

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr					
Women 19 & Over		50 Free						
1	24.72 L S	P	Emma Chelius	24	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
2	25.51 L S	F	Erin Gallagher	22	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
3	25.58 L S	F	Inge Weidemann	20	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
4	26.48 L S	F	Amica De Jager	21	ECA NMA	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
5	26.56 L	F	Tayla Lovemore	26	SEAL UMD	26/02/2021	Grand Prix Durban 2021	
6	27.15 L	F	Natasha Cornelius	19	AGC FSH	16/04/2021	SA Regional National Championships	
7	27.25 L S	F	Natalie Landmann	19	FSA FS	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
8	27.33 L	F	Toni Rafferty	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
9	27.40 L S	F	Tilka Paljk	24	WCA WCD	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
10	27.46 L	F	Jana Coetzé	20	AGC FSH	16/04/2021	SA Regional National Championships	
11*	27.50 L	F	Bianca Opperman	19	POTC KKD	16/12/2020	NWS Championships 2020/2021	
11*	27.50 L	F	Marine Nortje	20	FSA FS	14/04/2021	SA Aquatic (Senior) Championship 2021	
13	27.53 L S	P	Tatjana Schoenmaker	23	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
14	27.60 L S	P	Kiara Noades	20	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
15*	27.63 L	F	Samantha Labuschagne	21	TUKS FSH	26/02/2021	Grand Prix Durban 2021	
15*	27.63 L	P	Lesley Blignaut	20	AGC FSH	16/04/2021	SA Regional National Championships	
17	27.78 L	F	Marné Meier	22	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
18	27.88 L	F	Taneal Baptiste	21	AGC FSH	16/04/2021	SA Regional National Championships	
19	27.90 L	F	Daniella Solkow	19	VINE CPT	06/11/2020	Swartland Invitational Gala #1 2020	
20	27.91 L	F	Yvette Victor-vd Berg	41	AGC FSH	16/04/2021	SA Regional National Championships	
21	27.94 L	F	Kelly Vroon	21	LALE CED	14/04/2021	Western Cape SANJ and Senior	
22	27.99 L	F	Michelle Nieuwstad	27	LALE CED	14/04/2021	Western Cape SANJ and Senior	
23	28.07 L	F	Courtney Van Biljon	22	MATI CED	07/03/2021	Winelands Summer League Gala	
24	28.10 L	F	Jenna-Laine Fuller	20	TUKS FSH	11/12/2020	NTS Championships 2020	
25	28.14 L	F	Emily Visagie	23	SGUL ETH	09/01/2021	2021 Grand Prix Invitation Swimming	
26	28.32 L	P	Chante' Cornelius	19	AGC FSH	16/04/2021	SA Regional National Championships	
27	28.49 L	P	Erin Hartszenberg	19	TYGE CPT	14/04/2021	Western Cape SANJ and Senior	
28	28.53 L S	P	Helen Taylor	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
29	28.56 L	P	Tanya Abrie	25	AGB JHB	16/04/2021	SA Regional National Championships	
30	28.64 L	F	Jessica Canter	21	PEAS NMA	11/12/2020	NMBA Championships 2020	
31	28.71 L	F	Amy O'rourke	19	FLOD JHB	07/11/2020	EGA Summer 3	
32	28.85 L	P	Constantina Pietersen	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021	
33	28.88 L	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship	
34	28.89 L	F	Sulinke Van den Berg	19	BLSS MAN	27/02/2021	Neptune Gala	
35	28.92 L	F	Tove Van Zyl	23	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
36	28.97 L	F	Andrea Cudin	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
37	28.98 L	F	Olivia Scott	19	VINE CPT	07/03/2021	Winelands Summer League Gala	
38	29.10 L	F	Catherine Wilcocks	19	PAC FSH	11/12/2020	NTS Championships 2020	
39	29.18 L	P	Chenay Dateline	19	AGB JHB	16/04/2021	SA Regional National Championships	
40	29.21 L	F	Nastasiya Vrey	22	TUKS FSH	20/11/2020	NTS November 2020 Age Group Gala	
41	29.52 L S	P	Bathandwa Dyantyi	23	ECA NMA	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
42	29.55 L S	F	Jordan Giraudeaux	21	TT EKU	09/12/2020	EGA Summer Champs 2020	
43	29.60 L	P	Netanya Robberts	19	TUKS FSH	11/12/2020	NTS Championships 2020	
44	29.64 L S	F	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020	
45	29.78 L	P	Hannah Ledingham	20	MATI CED	14/04/2021	Western Cape SANJ and Senior	
46	29.80 L	F	Jenna Whiting	20	TUKS FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2	
47	29.84 L	F	Sabrina Favini	20	TUKS FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2	
48	29.93 L	P	Georgia Rippon	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
49*	30.00 L S	F	Jamie Lotter	19	DRGN JHB	09/12/2020	EGA Summer Champs 2020	
49*	30.00 L	F	Karla Grobler	19	TUKS FSH	11/12/2020	NTS Championships 2020	
51	30.04 L	P	Courtney Pretorius	19	PER JHB	20/03/2021	SSA Hillcrest Level 3 Champs	
52	30.07 L	F	Jemma Bodington	CR	PSA ZLD	17/10/2020	KCDA October Age Group Gala 2020	
53	30.09 L	F	Samantha Straw	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
54	30.10 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs	
55	30.12 L S	F	Chrislin Nieuwoudt	21	ESTR EKU	09/12/2020	EGA Summer Champs 2020	

Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
56	30.18 L	P	Reedah Shaw	20	AGC	FSH	16/04/2021	SA Regional National Championships
57	30.30 L	F	Rachael Humphries	19	NWUC	KKD	26/02/2021	NW Level 3+ Provincial
58	30.31 L	F	Talitha Vd Walt	20	CUDU	CPT	07/03/2021	Winelands Summer League Gala
59	30.32 L	F	Robyn Young	20	SWLAB		07/03/2021	Winelands Summer League Gala
60	30.36 L	F	Michelle Kretzschmar	20	TUKS	FSH	20/11/2020	NTS November 2020 Age Group Gala
61	30.38 L	F	Licinda Kleynhans	24	NWUC	KKD	16/12/2020	NWS Championships 2020/2021
62	30.88 L	P	Shania Richardson	20	HASC	JHB	20/03/2021	SSA Hillcrest Level 3 Champs
63	30.96 L	F	Isabella Strydom	19	SAAW	CPT	15/12/2020	Western Cape Long Course
64	31.06 L	F	Sarah Jennings	23	TUKS	FSH	23/10/2020	NTS October Lev 3+ Age Group
65	31.28 L	F	Demi Leech	21	TUKS	FSH	23/10/2020	NTS October Lev 3+ Age Group
66	31.61 L	F	Katia Turchino	19	MATI	GED	07/12/2020	Free State Champs
67	31.64 L	F	Esmari Theart	25	KALA	JTD	07/11/2020	Flamingo Gala 2020
68	31.67 L	P	Cornelle Leach	22	AGB	JHB	07/04/2021	SA Invitational Aquatic Champ 2021-PE
69	31.81 L	F	Tanika Smuts	20	KTS	JTD	07/11/2020	Flamingo Gala 2020
70	31.92 L	F	Michaela Kretzen	21	WCA	WCD	07/04/2021	SA Invitational Aquatic Champ 2021-PE
71	32.33 L	F	Tanya Osborne	48	FEMS	EDD	06/03/2021	EDEN Summer Champs 2021
72	33.50 L	P	Deané Toerien	20	TASC	MPD	20/03/2021	SSA Hillcrest Level 3 Champs
73	34.71 L	F	Anja Van Der Merwe	19	VALS	FDD	12/12/2020	Decemeber Sasol Gala
74	37.74 L S	F	Sharine Barnard	40	BLSS	MAN	31/10/2020	Solidarity Grand Prix 4
75	37.84 L	F	Louw-Let Fourie	34	FISH	EDD	21/11/2020	EDEN 2nd A-League Gala 2020
76	38.62 L	F	Gail Potgieter	36	BLSS	MAN	07/12/2020	Free State Champs
77	38.67 L	P	Emily Khumalo	39	CSA	EZD	11/12/2020	Mpumalanga Championships 2020
78	39.18 L	F	Wilhelmina Louw	43	ELRAS	WBD	13/02/2021	Limpopo Champs
79	40.24 L	F	Melisa O'Neill	29	ASAC	CPT	14/04/2021	Western Cape SANJ and Senior
80	40.92 L	F	Sonja Coetzee	33	VALS	FDD	07/12/2020	Free State Champs
81	45.70 L	F	Jenna Jagers	20	MANT	CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021
82	46.67 L	F	Nasyi Strauss	21	EXA	EZD	06/11/2020	MP AGE GROUP 3 GALA 6-7
83	48.48 L	F	Rentia Oosthuizen	29	INFA	NMA	19/02/2021	3rd A League Gala 2021
84	48.75 L	F	Heidie Steyn	47	HREF	BPD	16/12/2020	NWS Championships 2020/2021
85	50.68 L	F	Katherine Swanepoel	33	AGB	JHB	07/04/2021	SA Invitational Aquatic Champ 2021-PE
86	54.45 L	F	Marne Kock	23	RBUR	BPD	26/02/2021	NWS Level 2 Provincial
87	1:05.03 L	F	Judith Dixon	79	FEMS	EDD	06/03/2021	EDEN Summer Champs 2021
Women 19 & Over 100 Free								
1	54.89 L	F	Erin Gallagher	22	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
2	55.04 L	F	Emma Chelius	24	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
3	56.92 L	P	Inge Weidemann	20	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
4	57.45 L	F	Bianca Opperman	19	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
5	58.67 L	P	Tayla Lovemore	26	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
6	59.08 L	F	Marine Nortje	20	FSA	FS	14/04/2021	SA Aquatic (Senior) Championship 2021
7	59.25 L	P	Kiara Noades	20	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
8	59.26 L	P	Marlies Ross	23	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
9	59.42 L	P	Amica De Jager	21	ECA	NMA	07/04/2021	SA Invitational Aquatic Champ 2021-PE
10	59.47 L S	F	Natasha Cornelius	19	AGC	FSH	16/04/2021	SA Regional National Championships
11	59.70 L	F	Toni Rafferty	19	PEAS	NMA	11/12/2020	NMBA Championships 2020
12	59.83 L	F	Samantha Labuschagne	21	TUKS	FSH	06/04/2021	SA Aquatic (Senior) Championship
13	1:00.01 L	F	Taneal Baptiste	21	PAC	FSH	11/12/2020	NTS Championships 2020
14	1:00.27 L S	P	Lesley Blignaut	20	AGC	FSH	16/04/2021	SA Regional National Championships
15	1:00.41 L	P	Helen Taylor	23	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
16	1:00.45 L S	F	Jana Coetzé	20	AGC	FSH	16/04/2021	SA Regional National Championships
17	1:00.60 L	F	Kelly Vroon	21	LALE	GED	14/04/2021	Western Cape SANJ and Senior
18	1:00.64 L S	F	Chante' Cornelius	19	AGC	FSH	16/04/2021	SA Regional National Championships
19	1:00.75 L	P	Victoria Earle	19	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
20	1:01.00 L	P	Janie Coetzer	19	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
21	1:01.05 L	F	Daniella Solkow	19	VINE	CPT	15/12/2020	Western Cape Long Course
22	1:01.14 L	F	Jenna-Laine Fuller	20	TUKS	FSH	11/12/2020	NTS Championships 2020
23	1:01.22 L	F	Chenay Dateline	19	WATR	JHB	06/03/2021	CGA Last Chance Level 3+ gala
24	1:01.23 L	F	Constantina Pietersen	19	ECA	NMA	14/04/2021	SA Aquatic (Senior) Championship 2021
25	1:01.27 L	F	Tanya Abrie	25	WATR	JHB	06/03/2021	CGA Last Chance Level 3+ gala
26	1:01.33 L	F	Marné Meier	22	NWUC	KKD	16/12/2020	NWS Championships 2020/2021

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	Time	P/F/S	Name	Age/Yr				
27	1:01.44 L	P	Courtney Van Biljon	22	MATI CED	14/04/2021	Western Cape SANJ and Senior	
28	1:01.52 L	F	Amy O'rourke	19	FLOD JHB	07/11/2020	EGA Summer 3	
29	1:01.54 L S	P	Yvette Victor-vd Berg	41	AGC FSH	16/04/2021	SA Regional National Championships	
30	1:01.61 L	F	Sulinke Van den Berg	19	BLSS MAN	31/10/2020	Solidarity Grand Prix 4	
31	1:01.75 L S	P	Nastasiya Vrey	22	AGC FSH	16/04/2021	SA Regional National Championships	
32	1:01.87 L	F	Jessica Canter	21	PEAS NMA	11/12/2020	NMBA Championships 2020	
33	1:02.27 L	F	Andrea Cudin	19	PEAS NMA	19/02/2021	3rd A League Gala 2021	
34	1:02.43 L	F	Tilka Paljk	24	VRC FSH	11/12/2020	NTS Championships 2020	
35	1:02.57 L	P	Erin Hartzenberg	19	TYGE CPT	14/04/2021	Western Cape SANJ and Senior	
36	1:02.64 L	F	Sasha-Lee Corris	23	SGUL ETH	19/02/2021	2021 Stellenbosch Camp Evaluation	
37	1:03.02 L	F	Catherine Wilcocks	19	PAC FSH	11/12/2020	NTS Championships 2020	
38	1:03.17 L	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship	
39	1:03.62 L	F	Tove Van Zyl	23	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
40*	1:03.67 L	F	Karla Grobler	19	TUKS FSH	11/12/2020	NTS Championships 2020	
40*	1:03.67 L	F	Jordan Giraudeaux	21	TT EKU	09/12/2020	EGA Summer Champs 2020	
42	1:03.75 L	F	Courtney Pretorius	19	PER JHB	20/03/2021	SSA Hillcrest Level 3 Champs	
43	1:04.08 L S	P	Sune Van Jaarsveld	19	AGC FSH	16/04/2021	SA Regional National Championships	
44	1:04.16 L	F	Sabrina Favini	20	TUKS FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2	
45	1:04.27 L	F	Mikayla Eagles	21	MATI CED	15/12/2020	Western Cape Long Course	
46	1:04.40 L	P	Olivia Scott	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
47	1:04.59 L	F	Jenna Whiting	20	TUKS FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2	
48	1:04.62 L	F	Heike Thormahlen	21	SGUL ETH	06/04/2021	SA Aquatic (Senior) Championship	
49	1:04.70 L	P	Justine Holmes	21	TUKS FSH	11/12/2020	NTS Championships 2020	
50	1:04.88 L	P	Georgia Rippon	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
51*	1:04.91 L	F	Talitha Vd Walt	20	CUDU CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
51*	1:04.91 L	F	Samantha Straw	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
53	1:05.09 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs	
54	1:05.46 L	F	Jemma Bodington	CR	PSA ZLD	14/11/2020	KCDA November Age Group Gala 2020	
55*	1:05.90 L	F	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020	
55*	1:05.90 L	F	Courtney Davidson	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
57	1:06.21 L	P	Netanya Robberts	19	TUKS FSH	11/12/2020	NTS Championships 2020	
58	1:06.24 L	F	Chrislin Nieuwoudt	21	ESTR EKU	07/11/2020	EGA Summer 3	
59	1:07.05 L	F	Rachael Humphries	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
60	1:07.54 L	F	Sarah Jennings	23	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
61	1:07.61 L	F	Nepo Ntsono	23	NMU NMA	23/03/2021	SA Level 3 Regional Age Group	
62	1:07.75 L	F	Jamie Lotter	19	DRGN JHB	09/12/2020	EGA Summer Champs 2020	
63	1:08.02 L	P	Demi Leech	21	TUKS FSH	11/12/2020	NTS Championships 2020	
64	1:08.34 L	F	Katia Turchino	19	MATI CED	28/11/2020	Neptune Back in the Pool	
65	1:08.39 L	F	Licinda Kleynhans	24	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
66	1:09.17 L	F	Kayla McLoughlin	20	SSISA CPT	15/12/2020	Western Cape Long Course	
67	1:09.38 L	F	Megan Hesse	26	PAC FSH	20/11/2020	NTS November 2020 Age Group Gala	
68	1:09.60 L	F	Shania Richardson	20	HASC JHB	06/03/2021	CGA Last Chance Level 3+ gala	
69	1:09.75 L	F	Esmari Theart	25	KALA JTD	07/11/2020	Flamingo Gala 2020	
70	1:10.02 L	F	Isabella Strydom	19	SAAW CPT	15/12/2020	Western Cape Long Course	
71	1:10.19 L	F	Danielle Luyt	25	VRC FSH	23/10/2020	NTS October Lev 3+ Age Group	
72	1:10.64 L	F	Marine Smuts	20	KOVS MAN	25/09/2020	Sa Short Course Champs LC 2020 FSA	
73	1:11.39 L S	P	Cornelle Leach	22	AGB JHB	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
74	1:11.72 L S	F	Michaela Kretzen	21	WCA WCD	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
75	1:11.84 L	F	Tanya Osborne	48	FEMS EDD	06/03/2021	EDEN Summer Champs 2021	
76	1:11.92 L	F	Tanika Smuts	20	KTS JTD	07/11/2020	Flamingo Gala 2020	
77	1:13.90 L	F	Erin Barnes	19	TUKS FSH	28/11/2020	EGA Summer 4	
78	1:20.57 L	F	Thalita Conradie	21	KALA JTD	05/12/2020	CHRISTMAS GALA KATHU	
79	1:23.90 L	F	Anja Van Der Merwe	19	VALS FDD	12/12/2020	Decemeber Sasol Gala	
80	1:27.98 L	F	Gail Potgieter	36	BLSS MAN	07/12/2020	Free State Champs	
81	1:30.48 L S	F	Sharine Barnard	40	BLSS MAN	31/10/2020	Solidarity Grand Prix 4	
82	1:34.14 L	P	Emily Khumalo	39	CSA EZD	11/12/2020	Mpumalanga Championships 2020	
83	1:35.23 L	F	Wilhelmina Louw	43	ELRAS WBD	13/02/2021	Limpopo Champs	
84	1:43.32 L	F	Jenna Jagers	20	MANT CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
85	1:51.46 L	F	Marisa Krüger	42	HWSK FBD	12/02/2021	Flamingo Gala 12 - 13 February 2021	

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86	1:51.91 L	F	Heidie Steyn	47	HREF BPD	16/12/2020	NWS Championships 2020/2021	
87	1:52.40 L	F	Nasyi Strauss	21	EXA EZD	11/12/2020	Mpumalanga Championships 2020	
88	1:56.22 L S	P	Katherine Swanepoel	33	AGB JHB	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
89	2:07.09 L	F	Marne Kock	23	RBUR BPD	16/12/2020	NWS Championships 2020/2021	
Women 19 & Over		200 Free						
1	2:06.06 L	F	Kiara Noades	20	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
2	2:06.90 L S	F	Tatjana Schoenmaker	23	TUKS TSH	11/12/2020	NTS Championships 2020	
3	2:06.95 L	P	Marlies Ross	23	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
4	2:08.00 L	F	Victoria Earle	19	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
5	2:08.18 L	F	Marine Nortje	20	FSA FS	14/04/2021	SA Aquatic (Senior) Championship 2021	
6	2:08.21 L	F	Jessica Whelan	24	MDOL JHB	19/02/2021	2021 Stellenbosch Camp Evaluation	
7	2:09.26 L	P	Inge Weidemann	20	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
8	2:09.77 L	F	Amica De Jager	21	NMU NMA	11/12/2020	NMBA Championships 2020	
9	2:10.53 L	P	Janie Coetzer	19	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
10	2:10.79 L	F	Bianca Opperman	19	POTC KKD	16/12/2020	NWS Championships 2020/2021	
11	2:10.84 L	F	Taneal Baptiste	21	AGC TSH	16/04/2021	SA Regional National Championships	
12	2:11.04 L	F	Emily Visagie	23	SGUL ETH	19/02/2021	2021 Stellenbosch Camp Evaluation	
13	2:11.07 L	F	Natasha Cornelius	19	AGC TSH	16/04/2021	SA Regional National Championships	
14	2:11.63 L	P	Chante' Cornelius	19	AGC TSH	16/04/2021	SA Regional National Championships	
15	2:11.67 L	P	Carla Antonopoulos	20	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
16	2:12.33 L	F	Kelly Vroon	21	LALE CED	26/02/2021	Grand Prix Durban 2021	
17	2:12.67 L	F	Chenay Dateline	19	AGB JHB	16/04/2021	SA Regional National Championships	
18	2:12.68 L	F	Nastasiya Vrey	22	AGC TSH	16/04/2021	SA Regional National Championships	
19	2:12.86 L	F	Sulinke Van den Berg	19	BLSS MAN	07/12/2020	Free State Champs	
20	2:13.46 L	F	Sasha-Lee Corris	23	SGUL ETH	26/02/2021	Grand Prix Durban 2021	
21	2:14.79 L	P	Tanya Abrie	25	AGB JHB	16/04/2021	SA Regional National Championships	
22	2:16.05 L	P	Jessica Canter	21	LALE CED	14/04/2021	Western Cape SANJ and Senior	
23	2:16.91 L S	F	Jenna-Laine Fuller	20	TUKS TSH	11/12/2020	NTS Championships 2020	
24	2:18.14 L	P	Andrea Cudin	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021	
25	2:18.81 L	F	Toni Rafferty	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
26	2:19.94 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs	
27	2:22.00 L	P	Olivia Scott	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
28	2:22.10 L	P	Georgia Rippon	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
29	2:22.19 L	F	Lucy Miszewski	19	VINE CPT	06/11/2020	Swartland Invitational Gala #1 2020	
30	2:22.86 L	F	Christin Mundell	19	TUKS TSH	19/02/2021	2021 Stellenbosch Camp Evaluation	
31	2:22.92 L	F	Karla Grobler	19	TUKS TSH	23/10/2020	NTS October Lev 3+ Age Group	
32	2:23.12 L	F	Samantha Straw	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
33	2:23.16 L	F	Talitha Vd Walt	20	CUDU CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
34	2:23.29 L	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship	
35	2:23.70 L	P	Marné Meier	22	NWS	14/04/2021	SA Aquatic (Senior) Championship 2021	
36	2:24.65 L	P	Sianne Downes	19	UNAT	09/12/2020	EGA Summer Champs 2020	
37	2:27.15 L	P	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020	
38	2:27.16 L	F	Sarah Jennings	23	TUKS TSH	20/03/2021	SSA Hillcrest Level 3 Champs	
39	2:31.88 L	F	Katia Turchino	19	MATI CED	28/11/2020	Neptune Back in the Pool	
40	2:34.48 L	P	Jamie Lotter	19	DRGN JHB	09/12/2020	EGA Summer Champs 2020	
41	2:34.76 L	F	Shania Richardson	20	HASC JHB	06/03/2021	CGA Last Chance Level 3+ gala	
42	2:34.85 L	F	Jemma Bodington	CR	PSA ZLD	05/12/2020	Stingrays Swim Club Championships	
43	2:35.78 L	F	Rachael Humphries	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
44	2:36.07 L	F	Marine Smuts	20	KOVS MAN	25/09/2020	Sa Short Course Champs LC 2020 FSA	
45	2:46.15 L	P	Michaela Kretzen	21	ASAC CPT	14/04/2021	Western Cape SANJ and Senior	
46	2:46.26 L	F	Cornelle Leach	22	NWUC KKD	26/02/2021	NTS Feb SANJ+ AG Gala Group	
47	3:04.89 L	F	Thalita Conradie	21	KALA JTD	05/12/2020	CHRISTMAS GALA KATHU	
48	3:13.92 L	F	Gail Potgieter	36	BLSS MAN	31/10/2020	Solidarity Grand Prix 4	
49	3:18.73 L	F	Melisa O'Neill	29	ASAC CPT	14/04/2021	Western Cape SANJ and Senior	
Women 19 & Over		400 Free						
1	4:27.20 L	F	Jordan-Jenna Rolfe	19	WATR JHB	26/02/2021	Grand Prix Durban 2021	
2	4:28.36 L	F	Carla Antonopoulos	20	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
3*	4:31.30 L	P	Janie Coetzer	19	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
3*	4:31.30 L	P	Kiara Noades	20	AGC	FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
5	4:31.79 L	F	Victoria Earle	19	KZNA	ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
6	4:34.02 L	F	Amica De Jager	21	ECA	NMA	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
7	4:36.84 L	F	Samantha Randle	22	TUKS	FSH	11/12/2020	NTS Championships 2020	
8	4:38.46 L	F	Chenay Dateline	19	AGB	JHB	16/04/2021	SA Regional National Championships	
9	4:40.78 L	F	Sulinke Van den Berg	19	BLSS	MAN	07/12/2020	Free State Champs	
10	4:56.04 L	F	Maretha Nagel	35	BLSS	MAN	07/12/2020	Free State Champs	
11	4:59.08 L	F	Jenna-Laine Fuller	20	TUKS	FSH	26/02/2021	NTS Feb SANJ+ AG Gala Group	
12	4:59.34 L	F	Talitha Vd Walt	20	CUDU	CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
13	5:00.28 L	P	Alani Ferreira	22	KZNA	ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
14	5:07.85 L S	F	Marine Nortje	20	KOVS	MAN	31/10/2020	Solidarity Grand Prix 4	
15	5:25.52 L	F	Rachael Humphries	19	NWUC	KKD	26/02/2021	NW Level 3+ Provincial	
16	5:25.98 L	F	Tanya Osborne	48	FEMS	EDD	06/03/2021	EDEN Summer Champs 2021	
17	5:36.39 L	F	Katia Turchino	19	MATI	GED	07/12/2020	Free State Champs	
18	6:56.62 L	F	Melisa O'Neill	29	ASAC	CPT	14/04/2021	Western Cape SANJ and Senior	
19	6:58.78 L	F	Gail Potgieter	36	BLSS	MAN	07/12/2020	Free State Champs	
20	7:19.26 L	F	Louw-Let Fourie	34	FISH	EDD	21/11/2020	EDEN 2nd A-League Gala 2020	
21	9:26.66 L	F	Ada Verster	47	EXA	EZD	16/10/2020	MP AGE GROUP 2 GALA	
Women 19 & Over 500 Free									
1	9:35.75 L	O	Amy Barnes	24	TYGE	CPT	13/12/2020	Lomond Open Water Swim Meet 2020	
2	10:23.96 L	O	Terry-Ann Matley	63	CPTM	CPT	13/12/2020	Lomond Open Water Swim Meet 2020	
3	10:27.97 L	O	Megan Bircher	47	CUHE	QBD	13/12/2020	Lomond Open Water Swim Meet 2020	
4	14:54.52 L	O	Claudia Rhooode	26	BLMA	CPT	13/12/2020	Lomond Open Water Swim Meet 2020	
Women 19 & Over 800 Free									
1	9:06.19 L	F	Samantha Randle	22	AGC	FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
2	9:07.28 L	F	Janie Coetzer	19	AGC	FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
3	9:09.83 L	F	Carla Antonopoulos	20	SGUL	ETH	26/02/2021	Grand Prix Durban 2021	
4	9:10.97 L	F	Jordan-Jenna Rolfe	19	AGB	JHB	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
5	9:14.92 L	F	Victoria Earle	19	SGUL	ETH	26/02/2021	Grand Prix Durban 2021	
6	9:24.48 L	F	Robyn Kinghorn	21	ACSA	ETH	06/04/2021	SA Aquatic (Senior) Championship	
7	9:31.73 L	F	Amica De Jager	21	NMU	NMA	19/02/2021	3rd A League Gala 2021	
8	9:32.16 L	F	Sasha-Lee Corris	23	SGUL	ETH	26/02/2021	Grand Prix Durban 2021	
9	10:16.30 L	F	Maretha Nagel	35	BLSS	MAN	25/11/2020	Soladarity Grand Prix	
10	10:48.99 L	F	Talitha Vd Walt	20	CUDU	CPT	15/12/2020	Western Cape Long Course	
11	11:44.10 L	F	Rachael Humphries	19	NWUC	KKD	16/12/2020	NWS Championships 2020/2021	
12	14:12.16 L	F	Gail Potgieter	36	BLSS	MAN	07/12/2020	Free State Champs	
13	14:21.34 L	F	Melisa O'Neill	29	ASAC	CPT	14/04/2021	Western Cape SANJ and Senior	
Women 19 & Over 1000 Free									
1	12:52.00 L	O	Sasha-Lee Corris	23	SGUL	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
2	16:42.00 L	O	Sally Ralfe	47	SMSC	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
3	19:04.00 L	O	Amanda Koegelenberg	43	BLUO	UGD	22/11/2020	KZN 2020 OWS Champs 3km 1km	
4	19:57.00 L	O	Nothando Msomi	24	SMSC	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
5	23:59.00 L	O	Susan Jacoby	55	BEAV	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
Women 19 & Over 1500 Free									
1	17:05.57 L S	F	Samantha Randle	22	AGC	FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
2	17:24.56 L	F	Jordan-Jenna Rolfe	19	WATR	JHB	26/02/2021	Grand Prix Durban 2021	
3	17:29.01 L S	F	Carla Antonopoulos	20	KZNA	ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE
4	17:38.66 L	F	Victoria Earle	19	SGUL	ETH	26/02/2021	Grand Prix Durban 2021	
5	17:56.91 L S	F	Robyn Kinghorn	21	ACSA	ETH	06/04/2021	SA Aquatic (Senior) Championship	
6	18:09.91 L	F	Sasha-Lee Corris	23	SGUL	ETH	28/11/2020	Aquazone LC Gala 1	
7	18:22.42 L	F	Amica De Jager	21	NMU	NMA	11/12/2020	NMBA Championships 2020	
Women 19 & Over 3000 Free									
1	37:16.00 L	O	Sasha-Lee Corris	23	SGUL	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
2	37:27.00 L	O	Robyn Kinghorn	21	ACSA	ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km	
3	38:42.00 L	F	Samantha Randle	22	TUKS	FSH	16/12/2020	AG OW Grand Prix #1	
4	42:58.17 L	O	Rachael Humphries	19	NWS		19/03/2021	SA National OWS Championship 2021	
5	44:13.14 L	O	Carina Hambloch	41	KZNA	ETH	19/03/2021	SA National OWS Championship 2021	

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
6	44:15.00	L	O	Tracy Gous	45	PEMA NMA	27/02/2021	NMBA OWS Championships
7	44:15.35	L	O	Ashleigh Munks	19	AGA EKU	19/03/2021	SA National OWS Championship 2021
8	44:30.00	L	O	Antonelle Saporta	40	PEMA NMA	27/02/2021	NMBA OWS Championships
9	45:14.00	L	O	Denise Bosman	62	PEMA NMA	27/02/2021	NMBA OWS Championships
10	45:15.64	L	O	Kirsty Hyslop	25	AGB JHB	19/03/2021	SA National OWS Championship 2021
11	45:33.90	L	O	Tanya Osborne	48	FEMS EDD	08/11/2020	EC Swim Series OWS 3 2020
12	45:34.00	L	O	Samantha Kruger	42	AZON ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km
13	45:43.29	L	O	Ingrd Trusler	62	AGC TSH	19/03/2021	SA National OWS Championship 2021
14	45:54.00	L	F	Courtney Pretorius	19	COEL TSH	16/12/2020	AG OW Grand Prix #1
15	46:09.83	L	O	Amanda Koegelenberg	43	KZNA ETH	19/03/2021	SA National OWS Championship 2021
16	47:29.13	L	O	Anneke Boshoff	48	WCA WCD	19/03/2021	SA National OWS Championship 2021
17	48:04.00	L	O	Claire Amner	47	CPTM CPT	13/12/2020	Lomond Open Water Swim Meet 2020
18	49:08.38	L	O	Megan Albertyn	47	AGC TSH	19/03/2021	SA National OWS Championship 2021
19	49:41.00	L	F	Danielle Luyt	25	VRC TSH	21/02/2021	AG Open Water Champs
20	50:55.39	L	O	Sharon Viljoen	49	ECA NMA	19/03/2021	SA National OWS Championship 2021
21	51:02.01	L	O	Jean Degenaar	61	CPTM CPT	13/12/2020	Lomond Open Water Swim Meet 2020
22	53:09.00	L	O	Sally Ralfe	47	SMSC ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km
23	57:01.29	L	O	Michelle Weber	24	SEAL UMD	13/12/2020	Lomond Open Water Swim Meet 2020
24	57:15.00	L	F	Justine Johnson	44	WATR JHB	16/12/2020	AG OW Grand Prix #1
25	57:45.14	L	O	Mandi Fuchs	57	OBD OBD	13/12/2020	Lomond Open Water Swim Meet 2020
26	58:04.00	L	F	Marissa Rollnick	69	GSWP JHB	16/12/2020	AG OW Grand Prix #1
27	59:55.00	L	F	Nadine Freeman	62	OLDE JHB	16/12/2020	AG OW Grand Prix #1
28	1:01:04.00	L	O	Odette Van Der Merwe	NR	ODSW UMD	22/11/2020	KZN 2020 OWS Champs 3km 1km
29	1:01:16.40	L	O	Elsa De Beer	43	CSA EZD	21/02/2021	Mpumalga OPEN WATER AG 6
30	1:01:19.57	L	O	Karin Cilliers	46	CSA EZD	21/02/2021	Mpumalga OPEN WATER AG 6
31	1:03:05.00	L	O	Elizabeth Craig	76	PEMA NMA	27/02/2021	NMBA OWS Championships
32	1:14:43.00	L	F	Robyn Gnudi	44	OLDE JHB	16/12/2020	AG OW Grand Prix #1
33	1:20:18.00	L	O	Dawn Lloyd	62	SMSC ETH	22/11/2020	KZN 2020 OWS Champs 3km 1km
Women 19 & Over		5000 Free						
1	1:01:26.71	L	O	Sasha-Lee Corris	23	KZNA ETH	19/03/2021	SA National OWS Championship 2021
2	1:01:28.32	L	O	Amica De Jager	21	ECA NMA	19/03/2021	SA National OWS Championship 2021
3	1:01:56.56	L	O	Victoria Earle	19	KZNA ETH	19/03/2021	SA National OWS Championship 2021
4	1:02:13.76	L	O	Michelle Weber	24	SEAL UMD	13/12/2020	Lomond Open Water Swim Meet 2020
5	1:04:17.21	L	O	Carla Antonopoulos	20	KZNA ETH	19/03/2021	SA National OWS Championship 2021
6	1:12:00.63	L	O	Rachael Humphries	19	NWS	19/03/2021	SA National OWS Championship 2021
7	1:18:58.17	L	O	Kirsty Hyslop	25	AGB JHB	19/03/2021	SA National OWS Championship 2021
8	1:19:05.47	L	O	Danielle Dirksen	23	WCA WCD	19/03/2021	SA National OWS Championship 2021
9	1:40:37.00	L	O	Susan Derbyshire	49	PEMA NMA	27/02/2021	NMBA OWS Championships
Women 19 & Over		10000 Free						
1	2:04:02.00	L	O	Amica De Jager	21	NMU NMA	27/02/2021	NMBA OWS Championships
2	2:06:55.77	L	O	Michelle Weber	24	KZNA ETH	19/03/2021	SA National OWS Championship 2021
3	2:08:23.69	L	O	Robyn Kinghorn	21	KZNA ETH	19/03/2021	SA National OWS Championship 2021
4	2:08:54.39	L	O	Victoria Earle	19	KZNA ETH	19/03/2021	SA National OWS Championship 2021
5	2:09:15.00	L	O	Sasha-Lee Corris	23	SGUL ETH	17/02/2021	Capital K
6	2:53:19.00	L	O	Samantha Kruger	42	AZON ETH	17/02/2021	Capital K
Women 19 & Over		50 Back						
1	29.88	L	F	Natalie Landmann	19	FSA FS	14/04/2021	SA Aquatic (Senior) Championship 2021
2	30.73	L	P	Kristen Straszacker	21	WCA WCD	07/04/2021	SA Invitational Aquatic Champ 2021-PE
3	31.09	L	F	Kiara Noades	20	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
4	31.40	L	F	Jana Coetzé	20	AGC TSH	16/04/2021	SA Regional National Championships
5	31.74	L	F	Samantha Labuschagne	21	TUKS TSH	06/04/2021	SA Aquatic (Senior) Championship
6	31.86	L	P	Samantha Randle	22	AGC TSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
7	32.06	L	F	Erin Hartszenberg	19	TYGE CPT	14/04/2021	Western Cape SANJ and Senior
8	32.08	L	F	Kyla Blakemore	19	NDSA ETH	06/04/2021	SA Aquatic (Senior) Championship
9	32.10	L S	F	Sianne Downes	19	UNAT	09/12/2020	EGA Summer Champs 2020
10	32.15	L	F	Constantina Pietersen	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021
11	32.25	L	F	Toni Rafferty	19	PEAS NMA	11/12/2020	NMBA Championships 2020
12	32.28	L	F	Catherine Wilcocks	19	PAC TSH	11/12/2020	NTS Championships 2020

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
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	Time	P/F/S	Name	Age/Yr				
13	32.52 L S	F	Chrislin Nieuwoudt	21	ESTR EKU	09/12/2020	EGA Summer Champs 2020	
14	32.61 L	P	Taneal Baptiste	21	AGC FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
15	32.66 L	F	Amy O'rourke	19	FLOD JHB	07/11/2020	EGA Summer 3	
16	32.93 L	F	Sulinke Van den Berg	19	BLSS MAN	07/12/2020	Free State Champs	
17	33.02 L	F	Kelly Vroon	21	LALE CED	14/04/2021	Western Cape SANJ and Senior	
18	33.31 L	F	Jessica Canter	21	PEAS NMA	11/12/2020	NMBA Championships 2020	
19	33.43 L	P	Olivia Scott	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
20	33.45 L	F	Marné Meier	22	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
21	33.77 L	P	Lesley Blignaut	20	AGC FSH	16/04/2021	SA Regional National Championships	
22	34.04 L	F	Samantha Straw	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial	
23	34.42 L S	F	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020	
24	34.65 L	F	Michelle Kretzschmar	20	TUKS FSH	20/11/2020	NTS November 2020 Age Group Gala	
25	34.71 L	P	Nastasiya Vrey	22	AGC FSH	16/04/2021	SA Regional National Championships	
26	34.97 L	F	Karla Grobler	19	TUKS FSH	11/12/2020	NTS Championships 2020	
27	35.02 L	P	Bathandwa Dyantyi	23	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021	
28	35.12 L	F	Shania Richardson	20	HASC JHB	20/03/2021	SSA Hillcrest Level 3 Champs	
29	35.33 L	F	Erin Barnes	19	TUKS FSH	28/11/2020	EGA Summer 4	
30	35.34 L	F	Jemma Bodington	CR	PSA ZLD	17/10/2020	KCDA October Age Group Gala 2020	
31	35.46 L	F	Jamie Lotter	19	DRGN JHB	28/11/2020	EGA Summer 4	
32	35.54 L	F	Rachael Humphries	19	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
33	36.13 L	F	Licinda Kleynhans	24	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
34	36.18 L	F	Netanya Robberts	19	TUKS FSH	11/12/2020	NTS Championships 2020	
35	36.47 L	F	Esmari Theart	25	KALA JTD	07/11/2020	Flamingo Gala 2020	
36	36.49 L	P	Deané Toerien	20	TASC MPD	20/03/2021	SSA Hillcrest Level 3 Champs	
37	36.76 L	P	Hannah Ledingham	20	MATI CED	15/12/2020	Western Cape Long Course	
38	36.97 L	P	Isabella Strydom	19	SAAW CPT	15/12/2020	Western Cape Long Course	
39	37.50 L S	F	Marine Nortje	20	KOVS MAN	31/10/2020	Solidarity Grand Prix 4	
40	38.01 L	F	Jenna Whiting	20	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
41	38.41 L	F	Talitha Vd Walt	20	CUDU CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
42	38.91 L	F	Tanika Smuts	20	KTS JTD	07/11/2020	Flamingo Gala 2020	
43	39.75 L	F	Michaela Kretzen	21	ASAC CPT	15/12/2020	Western Cape Long Course	
44	42.33 L	F	Cornelle Leach	22	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
45	47.87 L	P	Emily Khumalo	39	CSA EZD	11/12/2020	Mpumalanga Championships 2020	
46	50.62 L	F	Jenna Jagers	20	MANT CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
47	52.14 L S	F	Gail Potgieter	36	BLSS MAN	31/10/2020	Solidarity Grand Prix 4	
48	53.21 L	F	Nasyi Strauss	21	EXA EZD	06/11/2020	MP AGE GROUP 3 GALA 6-7	
49	59.19 L	F	Rentia Oosthuizen	29	INFA NMA	19/02/2021	3rd A League Gala 2021	
50	1:02.63 L S	T	Katherine Swanepoel	33	AGB JHB	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
51	1:05.69 L	F	Marne Kock	23	RBUR BPD	16/12/2020	NWS Championships 2020/2021	

Women 19 & Over

100 Back

1	1:04.65 L	F	Natalie Landmann	19	FSA FS	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
2	1:05.55 L S	F	Samantha Randle	22	TUKS FSH	11/12/2020	NTS Championships 2020	
3	1:05.71 L	P	Kristen Straszacker	21	WCA WCD	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
4	1:06.14 L	F	Kiara Noades	20	AGC FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
5	1:06.62 L	F	Tayla Lovemore	26	SEAL UMD	26/02/2021	Grand Prix Durban 2021	
6	1:07.23 L	F	Samantha Labuschagne	21	TUKS FSH	26/02/2021	Grand Prix Durban 2021	
7	1:07.32 L	F	Constantina Pietersen	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021	
8	1:08.55 L S	F	Taneal Baptiste	21	PAC FSH	11/12/2020	NTS Championships 2020	
9	1:08.67 L	F	Lucy Miszewski	19	VINE CPT	06/11/2020	Swartland Invitational Gala #1 2020	
10	1:08.72 L	F	Jana Coetzé	20	AGC FSH	16/04/2021	SA Regional National Championships	
11	1:09.90 L	F	Kyla Blakemore	19	NDSA ETH	06/04/2021	SA Aquatic (Senior) Championship	
12	1:10.13 L	F	Catherine Wilcocks	19	AGC FSH	16/04/2021	SA Regional National Championships	
13	1:10.15 L	F	Sianne Downes	19	UNAT	09/12/2020	EGA Summer Champs 2020	
14	1:10.59 L	F	Sulinke Van den Berg	19	BEAV ETH	06/04/2021	SA Aquatic (Senior) Championship	
15	1:10.92 L	P	Erin Hartszenberg	19	TYGE CPT	14/04/2021	Western Cape SANJ and Senior	
16	1:10.97 L	F	Jessica Canter	21	PEAS NMA	11/12/2020	NMBA Championships 2020	
17	1:11.59 L	F	Olivia Scott	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior	
18	1:11.77 L	F	Heike Thormahlen	21	SGUL ETH	06/04/2021	SA Aquatic (Senior) Championship	
19	1:11.80 L	F	Amy O'rourke	19	FLOD JHB	07/11/2020	EGA Summer 3	

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
20	1:12.20	L	F	Chrislin Nieuwoudt	21	ESTR	EKU 07/11/2020 EGA Summer 3
21	1:12.21	L	F	Chante' Cornelius	19	TUKS	FSH 27/02/2021 NTS Feb SANJ+ AG Gala Group 2
22	1:12.52	L	P	Karla Grobler	19	AGC	FSH 16/04/2021 SA Regional National Championships
23	1:13.13	L	F	Bathandwa Dyantyi	23	NMU	NMA 28/02/2021 PEA Squad Gala
24	1:13.49	L	F	Marné Meier	22	NWUC	KKD 16/12/2020 NWS Championships 2020/2021
25	1:13.54	L	F	Michelle Kretzschmar	20	TUKS	FSH 20/11/2020 NTS November 2020 Age Group Gala
26	1:13.55	L	F	Samantha Straw	19	NWUC	KKD 26/02/2021 NW Level 3+ Provincial
27	1:14.34	L	F	Janie Coetzer	19	TUKS	FSH 27/02/2021 NTS Feb SANJ+ AG Gala Group 2
28	1:14.77	L	F	Ashleigh Munks	19	BOKS	EKU 09/12/2020 EGA Summer Champs 2020
29	1:15.57	L	F	Maretha Nagel	35	BLSS	MAN 07/12/2020 Free State Champs
30	1:16.09	L	F	Robyn Young	20	SWLAB	07/03/2021 Winelands Summer League Gala
31	1:16.49	L	P	Shania Richardson	20	HASC	JHB 20/03/2021 SSA Hillcrest Level 3 Champs
32	1:16.52	L	F	Sabrina Favini	20	TUKS	FSH 27/02/2021 NTS Feb SANJ+ AG Gala Group 2
33	1:16.54	L	P	Courtney Pretorius	19	PER	JHB 20/03/2021 SSA Hillcrest Level 3 Champs
34	1:16.60	L	F	Kayla McLoughlin	20	SSISA	CPT 15/12/2020 Western Cape Long Course
35	1:16.65	L	F	Natasha Cornelius	19	TUKS	FSH 20/11/2020 NTS November 2020 Age Group Gala
36	1:16.78	L	P	Jamie Lotter	19	DRGN	JHB 09/12/2020 EGA Summer Champs 2020
37	1:17.80	L	F	Kelly Vroon	21	LALE	GED 15/12/2020 Western Cape Long Course
38	1:17.93	L	F	Rachael Humphries	19	NWUC	KKD 16/12/2020 NWS Championships 2020/2021
39	1:18.99	L	F	Isabella Strydom	19	SAAW	CPT 15/12/2020 Western Cape Long Course
40	1:19.16	L	F	Esmari Theart	25	KALA	JTD 07/11/2020 Flamingo Gala 2020
41	1:20.09	L	F	Jemma Bodington	CR	PSA	ZLD 14/11/2020 KCDA November Age Group Gala 2020
42	1:22.10	L	F	Netanya Robberts	19	TUKS	FSH 23/10/2020 NTS October Lev 3+ Age Group
43	1:22.20	L	F	Hannah Ledingham	20	MATI	GED 15/12/2020 Western Cape Long Course
44	1:22.82	L	F	Tanika Smuts	20	KTS	JTD 07/11/2020 Flamingo Gala 2020
45	1:23.56	L	F	Deané Toerien	20	TASC	MPD 13/02/2021 Limpopo Champs
46	1:26.15	L	F	Michaela Kretzen	21	WCA	WCD 07/04/2021 SA Invitational Aquatic Champ 2021-PE
47	1:30.98	L	P	Cornelle Leach	22	AGB	JHB 16/04/2021 SA Regional National Championships
48	1:33.37	L	F	Katia Turchino	19	MATI	GED 28/11/2020 Neptune Back in the Pool
49	1:40.52	L	F	Louw-Let Fourie	34	FISH	EDD 21/11/2020 EDEN 2nd A-League Gala 2020
50	1:53.56	L	F	Jenna Jagers	20	MANT	CPT 15/12/2020 Western Cape Long Course
51	1:58.46	L	F	Nasyi Strauss	21	EXA	EZD 11/12/2020 Mpumalanga Championships 2020
52	2:05.56	L	F	Rentia Oosthuizen	29	INFA	NMA 19/02/2021 3rd A League Gala 2021
53	2:14.78	L	F	Katherine Swanepoel	33	AGB	JHB 07/04/2021 SA Invitational Aquatic Champ 2021-PE
54	2:22.09	L	F	Marne Kock	23	RBUR	BPD 16/12/2020 NWS Championships 2020/2021
Women 19 & Over 200 Back							
1	2:17.23	L	F	Samantha Randle	22	TUKS	FSH 19/02/2021 2021 Stellenbosch Camp Evaluation
2	2:22.03	L	F	Kiara Noades	20	TUKS	FSH 19/02/2021 2021 Stellenbosch Camp Evaluation
3	2:24.98	L	F	Kristen Straszacker	21	WCA	WCD 07/04/2021 SA Invitational Aquatic Champ 2021-PE
4	2:29.93	L S	F	Sulinke Van den Berg	19	BEAV	ETH 06/04/2021 SA Aquatic (Senior) Championship
5	2:31.06	L	P	Catherine Wilcocks	19	PAC	FSH 11/12/2020 NTS Championships 2020
6	2:31.20	L	F	Sianne Downes	19	UNAT	09/12/2020 EGA Summer Champs 2020
7	2:31.58	L	F	Kelly Vroon	21	LALE	GED 26/02/2021 Grand Prix Durban 2021
8	2:35.52	L	F	Jana Coetzé	20	TUKS	FSH 27/02/2021 NTS Feb SANJ+ AG Gala Group 2
9	2:37.05	L S	F	Maretha Nagel	35	BLSS	MAN 07/12/2020 Free State Champs
10	2:37.25	L	F	Helen Taylor	23	AZON	ETH 28/11/2020 Aquazone LC Gala 1
11	2:38.69	L	P	Karla Grobler	19	TUKS	FSH 11/12/2020 NTS Championships 2020
12	2:41.41	L S	P	Olivia Scott	19	VINE	CPT 14/04/2021 Western Cape SANJ and Senior
13	2:42.60	L	P	Courtney Pretorius	19	PER	JHB 20/03/2021 SSA Hillcrest Level 3 Champs
14	2:43.98	L	P	Bathandwa Dyantyi	23	ECA	NMA 07/04/2021 SA Invitational Aquatic Champ 2021-PE
15	2:47.72	L	F	Jamie Lotter	19	DRGN	JHB 09/12/2020 EGA Summer Champs 2020
16	2:47.85	L	F	Ashleigh Munks	19	BOKS	EKU 09/12/2020 EGA Summer Champs 2020
17	2:48.16	L	F	Rachael Humphries	19	NWUC	KKD 27/11/2020 NWS Age Group 28 Nov 2020
Women 19 & Over 50 Breast							
1	30.32	L	F	Tatjana Schoenmaker	23	AGC	FSH 07/04/2021 SA Invitational Aquatic Champ 2021-PE
2	32.03	L	P	Kaylene Corbett	21	AGC	FSH 07/04/2021 SA Invitational Aquatic Champ 2021-PE
3	32.12	L	P	Christin Mundell	19	AGC	FSH 07/04/2021 SA Invitational Aquatic Champ 2021-PE
4	32.27	L	F	Bianca Opperman	19	POTC	KKD 16/12/2020 NWS Championships 2020/2021

Individual Top Times

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Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
5	32.97 L	F	Emily Visagie	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
6	34.03 L S	P	Tilka Paljk	24	VRC FSH	11/12/2020	NTS Championships 2020		
7	34.26 L	F	Marlies Ross	23	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
8	34.33 L	P	Marné Meier	22	NWS	14/04/2021	SA Aquatic (Senior) Championship 2021		
9	34.46 L	F	Brie Parker	24	NDSA ETH	06/04/2021	SA Aquatic (Senior) Championship		
10	34.66 L	P	Jade Simons	20	MATI CED	14/04/2021	Western Cape SANJ and Senior		
11	34.72 L S	F	Jenna-Laine Fuller	20	TUKS FSH	11/12/2020	NTS Championships 2020		
12	34.92 L S	F	Taneal Baptiste	21	PAC FSH	11/12/2020	NTS Championships 2020		
13	35.18 L	P	Reedah Shaw	20	AGC FSH	16/04/2021	SA Regional National Championships		
14	35.20 L	F	Lesley Blignaut	20	AGC FSH	16/04/2021	SA Regional National Championships		
15	35.54 L	P	Hannah Ledingham	20	MATI CED	14/04/2021	Western Cape SANJ and Senior		
16	35.80 L	F	Kristen Straszacker	21	CUDU CPT	15/12/2020	Western Cape Long Course		
17*	35.86 L	P	Chante' Cornelius	19	AGC FSH	16/04/2021	SA Regional National Championships		
17*	35.86 L	T	Yvette Victor-vd Berg	41	AGC FSH	16/04/2021	SA Regional National Championships		
19	36.09 L	F	Constantina Pietersen	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021		
20	36.10 L	F	Daniella Solkow	19	VINE CPT	15/12/2020	Western Cape Long Course		
21	36.18 L	F	Nastasiya Vrey	22	AGC FSH	16/04/2021	SA Regional National Championships		
22	36.37 L S	F	Jenna Whiting	20	TUKS FSH	11/12/2020	NTS Championships 2020		
23	36.42 L	F	Licinda Kleynhans	24	NWUC KKD	16/12/2020	NWS Championships 2020/2021		
24	36.65 L	P	Helen Taylor	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
25	36.75 L S	F	Catherine Wilcocks	19	PAC FSH	11/12/2020	NTS Championships 2020		
26	36.84 L	F	Tove Van Zyl	23	TUKS FSH	20/11/2020	NTS November 2020 Age Group Gala		
27	37.02 L	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship		
28	37.03 L S	F	Netanya Robberts	19	TUKS FSH	11/12/2020	NTS Championships 2020		
29	37.09 L S	P	Sune Van Jaarsveld	19	TUKS FSH	11/12/2020	NTS Championships 2020		
30	37.51 L	F	Deané Toerien	20	TASC MPD	20/03/2021	SSA Hillcrest Level 3 Champs		
31*	37.94 L	P	Georgia Rippon	19	VINE CPT	14/04/2021	Western Cape SANJ and Senior		
31*	37.94 L S	F	Megan Hesse	26	PAC FSH	11/12/2020	NTS Championships 2020		
33	38.69 L	F	Shania Richardson	20	HASC JHB	20/03/2021	SSA Hillcrest Level 3 Champs		
34	39.09 L S	P	Justine Holmes	21	TUKS FSH	11/12/2020	NTS Championships 2020		
35	39.13 L	F	Alani Ferreira	22	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
36	39.37 L S	P	Suzanne Harrop-Allin	42	COEL FSH	11/12/2020	NTS Championships 2020		
37	39.63 L S	P	Demi Leech	21	TUKS FSH	11/12/2020	NTS Championships 2020		
38	40.43 L	F	Cornelle Leach	22	AGB JHB	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
39	41.40 L S	F	Marine Nortje	20	KOVS MAN	31/10/2020	Solidarity Grand Prix 4		
40	41.65 L	F	Isabella Strydom	19	SAAW CPT	15/12/2020	Western Cape Long Course		
41	42.18 L	F	Danielle Luyt	25	VRC FSH	23/10/2020	NTS October Lev 3+ Age Group		
42	42.96 L	P	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020		
43	44.17 L	F	Tanika Smuts	20	KTS JTD	07/11/2020	Flamingo Gala 2020		
44	45.94 L	P	Michaela Kretzen	21	WCA WCD	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
45	46.83 L	F	Jemma Bodington	CR	PSA ZLD	05/12/2020	Stingrays Swim Club Championships		
46	47.01 L	F	Wilhelmina Louw	43	ELRAS WBD	13/02/2021	Limpopo Champs		
47	47.51 L	F	Anja Van Der Merwe	19	VALS FDD	12/12/2020	Decemeber Sasol Gala		
48	51.38 L	P	Melisa O'Neill	29	ASAC CPT	14/04/2021	Western Cape SANJ and Senior		
49	54.01 L	F	Sonja Coetzee	33	VALS FDD	07/12/2020	Free State Champs		
50	55.49 L	F	Rentia Oosthuizen	29	INFA NMA	11/12/2020	NMBA Championships 2020		
51	56.22 L	F	Ada Verster	47	EXA EZD	16/10/2020	MP AGE GROUP 2 GALA		
52	57.27 L	F	Emily Khumalo	39	CSA EZD	11/12/2020	Mpumalanga Championships 2020		
53	59.85 L	F	Jenna Jagers	20	MANT CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021		
54	1:10.00 L	F	Heidie Steyn	47	HREF BPD	27/11/2020	NWS Age Group 28 Nov 2020		
55	1:12.55 L	F	Marne Kock	23	RBUR BPD	26/02/2021	NWS Level 2 Provincial		
56	1:16.79 L	F	Katherine Swanepoel	33	AGB JHB	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
57	1:18.33 L	F	Nasyi Strauss	21	EXA EZD	11/12/2020	Mpumalanga Championships 2020		
Women 19 & Over 100 Breast									
1	1:05.74 L S	F	Tatjana Schoenmaker	23	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
2	1:08.88 L S	F	Kaylene Corbett	21	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
3	1:10.06 L S	F	Christin Mundell	19	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
4	1:10.73 L S	P	Emily Visagie	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
5	1:10.97 L	F	Bianca Opperman	19	POTC KKD	16/12/2020	NWS Championships 2020/2021		

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Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
6	1:13.71	L S	F	Marlies Ross	23	AGC	F	07/04/2021	SA Invitational Aquatic Champ 2021-PE
7	1:14.57	L	F	Marné Meier	22	NWUC	K	16/12/2020	NWS Championships 2020/2021
8	1:15.76	L	F	Brie Parker	24	NDSA	E	06/04/2021	SA Aquatic (Senior) Championship
9	1:16.16	L S	F	Tilka Paljk	24	WCA	W	07/04/2021	SA Invitational Aquatic Champ 2021-PE
10	1:18.26	L	F	Jessica Whelan	24	MDOL	J	06/03/2021	CGA Last Chance Level 3+ gala
11	1:18.99	L	P	Yvette Victor-vd Berg	41	AGC	F	16/04/2021	SA Regional National Championships
12	1:19.59	L	P	Reedah Shaw	20	TUKS	F	11/12/2020	NTS Championships 2020
13	1:19.82	L	F	Daniella Solkow	19	VINE	C	15/12/2020	Western Cape Long Course
14	1:19.91	L	P	Jenna-Laine Fuller	20	TUKS	F	11/12/2020	NTS Championships 2020
15	1:20.10	L	F	Jenna Whiting	20	TUKS	F	11/12/2020	NTS Championships 2020
16	1:20.24	L	F	Netanya Robberts	19	TUKS	F	11/12/2020	NTS Championships 2020
17	1:20.40	L S	P	Helen Taylor	23	KZNA	E	07/04/2021	SA Invitational Aquatic Champ 2021-PE
18	1:20.76	L	F	Licinda Kleynhans	24	NWUC	K	16/12/2020	NWS Championships 2020/2021
19	1:20.97	L	F	Sabrina Favini	20	TUKS	F	27/02/2021	NWS Feb SANJ+ AG Gala Group 2
20	1:21.01	L	P	Hannah Ledingham	20	MATI	C	14/04/2021	Western Cape SANJ and Senior
21	1:21.38	L	P	Sune Van Jaarsveld	19	AGC	F	16/04/2021	SA Regional National Championships
22	1:21.51	L	F	Taneal Baptiste	21	PAC	F	20/11/2020	NTS November 2020 Age Group Gala
23	1:23.28	L	F	Constantina Pietersen	19	INFA	N	19/02/2021	3rd A League Gala 2021
24	1:23.72	L	F	Karla Grobler	19	TUKS	F	11/12/2020	NTS Championships 2020
25	1:23.80	L	P	Georgia Rippon	19	VINE	C	14/04/2021	Western Cape SANJ and Senior
26	1:23.97	L	F	Alani Ferreira	22	KZNA	E	07/04/2021	SA Invitational Aquatic Champ 2021-PE
27	1:24.18	L	F	Justine Holmes	21	TUKS	F	11/12/2020	NTS Championships 2020
28	1:24.20	L	F	Nastasiya Vrey	22	TUKS	F	27/02/2021	NTS Feb SANJ+ AG Gala Group 2
29	1:24.37	L	P	Megan Hesse	26	PAC	F	11/12/2020	NTS Championships 2020
30	1:25.84	L	P	Suzanne Harrop-Allin	42	COEL	F	11/12/2020	NTS Championships 2020
31	1:26.21	L	F	Nepo Ntsono	23	NMU	N	23/03/2021	SA Level 3 Regional Age Group
32	1:26.26	L	F	Demi Leech	21	TUKS	F	20/03/2021	SSA Hillcrest Level 3 Champs
33	1:26.36	L	P	Deané Toerien	20	TASC	M	20/03/2021	SSA Hillcrest Level 3 Champs
34	1:26.57	L	F	Maretha Nagel	35	BLSS	M	07/12/2020	Free State Champs
35	1:27.43	L	F	Kayla McLoughlin	20	SSISA	C	15/12/2020	Western Cape Long Course
36	1:27.74	L	F	Courtney Davidson	19	PEAS	N	11/12/2020	NMBA Championships 2020
37	1:29.13	L	T	Cornelle Leach	22	AGB	J	16/04/2021	SA Regional National Championships
38	1:29.42	L	F	Sulinke Van den Berg	19	BLSS	M	31/10/2020	Solidarity Grand Prix 4
39	1:31.53	L	F	Marine Nortje	20	KOVS	M	31/10/2020	Solidarity Grand Prix 4
40	1:32.42	L	F	Tanya Osborne	48	FEMS	E	06/03/2021	EDEN Summer Champs 2021
41	1:32.82	L	F	Katia Turchino	19	MATI	C	07/12/2020	Free State Champs
42	1:36.98	L	F	Tanika Smuts	20	KTS	J	07/11/2020	Flamingo Gala 2020
43	1:41.56	L	P	Michaela Kretzen	21	WCA	W	07/04/2021	SA Invitational Aquatic Champ 2021-PE
44	1:44.80	L	F	Anja Van Der Merwe	19	VALS	F	12/12/2020	Decemeber Sasol Gala
45	1:46.32	L	F	Thalita Conradie	21	KALA	J	05/12/2020	CHRISTMAS GALA KATHU
46	1:49.07	L	F	Wilhelmina Louw	43	ELRAS	W	27/02/2021	Limpopo Age Group 4
47	1:49.88	L	P	Melisa O'Neill	29	ASAC	C	14/04/2021	Western Cape SANJ and Senior
48	2:01.84	L	F	Rentia Oosthuizen	29	INFA	N	19/02/2021	3rd A League Gala 2021
49	2:07.41	L	P	Emily Khumalo	39	CSA	E	11/12/2020	Mpumalanga Championships 2020
50	2:12.06	L	F	Jenna Jagers	20	MANT	C	23/03/2021	SSA Level 3 Oudtshoorn 2021
51	2:44.93	L	F	Marne Kock	23	RBUR	B	26/02/2021	NWS Level 2 Provincial
52	3:06.52	L	F	Heidie Steyn	47	HREF	B	16/12/2020	NWS Championships 2020/2021
Women 19 & Over 200 Breast									
1	2:20.17	L	F	Tatjana Schoenmaker	23	AGC	F	07/04/2021	SA Invitational Aquatic Champ 2021-PE
2	2:25.18	L	T	Kaylene Corbett	21	AGC	F	07/04/2021	SA Invitational Aquatic Champ 2021-PE
3	2:33.23	L	P	Emily Visagie	23	KZNA	E	07/04/2021	SA Invitational Aquatic Champ 2021-PE
4	2:33.48	L	F	Christin Mundell	19	AGC	F	07/04/2021	SA Invitational Aquatic Champ 2021-PE
5	2:41.05	L	F	Bianca Opperman	19	POTC	K	16/12/2020	NWS Championships 2020/2021
6	2:41.76	L	F	Marlies Ross	23	TUKS	F	12/11/2020	2020 Toyota US Open
7	2:43.10	L S	F	Marné Meier	22	NWS		14/04/2021	SA Aquatic (Senior) Championship 2021
8	2:48.53	L	F	Brie Parker	24	NDSA	E	26/02/2021	Grand Prix Durban 2021
9	2:49.54	L	F	Helen Taylor	23	KZNA	E	07/04/2021	SA Invitational Aquatic Champ 2021-PE
10	2:53.20	L	F	Amica De Jager	21	NMU	N	19/02/2021	3rd A League Gala 2021
11*	2:54.17	L	F	Sune Van Jaarsveld	19	TUKS	F	11/12/2020	NTS Championships 2020

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	Time	P/F/S	Name	Age/Yr					
11*	2:54.17	L	F	Reedah Shaw	20	TUKS	FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2
13	2:56.43	L	F	Licinda Kleynhans	24	NWUC	KKD	16/12/2020	NWS Championships 2020/2021
14	2:56.97	L	F	Netanya Robberts	19	TUKS	FSH	11/12/2020	NTS Championships 2020
15	3:00.01	L	F	Sabrina Favini	20	TUKS	FSH	27/02/2021	NTS Feb SANJ+ AG Gala Group 2
16	3:01.66	L S	F	Hannah Ledingham	20	MATI	GED	14/04/2021	Western Cape SANJ and Senior
17	3:06.47	L	F	Demi Leech	21	TUKS	FSH	11/12/2020	NTS Championships 2020
18	3:08.68	L	F	Suzanne Harrop-Allin	42	COEL	FSH	11/12/2020	NTS Championships 2020
19	3:09.32	L	F	Sulinke Van den Berg	19	BLSS	MAN	31/10/2020	Solidarity Grand Prix 4
20	3:11.20	L	F	Nepo Ntsono	23	NMU	NMA	23/03/2021	SA Level 3 Regional Age Group
21	3:19.00	L	F	Danielle Luyt	25	VRC	FSH	23/10/2020	NTS October Lev 3+ Age Group
22	3:21.17	L S	F	Katia Turchino	19	MATI	GED	07/12/2020	Free State Champs
23	4:01.83	L S	F	Melisa O'Neill	29	ASAC	CPT	14/04/2021	Western Cape SANJ and Senior
24	4:31.47	L	F	Ada Verster	47	EXA	EZD	16/10/2020	MP AGE GROUP 2 GALA
25	4:41.12	L	F	Jenna Jagers	20	MANT	CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021
Women 19 & Over 50 Fly									
1	26.50	L	F	Erin Gallagher	22	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
2	26.86	L	P	Inge Weidemann	20	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
3	27.01	L	F	Tayla Lovemore	26	KZNA	ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
4	27.62	L	F	Natalie Landmann	19	FSA	FS	07/04/2021	SA Invitational Aquatic Champ 2021-PE
5	28.08	L	F	Bianca Opperman	19	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
6	28.26	L	F	Christin Mundell	19	AGC	FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE
7	28.54	L S	F	Natasha Cornelius	19	AGC	FSH	16/04/2021	SA Regional National Championships
8	28.61	L S	F	Jana Coetzé	20	AGC	FSH	16/04/2021	SA Regional National Championships
9	28.64	L	F	Taneal Baptiste	21	PAC	FSH	11/12/2020	NTS Championships 2020
10	28.73	L	F	Courtney Van Biljon	22	MATI	GED	14/04/2021	Western Cape SANJ and Senior
11	28.88	L	F	Toni Rafferty	19	PEAS	NMA	11/12/2020	NMBA Championships 2020
12	29.10	L	F	Constantina Pietersen	19	ECA	NMA	14/04/2021	SA Aquatic (Senior) Championship 2021
13	29.23	L S	F	Megan Hesse	26	AGC	FSH	16/04/2021	SA Regional National Championships
14	29.33	L	F	Erin Hartzenberg	19	TYGE	CPT	14/04/2021	Western Cape SANJ and Senior
15	29.37	L	F	Daniella Solkow	19	VINE	CPT	06/11/2020	Swartland Invitational Gala #1 2020
16	29.46	L S	P	Lesley Blignaut	20	AGC	FSH	16/04/2021	SA Regional National Championships
17	29.51	L S	P	Chante' Cornelius	19	AGC	FSH	16/04/2021	SA Regional National Championships
18	29.65	L	F	Marné Meier	22	NWUC	KKD	16/12/2020	NWS Championships 2020/2021
19	29.70	L	F	Kristen Straszacker	21	CUDU	CPT	15/12/2020	Western Cape Long Course
20	29.74	L	P	Lizanne Viljoen	22	TUKS	FSH	11/12/2020	NTS Championships 2020
21	29.82	L	F	Sulinke Van den Berg	19	BEAV	ETH	06/04/2021	SA Aquatic (Senior) Championship
22	29.88	L	F	Lucy Miszewski	19	VINE	CPT	06/11/2020	Swartland Invitational Gala #1 2020
23	30.25	L	F	Jessica Canter	21	LALE	GED	14/04/2021	Western Cape SANJ and Senior
24	30.26	L	F	Marine Nortje	20	FSA	FS	14/04/2021	SA Aquatic (Senior) Championship 2021
25	30.34	L	F	Kaylene Corbett	21	TUKS	FSH	19/02/2021	2021 Stellenbosch Camp Evaluation
26	30.58	L S	P	Sune Van Jaarsveld	19	AGC	FSH	16/04/2021	SA Regional National Championships
27	30.62	L	F	Tove Van Zyl	23	TUKS	FSH	23/10/2020	NTS October Lev 3+ Age Group
28	30.71	L	F	Andrea Cudin	19	PEAS	NMA	11/12/2020	NMBA Championships 2020
29	30.75	L	F	Amica De Jager	21	NMU	NMA	19/02/2021	3rd A League Gala 2021
30	30.82	L	F	Nomvula Mjimba	19	SEAL	UMD	06/04/2021	SA Aquatic (Senior) Championship
31	30.92	L	P	Jenna-Laine Fuller	20	TUKS	FSH	11/12/2020	NTS Championships 2020
32	31.05	L	F	Amy O'rourke	19	FLOD	JHB	20/11/2020	NTS November 2020 Age Group Gala
33	31.31	L	F	Samantha Labuschagne	21	TUKS	FSH	06/04/2021	SA Aquatic (Senior) Championship
34	31.68	L	P	Bathandwa Dyantyi	23	ECA	NMA	07/04/2021	SA Invitational Aquatic Champ 2021-PE
35	31.70	L	P	Hannah Ledingham	20	MATI	GED	14/04/2021	Western Cape SANJ and Senior
36	31.76	L	P	Olivia Scott	19	VINE	CPT	14/04/2021	Western Cape SANJ and Senior
37	31.99	L S	P	Tanya Abrie	25	AGB	JHB	16/04/2021	SA Regional National Championships
38	32.27	L S	P	Chenay Dateline	19	AGB	JHB	16/04/2021	SA Regional National Championships
39	32.36	L	F	Karla Grobler	19	TUKS	FSH	11/12/2020	NTS Championships 2020
40	32.41	L S	P	Reedah Shaw	20	AGC	FSH	16/04/2021	SA Regional National Championships
41*	32.78	L	F	Chrislin Nieuwoudt	21	ESTR	EKU	28/11/2020	EGA Summer 4
41*	32.78	L S	P	Netanya Robberts	19	AGC	FSH	16/04/2021	SA Regional National Championships
43	32.89	L	F	Isabella Strydom	19	SAAW	CPT	15/12/2020	Western Cape Long Course
44	32.95	L	F	Kayla McLoughlin	20	SSISA	CPT	15/12/2020	Western Cape Long Course

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
45	32.97 L	P	Jordan Giraudeau	21	TT EKU	09/12/2020	EGA Summer Champs 2020	
46	33.00 L	P	Nastasiya Vrey	22	TUKS FSH	11/12/2020	NTS Championships 2020	
47	33.13 L	F	Jemma Bodington	CR	PSA ZLD	17/10/2020	KCDA October Age Group Gala 2020	
48	33.55 L	P	Ashleigh Munks	19	BOKS EKU	09/12/2020	EGA Summer Champs 2020	
49	33.68 L	F	Talitha Vd Walt	20	CUDU CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
50	34.10 L	F	Tanya Osborne	48	FEMS EDD	06/03/2021	EDEN Summer Champs 2021	
51	34.58 L	P	Jenna Whiting	20	TUKS FSH	11/12/2020	NTS Championships 2020	
52	35.15 L	F	Tanika Smuts	20	KTS JTD	07/11/2020	Flamingo Gala 2020	
53	36.14 L S	P	Cornelle Leach	22	AGB JHB	16/04/2021	SA Regional National Championships	
54	36.35 L	F	Demi Leech	21	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
55	36.54 L	P	Deané Toerien	20	TASC MPD	20/03/2021	SSA Hillcrest Level 3 Champs	
56	36.95 L	P	Sarah Jennings	23	TUKS FSH	20/03/2021	SSA Hillcrest Level 3 Champs	
57	37.72 L	F	Michaela Kretzen	21	WCA WCD	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
58	38.72 L	F	Alani Ferreira	22	SEAL UMD	28/11/2020	Aquazone LC Gala 1	
59	46.78 L	F	Wilhelmina Louw	43	ELRAS WBD	13/02/2021	Limpopo Champs	
60	48.64 L	F	Anja Van Der Merwe	19	VALS FDD	12/12/2020	Decemeber Sasol Gala	
61	51.35 L	F	Melisa O'Neill	29	ASAC CPT	15/12/2020	Western Cape Long Course	
62	54.61 L	F	Jenna Jagers	20	MANT CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
63	55.03 L	F	Rentia Oosthuizen	29	INFA NMA	11/12/2020	NMBA Championships 2020	
64	57.60 L	F	Nasyi Strauss	21	EXA EZD	11/12/2020	Mpumalanga Championships 2020	
Women 19 & Over 100 Fly								
1	59.64 L S	F	Erin Gallagher	22	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
2	1:00.36 L S	F	Tayla Lovemore	26	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
3	1:02.96 L S	P	Taneal Baptiste	21	AGC FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
4	1:03.06 L	F	Natasha Cornelius	19	AGC FSH	16/04/2021	SA Regional National Championships	
5	1:03.20 L S	P	Bianca Opperman	19	AGC FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
6	1:04.19 L	F	Chante' Cornelius	19	AGC FSH	16/04/2021	SA Regional National Championships	
7	1:04.56 L	F	Toni Rafferty	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
8	1:04.84 L	F	Lesley Blignaut	20	AGC FSH	16/04/2021	SA Regional National Championships	
9	1:04.98 L	P	Megan Hesse	26	PAC FSH	11/12/2020	NTS Championships 2020	
10	1:05.04 L	F	Lizanne Viljoen	22	TUKS FSH	11/12/2020	NTS Championships 2020	
11	1:05.05 L S	P	Inge Weidemann	20	AGC FSH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
12	1:05.78 L S	F	Constantina Pietersen	19	ECA NMA	14/04/2021	SA Aquatic (Senior) Championship 2021	
13	1:06.05 L S	P	Natalie Landmann	19	FSA FS	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
14	1:06.23 L S	F	Carla Antonopoulos	20	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
15	1:06.33 L	F	Jana Coetzé	20	TUKS FSH	26/02/2021	NTS Feb SANJ+ AG Gala Group	
16	1:06.56 L S	F	Sulinke Van den Berg	19	BEAV ETH	06/04/2021	SA Aquatic (Senior) Championship	
17	1:06.61 L	F	Jessica Canter	21	PEAS NMA	11/12/2020	NMBA Championships 2020	
18	1:06.67 L S	F	Erin Hartzenberg	19	TYGE CPT	14/04/2021	Western Cape SANJ and Senior	
19	1:06.84 L S	F	Marine Nortje	20	FSA FS	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
20	1:06.98 L	P	Kristen Straszacker	21	CUDU CPT	15/12/2020	Western Cape Long Course	
21	1:07.36 L S	P	Courtney Van Biljon	22	MATI CED	14/04/2021	Western Cape SANJ and Senior	
22	1:07.83 L S	F	Marné Meier	22	NWS	14/04/2021	SA Aquatic (Senior) Championship 2021	
23	1:08.09 L	F	Tove Van Zyl	23	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group	
24	1:09.28 L	F	Courtney Pretorius	19	PER JHB	20/03/2021	SSA Hillcrest Level 3 Champs	
25	1:10.03 L	P	Sune Van Jaarsveld	19	AGC FSH	16/04/2021	SA Regional National Championships	
26*	1:10.41 L	F	Andrea Cudin	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
26*	1:10.41 L	P	Mikayla Eagles	21	MATI CED	15/12/2020	Western Cape Long Course	
28	1:11.98 L S	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship	
29	1:12.26 L	F	Licinda Kleynhans	24	NWUC KKD	16/12/2020	NWS Championships 2020/2021	
30	1:12.53 L	P	Kayla McLoughlin	20	SSISA CPT	15/12/2020	Western Cape Long Course	
31	1:13.23 L S	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs	
32	1:13.94 L	F	Nepo Ntsono	23	NMU NMA	23/03/2021	SA Level 3 Regional Age Group	
33	1:15.06 L	F	Courtney Davidson	19	PEAS NMA	11/12/2020	NMBA Championships 2020	
34	1:15.71 L	P	Nastasiya Vrey	22	TUKS FSH	11/12/2020	NTS Championships 2020	
35	1:16.28 L	F	Talitha Vd Walt	20	CUDU CPT	23/03/2021	SSA Level 3 Oudtshoorn 2021	
36	1:20.08 L	F	Alani Ferreira	22	KZNA ETH	07/04/2021	SA Invitational Aquatic Champ 2021-PE	
37	1:21.38 L	F	Jemma Bodington	CR	PSA ZLD	14/11/2020	KCDA November Age Group Gala 2020	

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
Women 19 & Over		200 Fly							
1	2:20.29 L	F	Carla Antonopoulos	20	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
2	2:23.89 L	F	Lizanne Viljoen	22	TUKS FSH	19/02/2021	2021 Stellenbosch Camp Evaluation		
3	2:29.03 L	F	Jessica Whelan	24	MDOL JHB	06/03/2021	CGA Last Chance Level 3+ gala		
4	2:31.85 L	F	Jessica Canter	21	PEAS NMA	07/03/2021	Winelands Summer League Gala		
5	2:39.91 L	F	Sulinke Van den Berg	19	BLSS MAN	31/10/2020	Solidarity Grand Prix 4		
6	2:43.98 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs		
Women 19 & Over		150 IM							
1	3:30.79 L S	F	Katherine Swanepoel	33	AGB JHB	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
Women 19 & Over		200 IM							
1	2:19.80 L S	F	Christin Mundell	19	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
2	2:19.82 L S	F	Emily Visagie	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
3	2:20.41 L S	F	Marlies Ross	23	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
4	2:20.99 L S	P	Kaylene Corbett	21	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
5	2:21.19 L S	F	Samantha Randle	22	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
6	2:21.77 L	F	Jessica Whelan	24	MDOL JHB	19/02/2021	2021 Stellenbosch Camp Evaluation		
7	2:28.46 L	F	Sulinke Van den Berg	19	BEAV ETH	06/04/2021	SA Aquatic (Senior) Championship		
8	2:29.49 L	F	Chante' Cornelius	19	TUKS FSH	26/02/2021	NTS Feb SANJ+ AG Gala Group		
9	2:29.77 L	F	Constantina Pietersen	19	INFA NMA	11/12/2020	NMBA Championships 2020		
10	2:30.66 L S	P	Bianca Opperman	19	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
11	2:33.69 L	F	Sune Van Jaarsveld	19	AGC FSH	16/04/2021	SA Regional National Championships		
12	2:34.24 L	F	Nastasiya Vrey	22	TUKS FSH	26/02/2021	NTS Feb SANJ+ AG Gala Group		
13	2:34.33 L	P	Taneal Baptiste	21	AGC FSH	16/04/2021	SA Regional National Championships		
14	2:35.49 L S	P	Helen Taylor	23	KZNA ETH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
15	2:35.50 L	F	Sasha-Lee Corris	23	SGUL ETH	09/01/2021	2021 Grand Prix Invitation Swimming		
16	2:36.11 L	F	Sianne Downes	19	UNAT	09/12/2020	EGA Summer Champs 2020		
17	2:36.98 L	F	Karla Grobler	19	TUKS FSH	11/12/2020	NTS Championships 2020		
18	2:37.87 L	F	Licinda Kleynhans	24	NWUC KKD	16/12/2020	NWS Championships 2020/2021		
19	2:38.26 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs		
20	2:39.20 L	F	Jenna-Laine Fuller	20	TUKS FSH	23/10/2020	NTS October Lev 3+ Age Group		
21	2:40.00 L	F	Mikayla Eagles	21	MATI CED	15/12/2020	Western Cape Long Course		
22	2:41.89 L	F	Kayla McLoughlin	20	SSISA CPT	15/12/2020	Western Cape Long Course		
23	2:44.98 L	F	Nomvula Mjimba	19	SEAL UMD	06/04/2021	SA Aquatic (Senior) Championship		
24	2:45.73 L S	F	Marine Nortje	20	KOVS MAN	31/10/2020	Solidarity Grand Prix 4		
25	2:46.28 L	F	Reedah Shaw	20	TUKS FSH	26/02/2021	NTS Feb SANJ+ AG Gala Group		
26	2:48.39 L	F	Netanya Robberts	19	TUKS FSH	20/11/2020	NTS November 2020 Age Group Gala		
27	2:48.89 L	F	Nepo Ntsono	23	NMU NMA	23/03/2021	SA Level 3 Regional Age Group		
28	2:49.75 L	F	Talitha Vd Walt	20	CUDU CPT	15/12/2020	Western Cape Long Course		
29	2:49.86 L	F	Chrislin Nieuwoudt	21	ESTR EKU	07/11/2020	EGA Summer 3		
30	2:50.70 L	F	Natalie Landmann	19	FROS MAN	07/12/2020	Free State Champs		
31	2:53.89 L	F	Jamie Lotter	19	DRGN JHB	07/11/2020	EGA Summer 3		
32	2:54.69 L	F	Tanya Osborne	48	FEMS EDD	06/03/2021	EDEN Summer Champs 2021		
33	2:54.88 L	F	Rachael Humphries	19	NWUC KKD	26/02/2021	NW Level 3+ Provincial		
34	2:57.02 L	F	Alani Ferreira	22	SEAL UMD	28/11/2020	Aquazone LC Gala 1		
35	2:59.76 L	F	Jemma Bodington	CR	PSA ZLD	12/12/2020	KCDA December Age Group Gala 2020		
36	3:00.58 L S	F	Michaela Kretzen	21	WCA WCD	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
37	3:00.97 L	F	Tanika Smuts	20	KTS JTD	14/11/2020	AGEGR0UP 1		
38	3:08.71 L	F	Deané Toerien	20	TASC MPD	13/02/2021	Limpopo Champs		
39	3:11.96 L	P	Cornelle Leach	22	AGB JHB	16/04/2021	SA Regional National Championships		
40	3:19.77 L	F	Katia Turchino	19	MATI CED	28/11/2020	Neptune Back in the Pool		
41	4:47.70 L	F	Nasyi Strauss	21	EXA EZD	11/12/2020	Mpumalanga Championships 2020		
Women 19 & Over		400 IM							
1	4:56.88 L	F	Samantha Randle	22	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
2	5:03.21 L	F	Marlies Ross	23	AGC FSH	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
3	5:04.42 L	F	Jessica Whelan	24	AGB JHB	07/04/2021	SA Invitational	Aquatic Champ 2021-PE	
4	5:16.40 L	F	Amica De Jager	21	NMU NMA	11/12/2020	NMBA Championships 2020		
5	5:28.28 L	F	Constantina Pietersen	19	INFA NMA	13/03/2021	NMBA Invitational		
6	5:29.62 L	F	Sulinke Van den Berg	19	BLSS MAN	31/10/2020	Solidarity Grand Prix 4		

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
7	5:38.54 L	F	Sune Van Jaarsveld	19	TUKS FSH	11/12/2020	NTS Championships 2020	
8	5:42.97 L	F	Maretha Nagel	35	BLSS MAN	07/12/2020	Free State Champs	