin Visser	14	BLSS	MAN 27/09/2019 Neptunes Open Gala
195	39.48	L S	F	Gemma Kirsten	14	BLNE	MAN 26/11/2019 FS Champs
196	39.59	L	F	Tenieka Greyling	14	HREF	BPD 05/12/2019 NWS Championships 2019/2020
197	39.61	L	P	Zoe Stock	14	DYNA	EKU 05/12/2019 EGA Summer Championships 2019
198	39.63	L	F	Shadonise Da Veiga	14	SODO	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
199	39.65	L	P	Busisiwe Mogadima	14	SOUL	EKU 05/12/2019 EGA Summer Championships 2019
200	39.67	L	F	Erin-Lyn Bose	14	RFA	TSH 29/11/2019 2019 The Tshwane Mayoral Gala
201	39.72	L	P	Rebecca Leach	14	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
202	39.85	L	F	Cara Harradine	14	PAC	TSH 30/08/2019 NTS August 2019 Age Group Gala Level
203	39.94	L	F	Emma Gardiner	14	DYNA	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
204	39.98	L	F	Keira Booth	14	SS	MPD 15/02/2020 Limpopo Age Group 6
205	39.99	L	F	Juliet Miller	14	ELEC	JHB 03/11/2019 CGA All Levels
206	40.03	L	P	Talisa Rademeyer	14	SWIFT	EKU 05/12/2019 EGA Summer Championships 2019
207	40.08	L	F	Nina Pretorius	14	CSC	TSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
208	40.12	L	F	Kelsey Kemp	14	AQU	ADJ 21/02/2020 Amajuba District Long Course
209	40.16	L	F	Julia Volschenk	14	DDA	TSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
210	40.22	L	F	Charlize De Villiers	14	PRKA	PSD 05/12/2019 NCASA Champs Dec 2019
211	40.41	L	F	Kiara Kunneke	14	RFA	TSH 29/11/2019 2019 The Tshwane Mayoral Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
212	40.57	L	F	Mienke Herbst	14	SAAW	CPT 02/11/2019 Swartland Invitational #1
213	40.71	L	F	Ané Ferreira	14	POTC	KKD 23/11/2019 NWS Age Group 3 2019/20
214	40.73	L	F	Kaitlin Henderson	14	ELEC	JHB 05/12/2019 CGA Championships 2019
215	40.89	L	F	Rozelle Burness	14	PAC	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
216	41.09	L	F	Janke Fourie	14	PAC	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
217	41.13	L	F	Isabella Reynolds	14	ELEC	JHB 03/11/2019 CGA All Levels
218	41.29	L	F	Jezwyne Marimuthu	14	BAYV	ETH 05/10/2019 eThekweni Age Group 6
219	41.32	L	F	Melissa Theron	14	WATR	JHB 03/11/2019 CGA All Levels
220	41.45	L	F	Amelie Coetzee	14	HPP	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
221	41.60	L	P	Jordan Toerien	14	MARL	CPT 26/09/2019 Aquabear Invitational Meet 2019
222	41.70	L	F	Elizma Huyser	14	FISH	EDD 29/02/2020 WCA Junior Champs - 2020
223	41.77	L	F	Chané Jacobsz	14	NWUC	KKD 15/02/2020 NWS Last Chance AG5 1920
224	41.81	L	F	Awande Mdlalose	14	CSC	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
225	41.91	L	F	Grace Taylor	14	GREY	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
226	42.06	L	F	Cara Botha	14	HARB	BPD 05/12/2019 NWS Championships 2019/2020
227	42.49	L	F	Caitlin De Freitas	14	DRGN	JHB 05/12/2019 CGA Championships 2019
228*	42.52	L	P	Jamie Hains	14	PEAS	NMA 26/09/2019 Aquabear Invitational Meet 2019
228*	42.52	L	F	Megan Kelly	14	HSTAN	MPD 15/10/2019 Limpopo Top 10 - High Schools
230	42.68	L	F	Mia Limbach	14	ELHS	VBD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
231	42.73	L	F	Jade Westley	14	H2O	EKU 15/02/2020 EGA Last Chance Feb 2020
232	42.77	L	F	Katrijn Roefs	14	TUKS	FSH 13/09/2019 NTS September 2019 Age Group Gala
233	42.85	L	F	Ane Besseling	14	HE	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
234	42.91	L	F	Joy-Mari Boyce	14	TUKS	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
235	43.04	L	F	Jelaan Eveleigh	14	RFA	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
236	43.06	L	F	Tori Robertson	14	MAC	EKU 17/08/2019 EGA Winter 4 (Soncini) 17.08.19
237	43.43	L	F	Kimberley Howes	14	HARB	BPD 05/12/2019 NWS Championships 2019/2020
238	43.50	L	F	Jamie-Lee Van Den Heever	14	BOKS	EKU 15/02/2020 EGA Last Chance Feb 2020
239	43.75	L	F	Amy Marks	14	ELEC	JHB 15/02/2020 CGA Level 2 Last Chance Gala - Day 1
240	43.77	L	F	Keira De Aveiro	14	FLOD	JHB 19/10/2019 EGA Summer 3 2019
241	44.54	L	F	Atiyyah Valli	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
242	44.60	L	P	Xandri Botha	14	KSC	EZD 29/11/2019 Mpumalanga Championships 2019
243	44.79	L	F	Mélandri De Beer	14	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
244	44.85	L	F	Dina Jansen Van Rensburg	14	ETTN	EKU 19/10/2019 EGA Summer 3 2019
245	44.92	L	F	Catelynn Gouws	14	DBSC	SDD 19/10/2019 EGA Summer 3 2019
246	45.02	L	F	Johara Sheik	14	AQSC	UMD 14/03/2020 KZNA Level 1 Provincial Champs 2020
247	45.30	L	F	Carlin Malan	14	DBSC	SDD 14/09/2019 EGA Summer 1 2019
248	45.36	L	F	Calista Mackenzie	14	HE	WBD 15/10/2019 Limpopo Top 10 - High Schools
249	45.56	L	F	Jullia Griffioen	14	HARB	BPD 05/12/2019 NWS Championships 2019/2020
250	46.01	L	F	Isabelle Ferreira	14	HFDT	MPD 05/10/2019 Limpopo Age Group 4 & School Champs
251	46.13	L	F	Ankia Uys	VR	PSA	ZLD 07/12/2019 December Age Group Gala 2019
252	46.24	L	F	Talita McDonald	14	FISHS	EDD 01/11/2019 38th Freda Barnard Invitational Gala
253	46.31	L	F	Kayleigh Birch	14	FAAC	FBD 04/10/2019 Seals Gala
254	46.36	L	F	Danielle Verster	14	BAR	EZD 11/10/2019 MP AGE GROUP 2 - 11-12 October
255	46.49	L	F	Anika Van Der Bank	14	UPTS	ZMD 21/02/2020 NCASA Sprints 2020
256*	46.68	L	F	Jasmine Erasmus	14	MATL	KKD 05/12/2019 NWS Championships 2019/2020
256*	46.68	L	F	Olivia Drewett	14	HSTAN	MPD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
258	46.74	L	F	Bianke Pienaar	14	PARYS	FDD 14/09/2019 Fezile Dabi Age Group
259	46.99	L	F	Aphiwe Khuzwayo	14	UMSH	ETH 15/02/2020 KZN Aquatics Level 2 Provincial
260	47.14	L	P	Kaitlyn Immelman	14	ESP	EKU 05/12/2019 EGA Summer Championships 2019
261	47.48	L	F	Chubekile Ndawo	14	ESP	EKU 08/03/2020 Aquatics Gauteng Level 1
262	47.61	L	F	Sisanda Mvuyana	14	TMAC	ETH 28/02/2020 NDSA Gala 2020
263	47.98	L	F	Megan Venter	14	SOUL	EKU 14/09/2019 EGA Summer 1 2019
264	48.63	L	F	Ruqaiyah Mahomed	14	AQSC	UMD 14/03/2020 KZNA Level 1 Provincial Champs 2020
265	48.68	L	F	Saskia Reddering	14	CUDU	CPT 22/02/2020 Swartland Invitational Gala 2
266*	49.37	L	F	Janke Vogel	14	PSC	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
266*	49.37	L	F	Phenyo Mautlane	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
268	50.00	L	F	Nosipho Gina	14	USH	KCD 25/01/2020 Ushaka Championship Gala 2020
269	50.68	L	F	Phenyo Sithi	14	ATLA	JHB 08/03/2020 Aquatics Gauteng Level 1
270	50.78	L	F	Nombuso Mente	14	SOWE	JHB 08/03/2020 Aquatics Gauteng Level 1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
271	50.90 L	F	Thandeka Mbokazi	14	USH KCD	25/01/2020	Ushaka Championship Gala 2020
272	51.54 L	F	Cezanne Carroll	14	HSS NGD	31/01/2020	MP AGE GROUP 4 31 JANUARY - 1
273	52.02 L	F	Nikola Roux	14	TRAZ TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
274	52.07 L	F	Kenni-Leigh Carelse	14	UWCA CPT	02/11/2019	Swartland Invitational #1
275	52.28 L	F	Niya Madhav	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
276	52.46 L	F	Megan Prinsloo	14	NHS MP	19/02/2020	Inter High School Gala - 19 February
277*	53.13 L	F	Sadiyah Sallie	14	CAMB P BUF	26/10/2019	1st B Age Group Gala & EC Schools
277*	53.13 L	F	Rhea Mothichund	14	OTTO ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
279	53.68 L	F	Aaliyah Laher	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
280	54.13 L	F	Meghan Bezuidenhout	14	HRP NKD	11/10/2019	MP AGE GROUP 2 - 11-12 October
281	57.45 L	F	Luyanda Dube	14	USH KCD	07/12/2019	December Age Group Gala 2019
282	57.71 L	F	Ayanda- JNR Metsing	14	SOWE JHB	08/03/2020	Aquatics Gauteng Level 1
283	58.62 L	F	Zubenathi Gongo	14	UWCA CPT	02/11/2019	Swartland Invitational #1
284	1:06.20 L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
285	1:06.90 L	F	Elriscke Peters	14	PHS CCD	15/10/2019	Limpopo Top 10 - High Schools
286	1:10.29 L	F	Lisakhanya Zonke	14	KHAY CPT	02/11/2019	Swartland Invitational #1
287	1:53.26 L	F	Zothani Sibiyi	VR	ASC ILD	14/03/2020	KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 100 Fly</b>							
1	1:04.11 L	F	Ruby Dixon	14	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
2	1:05.96 L	F	Scarlett Nichol	14	ACSA ETH	17/01/2020	Singapore Swim Series 1, January 2020
3	1:06.50 L	F	Amy Muller	14	TUKS TSH	04/12/2019	NTS Championships 2019
4	1:07.38 L	F	Tazmyn Robson	14	NWS	01/02/2020	NTS Invitational Gala 2020
5	1:08.24 L	F	Michaela Dal Medico	14	SODO JHB	09/12/2019	SA Schools Swimming Championship
6	1:08.85 L	P	Christine Wessels	14	HASC JHB	21/02/2020	2020 Grand Prix Invitational Swimming
7	1:08.91 L	F	Tayla Haslam	14	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
8	1:08.93 L	F	Georgia Carstens	14	TUKS TSH	04/12/2019	NTS Championships 2019
9	1:09.30 L	F	Payton Brink	14	VINE CPT	01/12/2019	Western Cape Long Course
10	1:09.59 L	F	Jodi Dos Santos	14	MPS NGD	09/12/2019	SA Schools Swimming Championship
11	1:10.01 L	F	Tammy Greenwood	14	ROA EDD	01/12/2019	Western Cape Long Course
12	1:11.14 L	F	Teegan Pio	14	PEAS NMA	29/11/2019	NMBA Championships 2019
13	1:11.28 L	F	Danielle Davidson	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
14	1:11.39 L	F	Maxine Boyce	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
15	1:11.77 L	F	Kate Moore	14	MATI CED	26/09/2019	Aquabear Invitational Meet 2019
16	1:12.53 L	F	Chloe Gershuny	14	SAAW CPT	01/12/2019	Western Cape Long Course
17	1:12.72 L	F	Emma Beyers	14	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
18	1:13.01 L	P	Ciara Wimble	14	GUIS	25/01/2020	Surrey Age Group Championships
19	1:13.77 L	F	Nirvana Borrageiro	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
20	1:14.16 L	F	Jane Lewis	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
21	1:14.24 L	F	Alexandra Eagles	14	TYGE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
22	1:14.30 L	P	Robyn Hough	14	PEAS NMA	09/12/2019	SA Schools Swimming Championship
23	1:14.38 L	F	Miche Johns	14	BLNE MAN	09/12/2019	SA Schools Swimming Championship
24	1:14.40 L	P	Alexandra Caldwell	14	ACT JHB	05/12/2019	CGA Championships 2019
25	1:14.46 L	F	Thea Vd Toorn	14	CYBE CPT	01/12/2019	Western Cape Summer Championships
26	1:14.55 L	F	Calista Mentz	14	PAC TSH	04/12/2019	NTS Championships 2019
27	1:14.71 L	P	Keila Manthe	14	TUKS TSH	04/12/2019	NTS Championships 2019
28	1:14.72 L	F	Meredith O'Tool	14	WELA FDD	31/01/2020	Neptune Last Chance Gala
29	1:14.73 L S	F	Tyler Hughes	14	BOKS ECU	05/12/2019	EGA Summer Championships 2019
30	1:15.15 L	F	Rachel Groepes	14	SAAW CPT	02/11/2019	Swartland Invitational #1
31	1:15.37 L	P	Tara Uys	14	TYGE CPT	26/09/2019	Aquabear Invitational Meet 2019
32	1:15.53 L	P	Mieke Oosthuizen	14	LP LP	09/12/2019	SA Schools Swimming Championship
33	1:15.61 L	F	Jenny Zhang	14	EAGA CCD	29/11/2019	Limpopo Champs
34	1:15.71 L	F	Emma Peacock	14	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
35	1:15.76 L	F	Kaela Viljoen	14	CRSC JHB	15/02/2020	EGA Last Chance Feb 2020
36	1:16.08 L	F	Jemma van der Merwe	14	CSC TSH	04/12/2019	NTS Championships 2019
37	1:16.44 L	F	Catherine Rowan	14	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
38	1:16.49 L	P	Jessica Meter	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
39	1:16.85 L	P	Jade-Ann Le Roux	14	WATR JHB	05/12/2019	CGA Championships 2019
40	1:17.07 L	F	Mikaela Goelst	14	FINS EZD	29/11/2019	Mpumalanga Championships 2019
41	1:17.38 L	F	Somikazi Qwemesha	14	CYBE CPT	01/12/2019	Western Cape Long Course

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Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
42	1:17.56	L	F	Taylin Alberts	14	TRAZ	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
43	1:17.71	L	P	Amy Dickinson	14	MDOL	JHB 05/12/2019 CGA Championships 2019
44	1:17.73	L	P	Dieu-Dene Van Jaarsveld	14	WATR	JHB 05/12/2019 CGA Championships 2019
45	1:18.10	L	P	Cara Ralfe	14	SEAL	UMD 17/12/2019 KZNA Premier Provincial Championship
46	1:18.93	L	F	Jordan Zwart	14	SEAL	UMD 23/11/2019 KZN TYR Westville Sprints 2019
47	1:19.00	L	F	Tatum Havenga	14	CARN	EKU 15/02/2020 EGA Last Chance Feb 2020
48	1:19.01	L S	F	Danielle Joubert	14	BLNE	MAN 26/11/2019 FS Champs
49	1:19.15	L	F	Josi Arnold	14	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
50	1:19.50	L	F	Kara Cilliers	14	PAQU	CED 02/11/2019 Swartland Invitational #1
51	1:19.93	L	P	Lisbe Boooyse	14	TUKS	FSH 26/09/2019 Aquabear Invitational Meet 2019
52	1:20.21	L	P	Taryn Volkwyn	14	INFA	NMA 26/09/2019 Aquabear Invitational Meet 2019
53	1:20.38	L	F	Ruth Jones	14	VINE	CPT 09/11/2019 CTA MEET #4
54	1:20.48	L	F	Cara Van Der Bijl	14	BLNE	MAN 31/01/2020 Neptune Last Chance Gala
55	1:20.94	L S	F	Amber Olsen	14	BLNE	MAN 26/11/2019 FS Champs
56	1:21.05	L	F	Mischa King	14	ASAW	CED 21/09/2019 Winelands Senior League 3 - 21Sept
57	1:21.49	L	F	Roslyn Joseph	14	DDA	FSH 26/10/2019 2019 OR Tambo/Soncini Games
58	1:21.72	L	F	Alexis Vorwerk	14	PSCP	UMD 12/10/2019 eThekwini Junior Championships 2019
59	1:21.83	L	P	Jozi Nupen	14	CRSC	JHB 05/12/2019 CGA Championships 2019
60	1:22.04	L	F	Melindie Van Rensburg	14	UNIN	MPD 29/11/2019 Mpumalanga Championships 2019
61	1:22.22	L	F	Michaela Cairns	14	AZON	ETH 12/10/2019 eThekwini Junior Championships 2019
62	1:22.25	L	P	Laranya Naidoo	14	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
63	1:22.65	L	F	Larique Joubert	14	TASC	MPD 29/11/2019 Limpopo Champs
64	1:23.28	L	F	San-Mari Van der Walt	14	DDA	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
65	1:23.33	L S	F	Emma Hamman	14	FAAC	FBD 26/11/2019 FS Champs
66	1:23.35	L	P	Sarah West	14	QUIC	CPT 26/09/2019 Aquabear Invitational Meet 2019
67	1:24.03	L	F	Courtney Smith	14	TYGE	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
68	1:24.30	L	F	Zahra Dhooma	14	SGUL	ETH 18/01/2020 eThekwini Age Group Gala 9
69	1:24.55	L	F	Corne van Schalkwyk	14	AA	JHB 22/02/2020 CGA Level 2 Last Chance Gala - Day 1
70	1:24.87	L	F	Babette Van Rooyen	14	SAAW	CPT 02/11/2019 Swartland Invitational #1
71	1:25.28	L	P	Aidon Naidoo	14	AZON	ETH 12/10/2019 eThekwini Junior Championships 2019
72	1:26.19	L	F	Gabriëlle Nieuwoudt	14	CUDU	CPT 02/11/2019 Swartland Invitational #1
73	1:26.31	L	F	Oabilwe Sesoko	14	CSC	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
74	1:26.38	L	P	Nurul-Huda Samaai	14	MARL	CPT 26/09/2019 Aquabear Invitational Meet 2019
75	1:26.79	L	F	Zelmarie Levin	14	ETTN	EKU 17/08/2019 EGA Winter 4 (Soncini) 17.08.19
76	1:26.80	L	F	Nicola Harcus	14	PEAS	NMA 14/06/2019 PEA Winter Gala
77	1:27.14	L	P	Isabella Rodrigues	14	QUIC	CPT 26/09/2019 Aquabear Invitational Meet 2019
78	1:27.60	L	F	Skye Da Fonseca-Hattingh	14	RFA	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
79	1:27.69	L	F	Lara Groenewald	14	AQU	ADJ 21/02/2020 Amajuba District Long Course
80	1:28.07	L	F	Michelle Jack	14	MAC	EKU 14/12/2019 15th BSSA Nationals
81	1:28.14	L	F	Symón Steyn	14	KEIK	NMD 25/01/2020 4 + 1 Inter Provincial Gala 2020
82	1:28.18	L	F	Awande Mlangeni	14	ONYX	EKU 18/01/2020 EGA Summer 5 - 2020
83	1:28.67	L	F	Alexa Jeaven	14	AQDO	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
84*	1:28.71	L	P	Jodi Wilson	14	PEAS	NMA 26/09/2019 Aquabear Invitational Meet 2019
84*	1:28.71	L S	F	Heike-Louise Hecter	14	BLSS	MAN 26/11/2019 FS Champs
86*	1:29.28	L	F	Olwethu Ndlovu	14	UMSH	ETH 15/02/2020 KZN Aquatics Level 2 Provincial
86*	1:29.28	L	F	Helena Prinsloo	14	PAQU	CED 21/09/2019 Winelands Senior League 3 - 21Sept
88	1:29.44	L	P	Ava Rathner	14	SAAW	CPT 01/12/2019 Western Cape Long Course
89	1:29.46	L	F	Donia Smit	14	HMER	MPD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
90	1:30.37	L	F	Zoe Stock	14	DYNA	EKU 08/11/2019 EGA Summer 4
91	1:30.58	L	F	Vianne Nel	14	TUKS	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
92	1:30.70	L	F	Sasha Naidoo	14	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
93	1:30.71	L S	F	Lara De Beer	14	BENS	EKU 05/12/2019 EGA Summer Championships 2019
94	1:30.76	L	F	Rachael Dart	14	SRAY	BUF 07/12/2019 BCA December Age Group Gala 2019
95	1:31.28	L	F	Caitlin Rossouw	14	BLSS	MAN 25/10/2019 Flamingo Aquatics Academy Prestige
96	1:31.72	L	F	Isabel Swart	14	BARR	CPT 22/02/2020 Swartland Invitational Gala 2
97	1:32.02	L	F	Eyvonne Mthembu	14	TUKS	FSH 26/10/2019 2019 OR Tambo/Soncini Games
98	1:32.11	L	P	Lara Daling	14	LP	LP 09/12/2019 SA Schools Swimming Championship
99	1:32.21	L	P	Erin Heydricks	14	BLUO	UGD 12/10/2019 eThekwini Junior Championships 2019
100	1:32.30	L	F	Caitlyn Gomes	14	ISSC	NMA 05/12/2019 NWS Championships 2019/2020

### Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
101	1:32.36	L S	F	Gemma Kirsten	14	BLNE MAN	26/11/2019 FS Champs
102	1:33.63	L	F	Hao Dong	14	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
103	1:33.72	L	F	Anika Rabie	14	SEAL UMD	15/02/2020 KZN Aquatics Level 2 Provincial
104	1:33.77	L	F	Li McQuire	14	NWUC KKD	09/11/2019 NWS Age Group 2 1920
105	1:33.78	L	F	Cara Harradine	14	PAC FSH	12/10/2019 NTS Oct 2019 Age Group Gala
106	1:33.83	L S	F	Rebecca Leach	14	BOKS EKU	05/12/2019 EGA Summer Championships 2019
107	1:34.43	L	F	Alexia Michalopoulos	14	RFA FSH	16/08/2019 NTS August 2019 Age Group Gala Level
108	1:34.59	L	P	Annette Greyling	14	CRSC JHB	05/12/2019 CGA Championships 2019
109	1:35.46	L	F	Karla De Beer	14	HANG CHD	26/10/2019 1st B Age Group Gala & EC Schools
110	1:35.69	L S	F	Talisa Rademeyer	14	SWIFT EKU	05/12/2019 EGA Summer Championships 2019
111	1:36.26	L S	F	Cayla Visser	14	BLSS MAN	26/11/2019 FS Champs
112	1:36.29	L	F	Kiana Engelbrecht	14	WSS FDD	02/11/2019 Fezile Dabi Inter District Gala 2019
113	1:37.10	L	F	Calista Mackenzie	14	HE WBD	15/10/2019 Limpopo Top 10 - High Schools
114	1:38.00	L	F	Cara Botha	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
115	1:38.24	L	F	Eva Markovic	14	MATL KKD	05/12/2019 NWS Championships 2019/2020
116	1:38.52	L	F	Thinica Mc Anda	14	FAAC FBD	29/02/2020 SEALS AGE GROUP GALA
117	1:38.68	L	F	Isabelle Ferreira	14	HFDT MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
118	1:38.95	L	F	Keira Booth	14	UNIC MPD	05/10/2019 Limpopo Age Group 4 & School Champs
119	1:39.97	L S	F	Kaylin Visser	14	BLSS MAN	26/11/2019 FS Champs
120	1:41.35	L	F	Xandri Botha	14	KSC EZD	29/11/2019 Mpumalanga Championships 2019
121	1:42.07	L	F	Megan Kelly	14	HSTAN MPD	15/10/2019 Limpopo Top 10 - High Schools
122	1:43.06	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	11/10/2019 MP AGE GROUP 2 - 11-12 October
123	1:43.65	L	F	Catelynn Gouws	14	DBSC SDD	08/11/2019 EGA Summer 4
124	1:44.67	L	F	Kelsey Kemp	14	AQU ADJ	21/02/2020 Amajuba District Long Course
125	1:45.59	L	F	Kimberley Howes	14	HARB BPD	05/12/2019 NWS Championships 2019/2020
126	1:45.69	L	F	Charlize De Villiers	14	PRKA PSD	21/02/2020 NCASA Sprints 2020
127	1:46.26	L	P	Jordan Toerien	14	MARL CPT	26/09/2019 Aquabear Invitational Meet 2019
128	1:46.80	L	F	Amelie Coetzee	14	HPP WBD	15/10/2019 Limpopo Top 10 - High Schools
129	1:50.11	L	F	Anika Van Der Bank	14	UPTS ZMD	21/02/2020 NCASA Sprints 2020
130	1:50.46	L	F	Jasmine Erasmus	14	MATL KKD	05/12/2019 NWS Championships 2019/2020
131	1:52.72	L	F	Jezwyne Marimuthu	14	BAYV ETH	20/07/2019 eThekweni Age Group Gala 3
132	1:54.33	L	F	Danielle Verster	14	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
133	1:55.41	L	F	Ruqaiyah Mahomed	14	AQSC UMD	19/01/2020 eThekweni Age Level 1 Gala 2
134	2:02.70	L	F	Johara Sheik	14	AQSC UMD	14/03/2020 KZNA Level 1 Provincial Champs 2020
135	2:05.19	L	F	Chubekile Ndawo	14	ESP EKU	08/11/2019 EGA Summer 4
136	2:37.74	L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 200 Fly</b>							
1	2:29.31	L	F	Tazmyn Robson	14	NWS	01/02/2020 NTS Invitational Gala 2020
2	2:36.14	L	F	Teegan Pio	14	PEAS NMA	29/11/2019 NMBA Championships 2019
3	2:36.45	L	F	Danielle Davidson	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
4	2:41.39	L	F	Amy Muller	14	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
5	2:45.31	L	F	Michaela Dal Medico	14	SODO JHB	27/09/2019 NTS September 2019 Age Group Gala
6	2:48.59	L	F	Tayla Haslam	14	KLOO ETH	24/06/2019 Sasol National Winter Championship
7	2:48.99	L	F	Alexandra Caldwell	14	ACT JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
8	2:51.12	L	F	Emma Beyers	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
9	2:51.25	L	F	Catherine Rowan	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
10	2:55.05	L	F	Jenny Zhang	14	EAGA CCD	29/11/2019 Limpopo Champs
11	2:55.38	L	F	Nirvana Borrageiro	14	SGUL ETH	23/11/2019 KZN TYR Westville Sprints 2019
12	3:03.64	L	F	Tatum Havenga	14	CARN EKU	05/12/2019 EGA Summer Championships 2019
13	3:11.86	L	F	Jemma van der Merwe	14	CSC FSH	14/02/2020 NTS February 2020 Age Group Gala
14	3:14.56	L	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
15	3:20.93	L	F	San-Mari Van der Walt	14	DDA FSH	14/02/2020 NTS February 2020 Age Group Gala
16	4:17.19	L	F	Anika Van Der Bank	14	UPTS ZMD	15/11/2019 NCASA Age Group 3 2019 UP
<b>Women 14-14 200 IM</b>							
1	2:26.03	L	P	Ruby Dixon	14	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
2	2:29.39	L	F	Danielle Davidson	14	SGUL ETH	21/02/2020 2020 Grand Prix Invitational Swimming
3	2:30.57	L	F	Michaela Dal Medico	14	SODO JHB	04/12/2019 NTS Championships 2019
4	2:32.17	L	F	Rachel Groepes	14	SAAW CPT	01/12/2019 Western Cape Long Course

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
5	2:33.41	L	F	Amy Muller	14	NWS	01/02/2020 NTS Invitational Gala 2020
6	2:33.47	L	F	Ane' Meier	14	NWS	01/02/2020 NTS Invitational Gala 2020
7	2:33.56	L	F	Samantha Lowman	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
8	2:33.57	L	F	Robyn Hough	14	PEAS NMA	29/11/2019 NMBA Championships 2019
9	2:35.20	L	F	Georgia Carstens	14	TUKS FSH	04/12/2019 NTS Championships 2019
10	2:35.56	L	F	Tayla Haslam	14	KLOO ETH	17/12/2019 KZNA Premier Provincial Championship
11	2:36.85	L	F	Scarlett Nichol	14	ACSA ETH	17/01/2020 Singapore Swim Series 1, January 2020
12	2:37.12	L	F	Amber Olsen	14	BLNE MAN	26/11/2019 FS Champs
13	2:37.39	L	F	Maxine Boyce	14	TUKS FSH	23/08/2019 Madibaz Spring Gala
14	2:37.51	L	F	Morgan Pharoah	14	WATR JHB	03/05/2019 Hamilton Aquatics Last Chance Meet
15	2:38.64	L	F	Jane Lewis	14	SGUL ETH	28/02/2020 NDSA Gala 2020
16	2:39.01	L	F	Christine Wessels	14	HASC JHB	10/01/2020 2020 Grand Prix Invitation Swimming
17	2:39.10	L	F	Cara Ralfe	14	SEAL UMD	23/11/2019 KZN TYR Westville Sprints 2019
18	2:39.71	L	F	Emma Beyers	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
19	2:39.83	L	P	Nirvana Borrageiro	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
20	2:40.45	L	F	Payton Brink	14	VINE CPT	01/12/2019 Western Cape Summer Championships
21	2:40.82	L	F	Tammy Greenwood	14	ROA EDD	01/11/2019 38th Freda Barnard Invitational Gala
22	2:40.90	L	P	Ashley Ebing	14	WSTV ETH	21/02/2020 2020 Grand Prix Invitational Swimming
23	2:41.06	L	F	Caitlin Ruane	14	TUKS FSH	04/12/2019 NTS Championships 2019
24	2:41.20	L	F	Nicola Harcus	14	PEAS NMA	29/11/2019 NMBA Championships 2019
25	2:41.76	L	F	Mikaela Goelst	14	CUR MP	19/02/2020 Inter High School Gala - 19 February
26	2:42.01	L	F	Jodi Dos Santos	14	NHS MP	19/02/2020 Inter High School Gala - 19 February
27	2:42.18	L	F	Tori Voke	14	VIKI BUF	08/11/2019 BCA November Age Group Gala 2019
28	2:42.31	L	F	Dieu-Dene Van Jaarsveld	14	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming
29	2:42.38	L	F	Reese O'Riordan	14	VINE CPT	01/12/2019 Western Cape Summer Championships
30	2:42.47	L	F	Kate Moore	14	REDAQ CPT	02/11/2019 Swartland Invitational #1
31	2:42.48	L	F	Kirsten Cottrell	14	AZON ETH	12/10/2019 eThekwini Junior Championships 2019
32	2:42.65	L	F	Grace Daly	14	SODO JHB	04/12/2019 NTS Championships 2019
33	2:42.97	L	F	Jessica Meter	14	SEAL UMD	27/06/2019 2019 FLA International Cup
34	2:43.10	L	F	Isabelle Barrow	14	SWIM1 JHB	05/12/2019 CGA Championships 2019
35	2:43.21	L	P	Calista Mentz	14	PAC FSH	04/12/2019 NTS Championships 2019
36	2:43.59	L	F	Emma Michell	14	MATI CED	01/12/2019 Western Cape Long Course
37	2:43.65	L	F	Olivia Kruger	14	ELEC JHB	03/11/2019 CGA All Levels
38	2:43.81	L	F	Chloe Gershuny	14	SAAW CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
39	2:44.66	L	F	Callan Lotter	14	WATR JHB	05/12/2019 CGA Championships 2019
40	2:44.87	L	F	Tara Uys	14	TYGE CPT	01/12/2019 Western Cape Long Course
41	2:45.15	L	F	Mischa King	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
42	2:45.22	L	F	Miche Johns	14	BLNE MAN	26/11/2019 FS Champs
43	2:45.39	L	F	Tazmyn Robson	14	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
44	2:45.92	L	F	Babette Van Rooyen	14	SAAW CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
45	2:46.20	L	F	Teegan Pio	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
46	2:46.31	L	F	Robyn Aaron	14	WSTV ETH	23/11/2019 KZN TYR Westville Sprints 2019
47	2:46.54	L	F	Jenny Zhang	14	LP LP	09/12/2019 SA Schools Swimming Championship
48	2:46.63	L	F	Jade-Ann Le Roux	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
49	2:46.64	L	F	Meredith O'Tool	14	WELA FDD	25/01/2020 4 + 1 Inter Provincial Gala 2020
50	2:47.15	L	F	Jasmin Vermeulen	14	DRGN JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
51	2:47.26	L	F	Alexia Delicado	14	POTC KKD	23/11/2019 NWS Age Group 3 2019/20
52	2:47.42	L	P	Jemma van der Merwe	14	CSC FSH	04/12/2019 NTS Championships 2019
53	2:47.80	L	P	Melissa Martens	14	PSCP UMD	17/12/2019 KZNA Premier Provincial Championship
54	2:47.96	L	F	Thea Vd Toorn	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
55	2:48.01	L	F	Alexandra Eagles	14	MPS NGD	09/12/2019 SA Schools Swimming Championship
56	2:48.37	L	F	Shayla Parkin	14	ELEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
57	2:48.44	L	F	Tyler Hughes	14	BOKS EKU	08/11/2019 EGA Summer 4
58	2:48.51	L	F	Alexandra Caldwell	14	ACT JHB	05/12/2019 CGA Championships 2019
59	2:48.55	L	P	Haylee Vd Merwe	14	QUIC CPT	31/01/2020 2020 Grand Prix Invitational Swimming
60	2:48.56	L	F	Kara Cilliers	14	PAQU CED	22/02/2020 Swartland Invitational Gala 2
61	2:48.62	L	F	Zoe Terblanche	14	RFA FSH	17/01/2020 NTS January 2020 Age Group Gala
62	2:48.73	L	F	Danielle Joubert	14	BLNE MAN	26/11/2019 FS Champs
63	2:48.76	L	P	Sarah West	14	QUIC CPT	31/01/2020 2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
64	2:49.27	L	F	Kimberley Ingwe	14	MDOL JHB	03/11/2019 CGA All Levels
65	2:49.40	L	F	Amber Landskron	14	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
66	2:49.65	L	P	Rachel Irvine	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
67	2:49.71	L	F	Melindie Van Rensburg	14	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
68	2:49.91	L	F	Tiara Finnis	14	INFA NMA	14/06/2019 PEA Winter Gala
69	2:49.95	L	F	Demi Jacobs	14	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
70	2:49.96	L	F	Helena Prinsloo	14	PAQU CED	01/12/2019 Western Cape Summer Championships
71	2:50.09	L	F	Keila Manthe	14	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
72	2:50.40	L	F	Amy Dickinson	14	MDOL JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
73	2:50.46	L	F	Livia Bisschops	14	AA JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
74	2:51.01	L	F	Lara De Beer	14	BENS EKU	05/12/2019 EGA Summer Championships 2019
75	2:51.04	L	F	Jozi Nupen	14	CRSC JHB	03/11/2019 CGA All Levels
76	2:51.19	L	F	Courtney Smith	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
77	2:51.23	L	F	Josi Arnold	14	HARL BUF	21/02/2020 Infinity Champs LC Gala
78	2:51.31	L	F	Liya Venter	14	BLMA CPT	01/12/2019 Western Cape Long Course
79	2:51.39	L	P	Catherine Rowan	14	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
80	2:51.52	L	F	Kaela Viljoen	14	CRSC JHB	15/02/2020 EGA Last Chance Feb 2020
81	2:51.56	L	F	Katelyn Pienaar	14	PEAS NMA	23/08/2019 Madibaz Spring Gala
82*	2:51.79	L	F	Emma Hamman	14	FAAC FBD	25/10/2019 Flamingo Aquatics Academy Prestige
82*	2:51.79	L	F	Gabriëlle Nieuwoudt	14	CUDU CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
84	2:51.90	L	F	Charne Snyman	DR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
85	2:52.24	L	F	Rachel Smith	14	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
86	2:52.56	L	F	Somikazi Qwemesha	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
87	2:52.60	L	F	Mia Nortjè	14	CYBE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
88	2:52.64	L	F	Ennes Zietsman	14	PSC FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
89	2:52.66	L	F	Cara Van Der Bijl	14	BLNE MAN	18/10/2019 Otters Prestige Gala 2019
90	2:52.93	L	F	Gabriella Edwards	14	MDOL JHB	03/11/2019 CGA All Levels
91	2:53.00	L	F	Mieke Oosthuizen	14	LSJM SKD	05/10/2019 Limpopo Age Group 4 & School Champs
92	2:53.10	L	F	Donia Smit	14	HMER MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
93	2:53.88	L	F	Danielle Heyes	14	REDAQ CPT	19/10/2019 Winelands Senior League 4 - 19 Oct
94	2:54.03	L	F	Amy Robson-Garth	14	SOUL EKU	05/12/2019 EGA Summer Championships 2019
95	2:54.15	L	F	Emma Peacock	14	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
96	2:54.23	L	F	Aeryn Reyneke	14	CYBE CPT	01/12/2019 Western Cape Summer Championships
97	2:54.37	L	F	Abigail Powell	14	ROA EDD	16/11/2019 EDEN 3rd A-League Gala 2019
98	2:54.63	L	F	Ami Pirie	14	QUIC CPT	22/02/2020 Swartland Invitational Gala 2
99	2:54.75	L	F	Alexis Vorwerk	14	PSCP UMD	18/01/2020 eThekwin Age Group Gala 9
100	2:54.89	L	F	Juliet Van Thiel	14	WATR JHB	05/12/2019 CGA Championships 2019
101	2:55.22	L	F	Ashley Freel	14	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
102	2:55.66	L	F	Michelle Jack	14	MAC EKU	14/12/2019 15th BSSA Nationals
103	2:55.72	L	F	Daniella September	14	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
104*	2:55.76	L	F	Corne van Schalkwyk	14	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
104*	2:55.76	L	F	Heike-Louise Hecter	14	BLSS MAN	26/11/2019 FS Champs
106	2:56.03	L	F	Grace De Jongh	14	REDAQ CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
107	2:56.21	L	F	Erin Foster	14	ELEC JHB	05/12/2019 CGA Championships 2019
108	2:56.24	L	F	Kate Meyburgh	14	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
109	2:57.00	L	F	Kelly Williamson	14	INFA NMA	29/11/2019 NMBA Championships 2019
110	2:57.19	L	F	Roslyn Joseph	14	DDA FSH	12/10/2019 NTS Oct 2019 Age Group Gala
111	2:57.33	L	F	Rachel Guymer	14	LINR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
112	2:57.36	L	F	Jaime Abegglen	14	TYGE CPT	02/11/2019 Swartland Invitational #1
113	2:57.40	L	F	Taylin Alberts	14	TRAZ FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
114	2:57.46	L	F	Shaina Adriaan	14	TYGE CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
115	2:57.47	L	F	Zoë Josephs	14	ASAW CED	22/02/2020 Swartland Invitational Gala 2
116	2:57.65	L	F	Sarah-Anne Helps	14	BENS EKU	15/02/2020 EGA Last Chance Feb 2020
117	2:57.74	L	F	Jadyn-Lee Joubert	14	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
118	2:57.87	L	P	Zoe Padbury	14	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
119	2:57.96	L	F	Noxolo Dzanibe	14	RBOT NW	19/10/2019 NWS Age Group 1 1920
120	2:58.19	L	F	Mienke Herbst	14	SAAW CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
121	2:58.23	L	F	Sharne Steele	14	LINR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
122	2:58.97	L	F	Hannah James	14	NCDST ILD	18/10/2019 Ilembe District Age Group Gala 2

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
123	2:59.47	L	F	Jodi Wilson	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
124	2:59.61	L	F	Jenna Mitchell	14	ACSA ETH	15/02/2020	KZN Aquatics Level 2 Provincial
125	2:59.71	L	F	Gemma Kirsten	14	BLNE MAN	30/08/2019	Kovsie Aquatics Gala 2019
126	2:59.74	L	F	Isabella Rodriques	14	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
127	2:59.91	L	F	Alexis Jaide Morrison-Goate	14	AA JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
128	3:00.01	L	P	Emma Gardiner	14	DYNA EKU	05/12/2019	EGA Summer Championships 2019
129	3:00.03	L	P	Rebecca Leach	14	BOKS EKU	05/12/2019	EGA Summer Championships 2019
130	3:00.05	L	F	Caitlin Rossouw	14	BLSS MAN	26/11/2019	FS Champs
131	3:00.11	L	F	Tamika Anderson	14	NWS	01/02/2020	NTS Invitational Gala 2020
132	3:00.32	L	F	Tarryn Volkwyn	14	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
133	3:00.52	L	F	Lize-Mari Geldenhuys	14	CLSC WCD	26/09/2019	Aquabear Invitational Meet 2019
134	3:00.66	L	F	Lesedi Thunzi	14	HARL BUF	21/02/2020	BCA 2nd Feb Age Group Gala 2020
135	3:01.06	L	F	Ruth Jones	14	VINE CPT	01/12/2019	Western Cape Long Course
136	3:01.33	L	F	Skye Da Fonseca-Hattingh	14	RFA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
137	3:01.37	L	F	Saskia Van Thiel	14	WATR JHB	05/12/2019	CGA Championships 2019
138*	3:01.40	L	F	Tumé van Niekerk	14	POTC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
138*	3:01.40	L	F	Lara Daling	14	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
140	3:01.54	L	F	Tatum Havenga	14	CARN EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
141	3:01.58	L	F	Cayla Visser	14	BLSS MAN	26/11/2019	FS Champs
142	3:01.59	L	F	Symóne Steyn	14	KEIK NMD	23/11/2019	NWS Age Group 3 2019/20
143	3:01.76	L	F	Anje Van Papendorp	14	PSC TSH	30/08/2019	NTS August 2019 Age Group Gala Level
144	3:01.90	L	F	Zelmarie Levin	14	ETTN EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
145	3:01.95	L	F	Jordan Zwart	14	SEAL UMD	27/06/2019	2019 FLA International Cup
146	3:02.00	L	F	Ashleigh Witney	14	ONYX EKU	08/11/2019	EGA Summer 4
147	3:02.13	L	F	Amber Fourie	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
148	3:02.20	L	F	Janke Fourie	14	PAC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
149	3:02.21	L	F	Isabella Reynolds	14	ELEC JHB	03/11/2019	CGA All Levels
150	3:02.54	L	F	Caden Spencer	14	JSA JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
151	3:02.64	L	F	Zoe Stock	14	DYNA EKU	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
152	3:02.81	L	F	Annabel Dresel	14	AA JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
153	3:02.91	L	F	Larique Joubert	14	TASC MPD	29/11/2019	Limpopo Champs
154	3:02.98	L	F	Tenieka Greyling	14	HREF BPD	15/02/2020	NWS Last Chance AG5 1920
155	3:03.17	L	F	Zane Bruyns	14	RFA TSH	26/10/2019	2019 OR Tambo/Soncini Games
156	3:03.18	L	F	Wendy-Mae Turner	14	PEAS NMA	09/11/2019	4th A League
157	3:03.21	L	F	Eryn Casey	14	SGUL ETH	20/07/2019	eThekwini Age Group Gala 3
158	3:03.38	L	F	Kayla De Wet	14	SOUL EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
159	3:03.62	L	F	Jayda Collett	14	TUKS TSH	21/02/2020	NTS February 2020 IM Gala
160	3:03.63	L	F	Sohini Pillay	14	ELEC JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
161	3:03.68	L	F	Eva Markovic	14	MATL KKD	26/09/2019	Aquabear Invitational Meet 2019
162	3:03.69	L	F	Annette Greyling	14	CRSC JHB	05/12/2019	CGA Championships 2019
163	3:03.79	L	F	Matundu Banza	14	UNIN MPD	14/09/2019	MP Sprint Gala - 14 September 2019
164	3:03.80	L	F	Mia Neilson	14	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
165	3:04.06	L	P	Laranya Naidoo	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
166	3:04.20	L	F	Carmia Hartman	14	RFA TSH	27/09/2019	NTS September 2019 Age Group Gala
167	3:04.52	L	F	Awande Mlangeni	14	ONYX EKU	26/10/2019	2019 OR Tambo/Soncini Games
168	3:04.79	L	F	San-Mari Van der Walt	14	DDA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
169	3:04.88	L	P	Amber Lewis	14	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
170	3:05.05	L	F	Elza De Kock	14	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
171	3:05.28	L	F	Nicola Hartman	14	RFA TSH	27/09/2019	NTS September 2019 Age Group Gala
172	3:05.38	L	F	Ava Rathner	14	SAAW CPT	02/11/2019	Swartland Invitational #1
173*	3:05.61	L	F	Zahra Dhooma	14	SGUL ETH	18/01/2020	eThekwini Age Group Gala 9
173*	3:05.61	L	F	Caitlin Rademakers	14	PEAS NMA	10/08/2019	1st A League 2019
175	3:06.11	L	F	Cara Harradine	14	PAC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
176	3:06.16	L	F	Skye Westerhuis	14	CUDU CPT	02/11/2019	Swartland Invitational #1
177	3:06.25	L	F	Nurul-Huda Samaai	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
178	3:06.30	L	F	Thinica Mc Anda	14	FAAC FBD	26/11/2019	FS Champs
179	3:06.60	L	F	Samantha Mouton	14	HARL BUF	21/02/2020	Infinity Champs LC Gala
180	3:06.92	L	F	Michaela Cairns	14	AZON ETH	12/10/2019	eThekwini Junior Championships 2019
181*	3:07.46	L	F	Gemma Frank	14	ASAC CPT	21/06/2019	Illeembe Age Group Gala 1



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
181*	3:07.46	L	F	Ninah Wedderburn	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
183	3:07.53	L	F	Emma Terblanche	14	PRKA PSD	25/10/2019	Flamingo Aquatics Academy Prestige
184	3:07.72	L	F	Mari Kemp	14	SWAR WCD	25/01/2020	West Coast Qualify Gala 2020
185	3:07.85	L	F	Caitlin Smit	14	CSC TSH	12/10/2019	NTS Oct 2019 Age Group Gala
186*	3:07.90	L	F	Isabel Swart	14	BARR CPT	22/02/2020	Swartland Invitational Gala 2
186*	3:07.90	L	P	Zoe Richards	TR	PSA ZLD	17/12/2019	KZNA Premier Provincial Championship
188	3:08.07	L	F	Chloe Vd Merwe	14	ASAC CPT	29/02/2020	WCA Junior Champs - 2020
189	3:08.18	L	F	Petro Marié Fourie	14	FISH EDD	01/11/2019	38th Freda Barnard Invitational Gala
190	3:08.23	L	F	Anika Visser	14	CUDU CPT	02/11/2019	Swartland Invitational #1
191	3:08.59	L	F	Nina Pretorius	14	CSC TSH	21/02/2020	NTS February 2020 IM Gala
192	3:08.91	L	F	Skyla Schroll	14	NWUC KKD	05/12/2019	NWS Championships 2019/2020
193	3:08.94	L	F	Rachael Dart	14	SRAY BUF	25/01/2020	BCA January Age Group Gala 2020
194	3:09.07	L	F	Kaylin Visser	14	BLSS MAN	25/10/2019	Flamingo Aquatics Academy Prestige
195*	3:09.46	L	F	Anika Rabie	14	SEAL UMD	15/02/2020	KZN Aquatics Level 2 Provincial
195*	3:09.46	L	F	Shaunique Kannemeyer	14	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
197	3:09.51	L	F	Phillipa Tobias	14	CRSC JHB	05/12/2019	CGA Championships 2019
198	3:10.51	L	F	Rozelle Burness	14	PAC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
199*	3:10.63	L	F	Oabilwe Sesoko	14	CSC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
199*	3:10.63	L	F	Ashley Jansen Van Vuuren	14	CSA EZD	27/09/2019	MP AGE GROUP 1 - 27-28
201	3:10.95	L	F	Zodea Jacobie	14	SUPE JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
202	3:11.01	L	F	Manaal Omar	14	SGUL ETH	20/07/2019	eThekwini Age Group Gala 3
203	3:11.04	L	F	Saffron Tweedie	14	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
204	3:11.84	L	F	Tharien Venter	14	BLUO UGD	15/02/2020	KZN Aquatics Level 2 Provincial
205	3:11.97	L	F	Eyvyne Mthembu	14	TUKS TSH	30/08/2019	NTS August 2019 Age Group Gala Level
206	3:12.17	L	F	Bianke Pienaar	14	PARYS FDD	16/11/2019	Fezile Dabi Age Group November 2019
207	3:12.24	L	F	Vianne Nel	14	TUKS TSH	12/10/2019	NTS Oct 2019 Age Group Gala
208	3:12.69	L	F	Georgia Stone	14	PEAS NMA	12/10/2019	3rd A League 2019
209	3:12.89	L	F	Alexia Koupis	14	BLSS MAN	26/11/2019	FS Champs
210	3:13.04	L	F	Talisa Rademeyer	14	SWIFT EKU	08/11/2019	EGA Summer 4
211	3:13.11	L	F	Lize Botha	14	BULS MAN	26/11/2019	FS Champs
212	3:13.44	L	F	Juliet Miller	14	ELEC JHB	03/11/2019	CGA All Levels
213	3:13.53	L	F	Victoria Baigent	14	ESTR EKU	15/02/2020	EGA Last Chance Feb 2020
214	3:13.54	L	F	Aidon Naidoo	14	AZON ETH	20/07/2019	eThekwini Age Group Gala 3
215	3:13.74	L	F	Celine Hamman	UR	PSA ZLD	23/11/2019	KZN TYR Westville Sprints 2019
216	3:13.79	L	F	Erin Heydricks	14	BLUO UGD	12/10/2019	eThekwini Junior Championships 2019
217	3:13.80	L	F	Bianca Vd Merwe	14	TYGE CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
218	3:14.03	L	F	Atiyyah Valli	14	ATLA JHB	03/11/2019	CGA All Levels
219	3:14.14	L	F	Alexa Jeaven	14	MANT CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
220	3:14.20	L	F	Grace Taylor	14	GREY CPT	02/11/2019	Swartland Invitational #1
221	3:14.31	L	P	Kiara Johnson	14	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
222	3:15.20	L	F	Liya Davids	14	AA JHB	05/12/2019	CGA Championships 2019
223	3:15.44	L	F	Alexia Michalopoulos	14	RFA TSH	16/08/2019	NTS August 2019 Age Group Gala Level
224	3:15.48	L	F	Julia Volschenk	14	DDA TSH	17/01/2020	NTS Janaury 2020 Age Group Gala
225	3:15.52	L	P	Dina Jansen Van Rensburg	14	TTNS EKU	24/06/2019	Sasol National Winter Championship
226	3:15.65	L	F	Kimberley Howes	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
227	3:15.71	L	F	Anna Victor	14	UPC MP	19/02/2020	Inter High School Gala - 19 February
228	3:16.07	L	F	Ané Ferreira	14	POTC KKD	05/12/2019	NWS Championships 2019/2020
229	3:16.13	L	F	Lara Gouws	14	VINE CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
230	3:17.00	L	F	Karla De Beer	14	HARL BUF	25/01/2020	West Coast Qualify Gala 2020
231	3:17.03	L	F	Li McQuire	14	NWUC KKD	05/12/2019	NWS Championships 2019/2020
232	3:17.13	L	F	Anike Kuhn	14	PEAS NMA	14/06/2019	PEA Winter Gala
233	3:17.21	L	F	Chané Jacobsz	14	NWUC KKD	05/12/2019	NWS Championships 2019/2020
234	3:17.22	L	F	Hao Dong	14	BARR CPT	01/11/2019	38th Freda Barnard Invitational Gala
235	3:17.27	L	F	Shadonise Da Veiga	14	SODO JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
236	3:17.31	L	F	Jamie Hains	14	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
237	3:17.77	L	F	Keira Booth	14	SS MPD	29/11/2019	Limpopo Champs
238	3:17.78	L	F	Lara Groenewald	14	KZNA ETH	09/12/2019	SA Schools Swimming Championship
239	3:17.91	L	F	Joy-Mari Boyce	14	TUKS TSH	23/08/2019	Madibaz Spring Gala
240	3:18.60	L	F	Chloe Craig	14	ELIT JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
241	3:18.66	L	F	Yasmeen Moolla	14	ASA ILD	18/10/2019	Ilembe District Age Group Gala 2
242	3:19.07	L	F	Caitlin De Freitas	14	DRGN JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
243	3:19.09	L	F	Melissa Theron	14	WATR JHB	03/11/2019	CGA All Levels
244	3:19.35	L	F	Cara Botha	14	HARB BPD	05/12/2019	NWS Championships 2019/2020
245	3:19.73	L	F	Calista Mackenzie	14	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
246	3:20.08	L	F	Marteli Pieters	14	PAC TSH	16/08/2019	NTS August 2019 Age Group Gala Level
247	3:20.58	L	F	Kiara Kunneke	14	RFA TSH	26/10/2019	2019 OR Tambo/Soncini Games
248	3:20.70	L	F	Caitlyn Gomes	14	ISSC NMD	23/11/2019	NWS Age Group 3 2019/20
249	3:20.96	L	P	Kiana Engelbrecht	14	SASOL FDD	24/06/2019	Sasol National Winter Championship
250	3:21.11	L	F	Amy Marks	14	ELEC JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
251	3:22.10	L	F	Nirene van der Watt	14	PARYS FDD	29/02/2020	SEALS AGE GROUP GALA
252	3:22.47	L	F	Jordan Toerien	14	MARL CPT	26/09/2019	Aquabear Invitational Meet 2019
253	3:22.57	L	F	Jasmine Erasmus	14	MATL KKD	15/02/2020	NWS Last Chance AG5 1920
254	3:22.87	L	F	Hayley Swanepoel	14	PER JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
255	3:23.18	L	F	Mia Uys	14	PSC TSH	12/10/2019	NTS Oct 2019 Age Group Gala
256	3:23.43	L	F	Keira De Aveiro	14	FLOD JHB	05/12/2019	CGA Championships 2019
257	3:24.01	L	F	Anika Van Der Bank	14	UPTS ZMD	21/02/2020	NCASA Sprints 2020
258	3:24.82	L	F	Isabelle Ferreira	14	HFDT MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
259	3:25.00	L	F	Cassandra Millar	14	DORE JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
260	3:25.02	L	F	Janke Vogel	14	PSC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
261	3:25.11	L	F	Sophe De kock	14	AZON ETH	18/01/2020	eThekwini Age Group Gala 9
262*	3:25.16	L	F	Caitlyn Martin	14	WATR JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
262*	3:25.16	L	F	Charlize De Villiers	14	PRKA PSD	21/02/2020	NCASA Sprints 2020
264	3:25.38	L	F	Leigh Jonkers	14	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
265	3:25.73	L	F	Jezwyne Marimuthu	14	BAYV ETH	12/10/2019	eThekwini Junior Championships 2019
266	3:26.27	L	F	Jané Botha	14	FISH EDD	01/11/2019	38th Freda Barnard Invitational Gala
267	3:26.53	L	F	Katrijn Roefs	14	TUKS TSH	12/10/2019	NTS Oct 2019 Age Group Gala
268	3:26.70	L	P	Catelynn Gouws	14	DBSC SDD	05/12/2019	EGA Summer Championships 2019
269	3:26.90	L	F	Kelsey Kemp	14	AQU ADJ	26/10/2019	Amajuba District Age Group 1
270	3:27.26	L	F	Nikola Roux	14	TRAZ TSH	13/09/2019	NTS September 2019 Age Group Gala
271	3:27.65	L	F	Jade Westley	14	H2O EKU	15/02/2020	EGA Last Chance Feb 2020
272	3:27.94	L	F	Kayleigh Birch	14	FAAC FBD	25/10/2019	Flamingo Aquatics Academy Prestige
273	3:27.98	L	F	Mélandri De Beer	14	RBOT NW	19/10/2019	NWS Age Group 1 1920
274	3:28.21	L	F	Rania Gamielien	14	WALM CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
275	3:28.25	L	F	Kaitlyn Immelman	14	ESP EKU	01/11/2019	NTS November 2019 Age Group Gala
276	3:28.66	L	F	Caitlyn Martin	14	TUKS TSH	01/11/2019	NTS November 2019 Age Group Gala
277	3:29.33	L	F	Julia Griffioen	14	HARB BPD	23/11/2019	NWS Age Group 3 2019/20
278	3:30.39	L	F	Awande Mdlalose	14	CSC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
279	3:31.34	L	F	Elizma Huyser	14	FISH EDD	08/02/2020	EDEN 5th A-League Gala 2020
280	3:32.50	L	F	Saskia Reddering	14	CUDU CPT	22/02/2020	Swartland Invitational Gala 2
281	3:33.39	L	F	Emma Wintermeyer	14	CRSC JHB	15/02/2020	EGA Last Chance Feb 2020
282	3:34.11	L	F	Jamie-Lee Van Den Heever	14	BOKS EKU	08/03/2020	Aquatics Gauteng Level 1
283	3:34.22	L	F	Xandri Botha	14	KSC EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
284	3:34.25	L	F	Ruqaiyah Mahomed	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
285	3:34.68	L	P	Busisiwe Mogadima	14	SOUL EKU	05/12/2019	EGA Summer Championships 2019
286	3:36.94	L	F	Laaiah Goondie	14	SUPE JHB	03/11/2019	CGA All Levels
287	3:38.14	L	F	Leticia Louw	14	SUPE JHB	26/10/2019	2019 OR Tambo/Soncini Games
288	3:38.21	L	F	Megan Venter	14	SOUL EKU	15/02/2020	EGA Last Chance Feb 2020
289	3:39.68	L	F	Imari Voigt	14	VALS FDD	16/11/2019	Fezile Dabi Age Group November 2019
290	3:43.94	L	F	Tori Robertson	14	MAC EKU	08/03/2020	Aquatics Gauteng Level 1
291	3:45.04	L	F	Chubekile Ndawo	14	ESP EKU	08/03/2020	Aquatics Gauteng Level 1
292	3:45.57	L	F	Kayleigh De Jong	14	CUDU CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
293	3:45.73	L	F	Maja Alexander	14	VINE CPT	02/11/2019	Swartland Invitational #1
294	3:48.89	L	F	Emma Van Der Westhuysen	14	FISHS EDD	08/02/2020	EDEN 5th A-League Gala 2020
295	3:49.40	L	F	Aphiwe Khuzwayo	14	UMSH ETH	15/02/2020	KZN Aquatics Level 2 Provincial
296	3:52.78	L	F	Daniella Hunziker	14	AFIN JHB	03/11/2019	CGA All Levels
297	3:55.52	L	F	Niya Madhav	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
298	3:56.50	L	F	Ankia Uys	VR	PSA ZLD	12/10/2019	KCDA October Age Group Gala 2019
299	3:56.55	L	F	Danielle Verster	14	BAR EZD	29/11/2019	Mpumalanga Championships 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
300	3:58.68 L	F	Aaliyah Laher	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
301	4:06.60 L S	F	Zoe Viljoen	14	PEAS NMA	07/02/2020	5th A League
302	4:09.23 L	F	Phenyo Sithi	14	ATLA JHB	08/03/2020	Aquatics Gauteng Level 1
303	4:11.52 L	F	Johara Sheik	14	AQSC UMD	14/03/2020	KZNA Level 1 Provincial Champs 2020
304	4:11.75 L	F	Nombuso Mente	14	SOWE JHB	08/03/2020	Aquatics Gauteng Level 1
305	4:22.22 L	F	Meghan Bezuidenhout	14	HRP NKD	11/10/2019	MP AGE GROUP 2 - 11-12 October
306	4:25.10 L	F	Nosipho Gina	14	USH KCD	25/01/2020	Ushaka Championship Gala 2020
307	4:31.06 L	F	Thandeka Mbokazi	14	USH KCD	25/01/2020	Ushaka Championship Gala 2020
308	4:39.65 L	F	Azra Mansoor	14	WVAQ ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
<b>Women 14-14 400 IM</b>							
1	5:03.09 L	P	Ruby Dixon	14	WOAQ CED	23/07/2019	British Summer Nationals
2	5:18.38 L	F	Danielle Davidson	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
3	5:24.32 L	F	Robyn Hough	14	PEAS NMA	29/11/2019	NMBA Championships 2019
4	5:29.33 L	F	Amy Muller	14	TUKS TSH	14/06/2019	PEA Winter Gala
5	5:30.70 L	F	Morgan Pharoah	14	WATR JHB	21/06/2019	Hamilton Aquatics Summer Sizzler
6	5:35.45 L	F	Samantha Lowman	14	SWIM1 JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
7	5:35.85 L	F	Tayla Haslam	14	KLOO ETH	24/06/2019	Sasol National Winter Championship
8	5:40.07 L	F	Michaela Dal Medico	14	SODO JHB	17/01/2020	NTS Janaury 2020 Age Group Gala
9	5:42.48 L	F	Amber Olsen	14	BLNE MAN	26/11/2019	FS Champs
10	5:43.54 L	F	Maxine Boyce	14	TUKS TSH	17/01/2020	NTS Janaury 2020 Age Group Gala
11	5:44.84 L	F	Georgia Carstens	14	TUKS TSH	27/09/2019	NTS September 2019 Age Group Gala
12	5:49.22 L	F	Kate Moore	14	MATI CED	26/09/2019	Aquabear Invitational Meet 2019
13	5:51.80 L	F	Jenny Zhang	14	EAGA CCD	09/11/2019	Limpopo Age Group 5
14	5:51.87 L	F	Miche Johns	14	BLNE MAN	26/11/2019	FS Champs
15	5:52.76 L	F	Tammy Greenwood	14	ROA EDD	14/06/2019	PEA Winter Gala
16	5:53.19 L	F	Mikaela Goelst	14	FINS EZD	29/11/2019	Mpumalanga Championships 2019
17	5:56.54 L	F	Nicola Marcus	14	PEAS NMA	14/06/2019	PEA Winter Gala
18	5:59.26 L	F	Teegan Pio	14	PEAS NMA	23/08/2019	Madibaz Spring Gala
19	6:00.36 L	F	Courtney Smith	14	TYGE CPT	01/12/2019	Western Cape Long Course
20	6:01.90 L	F	Thea Vd Toorn	14	CYBE CPT	01/12/2019	Western Cape Summer Championships
21	6:04.93 L	F	Danielle Joubert	14	BLNE MAN	26/11/2019	FS Champs
22	6:05.12 L	F	Cara Van Der Bijl	14	BLNE MAN	26/11/2019	FS Champs
23	6:09.30 L	F	Helena Prinsloo	14	PAQU CED	24/08/2019	Winelands Senior League 2 - 24Aug
24	6:10.36 L	F	Catherine Rowan	14	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
25	6:13.47 L	F	Aeryn Reyneke	14	CYBE CPT	01/12/2019	Western Cape Summer Championships
26	6:16.81 L	F	Emma Hamman	14	FAAC FBD	05/12/2019	NCASA Champs Dec 2019
27	6:16.95 L	F	Jemma van der Merwe	14	CSC TSH	14/02/2020	NTS February 2020 Age Group Gala
28	6:33.12 L	F	Ashleigh Witney	14	ONYX EKU	14/09/2019	EGA Summer 1 2019
29	6:35.54 L	F	Cayla Visser	14	BLSS MAN	25/10/2019	Flamingo Aquatics Academy Prestige
30	6:46.32 L	F	Kaylin Visser	14	BLSS MAN	26/11/2019	FS Champs
31	7:15.73 L	F	Thinica Mc Anda	14	FAAC FBD	05/12/2019	NCASA Champs Dec 2019