

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women -14 50 Free							
1	27.30	L	F	Jaime Mote	14	INFA NMA	21/03/2023 SA National Junior Age Group
2	27.98	L	F	Gizelle Maritz	14	WATR JHB	21/03/2023 SA National Junior Age Group
3	28.16	L	F	Jesse-Leah Laderach	14	PEAS NMA	21/03/2023 SA National Junior Age Group
4	28.18	L	F	Leila Yazbek	14	BLNE MAN	21/03/2023 SA National Junior Age Group
5	28.40	L	F	Ruth Dredge	14	PAC TSH	21/03/2023 SA National Junior Age Group
6	28.43	L	F	Jana Vorster	14	TUKS TSH	16/12/2022 KZNA Premier Provincial Championship
7	28.44	L	F	Emily Palmer	14	USC BUF	21/03/2023 SA National Junior Age Group
8	28.55	L	P	Lara Gouws	14	TUKS TSH	21/03/2023 SA National Junior Age Group
9*	28.57	L	P	Erin Joubert	14	KLOO ETH	21/03/2023 SA National Junior Age Group
9*	28.57	L	F	Ruby Gaines	14	SEAL UMD	21/03/2023 SA National Junior Age Group
11	28.72	L	F	Emily Macqueen	14	SEAL UMD	28/01/2023 EDA January Gala 2023
12	28.80	L S	P	Scarlett Le Roux	14	CA EKU	08/12/2022 EGA Summer Champs 2022
13	28.81	L	F	Amy Combrink	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
14	28.92	L	F	Mila Vd Linde	14	TUKS TSH	09/12/2022 NTS Championships 2022
15*	28.93	L S	F	Rachel Hinckley	14	CA EKU	08/12/2022 EGA Summer Champs 2022
15*	28.93	L	F	Savannah Mostert	14	TUKS TSH	09/12/2022 NTS Championships 2022
17*	28.95	L	P	Danielle Cronjè	14	GSA CPT	21/03/2023 SA National Junior Age Group
17*	28.95	L	F	Gabriella Van Den Berg	14	ELEC TSH	21/03/2023 SA National Junior Age Group
19	29.07	L L	F	Kayla Gous	14	BCA BUF	28/01/2023 NMBA Intra-District Championship
20	29.15	L	F	Elrike du Plessis	14	NWSC	21/04/2023 SA Schools Swimming Championship
21	29.16	L	F	Kendra Begley	14	PEAS NMA	07/10/2022 41st Freda Barnard Invitational Gala
22	29.19	L	F	Zandri Knoetze	14	INFA NMA	31/03/2023 SA Level 3 Regional Age Group
23	29.29	L	F	Abigail Roberts	14	GAUT	21/04/2023 SA Schools Swimming Championship
24	29.35	L	F	Corli Liversage	14	FSS FS	21/04/2023 SA Schools Swimming Championship
25*	29.37	L	F	Madison du Plessis	AR	BLOT MAN	06/12/2022 Free State Champs 2022
25*	29.37	L	F	Mieke Vd Wal	14	WCA CPT	21/04/2023 SA Schools Swimming Championship
27	29.41	L	F	Leah Scott	14	MGSC UGD	31/03/2023 SA Level 3 Regional Age Group
28	29.46	L	P	Katelyn Fourie	14	JAQ EKU	21/03/2023 SA National Junior Age Group
29	29.47	L S	F	Mareze Frylinck	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
30	29.49	L	F	Ashley Scholtz	14	CA EKU	20/01/2023 EGA Last Chance Galal
31	29.55	L	F	Jenna Coetzee	14	INFA NMA	10/02/2023 Infinity Gala 2023
32	29.62	L	F	Jaime Maritz	14	MP EZ	21/04/2023 SA Schools Swimming Championship
33	29.68	L	F	Kathleen Welsh	BR	HAM	04/02/2023 EC - 2nd Competitive Swimming
34	29.70	L	F	Stephanie Jurado	14	SSISA CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
35	29.76	L	F	Jaime Roome	14	TUKS TSH	01/10/2022 2022 AG Swim Stars&OR Tambo
36	29.79	L	F	Kendra Matthysen	14	SSISA CPT	04/11/2022 CTA A CHAMPS 2022
37	29.82	L	P	Jana Swiegers	14	TUKS TSH	09/12/2022 NTS Championships 2022
38	29.85	L S	F	Maria Steyn	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
39	29.87	L	P	Ava-Loren Van Galen	14	BIOUS CED	21/03/2023 SA National Junior Age Group
40	29.90	L	F	Joslyn Botha	14	SOUL EKU	31/03/2023 SA Level 3 Regional Age Group
41	29.96	L S	P	Hannah Burke	14	AACTA CPT	09/12/2022 Western Cape LC-A Championship 2022
42	29.97	L	F	Gemma Goncalves	14	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
43	29.98	L	F	Simone Vd Merwe	14	LALE CED	31/03/2023 SA Level 3 Regional Age Group
44	30.01	L	P	Lily Durant	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
45	30.03	L	F	Karmen Van Rensburg	14	MP EZ	21/04/2023 SA Schools Swimming Championship
46	30.04	L	P	Grace Powell	14	CSC TSH	21/03/2023 SA National Junior Age Group
47	30.13	L	F	Natania Komakech	14	GAUT	21/04/2023 SA Schools Swimming Championship
48	30.19	L	P	Bea Van der Merwe	14	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Champs
49	30.22	L S	P	Naledi Thobeha	14	QUIC CPT	09/12/2022 Western Cape LC-A Championship 2022
50	30.24	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023 SA Level 3 Regional Age Group
51	30.26	L	F	Elne Reynolds	14	PEAR NMA	25/02/2023 Eastern Cape Schools Swimming Trials
52	30.28	L	F	Georgia Gouws	14	SELC BUF	25/02/2023 Eastern Cape Schools Swimming Trials
53	30.30	L	P	Marlene Ward	14	TUKS TSH	09/12/2022 NTS Championships 2022
54	30.31	L	P	Jessica Smith	14	AA JHB	01/12/2022 CGA LC Summer Championships Level
55	30.34	L	F	Kate-Lynn de Jager	AR	BLOT MAN	29/09/2022 MA Grand Prix
56	30.35	L	F	Tyra Penn	14	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
57	30.36	L	P	Juliette van Vught	14	HASC JHB	21/03/2023 SA National Junior Age Group
58	30.41	L	F	Mari Wium	14	QSAW CED	31/03/2023 SA Level 3 Regional Age Group

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	Time	P/F/S	Name	Age/Yr					
59	30.42	L	F	Isabella Havemann	14	MATI	GED	28/01/2023	Winelands SL Final
60	30.48	L	F	Milri-Ann Summerton	14	UNAT		10/02/2023	NW School Championships 2023
61	30.51	L	F	Kayla Verbaan	14	KLOO	ETH	05/11/2022	KZN Junior Championships 2022
62	30.54	L	P	Leia Braithwaite	14	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
63	30.58	L	F	Jorja Parsons	14	PSCP	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
64	30.60	L	P	Michaela Nell	14	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
65	30.63	L	F	Paige Jacobs	14	FAAC	FBD	31/03/2023	SA Level 3 Regional Age Group
66	30.67	L	P	Kailey Joubert	14	AZON	ETH	21/03/2023	SA National Junior Age Group
67*	30.68	L	P	Amy Aaron	14	WSTV	ETH	01/07/2022	Prestige Tournament 2022
67*	30.68	L	F	Jemma Pearse	14	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group
69	30.69	L	F	Amy Brown	14	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group
70	30.70	L	P	Annebel Stewart	14	AZON	ETH	16/12/2022	KZNA Premier Provincial Championship
71	30.75	L	F	Emily Liebenberg	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
72	30.80	L S	P	Zoë Goebel	14	TYGE	CPT	09/12/2022	Western Cape LC-A Championship 2022
73*	30.81	L	P	Kaylie Groenewald	14	LP	CC	21/04/2023	SA Schools Swimming Championship
73*	30.81	L	P	Genevieve Christensen	14	ACSA	ETH	16/12/2022	KZNA Premier Provincial Championship
75	30.84	L L	F	Chanel Veldsman	14	PSCP	UMD	05/11/2022	KZN Junior Championships 2022
76	30.85	L	F	Me-Kayla Rew	14	TUKS	FSH	08/10/2022	NTS Sprint Gala
77	30.86	L	F	Mia Wellsted	14	HASC	JHB	31/03/2023	SA Level 3 Regional Age Group
78	30.87	L	P	Tshenolo Ntsie	14	TUKS	FSH	21/03/2023	SA National Junior Age Group
79	30.88	L S	P	Amy Botha	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
80	30.91	L	P	Chloe Olivier	14	CA	EKU	21/03/2023	SA National Junior Age Group
81	30.94	L	P	Caitlyn Dube	14	MDOL	EKU	31/03/2023	SA Level 3 Regional Age Group
82*	30.95	L	F	Raquel Cairns	14	KLOO	ETH	31/03/2023	SA Level 3 Regional Age Group
82*	30.95	L	F	Charnè Landman	14	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
84	30.96	L	F	Lara Smith	14	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
85	30.97	L	F	Ilanthy Moolman	14	MSC	NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22
86*	30.99	L	P	Mikayla Smit	14	CRSC	JHB	21/03/2023	SA National Junior Age Group
86*	30.99	L	P	Robyn Barbour	14	ESP	EKU	31/03/2023	SA Level 3 Regional Age Group
88	31.02	L	P	Anne Marais	14	LP	CC	21/04/2023	SA Schools Swimming Championship
89	31.04	L	P	Kiara Banks	14	TUKS	FSH	09/12/2022	NTS Championships 2022
90*	31.06	L	P	Danaleigh Swanepoel	14	TUKS	FSH	09/12/2022	NTS Championships 2022
90*	31.06	L	P	Wilmien Verbeek	14	CUDU	CPT	31/03/2023	SA Level 3 Regional Age Group
92	31.07	L	F	Elizabeth Victor	14	UNI	EZD	31/03/2023	SA Level 3 Regional Age Group
93*	31.10	L	F	René Kotzé	14	POTC	KKD	07/12/2022	NWS Championships 2022/2023
93*	31.10	L S	P	Araya de Waal	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
95	31.11	L S	P	Kayleigh Hahn	14	ROA	EDD	09/12/2022	Western Cape LC-A Championship 2022
96	31.13	L S	P	Shyenne Laubscher	14	WELA	LLD	03/10/2022	Sasolburg Swim Club Invitational Gala
97	31.16	L	F	Kelci Leech	14	BLSS	MAN	06/12/2022	Free State Champs 2022
98*	31.18	L	P	Veronique Riekert	14	TUKS	FSH	01/07/2022	Prestige Tournament 2022
98*	31.18	L	P	Ella Bradshaw	14	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
100	31.26	L	F	Amy O'Connor	14	CRSC	JHB	17/02/2023	EGA Let's Race 2023
101	31.30	L	F	Athina Mc Colgan	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
102	31.34	L	P	Cathrijn Davel	14	MSC	NGD	21/03/2023	SA National Junior Age Group
103	31.35	L	P	Keira Holland	14	CRSC	JHB	31/03/2023	SA Level 3 Regional Age Group
104	31.39	L	F	Sarah Bruwer	14	MMD	CPT	24/09/2022	CTA Qualifying Meet #5
105	31.42	L	P	Cait Da Cunha	14	BON	EKU	31/03/2023	SA Level 3 Regional Age Group
106	31.45	L	F	Emma Neethling	14	FISH	EDD	18/02/2023	EDEN 5th A-League Gala 2023
107	31.48	L	F	Jade O'Connor	14	AWIN	FSH	08/10/2022	NTS Sprint Gala
108	31.52	L	F	Chrisley Barnard	14	BS	LLD	06/12/2022	Free State Champs 2022
109	31.55	L	P	Amy-Lee Jones	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
110	31.56	L	F	Lily Ogden	14	PEAR	NMA	25/02/2023	Eastern Cape Schools Swimming Trials
111	31.57	L	P	Paige Edmundson	14	SASE	JHB	31/03/2023	SA Level 3 Regional Age Group
112	31.60	L	P	Zine Mostert	14	WATR	JHB	21/03/2023	SA National Junior Age Group
113	31.62	L	F	Tehl-Cadi Day Garden	14	MGSC	UGD	31/03/2023	SA Level 3 Regional Age Group
114	31.64	L	F	Keira Taylor	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
115	31.65	L	P	Sunny Huang	14	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group
116	31.70	L	P	Ella Eldar	14	TUKS	FSH	21/03/2023	SA National Junior Age Group
117*	31.74	L	P	Rii Spoelstra	14	TUKS	FSH	09/12/2022	NTS Championships 2022

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	Time	P/F/S	Name	Age/Yr					
117*	31.74	L	F	Caitlin Govender	14	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
119	31.75	L S	P	Emma Rossouw	14	QUIC	CPT	09/12/2022	Western Cape LC-A Championship 2022
120	31.76	L	P	Anzelle van Rooyen	14	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group
121	31.78	L	F	Carine Röntgen	14	ASAW	GED	28/01/2023	Winelands SL Final
122*	31.80	L	F	Ayalakha Mokoena	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
122*	31.80	L L	F	Kelci Leech	14	BLSS	MAN	06/12/2022	Free State Champs 2022
124	31.81	L	F	Summer Ascielli	14	CYBE	CPT	07/10/2022	41st Freda Barnard Invitational Gala
125*	31.89	L	F	Emma Ralfe	14	PSCP	UMD	31/03/2023	SA Level 3 Regional Age Group
125*	31.89	L	P	Kaylin Bezuidenhoud	14	BLSS	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
127	31.91	L	F	Jodi Boettger	14	USC	BUF	02/12/2022	BCA Long Course Championships 2022
128	31.93	L	P	Shanna-Leigh Zeelie	14	BLMA	CPT	31/03/2023	SA Level 3 Regional Age Group
129	31.95	L	F	Kayla Vosloo	AR	BLOT	MAN	06/12/2022	Free State Champs 2022
130*	32.00	L	P	Lucy Le Roux	14	ASAW	GED	31/03/2023	SA Level 3 Regional Age Group
130*	32.00	L	P	Anastasia Sequeira	14	CA	EKU	21/03/2023	SA National Junior Age Group
130*	32.00	L	F	Hayley Steyn	14	NHS	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
133*	32.03	L	F	Nicole Van Zyl	14	CA	EKU	21/10/2022	EGA Summer 2 2022
133*	32.03	L	F	Madisynn Elliott	14	LINR	JHB	01/12/2022	CGA LC Summer Championships Level
135	32.04	L	P	Kuzingca Siramza	14	ECA	BUF	21/04/2023	SA Schools Swimming Championship
136	32.06	L	F	Siobhan Evans	14	CA	EKU	10/09/2022	Adrian Grafe Gala 2022
137	32.07	L	F	Ivana Vyncke	14	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ
138	32.08	L L	F	Hannah Sandilands	14	CA	EKU	08/12/2022	EGA Summer Champs 2022
139	32.09	L	F	Sandri Visser	14	PLAY	GED	18/02/2023	Swartland Invitational Gala 2023
140*	32.11	L	F	Rienke Bignaut	14	BLSS	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
140*	32.11	L	F	Rouxne Du Plessis	14	TUKS	FSH	08/10/2022	NTS Sprint Gala
140*	32.11	L	F	Cambria Steyn	14	TUKS	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
143	32.12	L	P	Donne Bruyns	14	MP	EZ	21/04/2023	SA Schools Swimming Championship
144	32.14	L	F	Hannah Krummeck	14	INFA	NMA	17/09/2022	3rd A League Gala-Newton Park Pool
145	32.18	L	F	Taylor-Blake Van Tonder	14	ROA	EDD	07/10/2022	41st Freda Barnard Invitational Gala
146	32.19	L	F	Entle Khumalo	14	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
147*	32.21	L	P	Larissa Visagie	14	ASAC	CPT	31/03/2023	SA Level 3 Regional Age Group
147*	32.21	L	F	Mieke Vd Walt	14	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
149	32.23	L L	F	Kelly Stork	14	MAC	EKU	08/12/2022	EGA Summer Champs 2022
150*	32.24	L	F	Storme Badenhorst	14	MARL	CPT	04/11/2022	CTA A CHAMPS 2022
150*	32.24	L	F	Chloe Petersen	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
152	32.28	L	F	Amy Williams	14	PGH	KKD	10/02/2023	NW School Championships 2023
153*	32.31	L	P	Caibella Oliver	14	AQDO	CPT	21/03/2023	SA National Junior Age Group
153*	32.31	L	F	Dorette du Plessis	14	NWUC	KKD	26/11/2022	NWS Age Group 3 2022/23
153*	32.31	L	P	Simone Cussons	14	NAE	EZD	02/12/2022	Mpumalanga Championships 2022
156	32.33	L	F	Antonella Del Fabbro	14	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
157	32.39	L	F	Nisa Da Silva	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
158	32.41	L	F	Mikayla Bester	14	HE	WBD	15/10/2022	Limpopo Top 10 - High Schools
159	32.42	L	P	Leeya Amon	14	JVR	CPT	31/03/2023	SA Level 3 Regional Age Group
160	32.43	L	F	Stacey Smith	14	PAC	FSH	28/10/2022	NTS October SARJ+ Age Group Gala
161	32.44	L	F	Janca Hattingh	14	NHS	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
162	32.45	L	F	Zoe Ann Kruger	14	AQU	ADJ	25/11/2022	WSC & Seals Summer LC Champs 2022
163	32.47	L	F	Asia Kleinhans	14	CTA	CPT	28/01/2023	NMBA Intra-District Championship
164	32.50	L	P	Mieka Wichmann	14	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
165*	32.52	L	F	Lumka Ntaka	14	UMSH	ETH	06/01/2023	2023 Grand Prix Invitation Swimming
165*	32.52	L	P	Danika Van Zyl	14	FRA	KCD	21/03/2023	SA National Junior Age Group
167*	32.54	L	F	Michaela Blaine	14	PEAS	NMA	22/10/2022	4th A League Gala
167*	32.54	L	F	Tia Mari Theron	14	HSBV	SKD	04/02/2023	Limpopo School Champs
167*	32.54	L	P	Lelanie Buhr	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
170	32.56	L	F	Leane Muller	14	RFA	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
171*	32.57	L L	F	Megan Augustyn	14	ONYX	EKU	08/12/2022	EGA Summer Champs 2022
171*	32.57	L	F	Peta Mazery	14	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
173	32.61	L	F	Simonè Schonken	14	HMER	MPD	04/02/2023	Limpopo School Champs
174	32.62	L	P	Yvonne Pretorius	14	MSC	NGD	31/03/2023	SA Level 3 Regional Age Group
175*	32.64	L S	P	Catherine Desilla	14	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
175*	32.64	L	P	Samantha Nimb	14	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group

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177	32.68 L	P	Buhle Mahlalela	14	MP EZ	21/04/2023	SA Schools Swimming Championship
178	32.71 L	P	Zante Young	14	RBUR BPD	07/12/2022	NWS Championships 2022/2023
179	32.73 L	F	Amelie Van der Merwe	14	RFA TSH	02/03/2023	SA Level 2 Regional Age Group Champs
180	32.74 L	F	Catherine O'Grady	14	MSC NGD	02/03/2023	SA Level 2 Regional Age Group Champs
181	32.76 L	P	Megan Webster	14	RFA TSH	09/12/2022	NTS Championships 2022
182	32.78 L	F	Leigh Pijoo	14	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
183*	32.79 L S	P	Jessica Sardinha	14	BAS EKU	08/12/2022	EGA Summer Champs 2022
183*	32.79 L	P	Katey Nel	14	SOUL EKU	31/03/2023	SA Level 3 Regional Age Group
183*	32.79 L	F	Elizabeth Opperman	14	KTS	07/12/2022	NCASA CHAMPS 2022
186	32.80 L	P	Makula Kyabayinze	14	TUKS TSH	09/12/2022	NTS Championships 2022
187*	32.81 L	P	Vera Chen	14	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
187*	32.81 L	P	Mia Vd Merwe	14	GSA CPT	31/03/2023	SA Level 3 Regional Age Group
189	32.83 L	F	Lienke Van OS	14	BULS MAN	05/11/2022	Seals Heidedal Gala
190	32.85 L	P	Mia Johnson	14	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
191	32.90 L	F	Esmarie Terblanche	14	HTSA CPT	11/02/2023	WCA-B Champs - 2023
192*	32.93 L	F	Ogalaletseng Khosana	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
192*	32.93 L	F	Wilona Erasmus	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
194	33.00 L	P	Dorethe Meyer	AR	BLOT MAN	06/12/2022	Free State Champs 2022
195	33.01 L	P	Micke De Jager	RR	PSA ZLD	17/03/2023	SA Level 2 Regional Age Group Champs
196*	33.02 L	F	Kellen McLaren	14	CA EKU	10/09/2022	Adrian Grafe Gala 2022
196*	33.02 L	F	Meg Wentzel	14	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
196*	33.02 L	F	Keera De Esclana	14	VRC TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
199	33.04 L	F	Esti Mouton	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
200	33.05 L	P	Johané Jv Rensburg	14	TUKS TSH	01/07/2022	Prestige Tournament 2022
201	33.06 L	F	Giselle Kemper	14	CYBE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
202*	33.07 L	F	Ilze Hendriks	14	TOTIS ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
202*	33.07 L	F	Sienna Wilensky	14	RSA	12/07/2022	Maccabiah 2022
204	33.10 L	F	Emily Tsai	14	BLMA CPT	03/09/2022	CTA Qualifying Meet #4
205*	33.13 L	F	Mikayla Lombard	14	TUKS TSH	08/10/2022	NTS Sprint Gala
205*	33.13 L	F	Skylla Perumal	14	XSAQ CPT	29/10/2022	OR TAMBO Soncini 2022
207	33.14 L S	F	Ilanze du Plessis	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
208	33.15 L	P	Mia De Klerk	14	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
209*	33.18 L	P	Jessica Carver	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
209*	33.18 L	F	Miane Steyn	14	LCR NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15
211	33.21 L	F	Nicole Norman	14	RPAC EKU	21/10/2022	EGA Summer 2 2022
212	33.26 L	F	Hannah Schreuder	14	SAAW CPT	28/01/2023	Winelands SL Final
213	33.30 L	F	Angela Daffue	14	PENC EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
214*	33.31 L	P	Tayla Dowie	14	QUES JHB	02/03/2023	SA Level 2 Regional Age Group Champs
214*	33.31 L	P	Anne Steyl	14	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
214*	33.31 L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022	Limpopo Champs
217	33.33 L	F	Mila Petrak	14	ELEC TSH	21/10/2022	NTS October Lev 3 Age Group Gala
218*	33.35 L	F	Izolde Lombard	14	ASAC CPT	04/11/2022	CTA A CHAMPS 2022
218*	33.35 L	F	Maya Ndegwa	14	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
220	33.37 L	F	Kayla Welgemoed	14	VALS FDD	03/03/2023	SA Level 2 Regional Age Group Champs
221	33.38 L	P	Jemma Park	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
222	33.41 L	P	Aria Pitham	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
223	33.42 L	F	Milena Pugliese	14	MMD CPT	24/09/2022	CTA Qualifying Meet #5
224*	33.47 L	P	Sinoah Pretorius	14	TUKS TSH	09/12/2022	NTS Championships 2022
224*	33.47 L	F	Jocelyn Cromhout	14	HARL BUF	02/12/2022	BCA Long Course Championships 2022
226*	33.48 L	P	Keona Pillay	14	PSCP UMD	01/07/2022	Prestige Tournament 2022
226*	33.48 L	P	Mea Harding	14	BAS EKU	02/03/2023	SA Level 2 Regional Age Group Champs
228	33.50 L	F	Chloe Pieterse	14	QSAW CED	11/02/2023	WCA-B Champs - 2023
229	33.51 L	P	Liza Schoeman	14	RBOT BPD	31/03/2023	SA Level 3 Regional Age Group
230*	33.52 L	F	Judy Stevens	14	QUIC CPT	24/09/2022	CTA Qualifying Meet #5
230*	33.52 L	P	Paris Shiwundlana	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
232	33.53 L	F	Anè Kemp	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
233	33.55 L	F	Charlee Davis	14	RAV EKU	10/09/2022	Adrian Grafe Gala 2022
234	33.60 L S	P	Emma Lategan	14	CUDU CPT	09/12/2022	Western Cape LC-A Championship 2022
235*	33.61 L	F	Alexandra Santos	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
235*	33.61 L	F	Teagan Hamer	14	INFA NMA	16/07/2022	1st A League Gala 2022 NMA
237	33.62 L	P	Katia Jacob	14	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
238*	33.64 L	P	Tanika Du Plessis	14	TUKS FSH	09/12/2022	NTS Championships 2022
238*	33.64 L	F	Ashley Seymour	14	WELA LLD	17/02/2023	Neptune Last Chance Gala
240	33.65 L	F	Maria Dos Santos	14	HREF BPD	10/09/2022	Adrian Grafe Gala 2022
241	33.67 L	F	Zadie Van Wyk	14	TRAZ FSH	18/03/2023	Level 1 Intra-Provincial 2023
242	33.75 L	F	Lara Verhoef	14	ASAC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
243*	33.77 L	F	Taylor Ririe	14	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
243*	33.77 L	F	Kate-Lynn Kruger	14	DESA NMA	10/02/2023	Infinity Gala 2023
245	33.82 L	F	Michaela Clegg	14	AZON ETH	05/11/2022	KZN Junior Championships 2022
246	33.83 L	F	Anè Cloete	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
247	33.85 L S	P	Andria Le Roux	14	JAQ EKU	08/12/2022	EGA Summer Champs 2022
248	33.87 L	F	Taima Telford	14	GREY CPT	11/02/2023	WCA-B Champs - 2023
249*	33.89 L L	F	Megan Neizel	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
249*	33.89 L	F	Lara Wink	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
251	33.93 L	P	Lara Louw	14	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs
252	33.94 L	P	Leah Crozier	14	FAAC FBD	31/03/2023	SA Level 3 Regional Age Group
253	33.95 L	F	Jean-Marie Steenkamp	14	TUKS FSH	08/10/2022	NTS Sprint Gala
254	33.96 L	P	Abigail Scheffer	14	PAC FSH	09/12/2022	NTS Championships 2022
255	34.02 L	P	Micaela Mutooni	14	ELEC FSH	02/03/2023	SA Level 2 Regional Age Group Champs
256	34.04 L	F	Mia Crookham	14	TYGE CPT	21/01/2023	CTA Qualifying Meet #7
257	34.07 L	P	Esther Sauls	14	PGAC EKU	02/03/2023	SA Level 2 Regional Age Group Champs
258	34.08 L	F	Zianè Jantzen	14	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
259	34.09 L	F	Nina Van Tonder	14	WOAQ CED	13/11/2022	Winelands Summer League 4
260	34.12 L	P	Danielle Van Vuuren	14	DDA FSH	09/12/2022	NTS Championships 2022
261	34.13 L	F	Carli Dippenaar	14	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
262*	34.16 L	F	Chloe Byrne	14	SEAL UMD	28/01/2023	Ushaka Champs 2023
262*	34.16 L	F	Megan Van den Heever	14	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
264	34.17 L	F	Christi Serfontein	14	QUIC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
265	34.18 L	F	Genevieve Egger	14	RIVO JHB	25/02/2023	CGA Level 3+ Last Chance gala
266	34.20 L	F	Helena Pretorius	14	TKS WBD	02/12/2022	Limpopo Champs
267*	34.21 L	P	Kganya Mashigo	14	PAC FSH	09/12/2022	NTS Championships 2022
267*	34.21 L	P	Skye Rautenbach	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
269	34.22 L	F	Kara Fourie	LN	BLOT MAN	27/01/2023	Seals Bullsharks Gala
270*	34.23 L	F	Kiera Ruane	14	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
270*	34.23 L	F	Lungiswa Grootboom	14	SWAR WCD	11/02/2023	WCA-B Champs - 2023
272	34.24 L	F	Zia Petersen	14	XSAQ CPT	11/02/2023	WCA-B Champs - 2023
273	34.35 L	F	Holly Hugo	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
274	34.36 L	F	Jorja Turner	14	VINE CPT	04/11/2022	CTA A CHAMPS 2022
275	34.38 L	F	Madison Hayes	14	TYGE CPT	11/02/2023	WCA-B Champs - 2023
276*	34.46 L	F	Lerize Du Toit	14	PHS CCD	04/02/2023	Limpopo School Champs
276*	34.46 L	F	Anneke Stassen	14	CUDU CPT	12/11/2022	CTA B CHAMPS
278	34.47 L	F	Annika Potgieter	14	POTC KKD	26/11/2022	NWS Age Group 3 2022/23
279	34.48 L	P	Izabella Alevras	14	AAS JHB	02/03/2023	SA Level 2 Regional Age Group Champs
280	34.50 L	F	Richelle Rothmann	14	AQU ADJ	24/09/2022	Amajuba District Age Group Gala 3
281	34.60 L	F	Alea Du Toit	14	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
282	34.65 L	F	Chanè Grobbelaar	14	SWAR WCD	03/03/2023	SA Level 2 Regional Age Group Champs
283	34.66 L	F	Jessica Carrol	14	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
284	34.67 L	P	Caitlin Scheepers	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
285	34.69 L	F	Lara van Niekerk	14	AA JHB	17/02/2023	NTS February Lev 1+2 Age Group Gala
286	34.83 L	P	Brooklyn-Taylor Sunker	14	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
287*	34.85 L	F	Mariel Van Der Net	14	JAQ EKU	20/01/2023	EGA Last Chance Galal
287*	34.85 L	P	Carme Louw	14	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Champs
289	34.90 L	F	Amelie Brügers	14	VINE CPT	04/11/2022	CTA A CHAMPS 2022
290	34.93 L	F	Mia Bruwer	14	SS MPD	12/11/2022	Limpopo Age Group 5
291*	34.94 L	F	Bianca O'Kennedy	14	EVO CPT	11/11/2022	Swartland Prestige Gala 2022
291*	34.94 L	P	Zara Carrie	14	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
293	34.97 L	P	Sadie Jelley	14	PAC FSH	02/03/2023	SA Level 2 Regional Age Group Champs
294	34.99 L	P	Chrystil Raymond	14	CSA EZD	02/12/2022	Mpumalanga Championships 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
295*	35.00	L	P	Logan Francke	14	RBOT	BPD	03/03/2023 SA Level 2 Regional Age Group Champs
295*	35.00	L	F	Khailah Erasmus	14	AQU	ADJ	29/10/2022 Amajuba District Age Group 4 29
297	35.04	L	F	Djeneba Coulibaly	14	TUKS	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
298	35.05	L	F	Ebenette Van Niekerk	14	FISH	EDD	07/10/2022 41st Freda Barnard Invitational Gala
299	35.07	L	P	Mia Osbourne	14	AFIN	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
300	35.10	L	F	Zelmari Van der Walt	14	AQU	ADJ	29/10/2022 Amajuba District Age Group 4 29
301*	35.14	L	F	Tanesha Barnes	14	DRGN	JHB	20/01/2023 EGA Last Chance Galal
301*	35.14	L	P	Kate Allwood	14	WCA	CPT	12/04/2023 SA National Aquatic SNR-Champ
301*	35.14	L	F	Leigh-Anne Mackey	14	XSAQ	CPT	29/10/2022 OR TAMBO Soncini 2022
304*	35.22	L	F	Emma Barnard	14	EVO	CPT	18/02/2023 Swartland Invitational Gala 2023
304*	35.22	L	P	Kara Du Preez	14	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
306	35.37	L	P	Emma Davies	14	BAS	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
307	35.60	L	F	Isabè Van Dyk	14	CUHE	QBD	07/10/2022 41st Freda Barnard Invitational Gala
308	35.63	L S	P	Onkaribile Molamu	14	MATL	KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
309	35.67	L	F	Mekayla Pretorius	14	HWSK		07/10/2022 FLAMINGO GALA OCT 2022
310	35.70	L S	P	Nickela Van der Berg	14	NWUC	KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
311	35.72	L	F	Xakeena McQuinto	14	PEAS	NMA	13/08/2022 Madibaz Swim Meet
312	35.78	L	F	Deoné Borstlap	14	POTC	KKD	21/01/2023 NWS Sprint Gala 2023
313	35.79	L	P	Asmaa Bonnasse	14	ELRAS	WBD	02/03/2023 SA Level 2 Regional Age Group Champs
314	35.81	L	F	Tenè Louw	14	BLMA	CPT	28/01/2023 Winelands SL Final
315	35.97	L	F	Aimee' Heydricks	14	BLUO	UGD	05/11/2022 KZN Junior Championships 2022
316	35.98	L	F	Tatum Sanderson	14	SOWE	JHB	18/03/2023 Level 1 Intra-Provincial 2023
317	35.99	L	F	Hannah van der Veen	14	AQUA	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
318	36.17	L	F	Jani Van Staden	14	KPA	EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
319*	36.18	L	P	Marize Fourie	14	WELA	LLD	06/12/2022 Free State Champs 2022
319*	36.18	L	P	Jocke Coetzee	14	KALAH		03/03/2023 SA Level 2 Regional Age Group Champs
321	36.20	L	F	Miela Smit	14	AQUA	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
322	36.25	L	P	Ashleigh Davies	14	WELA	LLD	06/12/2022 Free State Champs 2022
323*	36.30	L	F	Paula Van Zyl	14	WOAQ	CED	28/01/2023 Winelands SL Final
323*	36.30	L	F	Chloe Jewell	14	PEAS	NMA	16/07/2022 1st A League Gala 2022 NMA
325	36.38	L	P	Luyanda Mbatha	14	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
326	36.39	L	P	Kailyn Roopchand	14	PSCP	UMD	17/03/2023 SA Level 2 Regional Age Group Champs
327	36.48	L	P	Alaynah Bhamjee	14	ATLA	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
328	36.51	L	F	Helena Van Vuuren	14	KALA		28/10/2022 KALAHARI CLASSIC CLUB GALA
329	36.54	L	F	Eireann De Witte	14	TCA	EKU	21/10/2022 EGA Summer 2 2022
330	36.56	L	F	Lehlabile Tsetsewa	14	TUKS	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
331	36.62	L	F	Anchen Human	14	TASC	MPD	12/11/2022 Limpopo Age Group 5
332	36.65	L	P	Taegon Gunkel	14	BEAV	ETH	01/07/2022 Prestige Tournament 2022
333	36.68	L	F	Shaelyn Lawson	14	AQUA	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
334	36.71	L	P	Anne Bray	14	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
335	36.79	L	F	Hannah Coert	14	MANT	CPT	07/10/2022 41st Freda Barnard Invitational Gala
336	36.83	L	F	Emma Jansen van Rensburg	14	QSAW	CED	07/10/2022 41st Freda Barnard Invitational Gala
337	36.94	L	F	Chrisna Du Plessis	14	KALAH		18/02/2023 AGE GROUP 6 KATHU - 2023
338	36.95	L	F	Sinalo Ndlovu	14	UMSH	ETH	05/11/2022 KZN Junior Championships 2022
339	37.08	L	P	Gabriella Carminatti	14	AFIN	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
340	37.13	L	F	Naseerah Vd Merwe	14	WEST	CPT	18/02/2023 Swartland Invitational Gala 2023
341	37.18	L	P	Veera Khusal	14	BON	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
342	37.22	L L	F	Mikaela Joubert	14	ESTR	EKU	08/12/2022 EGA Summer Champs 2022
343	37.31	L	F	Elizabeth Du Plessis	14	QSAW	CED	24/09/2022 CTA Qualifying Meet #5
344	37.42	L	F	Thandolwenkosi Mabaso	14	FRA	KCD	28/01/2023 Ushaka Champs 2023
345	37.45	L	F	Lyrece Louw	14	SUPE	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
346	37.54	L	F	Tatiana Ioannides	14	BLSS	MAN	05/11/2022 Seals Heidedal Gala
347	37.55	L	F	Chelsea Snyman	14	HBV	MPD	04/02/2023 Limpopo School Champs
348	37.56	L	F	Cleo May	14	MARL	CPT	07/10/2022 41st Freda Barnard Invitational Gala
349	37.67	L	F	Carla Carolus	14	XSAQ	CPT	21/01/2023 CTA Qualifying Meet #7
350	37.77	L	F	Megan Lee Lotter	14	CPSC	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
351	37.78	L	F	Izelle Du Toit	14	HSG	BUF	25/02/2023 Eastern Cape Schools Swimming Trials
352	37.90	L	F	Lisa van der Westhuizen	14	POTC	KKD	26/11/2022 NWS Age Group 3 2022/23
353	37.93	L	F	Mignon Burger	14	SWAR	WCD	28/01/2023 Winelands SL Final

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
354	37.98 L	F	Hannah Watson	14	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
355	38.09 L	F	Zoe Pelsler	14	CHS	BUF	25/02/2023	Eastern Cape Schools Swimming Trials
356	38.13 L S	P	Paxton Rankin	14	TLAC	BPD	03/10/2022	Sasolburg Swim Club Invitational Gala
357	38.15 L	P	Shannon Rautenbach	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
358	38.17 L	F	Holly McHugh	14	HDAQ	MPD	12/11/2022	Limpopo Age Group 5
359	38.18 L	P	Olivia Van der Nest	14	KSC	EZD	02/12/2022	Mpumalanga Championships 2022
360	38.28 L	F	Lehanra Greeff	14	HARB	BPD	10/09/2022	Adrian Grafe Gala 2022
361	38.58 L	F	Nazley Jacobs	14	ISSC	NMD	26/11/2022	NWS Age Group 3 2022/23
362	38.64 L	F	Angelina Valle	14	AQDO	CPT	12/11/2022	CTA B CHAMPS
363	38.72 L	F	Emke Olivier	14	QSAW	GED	13/11/2022	Winelands Summer League 4
364	38.75 L	P	Abigail Cullen	14	WELA	LLD	06/12/2022	Free State Champs 2022
365	38.83 L S	P	Larissa Lombard	14	MAKO	EKU	08/12/2022	EGA Summer Champs 2022
366*	38.86 L	F	Karla Brink	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
366*	38.86 L	F	Imaan Velloo	14	MANT	CPT	11/02/2023	WCA-B Champs - 2023
368	39.14 L	F	Lwazi Mqoke	14	WELA	LLD	24/09/2022	Bull-Sharks Gala
369	39.25 L	F	Hermien Schwarzer	14	FRA	KCD	19/11/2022	Froggies Aquatics Championships 2022
370	39.50 L S	P	Kholofelo Seabi	14	SWIFT	EKU	08/12/2022	EGA Summer Champs 2022
371	39.80 L	F	Anja O Connell	14	HMER	MPD	04/02/2023	Limpopo School Champs
372	39.87 L	F	Chulumanco Nyukwana	14	MPS	NGD	25/02/2023	Eastern Cape Schools Swimming Trials
373	40.06 L	P	Skylar Colling	14	PSCP	UMD	01/07/2022	Prestige Tournament 2022
374	40.13 L	F	Yandisa Ndlovu	14	ACSA	ETH	19/03/2023	KZN Level 1 Championships 2023
375	40.33 L	F	Amy Klink	14	JAQ	EKU	18/03/2023	Level 1 Intra-Provincial 2023
376	40.40 L	F	Gemma van der Merwe	14	PGAC	EKU	10/09/2022	Adrian Grafe Gala 2022
377	40.49 L	F	Mianca Breitenbach	BR	ROB	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
378	40.63 L	F	Tazliyn Davids	14	CHS	BUF	25/02/2023	Eastern Cape Schools Swimming Trials
379	41.61 L	F	Marlie Oliphant	14	FSE	KCD	22/10/2022	Stingrays Swim Club Championships
380	41.95 L	F	Sine Schutte	14	PGH	KKD	10/02/2023	NW School Championships 2023
381	42.05 L	F	Angie Hicken	14	SOUL	EKU	18/03/2023	Level 1 Intra-Provincial 2023
382	42.42 L	F	Lesedi-Lere Themba	14	ESP	EKU	21/10/2022	EGA Summer 2 2022
383	42.47 L	F	Naomi-Jane Kleinsmith	14	KHAY	CPT	12/11/2022	CTA B CHAMPS
384	42.62 L S	P	Zoë Pierce	14	ESTR	EKU	08/12/2022	EGA Summer Champs 2022
385	43.16 L	F	Tamasa Nhlangulela	14	UMSH	ETH	02/12/2022	EDA AG Gala December 2022
386	43.79 L	F	Tshepiso Gaopalangwe	14	ONYX	EKU	18/03/2023	Level 1 Intra-Provincial 2023
387	43.89 L	F	Sarah-Jane Pappas	14	CUR	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
388	44.33 L	F	Khwezi Khaba	14	UMSH	ETH	02/12/2022	EDA AG Gala December 2022
389	44.97 L	F	Lia Myburgh	14	WELA	LLD	12/11/2022	Kroonstad Age Group
390	45.51 L	F	Karabo Malinga	14	USHAK	EKU	18/03/2023	Level 1 Intra-Provincial 2023
391	45.55 L	P	Naseerah Du Toit	14	WCA	CPT	21/04/2023	SA Schools Swimming Championship
392	45.88 L	F	Zaiboonisha Abvajjee	14	SUPE	JHB	18/03/2023	Level 1 Intra-Provincial 2023
393	46.12 L	F	Autumn Alexander	14	CUDU	CPT	12/11/2022	CTA B CHAMPS
394	46.27 L	F	Esethu Mabula	14	SRAY	BUF	18/02/2023	BCA 2nd Feb Age Group Gala 2023
395	47.76 L	F	Ayanda Luthuli	14	USH	UHD	28/01/2023	Ushaka Champs 2023
396	48.68 L	F	Humairah Nakooda	14	AQUA	UTD	12/11/2022	Uthukela District Age Group Gala
397	48.95 L	F	Ashley Chakanetsa	14	SUNN	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
398	50.10 L	F	Anesu Mushonga	14	ISSA		10/02/2023	NW School Championships 2023
399	50.65 L	F	Mbali Mahlangu	14	ATTE	FSH	08/10/2022	NTS Sprint Gala
400	51.53 L	P	Bontle Makhalanyane	14	WELA	LLD	06/12/2022	Free State Champs 2022
401	55.48 L S	P	Musa Mahlangu	14	ESP	EKU	08/12/2022	EGA Summer Champs 2022
402	1:12.95 L	F	Nontsikelelo Mente	14	SOWE	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
403	1:17.89 L	F	Reabaka Setungwane	14	KALA		03/12/2022	AGE GROUP 4 KATHU 2022
Women -14 100 Free								
1	59.18 L	F	Jaime Mote	14	INFA	NMA	21/03/2023	SA National Junior Age Group
2	1:00.71 L	F	Gizelle Maritz	14	WATR	JHB	21/03/2023	SA National Junior Age Group
3	1:00.90 L	F	Lara Gouws	14	TUKS	FSH	21/03/2023	SA National Junior Age Group
4	1:01.17 L	F	Emily Palmer	14	USC	BUF	21/03/2023	SA National Junior Age Group
5	1:01.18 L	F	Leila Yazbek	14	BLNE	MAN	21/03/2023	SA National Junior Age Group
6	1:01.37 L	F	Jana Vorster	14	TUKS	FSH	16/12/2022	KZNA Premier Provincial Championship
7	1:01.80 L	P	Scarlett Le Roux	14	AGA	EKU	12/04/2023	SA National Aquatic SNR-Champ
8	1:01.81 L	F	Kayla Gous	14	USC	BUF	21/03/2023	SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
9	1:01.95	L	F	Jenna Coetzee	14	INFA NMA	09/12/2022	NMBA Championships 2022
10	1:02.02	L	F	Jesse-Leah Laderach	14	PEAS NMA	21/03/2023	SA National Junior Age Group
11	1:02.10	L	F	Rachel Hinckley	14	CA EKU	08/12/2022	EGA Summer Champs 2022
12	1:03.02	L	P	Erin Joubert	14	KLOO ETH	21/03/2023	SA National Junior Age Group
13	1:03.12	L	P	Savannah Mostert	14	TUKS FSH	09/12/2022	NTS Championships 2022
14	1:03.17	L	F	Grace Powell	14	CSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
15*	1:03.32	L	P	Ashley Scholtz	14	CA EKU	21/03/2023	SA National Junior Age Group
15*	1:03.32	L	F	Mila Vd Linde	14	TUKS FSH	09/12/2022	NTS Championships 2022
17	1:03.39	L	F	Madison du Plessis	AR	BLOT MAN	06/12/2022	Free State Champs 2022
18	1:03.41	L	P	Danielle Cronjè	14	GSA CPT	21/03/2023	SA National Junior Age Group
19	1:03.52	L	P	Jana Swiegers	14	TUKS FSH	21/03/2023	SA National Junior Age Group
20*	1:03.62	L	P	Amy Combrink	14	VINE CPT	24/02/2023	Western Cape Elite Gala
20*	1:03.62	L	P	Ruth Dredge	14	PAC FSH	21/03/2023	SA National Junior Age Group
22	1:03.68	L	F	Corli Liversage	14	FSS FS	21/04/2023	SA Schools Swimming Championship
23	1:04.03	L	F	Gabriella Van Den Berg	14	ELEC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
24	1:04.21	L	P	Me-Kayla Rew	14	TUKS FSH	09/12/2022	NTS Championships 2022
25	1:04.26	L	F	Zandri Knoetze	14	INFA NMA	31/03/2023	SA Level 3 Regional Age Group
26	1:04.49	L L	F	Kendra Begley	14	PEAS NMA	09/12/2022	NMBA Championships 2022
27	1:04.57	L	P	Ruby Gaines	14	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
28	1:04.68	L	F	Jaime Maritz	14	NSAD EZD	31/03/2023	SA Level 3 Regional Age Group
29	1:04.75	L	F	Chloe Olivier	14	CA EKU	17/02/2023	EGA Let's Race 2023
30	1:04.76	L	P	Annebel Stewart	14	AZON ETH	21/03/2023	SA National Junior Age Group
31	1:04.79	L	F	Gemma Goncalves	14	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
32	1:04.83	L	F	Jemma Pearse	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
33	1:04.89	L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
34	1:04.91	L	F	Lily Durant	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
35	1:05.02	L	F	Karmen Van Rensburg	14	UNI EZD	28/01/2023	CANA GRAND PRIX JAN 2023
36	1:05.16	L	F	Leah Scott	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
37	1:05.35	L	P	Hannah Burke	14	AACTA CPT	21/03/2023	SA National Junior Age Group
38	1:05.45	L	F	Michaela Nell	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
39	1:05.70	L	F	Madisynn Elliott	14	LINR JHB	25/02/2023	CGA Level 3+ Last Chance gala
40	1:05.71	L	F	Katelyn Fourie	14	JAQ EKU	20/01/2023	EGA Last Chance Galal
41	1:05.74	L	F	Jaime Roome	14	TUKS FSH	09/12/2022	NTS Championships 2022
42	1:05.76	L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
43	1:05.78	L	P	Abigail Roberts	14	TUKS FSH	21/03/2023	SA National Junior Age Group
44	1:05.84	L	F	Maria Steyn	14	BLSS MAN	06/12/2022	Free State Champs 2022
45	1:05.86	L	F	Kate-Lynn de Jager	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championship
46	1:06.09	L	F	Emily Liebenberg	14	SWAR WCD	31/03/2023	SA Level 3 Regional Age Group
47	1:06.15	L	F	Elne Reynolds	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
48	1:06.17	L	F	Stephanie Jurado	14	SSISA CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
49	1:06.21	L	F	Kiara Banks	14	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group
50*	1:06.27	L	F	Marlene Ward	14	TUKS FSH	09/12/2022	NTS Championships 2022
50*	1:06.27	L	F	Mikayla Lombard	14	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group
52	1:06.51	L	F	Wilmiën Verbeek	14	CUDU CPT	24/09/2022	CTA Qualifying Meet #5
53	1:06.60	L	F	Joslyn Botha	14	SOUL EKU	08/12/2022	EGA Summer Champs 2022
54	1:06.61	L	P	Kailey Joubert	14	AZON ETH	21/03/2023	SA National Junior Age Group
55	1:06.68	L	F	Simone Vd Merwe	14	LALE CED	31/03/2023	SA Level 3 Regional Age Group
56*	1:06.72	L	F	Asia Kleinhans	14	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games
56*	1:06.72	L	P	Kathleen Welsh	BR	HAM	10/02/2023	Middle East Open and Junior
58*	1:06.73	L	F	Genevieve Christensen	14	ACSA ETH	31/03/2023	SA Level 3 Regional Age Group
58*	1:06.73	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
58*	1:06.73	L	P	Mikayla Smit	14	CRSC JHB	21/03/2023	SA National Junior Age Group
61	1:06.77	L	F	Paige Edmundson	14	SASE JHB	31/03/2023	SA Level 3 Regional Age Group
62	1:06.78	L	F	Mia Wellsted	14	HASC JHB	31/03/2023	SA Level 3 Regional Age Group
63	1:06.79	L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
64	1:06.87	L	P	Zoë Goebel	14	TYGE CPT	24/02/2023	Western Cape Elite Gala
65	1:06.99	L	F	Kayleigh Hahn	14	ROA EDD	09/12/2022	Western Cape LC-A Championship 2022
66	1:07.07	L	P	Keira Holland	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
67	1:07.09	L	P	Amy O'Connor	14	CRSC JHB	21/03/2023	SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
68*	1:07.12	L	P	Robyn Barbour	14	ESP	EKU	31/03/2023	SA Level 3 Regional Age Group
68*	1:07.12	L	P	Rouxne Du Plessis	14	TUKS	FSH	21/03/2023	SA National Junior Age Group
70	1:07.17	L	P	Cathrijn Davel	14	MSC	NGD	21/03/2023	SA National Junior Age Group
71	1:07.27	L	F	Naledi Thobeha	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
72	1:07.30	L	F	Leia Braithwaite	14	SGUL	ETH	02/12/2022	EDA AG Gala December 2022
73	1:07.33	L	P	Natania Komakech	14	GAUT		21/04/2023	SA Schools Swimming Championship
74	1:07.34	L	F	Veronique Riekert	14	TUKS	FSH	01/07/2022	Prestige Tournament 2022
75	1:07.35	L	P	Shanna-Leigh Zeelie	14	BLMA	CPT	24/02/2023	Western Cape Elite Gala
76	1:07.40	L	F	Carine Röntgen	14	ASAW	CED	09/12/2022	Western Cape LC-A Championship 2022
77	1:07.55	L S	F	Alika Vd Merwe	14	TUKS	FSH	09/12/2022	NTS Championships 2022
78	1:07.86	L	F	Ianthy Moolman	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
79	1:07.91	L	P	Daniëlla Müller	14	TUKS	FSH	09/12/2022	NTS Championships 2022
80	1:07.97	L	P	Jade O'Connor	14	AWIN	FSH	09/12/2022	NTS Championships 2022
81	1:07.99	L	F	Jessica Smith	14	AA	JHB	01/12/2022	CGA LC Summer Championships Level
82	1:08.02	L	P	Hannah Sandilands	14	CA	EKU	16/12/2022	KZNA Premier Provincial Championship
83	1:08.04	L	P	Tehl-Cadi Day Garden	14	MGSC	UGD	31/03/2023	SA Level 3 Regional Age Group
84	1:08.05	L	F	Ella Bradshaw	14	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
85	1:08.07	L	P	Amy-Lee Jones	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
86	1:08.11	L	P	Milri-Ann Summerton	14	NWUC	KKD	31/03/2023	SA Level 3 Regional Age Group
87	1:08.12	L	F	Athina Mc Colgan	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
88	1:08.14	L	P	Araya de Waal	14	PGAC	EKU	31/03/2023	SA Level 3 Regional Age Group
89	1:08.16	L	P	Amy Botha	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
90	1:08.29	L	P	Kelly Stork	14	MAC	EKU	31/03/2023	SA Level 3 Regional Age Group
91	1:08.33	L	F	Amy Brown	14	SEAL	UMD	03/03/2023	KZN Qualifying Gala
92	1:08.36	L	F	Kendra Matthysen	14	SSISA	CPT	03/09/2022	CTA Qualifying Meet #4
93	1:08.42	L	P	Anastasia Sequeira	14	CA	EKU	21/03/2023	SA National Junior Age Group
94	1:08.47	L	P	Anne Marais	14	LP	CC	21/04/2023	SA Schools Swimming Championship
95	1:08.53	L	P	Lucy Le Roux	14	ASAW	CED	09/12/2022	Western Cape LC-A Championship 2022
96*	1:08.54	L	P	Tyra Penn	14	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group
96*	1:08.54	L	P	Paige Jacobs	14	NC		21/04/2023	SA Schools Swimming Championship
98	1:08.61	L	F	Kelci Leech	14	BLSS	MAN	06/12/2022	Free State Champs 2022
99	1:08.62	L	F	Jorja Parsons	14	PSCP	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
100	1:08.66	L	F	Emma Neethling	14	FISH	EDD	18/02/2023	EDEN 5th A-League Gala 2023
101	1:08.72	L	F	Raquel Cairns	14	KLOO	ETH	31/03/2023	SA Level 3 Regional Age Group
102*	1:08.88	L	P	Kaylie Groenewald	14	LP	CC	21/04/2023	SA Schools Swimming Championship
102*	1:08.88	L	F	Amy Calogridis	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
104*	1:08.95	L L	F	Kayla Verbaan	14	KLOO	ETH	16/12/2022	KZNA Premier Provincial Championship
104*	1:08.95	L	F	Isabella Havemann	14	MATI	CED	24/09/2022	CTA Qualifying Meet #5
106	1:08.97	L	P	Elizabeth Victor	14	UNI	EZD	31/03/2023	SA Level 3 Regional Age Group
107	1:09.01	L	F	Ella Eldar	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
108	1:09.04	L	P	Tshenolo Ntsie	14	TUKS	FSH	09/12/2022	NTS Championships 2022
109	1:09.21	L	F	Lara Smith	14	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
110	1:09.28	L	F	Caitlyn Dube	14	MDOL	EKU	20/01/2023	EGA Last Chance Galal
111	1:09.35	L	P	Charnè Landman	14	GSA	CPT	24/02/2023	Western Cape Elite Gala
112	1:09.38	L	F	Rii Spoelstra	14	TUKS	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
113	1:09.41	L	P	Mari Wium	14	QSAW	CED	31/03/2023	SA Level 3 Regional Age Group
114	1:09.47	L	F	Catherine Desilla	14	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
115	1:09.48	L	F	Janca Hattingh	14	CSA	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
116	1:09.50	L	F	Bea Van der Merwe	14	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
117	1:09.51	L	F	Lily Ogden	14	PEAR	NMA	25/02/2023	Eastern Cape Schools Swimming Trials
118*	1:09.56	L	F	Sunny Huang	14	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
118*	1:09.56	L	F	Yvonne Pretorius	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
120	1:09.61	L	P	Danika Van Zyl	14	FRA	KCD	21/03/2023	SA National Junior Age Group
121*	1:09.74	L	P	Emma Rossouw	14	QUIC	CPT	09/12/2022	Western Cape LC-A Championship 2022
121*	1:09.74	L	F	Skyla Perumal	14	TRAZ	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
123	1:09.77	L	F	Zoe Ann Kruger	14	AQU	ADJ	28/01/2023	Ushaka Champs 2023
124	1:09.78	L	F	Leeya Amon	14	JVR	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
125	1:09.80	L	F	Caitlin Govender	14	SGUL	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
126	1:09.87	L	P	Ava-Loren Van Galen	14	BIOS	CED	21/03/2023	SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
127	1:09.99	L	P	Storme Badenhorst	14	MARL	CPT	31/03/2023	SA Level 3 Regional Age Group
128	1:10.01	L	F	Lumka Ntaka	14	UMSH	ETH	01/07/2022	Prestige Tournament 2022
129	1:10.07	L	P	Kemantha Ayair	ER	BAYV	ETH	31/03/2023	SA Level 3 Regional Age Group
130*	1:10.31	L	F	Summer Ascielli	14	CYBE	CPT	21/01/2023	CTA Qualifying Meet #7
130*	1:10.31	L	P	Donne Bruyns	14	CSA	EZD	31/03/2023	SA Level 3 Regional Age Group
132	1:10.40	L	F	Megan Augustyn	14	ONYX	EKU	20/01/2023	EGA Last Chance Galal
133	1:10.51	L	F	Jocelyn Cromhout	14	BCA	BUF	28/01/2023	NMBA Intra-District Championship
134	1:10.73	L	F	Danaleigh Swanepoel	14	TUKS	FSH	28/10/2022	NTS October SARJ+ Age Group Gala
135*	1:10.83	L	F	Anè Kemp	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
135*	1:10.83	L	F	Chloe Petersen	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
137	1:10.87	L	F	Keira Taylor	14	TUKS	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
138	1:10.88	L	F	Elrike du Plessis	14	HREF	BPD	07/12/2022	NWS Championships 2022/2023
139	1:10.93	L	P	Mieke Vd Wal	14	CUDU	CPT	25/06/2022	PEA Winter Gala 2022
140*	1:11.02	L L	F	Chanel Veldsman	14	PSCP	UMD	16/12/2022	KZNA Premier Provincial Championship
140*	1:11.02	L	F	Leané Gouws	14	TUKS	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
142	1:11.04	L	P	Keera De Esclana	14	VRC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
143	1:11.15	L	F	Peta Mazery	14	SGUL	ETH	28/01/2023	EDA January Gala 2023
144	1:11.18	L	F	Cambria Steyn	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
145	1:11.21	L	F	Kellen McLaren	14	CA	EKU	20/01/2023	EGA Last Chance Galal
146	1:11.22	L	P	Giselle Kemper	14	CYBE	CPT	24/02/2023	Western Cape Elite Gala
147	1:11.25	L	P	Emma Ralfe	14	PSCP	UMD	31/03/2023	SA Level 3 Regional Age Group
148	1:11.28	L	F	Emily Shand	14	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
149	1:11.44	L	F	Kuzingca Siramza	14	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
150	1:11.51	L	P	Cait Da Cunha	14	BON	EKU	31/03/2023	SA Level 3 Regional Age Group
151	1:11.52	L	F	Hannah Naidoo	ER	BAYV	ETH	02/12/2022	EDA AG Gala December 2022
152	1:11.60	L	F	Ayalakha Mokoena	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
153	1:11.74	L	F	Mia Johnson	14	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
154	1:11.76	L	F	Jessica Sardinha	14	BAS	EKU	11/06/2022	EGA Winter 1 2022
155	1:11.79	L	P	Lelanie Buhr	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
156	1:11.82	L	P	Tayla Dowie	14	QUES	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
157	1:11.86	L	F	Tia Mari Theron	14	HSBV	SKD	04/02/2023	Limpopo School Champs
158	1:11.87	L	F	Gabriella Otto	14	HASC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
159	1:11.90	L	F	Johané Jv Rensburg	14	TUKS	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
160	1:11.96	L	P	Liza Schoeman	14	RBOT	BPD	31/03/2023	SA Level 3 Regional Age Group
161	1:11.97	L	P	Jemma Park	14	CRSC	JHB	01/12/2022	CGA LC Summer Championships Level
162	1:11.98	L	F	Ella Bruyns	14	ASA	ILD	05/11/2022	KZN Junior Championships 2022
163	1:11.99	L	P	Mieke Vd Walt	14	FISH	EDD	09/12/2022	Western Cape LC-A Championship 2022
164	1:12.00	L	P	Leah Crozier	14	FAAC	FBD	31/03/2023	SA Level 3 Regional Age Group
165	1:12.01	L	P	Esti Mouton	14	SWAR	WCD	03/03/2023	SA Level 2 Regional Age Group Champs
166	1:12.08	L	P	Katia Jacob	14	HASC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
167	1:12.09	L	F	Anneke Stassen	14	CUDU	CPT	21/01/2023	CTA Qualifying Meet #7
168	1:12.10	L	P	Katey Nel	14	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
169	1:12.12	L	F	Simonè Schonken	14	TASC	MPD	02/12/2022	Limpopo Champs
170	1:12.13	L	F	Leane Muller	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
171	1:12.27	L	P	Mia Vd Merwe	14	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
172	1:12.28	L	F	Mea Harding	14	BAS	EKU	20/01/2023	EGA Last Chance Galal
173	1:12.35	L	P	Antonella Del Fabbro	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
174*	1:12.44	L	F	Ogalaletseng Khosana	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
174*	1:12.44	L	F	Emily Tsai	14	BLMA	CPT	28/01/2023	Winelands SL Final
174*	1:12.44	L	F	Sandri Visser	14	PLAY	GED	15/10/2022	CTA Qualifying Meet #6
177	1:12.45	L	F	Jaimee Marais	14	ELRAS	WBD	02/12/2022	Limpopo Champs
178	1:12.48	L	P	Nicole Van Zyl	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
179	1:12.50	L	F	Miane Steyn	14	LCR	NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15
180	1:12.58	L	P	Vera Chen	14	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
181	1:12.62	L	F	Miela Smit	14	AQUA	BUF	19/11/2022	BCA 2nd November Age Group Gala
182	1:12.65	L	P	Megan Webster	14	RFA	FSH	09/12/2022	NTS Championships 2022
183	1:12.68	L	F	Taima Telford	14	GREY	CPT	11/02/2023	WCA-B Champs - 2023
184	1:12.69	L	P	Catherine O'Grady	14	MSC	NGD	02/03/2023	SA Level 2 Regional Age Group Champs
185	1:12.77	L	F	Dorette du Plessis	14	NWUC	KKD	26/11/2022	NWS Age Group 3 2022/23

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
186	1:12.79	L	P	Lienke Van OS	14	BLSS MAN	06/12/2022	Free State Champs 2022
187	1:12.81	L	F	Hannah Schreuder	14	SAAW CPT	28/01/2023	Winelands SL Final
188	1:12.88	L	P	Larissa Visagie	14	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group
189	1:12.97	L	P	Chrisley Barnard	14	BS LLD	03/03/2023	SA Level 2 Regional Age Group Champs
190	1:12.98	L	P	Maria Dos Santos	14	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Champs
191	1:13.06	L	P	Siobhan Evans	14	CA EKU	08/12/2022	EGA Summer Champs 2022
192*	1:13.09	L	P	Megan Neizel	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
192*	1:13.09	L	F	Megan Van den Heever	14	UNI EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
194*	1:13.17	L	F	Christi Serfontein	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
194*	1:13.17	L	F	Lungiswa Grootboom	14	SWAR WCD	28/01/2023	Winelands SL Final
196	1:13.20	L	F	Anzelle van Rooyen	14	DRGN JHB	20/01/2023	EGA Last Chance Galal
197*	1:13.26	L	F	Caitlin Scheepers	14	VINE CPT	03/09/2022	CTA Qualifying Meet #4
197*	1:13.26	L	P	Nakita Snyman	14	FLOD JHB	02/03/2023	SA Level 2 Regional Age Group Champs
199	1:13.31	L	P	Kaylin Bezuidenhoud	14	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
200	1:13.33	L	F	Amy Gerber	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
201	1:13.35	L L	F	Judy Stevens	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
202	1:13.38	L	F	Amelie Van der Merwe	14	RFA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
203	1:13.39	L	P	Anne Steyl	14	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
204*	1:13.41	L	F	Kayla Vosloo	AR	BLOT MAN	22/10/2022	Otters Prestige Gala 2022
204*	1:13.41	L	P	Buhle Mahlalela	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
206	1:13.45	L	F	Rienke Blignaut	14	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
207	1:13.49	L	F	Ilze Hendriks	14	TOTIS ETH	05/11/2022	KZN Junior Championships 2022
208	1:13.50	L	F	Chanè Grobbelaar	14	SWAR WCD	03/03/2023	SA Level 2 Regional Age Group Champs
209	1:13.59	L	P	Makula Kyabayinze	14	TUKS TSH	09/12/2022	NTS Championships 2022
210	1:13.65	L	F	Amy Williams	14	PGH KKD	10/02/2023	NW School Championships 2023
211	1:13.68	L	F	Nisa Da Silva	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
212	1:13.72	L	F	Hannah Krummeck	14	INFA NMA	13/08/2022	Madibaz Swim Meet
213	1:13.73	L	F	Esmarie Terblanche	14	HTSA CPT	03/03/2023	SA Level 2 Regional Age Group Champs
214	1:13.74	L	F	Sarah Bruwer	14	MMD CPT	24/09/2022	CTA Qualifying Meet #5
215	1:13.75	L	P	Michaela Clegg	14	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Champs
216	1:13.94	L	P	Chrystil Raymond	14	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
217	1:13.97	L	F	Jordan Wessels	14	ASA ILD	25/11/2022	WSC & Seals Summer LC Champs 2022
218	1:14.05	L	F	Meg Wentzel	14	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
219	1:14.06	L	F	Sienna Wilensky	14	ASAC CPT	03/09/2022	CTA Qualifying Meet #4
220	1:14.09	L	P	Emma Lategan	14	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group
221	1:14.10	L	F	Esther Sullivan	14	WSTV ETH	05/11/2022	KZN Junior Championships 2022
222	1:14.11	L	P	Sinoah Pretorius	14	TUKS TSH	09/12/2022	NTS Championships 2022
223	1:14.18	L	F	Maya Ndegwa	14	ELEC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
224	1:14.19	L	P	Izabella Alevras	14	AAS JHB	02/03/2023	SA Level 2 Regional Age Group Champs
225	1:14.20	L	F	Elizabeth Opperman	14	KTS	07/12/2022	NCASA CHAMPS 2022
226	1:14.34	L	F	Jean-Marie Steenkamp	14	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
227	1:14.38	L	F	Mikayla Bester	14	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
228	1:14.49	L	F	Jessica Carver	14	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
229	1:14.55	L	F	Ivana Vyncke	14	VRY ZLD	16/12/2022	KZNA Premier Provincial Championship
230	1:14.66	L	F	Lara Verhoef	14	VINE CPT	03/09/2022	CTA Qualifying Meet #4
231	1:14.68	L	P	Taylor Ririe	14	BLSS MAN	06/12/2022	Free State Champs 2022
232	1:14.71	L	F	Chloe Pieterse	14	QSAW CED	28/01/2023	Winelands SL Final
233	1:14.73	L	F	Mia De Klerk	14	CSA EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
234	1:14.82	L	P	Esther Sauls	14	PGAC EKU	08/12/2022	EGA Summer Champs 2022
235	1:14.83	L	P	Ilanze du Plessis	14	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
236	1:14.84	L	P	Andria Le Roux	14	JAQ EKU	08/12/2022	EGA Summer Champs 2022
237	1:14.86	L	F	Lara Wink	14	VINE CPT	15/10/2022	CTA Qualifying Meet #6
238	1:14.94	L	P	Tanika Du Plessis	14	TUKS TSH	09/12/2022	NTS Championships 2022
239	1:15.06	L	P	Mieka Wichmann	14	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs
240	1:15.09	L	P	Micke De Jager	RR	PSA ZLD	17/03/2023	SA Level 2 Regional Age Group Champs
241	1:15.10	L	F	Danielle Van Vuuren	14	DDA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
242	1:15.14	L	F	Helena Pretorius	14	TKS WBD	02/12/2022	Limpopo Champs
243	1:15.19	L	P	Dorethe Meyer	AR	BLOT MAN	06/12/2022	Free State Champs 2022
244	1:15.25	L	F	Madison Hayes	14	TYGE CPT	11/02/2023	WCA-B Champs - 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
245	1:15.28	L	F	Mia Crookham	14	TYGE CPT	11/02/2023 WCA-B Champs - 2023
246	1:15.29	L	P	Simone Cussons	14	NAE EZD	02/12/2022 Mpumalanga Championships 2022
247	1:15.30	L	P	Kate-Lynn Kruger	14	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Champs
248	1:15.33	L	F	Leigh Pijoo	14	BLMA CPT	03/09/2022 CTA Qualifying Meet #4
249	1:15.39	L	F	Wilona Erasmus	14	NWUC KKD	07/12/2022 NWS Championships 2022/2023
250	1:15.59	L	P	Emma Davies	14	BAS EKU	02/03/2023 SA Level 2 Regional Age Group Champs
251	1:15.74	L	F	Zianè Jantzen	14	QUIC CPT	24/09/2022 CTA Qualifying Meet #5
252	1:15.80	L	F	Jessica Carrol	14	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
253*	1:15.85	L	F	Teagan Hamer	14	SELC BUF	25/02/2023 Eastern Cape Schools Swimming Trials
253*	1:15.85	L	F	Lerize Du Toit	14	PHS CCD	04/02/2023 Limpopo School Champs
255	1:15.88	L	F	Jorja De Beer	14	VINE CPT	04/11/2022 CTA A CHAMPS 2022
256	1:15.90	L	F	Maya McCollum	14	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
257	1:15.94	L	P	Abigail Scheffer	14	PAC FSH	31/03/2023 SA Level 3 Regional Age Group
258	1:16.01	L	F	Zia Petersen	14	XSAQ CPT	15/10/2022 CTA Qualifying Meet #6
259	1:16.25	L	F	Nina Van Tonder	14	WOAQ CED	28/01/2023 Winelands SL Final
260	1:16.27	L	P	Zara Carrie	14	LINR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
261	1:16.28	L	F	Holly Hugo	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
262	1:16.38	L	F	Lumè Lategan	14	HBV MPD	15/10/2022 Limpopo Top 10 - High Schools
263	1:16.41	L	F	Micaela Mutooni	14	ELEC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
264	1:16.43	L	F	Mia Bruwer	14	SS MPD	02/12/2022 Limpopo Champs
265	1:16.44	L	P	Richelle Rothmann	14	AQU ADJ	31/03/2023 SA Level 3 Regional Age Group
266	1:16.45	L	F	Chloe Byrne	14	SEAL UMD	28/01/2023 Ushaka Champs 2023
267	1:16.52	L	P	Annika Potgieter	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
268*	1:16.53	L	P	Zante Young	14	RBUR BPD	07/12/2022 NWS Championships 2022/2023
268*	1:16.53	L	F	Michaela Blaine	14	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
270	1:16.54	L	P	Mariel Van Der Net	14	JAQ EKU	08/12/2022 EGA Summer Champs 2022
271*	1:16.61	L	F	Alexandra Santos	14	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
271*	1:16.61	L	F	Lara Louw	14	BLNE MAN	17/02/2023 Neptune Last Chance Gala
273	1:16.64	L	F	Aisling McLean	14	ELEC FSH	21/10/2022 NTS October Lev 3 Age Group Gala
274	1:16.70	L	F	Taegon Gunkel	14	BEAV ETH	02/12/2022 EDA AG Gala December 2022
275	1:16.79	L	F	Izolde Lombard	14	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
276	1:17.20	L	F	Bianca O'Kennedy	14	EVO CPT	11/11/2022 Swartland Prestige Gala 2022
277	1:17.29	L	F	Jessica Bosman	14	QUIC CPT	11/02/2023 WCA-B Champs - 2023
278	1:17.44	L	F	Carli Dippenaar	14	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Champs
279	1:17.52	L	P	Nicole Norman	14	RPAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
280	1:17.59	L	P	Genevieve Egger	14	RIVO JHB	02/03/2023 SA Level 2 Regional Age Group Champs
281	1:17.65	L	F	Deoné Borstlap	14	POTC KKD	26/11/2022 NWS Age Group 3 2022/23
282	1:17.68	L	F	Hayley Steyn	14	NHS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
283	1:17.81	L	F	Ashley Seymour	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
284	1:17.82	L	F	Mila Petrak	14	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
285	1:17.87	L	F	Ingrid Van Loggerenberg	14	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
286	1:17.88	L	P	Chloe Jewell	14	PEAS NMA	25/06/2022 PEA Winter Gala 2022
287	1:17.92	L	F	Amelie Brùgers	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
288	1:18.05	L	F	Kate Allwood	14	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ
289	1:18.24	L	P	Paris Shiwundlana	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
290	1:18.36	L	P	Kara Du Preez	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
291	1:18.42	L	F	Aria Pitham	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
292	1:18.44	L	F	Emma Crosby	14	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
293	1:18.48	L S	F	Shyenne Laubscher	14	WELA LLD	03/10/2022 Sasolburg Swim Club Invitational Gala
294	1:18.56	L	F	Tenè Louw	14	BLMA CPT	28/01/2023 Winelands SL Final
295	1:18.66	L	P	Aeryn Kuhnert	14	DORE JHB	02/03/2023 SA Level 2 Regional Age Group Champs
296*	1:18.92	L	F	Hannah van der Veen	14	STHS BUF	25/02/2023 Eastern Cape Schools Swimming Trials
296*	1:18.92	L	F	Aimee' Heydricks	14	BLUO UGD	05/11/2022 KZN Junior Championships 2022
298	1:19.05	L	F	Cara Francis	14	TUKS FSH	01/10/2022 2022 AG Swim Stars&OR Tambo
299	1:19.09	L	F	Zelmari Van der Walt	14	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29
300	1:19.12	L	F	Charlee Davis	14	RAV EKU	11/06/2022 EGA Winter 1 2022
301	1:19.19	L	F	Sadie Jelley	14	PAC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
302	1:19.27	L	F	Amylee Holtzhausen	14	SEAL UMD	05/11/2022 KZN Junior Championships 2022
303	1:19.46	L	F	Nanika Langenegger	14	SAAW CPT	04/11/2022 CTA A CHAMPS 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
304	1:19.81	L	F	Emma Barnard	14	EVO CPT	18/02/2023 Swartland Invitational Gala 2023
305	1:19.91	L	F	Emma Jansen van Rensburg	14	QSAW CED	28/01/2023 Winelands SL Final
306	1:20.05	L	P	Kailyn Roopchand	14	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Champs
307	1:20.18	L	F	Hannah Coert	14	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
308	1:20.46	L	F	Alea Du Toit	14	CYBE CPT	21/01/2023 CTA Qualifying Meet #7
309	1:20.76	L	P	Entle Khumalo	14	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
310	1:20.77	L	F	Mekayla Pretorius	14	HWSK	07/10/2022 FLAMINGO GALA OCT 2022
311	1:20.78	L	P	Jamie Turner	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
312	1:20.79	L	F	Kara Fourie	LN	BLOT MAN	27/01/2023 Seals Bullsharks Gala
313	1:20.99	L	F	Xakeena McQuinto	14	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
314	1:21.00	L	F	Leanke Voigt	14	JAQ EKU	11/06/2022 EGA Winter 1 2022
315*	1:21.08	L	F	Khailah Erasmus	14	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29
315*	1:21.08	L	P	Skye Rautenbach	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
317	1:21.18	L	P	Kayla Welgemoed	14	VALS FDD	06/12/2022 Free State Champs 2022
318	1:21.25	L	F	Anmi Slabbert	14	PAQU CED	13/11/2022 Winelands Summer League 4
319	1:21.72	L	F	Mignon Burger	14	SWAR WCD	18/02/2023 Swartland Invitational Gala 2023
320	1:21.87	L	F	Jocke Coetzee	14	KALAH	25/02/2023 FLAMINGO GALA 2023
321	1:21.88	L	P	Mia Osbourne	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
322	1:21.91	L	F	Tatum Sanderson	14	SOWE JHB	18/03/2023 Level 1 Intra-Provincial 2023
323	1:21.94	L	P	Asmaa Bonnasse	14	ELRAS WBD	02/03/2023 SA Level 2 Regional Age Group Champs
324	1:21.96	L	F	Shaelyn Lawson	14	CHS BUF	25/02/2023 Eastern Cape Schools Swimming Trials
325	1:22.28	L	P	Gabriella Carminatti	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
326	1:22.29	L	P	Georgia Knight	14	WATR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
327	1:22.43	L	P	Logan Francke	14	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
328	1:22.59	L	F	Carne Louw	14	TASC MPD	02/12/2022 Limpopo Champs
329	1:23.14	L	F	Ashleigh Davies	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
330	1:23.78	L	F	Paula Van Zyl	14	WOAQ CED	03/03/2023 SA Level 2 Regional Age Group Champs
331	1:23.90	L	F	Isabè Van Dyk	14	CUHE OBD	07/10/2022 41st Freda Barnard Invitational Gala
332	1:23.98	L S	F	Tatiana Ioannides	14	BLSS MAN	06/12/2022 Free State Champs 2022
333	1:24.06	L	F	Helena Van Vuuren	14	KALA	14/01/2023 GROUP 5 - KTHU 2023
334	1:24.37	L	F	Anchen Human	14	TASC MPD	02/12/2022 Limpopo Champs
335	1:24.63	L	P	Alaynah Bhamjee	14	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Champs
336	1:24.68	L	P	Chrisna Du Plessis	14	KALAH	03/03/2023 SA Level 2 Regional Age Group Champs
337	1:24.73	L	F	Djeneba Coulibaly	14	TUKS TSH	02/10/2022 2022 AG Swim Stars 14&Over
338	1:24.77	L	F	Sinalo Ndlovu	14	UMSH ETH	05/11/2022 KZN Junior Championships 2022
339	1:24.81	L	F	Elizabeth Du Plessis	14	QSAW CED	24/09/2022 CTA Qualifying Meet #5
340	1:24.99	L	F	Holly McHugh	14	HDAQ MPD	02/12/2022 Limpopo Champs
341	1:25.26	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022 CTA B CHAMPS
342	1:25.46	L	P	Mikaela Joubert	14	ESTR EKU	08/12/2022 EGA Summer Champs 2022
343	1:25.67	L	F	Onkaribile Molamu	14	MATL KKD	06/01/2023 2023 Grand Prix Invitation Swimming
344	1:25.88	L	F	Anne Bray	14	UNI EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
345	1:25.89	L	F	Marize Fourie	14	WELA LLD	12/11/2022 Kroonstad Age Group
346	1:26.36	L	P	Brooklyn-Taylor Sunker	14	BON EKU	08/12/2022 EGA Summer Champs 2022
347	1:26.37	L	F	Hannah Watson	14	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
348	1:26.69	L	F	Naseerah Vd Merwe	14	WEST CPT	18/02/2023 Swartland Invitational Gala 2023
349	1:26.87	L	F	Carla Carolus	14	XSAQ CPT	15/10/2022 CTA Qualifying Meet #6
350	1:26.92	L	F	Eireann De Witte	14	TCA EKU	11/06/2022 EGA Winter 1 2022
351	1:27.00	L	F	Cleo May	14	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
352	1:27.12	L	F	Chulumanco Nyukwana	14	MPS NGD	25/02/2023 Eastern Cape Schools Swimming Trials
353	1:27.47	L S	F	Nickela Van der Berg	14	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
354	1:27.48	L	F	Veera Khusal	14	BON EKU	20/01/2023 EGA Last Chance Galal
355	1:27.61	L	F	Karla Brink	14	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
356	1:27.63	L	F	Megan Lee Lotter	14	CPSC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
357	1:27.80	L S	F	Paxton Rankin	14	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
358	1:28.06	L	F	Lisa van der Westhuizen	14	POTC KKD	26/11/2022 NWS Age Group 3 2022/23
359	1:28.19	L	F	Shannon Rautenbach	14	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
360	1:28.20	L	F	Thandolwenkosi Mabaso	14	FRA KCD	10/12/2022 KCDA December Age Goup Gala 2022
361	1:28.55	L	F	Larissa Lombard	14	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
362	1:29.23	L	F	Imaan Velloo	14	MANT CPT	11/02/2023 WCA-B Champs - 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
363	1:29.29	L	F	Lwazi Mqeke	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
364	1:29.65	L	F	Chelsea Snyman	14	HBV MPD	04/02/2023 Limpopo School Champs
365	1:29.75	L	F	Ebenette Van Niekerk	14	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023
366	1:29.87	L	F	Abigail Cullen	14	WELA LLD	29/10/2022 Neptune Gala
367	1:30.59	L	F	Riley Barrett	14	HTSA CPT	12/11/2022 CTA B CHAMPS
368	1:30.60	L	F	Lutifiyya Sheik	14	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023
369	1:30.81	L	F	Lyrece Louw	14	SUPE JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
370	1:31.56	L	P	Olivia Van der Nest	14	KSC EZD	02/12/2022 Mpumalanga Championships 2022
371	1:31.77	L	F	Angelina Valle	14	AQDO CPT	12/11/2022 CTA B CHAMPS
372	1:31.82	L	F	Nazley Jacobs	14	ISSC NMD	06/01/2023 2023 Grand Prix Invitation Swimming
373	1:32.31	L	F	Yandisa Ndlovu	14	ACSA ETH	05/11/2022 KZN Junior Championships 2022
374	1:32.58	L	F	Amy Klink	14	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
375	1:32.81	L	P	Luyanda Mbatha	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
376	1:34.24	L	F	Lehanra Greeff	14	HARB BPD	26/11/2022 NWS Age Group 3 2022/23
377	1:34.74	L	P	Zoë Pierce	14	ESTR EKU	08/12/2022 EGA Summer Champs 2022
378	1:35.43	L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022 EGA Summer Champs 2022
379	1:35.55	L	F	Anja O Connell	14	HMER MPD	04/02/2023 Limpopo School Champs
380	1:35.63	L	F	Tamasa Nhlangulela	14	UMSH ETH	02/12/2022 EDA AG Gala December 2022
381	1:35.89	L	P	Karabo Malinga	14	USHAK EKU	08/12/2022 EGA Summer Champs 2022
382	1:37.43	L	F	Khwezi Khaba	14	UMSH ETH	02/12/2022 EDA AG Gala December 2022
383	1:37.54	L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	12/11/2022 CTA B CHAMPS
384	1:38.35	L	P	Kholofelo Seabi	14	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
385	1:38.49	L	F	Tazliyn Davids	14	CHS BUF	25/02/2023 Eastern Cape Schools Swimming Trials
386	1:43.77	L	F	Lia Myburgh	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
387	1:45.37	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022 CTA B CHAMPS
388	1:46.70	L	F	Zaiboonisha Abvajee	14	SUPE JHB	18/03/2023 Level 1 Intra-Provincial 2023
389	1:50.24	L	F	Esethu Mabula	14	SRAY BUF	04/02/2023 BCA Feb Age Group Gala 2023
390	1:53.36	L	P	Bontle Makhalanyane	14	WELA LLD	06/12/2022 Free State Champs 2022
391	1:54.16	L	F	Ayanda Luthuli	14	USH UJD	11/03/2023 KCDA Level 1 Championships 2023
392	2:04.42	L	F	Anesu Mushonga	14	ISSA	10/02/2023 NW School Championships 2023
393	2:08.70	L	F	Luna Leon	14	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
394	2:17.77	L	F	Musa Mahlangu	14	ESP EKU	18/03/2023 Level 1 Intra-Provincial 2023
395	2:18.26	L	F	Mbali Mahlangu	14	ATTE TSH	02/10/2022 2022 AG Swim Stars 14&Over
396	3:05.43	L	F	Reabaka Setungwane	14	KALA	19/11/2022 AGE GROUP 3 KATHU - 2022
Women -14 200 Free							
1	2:09.42	L	F	Jaime Mote	14	INFA NMA	21/03/2023 SA National Junior Age Group
2	2:10.35	L	F	Lara Gouws	14	TUKS TSH	21/03/2023 SA National Junior Age Group
3	2:12.48	L	F	Danielle Samoei	14	TUKS TSH	21/03/2023 SA National Junior Age Group
4	2:12.59	L	F	Scarlett Le Roux	14	CA EKU	21/03/2023 SA National Junior Age Group
5	2:12.93	L	F	Karla Myburgh	14	TUKS TSH	21/03/2023 SA National Junior Age Group
6	2:13.51	L	F	Jenna Coetzee	14	INFA NMA	09/12/2022 NMBA Championships 2022
7	2:14.21	L	F	Emily Palmer	14	USC BUF	21/03/2023 SA National Junior Age Group
8	2:15.84	L	F	Rachel Hinckley	14	CA EKU	21/03/2023 SA National Junior Age Group
9	2:16.22	L	F	Jana Vorster	14	GAUT	21/04/2023 SA Schools Swimming Championship
10	2:16.57	L	P	Leila Yazbek	14	BLNE MAN	21/03/2023 SA National Junior Age Group
11	2:16.68	L	F	Madison du Plessis	AR	BLOT MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
12	2:17.02	L	P	Kayla Gous	14	USC BUF	21/03/2023 SA National Junior Age Group
13	2:17.50	L	F	Corli Liversage	14	BLSS MAN	21/03/2023 SA National Junior Age Group
14	2:17.70	L	P	Chloe Olivier	14	CA EKU	21/03/2023 SA National Junior Age Group
15	2:18.70	L	F	Gizelle Maritz	14	WATR JHB	09/12/2022 NMBA Championships 2022
16*	2:19.82	L	P	Gemma Goncalves	14	SEAL UMD	21/03/2023 SA National Junior Age Group
16*	2:19.82	L	P	Erin Joubert	14	KLOO ETH	21/03/2023 SA National Junior Age Group
18	2:19.91	L	F	Kendra Begley	14	PEAS NMA	07/10/2022 41st Freda Barnard Invitational Gala
19	2:19.93	L	P	Asia Kleinhans	14	AQDO CPT	09/12/2022 Western Cape LC-A Championship 2022
20	2:20.56	L	P	Annebel Stewart	14	KZNA ETH	21/04/2023 SA Schools Swimming Championship
21	2:20.69	L	P	Jesse-Leah Laderach	14	PEAS NMA	21/03/2023 SA National Junior Age Group
22	2:20.94	L	F	Danielle Cronjè	14	GSA CPT	24/02/2023 Western Cape Elite Gala
23	2:21.29	L	P	Mareze Frylinck	14	BLSS MAN	21/03/2023 SA National Junior Age Group
24	2:21.62	L	P	Grace Powell	14	CSC TSH	21/03/2023 SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
25	2:21.70	L	F	Kate-Lynn de Jager	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championship
26	2:21.78	L	P	Savannah Mostert	14	TUKS FSH	21/03/2023	SA National Junior Age Group
27	2:21.80	L	P	Maria Steyn	14	BLSS MAN	01/07/2022	Prestige Tournament 2022
28	2:22.04	L	F	Zandri Knoetze	14	INFA NMA	10/02/2023	Infinity Gala 2023
29	2:22.09	L	F	Cathrijn Davel	14	MSC NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
30	2:22.20	L S	F	Mila Vd Linde	14	TUKS FSH	09/12/2022	NTS Championships 2022
31	2:22.28	L	P	Ashley Scholtz	14	CA EKU	21/03/2023	SA National Junior Age Group
32	2:22.38	L	P	Hannah Burke	14	AACTA CPT	21/03/2023	SA National Junior Age Group
33	2:22.96	L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
34	2:23.00	L	F	Robyn Barbour	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
35	2:23.01	L	F	Amy Combrink	14	VINE CPT	04/11/2022	CTA A CHAMPS 2022
36	2:23.03	L	F	Jemma Pearse	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
37	2:23.04	L	P	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group
38	2:23.17	L	F	Kayleigh Hahn	14	ROA EDD	31/03/2023	SA Level 3 Regional Age Group
39	2:23.59	L	F	Kathleen Welsh	BR	HAM	04/02/2023	EC - 2nd Competitive Swimming
40	2:23.80	L	F	Elne Reynolds	14	INFA NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023
41	2:23.91	L	F	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
42	2:24.01	L	F	Jaime Maritz	14	NSAD EZD	31/03/2023	SA Level 3 Regional Age Group
43	2:24.03	L	P	Anastasia Sequeira	14	CA EKU	21/03/2023	SA National Junior Age Group
44	2:24.09	L	P	Amy O'Connor	14	CRSC JHB	21/03/2023	SA National Junior Age Group
45	2:24.22	L	F	Karmen Van Rensburg	14	UNI EZD	24/02/2023	MP AGE GROUP 6 GALA
46	2:24.29	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
47	2:24.38	L S	F	Daniëlla Müller	14	TUKS FSH	09/12/2022	NTS Championships 2022
48	2:24.41	L S	P	Alika Vd Merwe	14	TUKS FSH	09/12/2022	NTS Championships 2022
49	2:24.77	L	F	Kiara Banks	14	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group
50	2:24.97	L	F	Madisynn Elliott	14	LINR JHB	25/02/2023	CGA Level 3+ Last Chance gala
51	2:25.07	L	F	Genevieve Christensen	14	ACSA ETH	31/03/2023	SA Level 3 Regional Age Group
52	2:25.08	L S	P	Ruth Dredge	14	PAC FSH	09/12/2022	NTS Championships 2022
53	2:25.31	L	F	Katelyn Fourie	14	JAQ EKU	20/01/2023	EGA Last Chance Galal
54	2:25.36	L	P	Kailey Joubert	14	AZON ETH	21/03/2023	SA National Junior Age Group
55	2:25.49	L	F	Michaela Nell	14	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala
56	2:25.51	L	F	Kayla Verbaan	14	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
57	2:25.61	L S	P	Me-Kayla Rew	14	TUKS FSH	09/12/2022	NTS Championships 2022
58	2:25.63	L	P	Emily Liebenberg	14	SWAR WCD	09/12/2022	Western Cape LC-A Championship 2022
59	2:26.15	L	P	Mikayla Smit	14	CRSC JHB	21/03/2023	SA National Junior Age Group
60	2:26.19	L	P	Caibella Oliver	14	AQDO CPT	21/03/2023	SA National Junior Age Group
61	2:26.87	L	P	Ella Eldar	14	TUKS FSH	21/03/2023	SA National Junior Age Group
62	2:26.90	L	F	Lily Durant	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
63	2:27.18	L	F	Gabriella Van Den Berg	14	ELEC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
64	2:27.50	L S	F	Jaime Roome	14	TUKS FSH	09/12/2022	NTS Championships 2022
65	2:28.01	L	F	Amy-Lee Jones	14	CA EKU	31/03/2023	SA Level 3 Regional Age Group
66	2:28.25	L	F	Lily Ogden	14	PEAS NMA	31/03/2023	SA Level 3 Regional Age Group
67	2:28.44	L	P	Ruby Gaines	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
68	2:28.47	L	F	Jade O'Connor	14	AWIN FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
69	2:28.49	L	F	Georgia Gouws	14	BEST NMA	16/07/2022	1st A League Gala 2022 NMA
70	2:28.50	L	P	Milri-Ann Summerton	14	NWUC KKD	31/03/2023	SA Level 3 Regional Age Group
71	2:28.53	L	F	Veronique Riekert	14	TUKS FSH	01/07/2022	Prestige Tournament 2022
72	2:28.62	L	F	Keira Holland	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
73	2:28.65	L	F	Mieke Vd Wal	14	CUDU CPT	03/09/2022	CTA Qualifying Meet #4
74	2:28.75	L	P	Abigail Roberts	14	TUKS FSH	21/03/2023	SA National Junior Age Group
75	2:28.98	L	P	Carine Röntgen	14	ASAW CED	24/02/2023	Western Cape Elite Gala
76	2:29.08	L	P	Wilmien Verbeek	14	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group
77	2:29.09	L	P	Lucy Le Roux	14	ASAW CED	24/02/2023	Western Cape Elite Gala
78	2:29.37	L	P	Amy Botha	14	PGAC EKU	08/12/2022	EGA Summer Champs 2022
79	2:29.61	L	F	Mia Wellsted	14	HASC JHB	01/12/2022	CGA LC Summer Championships Level
80	2:29.66	L	P	Mia Gerber	14	MATI CED	21/03/2023	SA National Junior Age Group
81	2:30.09	L	P	Naledi Thobeha	14	QUIC CPT	09/12/2022	Western Cape LC-A Championship 2022
82	x2:30.21	L	F	Tyra Penn	14	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
83	2:30.86	L S	P	Rii Spoelstra	14	TUKS FSH	09/12/2022	NTS Championships 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
84	2:30.93	L	P	Zoë Goebel	14	TYGE CPT	09/12/2022 Western Cape LC-A Championship 2022
85	2:30.94	L	F	Donne Bruyns	14	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
86	2:31.36	L	T	Amy Aaron	14	WSTV ETH	03/03/2023 KZN Qualifying Gala
87	2:31.55	L	F	Kelly Stork	14	MAC EKV	20/01/2023 EGA Last Chance Galal
88	2:31.59	L	P	Paige Edmundson	14	SASE JHB	31/03/2023 SA Level 3 Regional Age Group
89	2:31.78	L	P	Araya de Waal	14	PGAC EKV	31/03/2023 SA Level 3 Regional Age Group
90	2:31.85	L	P	Stephanie Jurado	14	SSISA CPT	09/12/2022 Western Cape LC-A Championship 2022
91	2:31.87	L	P	Kemantha Ayair	ER	BAYV ETH	31/03/2023 SA Level 3 Regional Age Group
92	2:31.94	L	F	Yvonne Pretorius	14	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
93	2:32.10	L	F	Leeya Amon	14	JVR CPT	03/09/2022 CTA Qualifying Meet #4
94	2:32.12	L	P	Giselle Kemper	14	CYBE CPT	24/02/2023 Western Cape Elite Gala
95	2:32.16	L	F	Sunny Huang	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
96	2:32.40	L S	P	Zine Mostert	14	WATR JHB	09/12/2022 NTS Championships 2022
97	2:32.85	L	F	Tshenolo Ntsie	14	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala
98	2:33.12	L	F	Jocelyn Cromhout	14	HARL BUF	31/03/2023 SA Level 3 Regional Age Group
99	2:33.66	L	F	Kellen McLaren	14	CA EKV	20/01/2023 EGA Last Chance Galal
100	2:33.83	L	P	Megan Augustyn	14	ONYX EKV	08/12/2022 EGA Summer Champs 2022
101	2:33.89	L	P	Emma Rossouw	14	QUIC CPT	09/12/2022 Western Cape LC-A Championship 2022
102	2:33.91	L	P	Elizabeth Victor	14	UNI EZD	31/03/2023 SA Level 3 Regional Age Group
103	2:34.13	L	F	Ianthy Moolman	14	MSC NGD	02/12/2022 Mpumalanga Championships 2022
104	2:34.16	L	F	Hannah Naidoo	ER	BAYV ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
105	2:34.31	L	P	Janca Hattingh	14	CSA EZD	31/03/2023 SA Level 3 Regional Age Group
106	2:34.41	L	F	Emma Neethling	14	FISH EDD	19/11/2022 Eden LC Champs 2022
107	2:34.45	L	P	Paige Jacobs	14	FAAC FBD	31/03/2023 SA Level 3 Regional Age Group
108	2:34.56	L	F	Nakita Snyman	14	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
109	2:34.87	L	F	Marlene Ward	14	TUKS FSH	21/10/2022 NTS October Lev 3 Age Group Gala
110	2:34.98	L	P	Lumka Ntaka	14	UMSH ETH	01/07/2022 Prestige Tournament 2022
111	2:35.11	L	F	Danielle Van Vuuren	14	DDA FSH	02/03/2023 SA Level 2 Regional Age Group Champs
112	2:35.20	L	F	Juliette van Vught	14	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
113	2:35.27	L	F	Raquel Cairns	14	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group
114	2:35.47	L	F	Amy Calogridis	14	ELEC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
115	2:35.51	L	F	Stacey Smith	14	PAC FSH	28/10/2022 NTS October SARJ+ Age Group Gala
116	2:35.67	L	F	Anne Marais	14	TKS WBD	02/12/2022 Limpopo Champs
117	2:35.87	L	F	Lara Smith	14	TYGE CPT	15/10/2022 CTA Qualifying Meet #6
118	2:36.15	L	F	Mia Johnson	14	AAS JHB	01/12/2022 CGA LC Summer Championships Level
119	2:36.36	L	P	Caitlyn Dube	14	MDOL EKV	31/03/2023 SA Level 3 Regional Age Group
120	2:36.39	L	P	Lelanie Buhr	14	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group
121	2:36.60	L	P	Chrisley Barnard	14	BS LLD	03/03/2023 SA Level 2 Regional Age Group Champs
122	2:36.92	L	P	Mieke Vd Walt	14	FISH EDD	09/12/2022 Western Cape LC-A Championship 2022
123	2:36.94	L	F	Peta Mazery	14	SGUL ETH	05/11/2022 KZN Junior Championships 2022
124	2:36.97	L	F	Chanel Veldsman	14	PSCP UMD	05/11/2022 KZN Junior Championships 2022
125	2:36.99	L	F	Tehl-Cadi Day Garden	14	MGSC UGD	05/11/2022 KZN Junior Championships 2022
126	2:37.11	L	F	Caitlin Scheepers	14	VINE CPT	03/09/2022 CTA Qualifying Meet #4
127	2:37.36	L	P	Johané Jv Rensburg	14	TUKS FSH	01/07/2022 Prestige Tournament 2022
128	2:37.44	L	F	Caitlin Govender	14	SGUL ETH	17/03/2023 SA Level 2 Regional Age Group Champs
129	2:37.71	L	P	Joslyn Botha	14	SOUL EKV	31/03/2023 SA Level 3 Regional Age Group
130	2:37.73	L	T	Gabriella Otto	14	HASC JHB	18/03/2023 Level 1 Intra-Provincial 2023
131	2:37.76	L	P	Jessica Sardinha	14	BAS EKV	08/12/2022 EGA Summer Champs 2022
132	2:37.92	L	F	Miela Smit	14	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
133	2:37.98	L	F	Maria Dos Santos	14	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Champs
134	2:37.99	L	F	Catherine Desilla	14	MDOL EKV	02/03/2023 SA Level 2 Regional Age Group Champs
135	2:38.13	L	F	Kuzingca Siramza	14	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
136	2:38.30	L	F	Simonè Schonken	14	TASC MPD	02/12/2022 Limpopo Champs
137	2:38.47	L	F	Vera Chen	14	BLSS MAN	05/11/2022 Seals Heidedal Gala
138	2:38.55	L	F	Amy Brown	14	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
139	2:38.66	L S	P	Athina Mc Colgan	14	TUKS FSH	09/12/2022 NTS Championships 2022
140	2:38.72	L	F	Simone Vd Merwe	14	LALE CED	13/11/2022 Winelands Summer League 4
141	2:38.84	L	F	Leane Muller	14	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala
142	2:38.90	L	F	Taima Telford	14	GREY CPT	18/02/2023 Swartland Invitational Gala 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
143	2:38.96	L	F	Natania Komakech	14	ELEC	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
144	2:38.97	L	P	Liza Schoeman	14	RBOT	BPD	31/03/2023	SA Level 3 Regional Age Group
145	2:39.05	L	F	Chanè Grobbelaar	14	SWAR	WCD	03/03/2023	SA Level 2 Regional Age Group Champs
146	2:39.19	L	F	Anè Kemp	14	SWAR	WCD	18/02/2023	Swartland Invitational Gala 2023
147	2:39.24	L	F	Chamè Landman	14	GSA	CPT	20/08/2022	Winelands SL 1
148	2:39.35	L	F	Emily Shand	14	BLUO	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
149	2:39.44	L	F	Sienna Wilensky	14	RSA		12/07/2022	Maccabiah 2022
150	2:39.48	L	P	Emily Tsai	14	BLMA	CPT	31/03/2023	SA Level 3 Regional Age Group
151	2:39.61	L	F	Lara Verhoef	14	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
152	2:39.63	L	P	Catherine O'Grady	14	MSC	NGD	02/03/2023	SA Level 2 Regional Age Group Champs
153	2:39.81	L	P	Jorja Parsons	14	PSCP	UMD	16/12/2022	KZNA Premier Provincial Championship
154	2:39.83	L	P	Amy Gerber	14	SEAL	UMD	01/07/2022	Prestige Tournament 2022
155	2:39.88	L	F	Summer Ascieli	14	CYBE	CPT	21/01/2023	CTA Qualifying Meet #7
156	2:40.12	L	P	Mia Vd Merwe	14	GSA	CPT	09/12/2022	Western Cape LC-A Championship 2022
157	2:40.20	L	F	Isabella Havemann	14	MATI	GED	20/08/2022	Winelands SL 1
158	2:40.27	L	F	Kelci Leech	14	BLSS	MAN	05/11/2022	Seals Heidedal Gala
159	2:40.34	L	F	Michaela Clegg	14	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
160	2:40.35	L	P	Mea Harding	14	BAS	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
161	2:40.37	L	F	Samantha Nimb	14	VINE	CPT	15/10/2022	CTA Qualifying Meet #6
162	2:40.43	L	F	Chloe Petersen	14	TUKS	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
163	2:40.59	L	F	Lienke Van OS	14	BLSS	MAN	06/12/2022	Free State Champs 2022
164	2:40.77	L	F	Tia Mari Theron	14	HSBV	SKD	04/02/2023	Limpopo School Champs
165*	2:40.82	L	P	Emma Davies	14	BAS	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
165*	2:40.82	L	P	Esti Mouton	14	SWAR	WCD	03/03/2023	SA Level 2 Regional Age Group Champs
167	2:41.10	L	P	Antonella Del Fabbro	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
168	2:41.30	L	F	Jordan Wessels	14	ASA	ILD	25/11/2022	WSC & Seals Summer LC Champs 2022
169	2:41.31	L	P	Ilanze du Plessis	14	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
170*	2:41.56	L	P	Jessica Carver	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
170*	2:41.56	L	F	Kayla Vosloo	AR	BLOT	MAN	22/10/2022	Otters Prestige Gala 2022
172	2:41.69	L	P	Ogalaletseng Khosana	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
173	2:41.79	L	F	Jessica Bosman	14	QUIC	CPT	11/02/2023	WCA-B Champs - 2023
174	2:41.96	L	P	Megan Van den Heever	14	UNI	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
175	2:41.97	L	F	Zianè Jantzen	14	QUIC	CPT	07/10/2022	41st Freda Barnard Invitational Gala
176	2:42.00	L	F	Lerize Du Toit	14	PHS	CCD	04/02/2023	Limpopo School Champs
177	2:42.25	L	P	Izabella Alevras	14	AAS	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
178	2:42.27	L	F	Christi Serfontein	14	QUIC	CPT	11/02/2023	WCA-B Champs - 2023
179	2:42.38	L	F	Kendra Matthysen	14	SSISA	CPT	15/10/2022	CTA Qualifying Meet #6
180	2:42.49	L	F	Lungiswa Grootboom	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
181	2:42.51	L	P	Cait Da Cunha	14	BON	EKU	31/03/2023	SA Level 3 Regional Age Group
182	2:42.55	L	P	Tayla Dowie	14	QUES	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
183	2:42.65	L	F	Simone Cussons	14	NAE	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
184	2:42.66	L	P	Zara Carrie	14	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
185	2:42.68	L	F	Miane Steyn	14	MHS	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
186	2:42.85	L	F	Mari Wium	14	QSAW	GED	18/02/2023	Swartland Invitational Gala 2023
187	2:42.86	L	F	Leah Crozier	14	FAAC	FBD	07/12/2022	NCASA CHAMPS 2022
188	2:43.03	L	F	Bea Van der Merwe	14	RFA	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
189	2:43.11	L	F	Mila Petrak	14	ELEC	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
190	2:43.13	L	F	Imke Els	14	QSAW	GED	20/08/2022	Winelands SL 1
191	2:43.51	L	F	Judy Stevens	14	QUIC	CPT	07/10/2022	41st Freda Barnard Invitational Gala
192	2:43.52	L	P	Nicole Van Zyl	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
193	2:43.56	L	P	Mia De Klerk	14	CSA	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
194	2:43.70	L	F	Ilze Hendriks	14	TOTIS	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
195	2:43.74	L	F	Anneke Stassen	14	CUDU	CPT	11/02/2023	WCA-B Champs - 2023
196	2:43.77	L	F	Deoné Borstlap	14	POTC	KKD	07/12/2022	NWS Championships 2022/2023
197	2:43.80	L	F	Storme Badenhorst	14	MARL	CPT	07/10/2022	41st Freda Barnard Invitational Gala
198	2:43.94	L	F	Ayalakha Mokoena	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
199	2:43.99	L	F	Makula Kyabayinze	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
200	2:44.40	L	F	Madison Hayes	14	TYGE	CPT	11/02/2023	WCA-B Champs - 2023
201	2:44.47	L	P	Katia Jacob	14	HASC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
202	2:44.87	L	F	Mignon Burger	14	SWAR WCD	18/02/2023 Swartland Invitational Gala 2023
203	2:45.05	L	F	Esther Sullivan	14	WSTV ETH	05/11/2022 KZN Junior Championships 2022
204	2:45.13	L	F	Jessica Carrol	14	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
205	2:45.20	L	P	Skyla Perumal	14	TRAZ TSH	02/03/2023 SA Level 2 Regional Age Group Champs
206*	2:45.41	L	P	Siobhan Evans	14	CA ECU	08/12/2022 EGA Summer Champs 2022
206*	2:45.41	L	F	Keera De Esclana	14	VRC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
208	2:45.52	L	P	Jemma Park	14	CRSC JHB	01/12/2022 CGA LC Summer Championships Level
209	2:45.64	L	F	Aisling McLean	14	ELEC TSH	21/10/2022 NTS October Lev 3 Age Group Gala
210	2:45.66	L	F	Leigh Pijoes	14	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
211	2:45.68	L	F	Chrystil Raymond	14	CSA EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
212	2:45.77	L	F	Leané Gouws	14	TUKS TSH	03/02/2023 NTS January Lev 3+ Age Group Gala
213	2:45.80	L	F	Tanasha Barnes	14	DRGN JHB	20/01/2023 EGA Last Chance Galal
214*	2:45.82	L	F	Maya Ndegwa	14	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
214*	2:45.82	L	F	Rienke Blignaut	14	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Champs
216	2:45.94	L	P	Anne Steyl	14	UPSK	03/03/2023 SA Level 2 Regional Age Group Champs
217	2:46.09	L	P	Dorette du Plessis	14	NWUC KKD	07/12/2022 NWS Championships 2022/2023
218	2:46.39	L	F	Anzelle van Rooyen	14	DRGN JHB	17/02/2023 EGA Let's Race 2023
219	2:46.41	L	F	Maya McCollum	14	AQDO CPT	11/02/2023 WCA-B Champs - 2023
220	2:46.43	L	F	Zia Petersen	14	XSAQ CPT	04/11/2022 CTA A CHAMPS 2022
221	2:46.44	L	F	Mia Crookham	14	TYGE CPT	11/02/2023 WCA-B Champs - 2023
222	2:46.49	L	F	Chloe Pieterse	14	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
223	2:47.13	L	F	Sandri Visser	14	PLAY CED	07/10/2022 41st Freda Barnard Invitational Gala
224	2:47.27	L	P	Helena Pretorius	14	TKS WBD	02/03/2023 SA Level 2 Regional Age Group Champs
225	2:47.32	L	F	Kara Du Preez	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
226	2:47.55	L	P	Esther Sauls	14	PGAC ECU	02/03/2023 SA Level 2 Regional Age Group Champs
227*	2:47.77	L	F	Abby Novos	14	ASAC CPT	03/09/2022 CTA Qualifying Meet #4
227*	2:47.77	L	F	Danika Van Zyl	14	FRA KCD	19/11/2022 Froggies Aquatics Championships 2022
229	2:47.80	L	P	Katey Nel	14	SOUL ECU	08/12/2022 EGA Summer Champs 2022
230	2:48.09	L	F	Cambria Steyn	14	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
231	2:48.14	L	F	Buhle Mahlalela	14	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
232	2:48.27	L	P	Lara Louw	14	BLNE MAN	06/12/2022 Free State Champs 2022
233	2:48.55	L	P	Mieka Wichmann	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
234	2:48.56	L	F	Emma Crosby	14	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
235	2:49.22	L	F	Elizabeth Opperman	14	KTS	07/12/2022 NCASA CHAMPS 2022
236	2:49.60	L	F	Zadie Van Wyk	14	TRAZ TSH	18/03/2023 Level 1 Intra-Provincial 2023
237	2:49.67	L	F	Micaela Mutooni	14	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
238	2:49.85	L	F	Izolde Lombard	14	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
239	2:49.92	L	P	Kaylin Bezuidenhoud	14	BLSS MAN	06/12/2022 Free State Champs 2022
240	2:49.93	L	F	Zante Young	14	RBUR BPD	07/12/2022 NWS Championships 2022/2023
241	2:50.35	L	F	Hannah Coert	14	MANT CPT	04/11/2022 CTA A CHAMPS 2022
242	2:50.60	L	F	Andria Le Roux	14	JAQ ECU	20/01/2023 EGA Last Chance Galal
243	2:50.79	L	P	Kate-Lynn Kruger	14	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Champs
244	2:51.68	L	F	Kaylie Groenewald	14	ACAA CCD	22/10/2022 Limpopo Age Group 4
245	2:51.80	L	F	Shyenne Laubscher	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
246	2:51.84	L	F	Teagan Hamer	14	INFA NMA	13/08/2022 Madibaz Swim Meet
247	2:52.08	L S	P	Megan Webster	14	RFA TSH	09/12/2022 NTS Championships 2022
248	2:52.14	L	P	Aeryn Kuhnert	14	DORE JHB	02/03/2023 SA Level 2 Regional Age Group Champs
249*	2:52.16	L	P	Hannah van der Veen	14	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
249*	2:52.16	L	P	Ava-Loren Van Galen	14	BIOS CED	09/12/2022 Western Cape LC-A Championship 2022
251	2:52.46	L	F	Mia Bruwer	14	SS MPD	02/12/2022 Limpopo Champs
252	2:52.48	L	F	Michaela Blaine	14	PEAS NMA	22/10/2022 4th A League Gala
253	2:52.52	L	F	Taegon Gunkel	14	BEAV ETH	02/12/2022 EDA AG Gala December 2022
254	2:52.59	L	P	Wilona Erasmus	14	NWUC KKD	07/12/2022 NWS Championships 2022/2023
255	2:52.73	L	F	Mikayla Lombard	14	TUKS TSH	21/10/2022 NTS October Lev 3 Age Group Gala
256	2:52.83	L	P	Emma Lategan	14	CUDU CPT	25/06/2022 PEA Winter Gala 2022
257	2:53.04	L	P	Dorethe Meyer	AR	BLOT MAN	06/12/2022 Free State Champs 2022
258	2:53.11	L	F	Zoe Ann Kruger	14	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29
259	2:53.34	L	P	Ashley Seymour	14	WELA LLD	03/03/2023 SA Level 2 Regional Age Group Champs
260	2:53.35	L	F	Kate Allwood	14	GREY CPT	07/10/2022 41st Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
261	2:53.60	L	P	Annika Potgieter	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
262	2:53.85	L	F	Emma Jansen van Rensburg	14	QSAW CED	11/02/2023 WCA-B Champs - 2023
263	2:54.51	L	F	Sarah Bruwer	14	MMD CPT	24/09/2022 CTA Qualifying Meet #5
264	2:54.59	L	F	Amylee Holtzhausen	14	SEAL UMD	05/11/2022 KZN Junior Championships 2022
265*	2:54.80	L	F	Amy Williams	14	PGH KKD	10/02/2023 NW School Championships 2023
265*	2:54.80	L	F	Emma Ralfe	14	PSCP UMD	28/01/2023 EDA January Gala 2023
267	2:55.02	L	P	Nicole Norman	14	RPAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
268	2:55.18	L	F	Sadie Jelley	14	PAC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
269	2:56.05	L	F	Keira Taylor	14	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
270	2:56.35	L	F	Lara Wink	14	VINE CPT	03/09/2022 CTA Qualifying Meet #4
271	2:56.44	L	P	Taylor Ririe	14	BLSS MAN	06/12/2022 Free State Champs 2022
272	2:56.77	L	F	Zelmari Van der Walt	14	AQU ADJ	29/10/2022 Amajuba District Age Group 4 29
273	2:56.90	L	F	Bianca O'Kennedy	14	EVO CPT	04/11/2022 CTA A CHAMPS 2022
274	2:57.21	L	F	Melita Metz	14	TUKS FSH	27/01/2023 NTS January Lev 1+2 Age Group Gala
275	2:57.82	L	F	Mekayla Pretorius	14	HWSK	07/12/2022 NCASA CHAMPS 2022
276	2:58.61	L	F	Kara Fourie	LN	BLOT MAN	03/03/2023 SA Level 2 Regional Age Group Champs
277	2:58.65	L	F	Genevieve Egger	14	RIVO JHB	25/02/2023 CGA Level 3+ Last Chance gala
278	2:58.88	L	F	Anmi Slabbert	14	PAQU CED	11/02/2023 WCA-B Champs - 2023
279	2:59.21	L	F	Kiera Ruane	14	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala
280	2:59.35	L	F	Aimee' Heydricks	14	BLUO UGD	05/11/2022 KZN Junior Championships 2022
281	2:59.65	L	F	Alea Du Toit	14	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
282	3:00.13	L	F	Leigh-Anne Mackey	14	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
283	3:00.17	L	P	Aria Pitham	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
284	3:00.18	L	P	Esmarie Terblanche	14	HTSA CPT	03/03/2023 SA Level 2 Regional Age Group Champs
285	3:00.36	L	F	Mikayla Bester	14	HE WBD	04/02/2023 Limpopo School Champs
286	3:00.75	L	F	Nanika Langenegger	14	SAAW CPT	15/10/2022 CTA Qualifying Meet #6
287	3:01.12	L	P	Jocke Coetzee	14	KALAH	03/03/2023 SA Level 2 Regional Age Group Champs
288	3:01.45	L	F	Carli Dippenaar	14	ROA EDD	19/11/2022 Eden LC Champs 2022
289	3:01.59	L	P	Jamie Turner	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
290	3:01.66	L	P	Nina Van Tonder	14	WOAQ CED	03/03/2023 SA Level 2 Regional Age Group Champs
291	3:01.81	L	P	Alaynah Bhamjee	14	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Champs
292	3:02.18	L	F	Helena Van Vuuren	14	KALA	28/10/2022 KALAHARI CLASSIC CLUB GALA
293	3:02.64	L	F	Tatum Sanderson	14	SOWE JHB	18/03/2023 Level 1 Intra-Provincial 2023
294	3:02.83	L	P	Chrisna Du Plessis	14	KALAH	03/03/2023 SA Level 2 Regional Age Group Champs
295	3:03.63	L	F	Emma Barnard	14	EVO CPT	11/11/2022 Swartland Prestige Gala 2022
296	3:03.76	L	F	Chloe Byrne	14	SEAL UMD	05/11/2022 KZN Junior Championships 2022
297	3:04.25	L	P	Ebenette Van Niekerk	14	FISH EDD	03/03/2023 SA Level 2 Regional Age Group Champs
298	3:05.03	L	F	Amelie Van der Merwe	14	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
299	3:06.34	L	P	Paula Van Zyl	14	WOAQ CED	03/03/2023 SA Level 2 Regional Age Group Champs
300	3:06.38	L	P	Skye Rautenbach	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
301	3:07.21	L	F	Carme Louw	14	TASC MPD	02/12/2022 Limpopo Champs
302	3:07.41	L	P	Shannon Rautenbach	14	UNI EZD	02/03/2023 SA Level 2 Regional Age Group Champs
303	3:07.56	L	F	Carla Carolus	14	XSAQ CPT	12/11/2022 CTA B CHAMPS
304	3:07.85	L	F	Sinalo Ndlovu	14	UMSH ETH	19/03/2023 KZN Level 1 Championships 2023
305	3:10.43	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022 CTA B CHAMPS
306	3:10.70	L	F	Logan Francke	14	BERG BP	10/02/2023 NW School Championships 2023
307	3:10.98	L	F	Dahlia Cassar	14	VINE CPT	15/10/2022 CTA Qualifying Meet #6
308	3:13.05	L	F	Ashleigh Davies	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
309	3:13.76	L	F	Thandolwenkosi Mabaso	14	FRA KCD	11/03/2023 KCDA Level 1 Championships 2023
310	3:13.89	L	P	Lisa van der Westhuizen	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
311	3:15.00	L	F	Anchen Human	14	TASC MPD	02/12/2022 Limpopo Champs
312	3:15.09	L	P	Onkaribile Molamu	14	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
313	3:15.38	L	P	Shaelyn Lawson	14	AQUA BUF	25/06/2022 PEA Winter Gala 2022
314	3:16.95	L	F	Emma Thompson	14	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
315	3:17.29	L	F	Angelina Valle	14	AQDO CPT	12/11/2022 CTA B CHAMPS
316	3:17.34	L	F	Cleo May	14	MARL CPT	28/01/2023 Winelands SL Final
317	3:18.51	L	P	Mikaela Joubert	14	ESTR EKU	08/12/2022 EGA Summer Champs 2022
318	3:19.01	L	F	Imaan Velloo	14	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
319	3:19.32	L	F	Gemma van der Merwe	14	PGAC EKU	23/09/2022 EGA Summer 1 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
320	3:19.92	L	P	Nickela Van der Berg	14	NWUC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
321	3:21.38	L	F	Asmaa Bonnasse	14	ELRAS WBD	22/10/2022	Limpopo Age Group 4
322	3:24.28	L	F	Micke De Jager	RR	PSA ZLD	04/02/2023	KCDA February Age Group Gala 2023
323	3:26.85	L	F	Lwazi Mqeke	14	WELA LLD	05/11/2022	Seals Heidedal Gala
324	3:28.41	L	F	Lyrece Louw	14	SUPE JHB	18/03/2023	Level 1 Intra-Provincial 2023
325	3:35.04	L	F	Luyanda Mbatha	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
326	3:37.32	L	F	Olivia Van der Nest	14	KSC EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
327	3:39.24	L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	07/10/2022	41st Freda Barnard Invitational Gala
328	3:39.30	L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
329	3:41.85	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022	CTA B CHAMPS
330	3:42.31	L	F	Zoë Pierce	14	ESTR EKU	18/03/2023	Level 1 Intra-Provincial 2023
331	3:49.48	L	F	Lia Myburgh	14	WELA LLD	12/11/2022	Kroonstad Age Group
332	3:52.91	L	F	Tamasa Nhlangulela	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023
333	3:53.63	L	F	Kholofelo Seabi	14	SWIFT EKU	18/03/2023	Level 1 Intra-Provincial 2023
334	3:54.03	L	F	Khwezi Khaba	14	UMSH ETH	02/12/2022	EDA AG Gala December 2022
335	4:24.63	L	F	Ayanda Luthuli	14	USH UHD	19/11/2022	Froggies Aquatics Championships 2022
Women -14 400 Free								
1	4:31.89	L	F	Jaime Mote	14	INFA NMA	09/12/2022	NMBA Championships 2022
2	4:36.87	L	F	Lara Gouws	14	TUKS TSH	21/03/2023	SA National Junior Age Group
3	4:38.71	L	F	Scarlett Le Roux	14	CA EKU	21/03/2023	SA National Junior Age Group
4	4:40.17	L	F	Karla Myburgh	14	TUKS TSH	21/03/2023	SA National Junior Age Group
5	4:40.52	L	F	Danielle Samoei	14	TUKS TSH	21/03/2023	SA National Junior Age Group
6	4:44.45	L	F	Rachel Hinckley	14	CA EKU	21/03/2023	SA National Junior Age Group
7	4:44.98	L	F	Jenna Coetzee	14	INFA NMA	21/03/2023	SA National Junior Age Group
8	4:45.24	L	F	Madison du Plessis	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championship
9	4:49.61	L	F	Asia Kleinhans	14	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games
10	4:57.40	L	F	Anastasia Sequeira	14	CA EKU	21/03/2023	SA National Junior Age Group
11	4:58.95	L	F	Kate-Lynn de Jager	AR	BLOT MAN	21/03/2023	SA National Junior Age Group
12	4:58.96	L	F	Me-Kayla Rew	14	TUKS TSH	09/12/2022	NTS Championships 2022
13	4:59.18	L	F	Cathrijn Davel	14	MSC NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
14	4:59.27	L	P	Hannah Sandilands	14	CA EKU	16/12/2022	KZNA Premier Provincial Championship
15	4:59.43	L	F	Kendra Begley	14	PEAS NMA	07/10/2022	41st Freda Barnard Invitational Gala
16	4:59.46	L	P	Jana Vorster	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
17	5:00.13	L	F	Corli Liversage	14	BLSS MAN	06/12/2022	Free State Champs 2022
18	5:00.25	L	F	Madisynn Elliott	14	LINR JHB	25/02/2023	CGA Level 3+ Last Chance gala
19	5:00.45	L	F	Maria Steyn	14	BLSS MAN	06/12/2022	Free State Champs 2022
20	5:00.64	L	F	Kayla Gous	14	USC BUF	13/08/2022	Madibaz Swim Meet
21	5:00.66	L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
22	5:01.48	L	F	Leila Yazbek	14	BLNE MAN	29/09/2022	MA Grand Prix
23	5:02.53	L	F	Hannah Burke	14	AACTA CPT	21/03/2023	SA National Junior Age Group
24	5:03.15	L	F	René Kotzé	14	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
25	5:03.51	L	F	Chloe Olivier	14	CA EKU	20/01/2023	EGA Last Chance Galal
26	5:04.06	L	F	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
27	5:04.17	L	F	Mila Vd Linde	14	TUKS TSH	09/12/2022	NTS Championships 2022
28	5:04.92	L	F	Jana Swiegers	14	TUKS TSH	09/12/2022	NTS Championships 2022
29	5:05.14	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
30	5:05.45	L	F	Caibella Oliver	14	AQDO CPT	03/09/2022	CTA Qualifying Meet #4
31	5:05.80	L	P	Erin Joubert	14	KLOO ETH	16/12/2022	KZNA Premier Provincial Championship
32	5:05.91	L	F	Kiara Banks	14	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
33	5:06.07	L	F	Kayleigh Hahn	14	ROA EDD	31/03/2023	SA Level 3 Regional Age Group
34	5:06.38	L	F	Daniëlla Müller	14	TUKS TSH	09/12/2022	NTS Championships 2022
35	5:06.56	L	F	Zandri Knoetze	14	INFA NMA	31/03/2023	SA Level 3 Regional Age Group
36	5:07.97	L	F	Amy O'Connor	14	GAUT	21/04/2023	SA Schools Swimming Championship
37	5:10.28	L	F	Emily Liebenberg	14	SWAR WCD	31/03/2023	SA Level 3 Regional Age Group
38	5:10.46	L	F	Lily Ogden	14	PEAS NMA	31/03/2023	SA Level 3 Regional Age Group
39	5:10.55	L	F	Emily Palmer	14	USC BUF	02/12/2022	BCA Long Course Championships 2022
40	5:10.56	L	F	Ella Eldar	14	TUKS TSH	09/12/2022	NTS Championships 2022
41	5:11.71	L	F	Wilmiën Verbeek	14	CUDU CPT	04/11/2022	CTA A CHAMPS 2022
42	5:11.99	L	F	Donne Bruyns	14	MP EZ	21/04/2023	SA Schools Swimming Championship

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
43	5:12.64	L	F	Kelly Stork	14	MAC	EKU	31/03/2023	SA Level 3 Regional Age Group
44	5:12.67	L	F	Robyn Barbour	14	ESP	EKU	31/03/2023	SA Level 3 Regional Age Group
45	5:13.03	L	F	Grace Powell	14	CSC	TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
46	5:14.87	L	F	Georgia Gouws	14	BEST	NMA	09/12/2022	NMBA Championships 2022
47	5:16.24	L	F	Amy Combrink	14	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
48	5:16.52	L	F	Amy Botha	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
49	5:16.56	L	F	Karmen Van Rensburg	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
50	5:16.61	L	F	Jade O'Connor	14	AWIN	TSH	28/10/2022	NTS October SARJ+ Age Group Gala
51	5:17.91	L	F	Katelyn Fourie	14	JAQ	EKU	08/12/2022	EGA Summer Champs 2022
52	5:18.77	L	F	Keira Holland	14	CRSC	JHB	31/03/2023	SA Level 3 Regional Age Group
53	5:18.81	L	F	Jocelyn Cromhout	14	HARL	BUF	31/03/2023	SA Level 3 Regional Age Group
54	5:19.47	L	T	Leah Crozier	14	FAAC	FBD	25/02/2023	FLAMINGO GALA 2023
55	5:19.71	L	P	Kailey Joubert	14	AZON	ETH	16/12/2022	KZNA Premier Provincial Championship
56	5:19.99	L	F	Marlene Ward	14	TUKS	TSH	09/12/2022	NTS Championships 2022
57	5:20.12	L	F	Mieke Vd Wal	14	CUDU	CPT	03/09/2022	CTA Qualifying Meet #4
58	5:20.50	L	F	Milri-Ann Summerton	14	NWUC	KKD	31/03/2023	SA Level 3 Regional Age Group
59	5:21.14	L	F	Carine Röntgen	14	ASAW	GED	24/02/2023	Western Cape Elite Gala
60	5:21.42	L	F	Tyra Penn	14	WATR	JHB	25/02/2023	CGA Level 3+ Last Chance gala
61	5:23.59	L	F	Kemantha Ayair	ER	BAYV	ETH	31/03/2023	SA Level 3 Regional Age Group
62	5:23.73	L	F	Rii Spoelstra	14	TUKS	TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
63	5:24.80	L	F	Michaela Nell	14	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
64	5:25.53	L	P	Jessica Sardinha	14	BAS	EKU	16/12/2022	KZNA Premier Provincial Championship
65	5:26.04	L	F	Paige Edmundson	14	SASE	JHB	31/03/2023	SA Level 3 Regional Age Group
66	5:27.02	L	F	Elne Reynolds	14	INFA	NMA	10/02/2023	Infinity Gala 2023
67	5:27.40	L	F	Emma Rossouw	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
68	5:27.71	L	F	Chamè Landman	14	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
69	5:27.73	L	F	Yvonne Pretorius	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
70	5:27.92	L	F	Abigail Roberts	14	TUKS	TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
71	5:29.07	L	F	Paige Jacobs	14	FAAC	FBD	07/12/2022	NCASA CHAMPS 2022
72	5:29.09	L	F	Leia Braithwaite	14	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
73	5:29.40	L	F	Giselle Kemper	14	CYBE	CPT	28/01/2023	Winelands SL Final
74	5:30.80	L	F	Hannah Naidoo	ER	BAYV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
75	5:31.17	L	F	Danielle Van Vuuren	14	DDA	TSH	09/12/2022	NTS Championships 2022
76	5:32.09	L	F	Zianè Jantzen	14	QUIC	CPT	31/03/2023	SA Level 3 Regional Age Group
77	5:32.19	L	F	Amy-Lee Jones	14	CA	EKU	20/01/2023	EGA Last Chance Galal
78	5:32.98	L	F	Caitlin Scheepers	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
79	5:33.22	L	F	Leané Gouws	14	TUKS	TSH	21/10/2022	NTS October Lev 3 Age Group Gala
80	5:33.43	L	F	Vera Chen	14	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
81	5:33.59	L	P	Peta Mazery	14	SGUL	ETH	16/12/2022	KZNA Premier Provincial Championship
82	5:34.47	L	F	Johané Jv Rensburg	14	TUKS	TSH	01/07/2022	Prestige Tournament 2022
83	5:34.90	L	F	Storme Badenhorst	14	MARL	CPT	07/10/2022	41st Freda Barnard Invitational Gala
84	5:34.92	L	F	Mia Vd Merwe	14	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
85	5:36.10	L	F	Emma Neethling	14	FISH	EDD	19/11/2022	Eden LC Champs 2022
86	5:37.25	L	F	Lelanie Buhr	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
87	5:37.33	L	F	Maria Dos Santos	14	MCS	BPD	10/02/2023	NW School Championships 2023
88	5:38.28	L	F	Kellen McLaren	14	CA	EKU	20/01/2023	EGA Last Chance Galal
89	5:38.77	L	F	Taima Telford	14	GREY	CPT	11/02/2023	WCA-B Champs - 2023
90	5:38.82	L	F	Miela Smit	14	AQUA	BUF	02/12/2022	BCA Long Course Championships 2022
91	5:39.01	L	F	Lumka Ntaka	14	UMSH	ETH	31/03/2023	SA Level 3 Regional Age Group
92	5:39.11	L	F	Ilanze du Plessis	14	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
93	5:39.40	L	F	Mia Wellsted	14	HASC	JHB	01/12/2022	CGA LC Summer Championships Level
94	5:39.89	L	P	Mea Harding	14	BAS	EKU	16/12/2022	KZNA Premier Provincial Championship
95	5:39.92	L	F	Mieke Vd Walt	14	FISH	EDD	19/11/2022	Eden LC Champs 2022
96	5:41.48	L	F	Chrisley Barnard	14	BS	LLD	06/12/2022	Free State Champs 2022
97	5:42.05	L	F	Emily Tsai	14	BLMA	CPT	31/03/2023	SA Level 3 Regional Age Group
98	5:42.56	L	F	Chanè Grobbelaar	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
99	5:44.65	L	F	Liza Schoeman	14	RBOT	BPD	07/12/2022	NWS Championships 2022/2023
100	5:45.59	L	F	Tia Mari Theron	14	TKS	WBD	02/12/2022	Limpopo Champs
101	5:46.03	L	F	Lienke Van OS	14	BLSS	MAN	06/12/2022	Free State Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
102	5:46.91	L	F	Chloe Petersen	14	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
103	5:48.38	L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022 Limpopo Champs
104	5:48.51	L	F	Zia Petersen	14	XSAQ CPT	11/02/2023 WCA-B Champs - 2023
105	5:48.69	L	F	Antonella Del Fabbro	14	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
106	5:53.05	L	F	Kuzingca Siramza	14	AQUA BUF	02/12/2022 BCA Long Course Championships 2022
107	5:53.10	L	F	Madison Hayes	14	TYGE CPT	11/02/2023 WCA-B Champs - 2023
108	5:53.27	L	F	Summer Ascieri	14	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
109	5:53.79	L	F	Jessica Carrol	14	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
110	5:54.28	L	F	Emma Lategan	14	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group
111	5:55.14	L	F	Buhle Mahlalela	14	UNI EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
112	5:56.03	L	F	Chrystil Raymond	14	CSA EZD	02/12/2022 Mpumalanga Championships 2022
113	5:56.25	L	F	Hannah Coert	14	MANT CPT	11/02/2023 WCA-B Champs - 2023
114	5:57.17	L	F	Caitlyn Dube	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
115	5:58.84	L	F	Rienke Blignaut	14	BLSS MAN	05/11/2022 Seals Heidedal Gala
116	5:59.08	L	F	Ilze Hendriks	14	TOTIS ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
117	5:59.33	L	F	Maya McCollum	14	AQDO CPT	11/02/2023 WCA-B Champs - 2023
118	5:59.54	L	F	Taegon Gunkel	14	BEAV ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
119	5:59.95	L	F	Lerize Du Toit	14	ACAA CCD	02/12/2022 Limpopo Champs
120	6:00.30	L	F	Deoné Borstlap	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
121	6:01.27	L	P	Emma Davies	14	BAS EKU	16/12/2022 KZNA Premier Provincial Championship
122	6:01.83	L	F	Kaylie Groenewald	14	ACAA CCD	02/12/2022 Limpopo Champs
123	6:04.40	L	F	Lara Louw	14	BLNE MAN	29/09/2022 MA Grand Prix
124	6:04.41	L	F	Kara Du Preez	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
125	6:08.44	L	F	Izolde Lombard	14	ASAC CPT	03/09/2022 CTA Qualifying Meet #4
126	6:09.15	L	F	Michaela Clegg	14	AZON ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
127	6:12.03	L	F	Aisling McLean	14	ELEC FSH	21/10/2022 NTS October Lev 3 Age Group Gala
128	6:12.32	L	F	Leigh Pijoos	14	BLMA CPT	21/01/2023 CTA Qualifying Meet #7
129	6:13.29	L	F	Mia Crookham	14	TYGE CPT	03/09/2022 CTA Qualifying Meet #4
130	6:16.11	L	F	Ashley Seymour	14	WELA LLD	12/11/2022 Kroonstad Age Group
131	6:16.59	L	F	Elizabeth Opperman	14	KTS	07/12/2022 NCASA CHAMPS 2022
132	6:17.45	L	F	Catherine O'Grady	14	MSC NGD	02/12/2022 Mpumalanga Championships 2022
133	6:18.72	L	F	Mignon Burger	14	SWAR WCD	11/11/2022 Swartland Prestige Gala 2022
134	6:25.25	L	F	Annika Potgieter	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
135	6:25.95	L	F	Hannah van der Veen	14	AQUA BUF	04/02/2023 BCA Feb Age Group Gala 2023
136	6:28.28	L	F	Helena Van Vuuren	14	KALA	03/11/2022 AGE GROUP 2 KATHU 2022
137	6:29.24	L	F	Mikayla Bester	14	HE WBD	04/02/2023 Limpopo School Champs
138	6:35.34	L	F	Carne Louw	14	HMER MPD	04/02/2023 Limpopo School Champs
139	6:38.31	L	F	Alea Du Toit	14	CYBE CPT	03/09/2022 CTA Qualifying Meet #4
140	6:51.09	L	F	Logan Francke	14	RBOT BPD	07/12/2022 NWS Championships 2022/2023
141	6:57.34	L	F	Jocke Coetzee	14	KALA	07/12/2022 NCASA CHAMPS 2022
142	7:02.63	L	F	Cleo May	14	MARL CPT	03/09/2022 CTA Qualifying Meet #4
143	7:06.65	L	F	Chrisna Du Plessis	14	KALA	03/11/2022 AGE GROUP 2 KATHU 2022
Women -14 800 Free							
1	9:33.00	L	F	Lara Gouws	14	TUKS FSH	21/03/2023 SA National Junior Age Group
2	9:34.81	L	F	Karla Myburgh	14	TUKS FSH	21/03/2023 SA National Junior Age Group
3	9:47.60	L	F	Danielle Samoei	14	TUKS FSH	21/03/2023 SA National Junior Age Group
4	9:49.26	L	F	Scarlett Le Roux	14	CA EKU	08/12/2022 EGA Summer Champs 2022
5	9:54.55	L	F	Asia Kleinhans	14	AQDO CPT	09/12/2022 Western Cape LC-A Championship 2022
6	9:56.03	L	F	Madison du Plessis	14	FSA FS	12/04/2023 SA National Aquatic SNR-Champ
7	9:59.64	L	F	Jaime Mote	14	INFA NMA	13/08/2022 Madibaz Swim Meet
8	10:01.98	L	F	Rachel Hinckley	14	CA EKU	21/03/2023 SA National Junior Age Group
9	10:08.81	L	F	Jenna Coetzee	14	INFA NMA	13/08/2022 Madibaz Swim Meet
10	10:08.92	L	F	Hannah Sandilands	14	CA EKU	21/03/2023 SA National Junior Age Group
11	10:11.90	L	F	Me-Kayla Rew	14	TUKS FSH	09/12/2022 NTS Championships 2022
12	10:14.78	L	F	Cathrijn Davel	14	MSC NGD	21/03/2023 SA National Junior Age Group
13	10:16.06	L	F	Caibella Oliver	14	AQDO CPT	21/03/2023 SA National Junior Age Group
14	10:16.60	L	F	Anastasia Sequeira	14	CA EKU	21/03/2023 SA National Junior Age Group
15	10:19.57	L	F	Kate-Lynn de Jager	AR	BLOT MAN	21/03/2023 SA National Junior Age Group
16	10:23.25	L	F	Maria Steyn	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
17	10:33.02	L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
18	10:36.70	L	F	Karmen Van Rensburg	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
19	10:40.10	L	F	Kiara Banks	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
20	10:44.75	L	F	Leila Yazbek	14	BLNE MAN	09/09/2022	MA Long Distance Gala 1
21	10:47.13	L	F	Emily Palmer	14	USC BUF	02/12/2022	BCA Long Course Championships 2022
22	10:48.44	L	F	Daniëlla Müller	14	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
23	10:50.21	L	F	René Kotzé	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
24	10:51.84	L	F	Corli Liversage	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
25	10:51.88	L	F	Mieke Vd Wal	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022
26	10:52.79	L	F	Ella Eldar	14	TUKS TSH	09/12/2022	NTS Championships 2022
27	10:55.20	L	F	Danielle Cronjè	14	GSA CPT	15/10/2022	CTA Qualifying Meet #6
28	10:58.19	L	F	Kelly Stork	14	MAC EKU	08/12/2022	EGA Summer Champs 2022
29	11:01.31	L	F	Wilmien Verbeek	14	CUDU CPT	03/09/2022	CTA Qualifying Meet #4
30	11:06.22	L	F	Jessica Sardinha	14	BAS EKU	16/12/2022	KZNA Premier Provincial Championship
31	11:06.40	L	F	Donne Bruyns	14	CSA EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
32	11:09.95	L	F	Keira Holland	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
33	11:12.10	L	F	Hannah Naidoo	ER	BAYV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
34	11:13.13	L	F	Mekayla Pretorius	14	HWSK	19/11/2022	AGE GROUP 3 KBY 2022
35	11:18.19	L	F	Robyn Barbour	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
36	11:25.05	L	F	Jodi Boettger	14	USC BUF	02/12/2022	BCA Long Course Championships 2022
37	11:25.14	L	F	Kemantha Ayair	ER	BAYV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
38	11:30.82	L	F	Yvonne Pretorius	14	MSC NGD	02/12/2022	Mpumalanga Championships 2022
39	11:31.77	L	F	Leah Crozier	14	FAAC FBD	07/12/2022	NCASA CHAMPS 2022
40	11:33.17	L	F	Danielle Harbron	14	FAAC FBD	05/11/2022	AGE GROUP 2 KBY 2022
41	11:33.47	L	F	Jocelyn Cromhout	14	HARL BUF	25/06/2022	PEA Winter Gala 2022
42	11:42.76	L	F	Leia Braithwaite	14	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
43	11:48.49	L	F	Miela Smit	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
44	11:54.30	L	F	Vera Chen	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
45	11:57.11	L	F	Maria Dos Santos	14	HREF BPD	07/12/2022	NWS Championships 2022/2023
46	12:09.76	L	F	Madison Hayes	14	TYGE CPT	15/10/2022	CTA Qualifying Meet #6
47	12:14.70	L	F	Megan Van den Heever	14	UNI EZD	30/09/2022	MP AGE GROUP 1
48	12:17.63	L	F	Tia Mari Theron	14	TKS WBD	02/12/2022	Limpopo Champs
49	12:31.84	L	F	Lienke Van OS	14	BLSS MAN	17/02/2023	Neptune Last Chance Gala
50	12:34.52	L	F	Maya McCollum	14	AQDO CPT	21/01/2023	CTA Qualifying Meet #7
51	12:42.28	L	F	Deoné Borstlap	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
52	12:49.85	L	F	Izolde Lombard	14	ASAC CPT	21/01/2023	CTA Qualifying Meet #7
53	12:59.34	L	F	Zia Petersen	14	XSAQ CPT	07/10/2022	41st Freda Barnard Invitational Gala
54	13:14.91	L	F	Emma Lategan	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022
55	13:18.14	L	F	Wilona Erasmus	14	NWUC KKD	26/11/2022	NWS Age Group 3 2022/23
56	13:26.95	L	F	Kara Du Preez	14	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
57	14:22.33	L	F	Carli Dippenaar	14	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
58	14:58.98	L	F	Logan Francke	14	RBOT BPD	26/11/2022	NWS Age Group 3 2022/23
59	16:34.76	L	F	Olivia Van der Nest	14	KSC EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
Women -14 1000 Free								
1	15:48.00	L	O	Kailey Joubert	14	AZON ETH	20/11/2022	Capital-K 2022
2	17:05.00	L	O	Leia Braithwaite	14	SGUL ETH	20/11/2022	Capital-K 2022
3	17:17.00	L	O	Kayla Verbaan	14	KLOO ETH	20/11/2022	Capital-K 2022
4	17:55.00	L	O	Caitlin Govender	14	SGUL ETH	20/11/2022	Capital-K 2022
5	18:14.00	L	O	Chanel Veldsman	14	PSCP UMD	20/11/2022	Capital-K 2022
6	18:28.00	L	O	Kailyn Roopchand	14	PSCP UMD	20/11/2022	Capital-K 2022
7	18:31.00	L	O	Megan Neizel	14	PSCP UMD	20/11/2022	Capital-K 2022
8	20:23.00	L	O	Taegon Gunkel	14	BEAV ETH	20/11/2022	Capital-K 2022
9	20:24.00	L	O	Amylee Holtzhausen	14	SEAL UMD	20/11/2022	Capital-K 2022
10	21:17.00	L	O	McKayla Moodley	14	BEAV ETH	20/11/2022	Capital-K 2022
11	23:35.00	L	O	Skylar Colling	14	PSCP UMD	20/11/2022	Capital-K 2022
Women -14 1500 Free								
1	18:29.64	L S	F	Karla Myburgh	14	TUKS TSH	21/03/2023	SA National Junior Age Group
2	18:31.95	L	F	Scarlett Le Roux	14	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	19:00.00	L S	F	Danielle Samoei	14	TUKS TSH	21/03/2023 SA National Junior Age Group
4	19:31.49	L S	F	Asia Kleinhans	14	AQDO CPT	09/12/2022 Western Cape LC-A Championship 2022
5	19:42.08	L S	F	Caibella Oliver	14	AQDO CPT	09/12/2022 Western Cape LC-A Championship 2022
6	19:42.18	L	F	Madison du Plessis	AR	BLOT MAN	12/11/2022 Kroonstad Age Group
7	19:48.89	L S	F	Maria Steyn	14	BLSS MAN	21/03/2023 SA National Junior Age Group
8	20:02.81	L	F	Rachel Hinckley	14	CA EKU	21/10/2022 EGA Summer 2 2022
9	20:29.50	L	F	Kiara Banks	14	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
10	20:47.20	L	F	Corli Liversage	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
11	20:55.96	L	F	Wilmien Verbeek	14	CUDU CPT	03/09/2022 CTA Qualifying Meet #4
12	21:04.30	L	F	Kayleigh Hahn	14	ROA EDD	22/10/2022 EDEN 2nd A-League Gala 2022
13	21:08.14	L	F	Karmen Van Rensburg	14	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5
14	21:10.45	L	F	Chloe Olivier	14	CA EKU	21/10/2022 EGA Summer 2 2022
15	21:14.60	L	F	Kellen McLaren	14	CA EKU	21/10/2022 EGA Summer 2 2022
16	21:38.49	L	F	Kelly Stork	14	MAC EKU	21/10/2022 EGA Summer 2 2022
17	21:57.12	L	F	Milri-Ann Summerton	14	NWUC KKD	07/12/2022 NWS Championships 2022/2023
18	21:58.50	L	F	Megan Augustyn	14	ONYX EKU	21/10/2022 EGA Summer 2 2022
19	21:59.83	L	F	Amy-Lee Jones	14	CA EKU	21/10/2022 EGA Summer 2 2022
20	22:09.58	L	F	Leah Crozier	14	FAAC FBD	07/12/2022 NCASA CHAMPS 2022
21	22:38.11	L	F	Miela Smit	14	AQUA BUF	19/11/2022 BCA 2nd November Age Group Gala
22	22:55.16	L	F	Maria Dos Santos	14	HREF BPD	07/12/2022 NWS Championships 2022/2023
23	23:27.50	L	T	Megan Van den Heever	14	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
24	23:56.63	L	F	Izolde Lombard	14	ASAC CPT	21/01/2023 CTA Qualifying Meet #7
25	25:04.90	L S	F	Emma Lategan	14	CUDU CPT	25/06/2022 PEA Winter Gala 2022
26	28:22.18	L	F	Catherine O'Grady	14	MSC NGD	22/01/2023 Open water 3 , 22 Jan 2023
Women -14 3000 Free							
1	46.04	L	F	Kailey Joubert	14	SEAL UMD	14/01/2023 Baynesfiels #2 Open Water KZN
2	49.34	L	F	Amy Gerber	14	SEALE ETH	12/11/2022 Baynesfield Open Water KZN
3	53.44	L	F	Hannah Naidoo	14	BEAV ETH	14/01/2023 Baynesfiels #2 Open Water KZN
4	59.35	L	F	Shayla Harvey	14	SEALE ETH	12/11/2022 Baynesfield Open Water KZN
5	39:15.38	L	O	Karla Myburgh	14	AGC TSH	10/03/2023 SA National OWS Championship
6	40:42.00	L	O	Jenna Coetzee	14	INFA NMA	27/11/2022 EC Swim Series OWS 2 2022
7	43:30.08	L	O	Amy O'Connor	14	AGB JHB	10/03/2023 SA National OWS Championship
8	43:35.00	L	O	Lily Ogden	14	PEAS NMA	23/10/2022 EC Swim Series OWS 1 2022
9	44:02.62	L	O	Cathrijn Davel	14	MPA EZD	10/03/2023 SA National OWS Championship
10	44:26.00	L	F	Kiara Banks	14	TUKS TSH	03/12/2022 Prime View Swim Challenge #3
11	44:27.00	L	O	Georgia Gouws	14	BEST NMA	21/01/2023 NMBA OWS Championships 2023
12	45:42.00	L	O	Wilmien Verbeek	14	CUDU CPT	21/01/2023 NMBA OWS Championships 2023
13	45:46.00	L	O	Miela Smit	14	AQUA BUF	27/11/2022 EC Swim Series OWS 2 2022
14	46:12.00	L	F	Asia Kleinhans	14	WC	21/01/2023 Prime View Swim Challenge #4Jan 2023
15	47:56.00	L	F	Jessica Sardinha	14	BAS EKU	21/01/2023 Prime View Swim Challenge #4Jan 2023
16	49:57.00	L	F	Madisyann Elliott	14	LINR JHB	03/12/2022 Prime View Swim Challenge #3
17	50:37.00	L	F	Keira Holland	14	CRSC JHB	21/01/2023 Prime View Swim Challenge #4Jan 2023
18	50:40.00	L	O	Donne Bruyns	14	CSA EZD	16/10/2022 OPEN WATER 1
19	51:47.00	L	F	Maria Dos Santos	14	HREF BPD	19/11/2022 Prime View Swim Challenge #2
20	51:59.00	L	O	Izolde Lombard	14	ASAC CPT	27/11/2022 EC Swim Series OWS 2 2022
21	55:25.22	L	O	Megan Van den Heever	14	UNI EZD	06/11/2022 OPEN WATER 2
Women -14 5000 Free							
1	1:05:02.31	L	O	Karla Myburgh	14	AGC TSH	10/03/2023 SA National OWS Championship
2	1:18:25.00	L	O	Cathrijn Davel	14	MSC NGD	16/10/2022 OPEN WATER 1
3	1:18:31.00	L	F	Asia Kleinhans	14	WC	21/01/2023 Prime View Swim Challenge #4Jan 2023
Women -14 50 Back							
1	30.72	L	P	Gizelle Maritz	14	WATR JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet -
2	31.76	L S	F	Jaime Mote	14	INFA NMA	21/03/2023 SA National Junior Age Group
3	31.82	L	F	Mila Vd Linde	14	TUKS TSH	09/12/2022 NTS Championships 2022
4*	32.02	L	F	Jenna Coetzee	14	INFA NMA	09/12/2022 NMBA Championships 2022
4*	32.02	L S	F	Scarlett Le Roux	14	CA EKU	21/03/2023 SA National Junior Age Group
6*	32.30	L S	F	Amy Aaron	14	WSTV ETH	21/03/2023 SA National Junior Age Group
6*	32.30	L S	F	Jana Swiegers	14	TUKS TSH	21/03/2023 SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
8	32.37	L L	F	Katelyn Fourie	14	GAUT	21/04/2023 SA Schools Swimming Championship
9	32.46	L	F	Naledi Thobeha	14	QUIC CPT	09/12/2022 Western Cape LC-A Championship 2022
10	32.61	L	P	Danielle Cronjè	14	GSA CPT	09/12/2022 Western Cape LC-A Championship 2022
11	32.76	L S	F	Ava-Loren Van Galen	14	BIOS CED	21/03/2023 SA National Junior Age Group
12	33.04	L	F	Amy Combrink	14	VINE CPT	15/10/2022 CTA Qualifying Meet #6
13	33.26	L	F	Kayla Gous	14	BCA BUF	28/01/2023 NMBA Intra-District Championship
14	33.27	L S	P	Leila Yazbek	14	BLNE MAN	21/03/2023 SA National Junior Age Group
15	33.35	L	F	Abigail Roberts	14	TUKS TSH	28/10/2022 NTS October SARJ+ Age Group Gala
16*	33.41	L	F	Savannah Mostert	14	TUKS TSH	08/10/2022 NTS Sprint Gala
16*	33.41	L	P	Amy Brown	14	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
18	33.59	L S	P	Amy O'Connor	14	CRSC JHB	21/03/2023 SA National Junior Age Group
19	33.61	L	F	Emma Lategan	14	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group
20	33.66	L S	P	Jorja Parsons	14	PSCP UMD	21/03/2023 SA National Junior Age Group
21	33.72	L	F	Anastasia Sequeira	14	CA EKU	10/09/2022 Adrian Grafe Gala 2022
22	33.86	L L	F	Kendra Begley	14	PEAS NMA	13/08/2022 Madibaz Swim Meet
23	34.09	L	F	Chloe Olivier	14	CA EKU	17/02/2023 EGA Let's Race 2023
24	34.11	L	F	Lucy Le Roux	14	ASAW CED	13/11/2022 Winelands Summer League 4
25	34.14	L	F	Jesse-Leah Laderach	14	EDEN EDD	28/01/2023 NMBA Intra-District Championship
26	34.25	L	P	Zoë Goebel	14	WCA CPT	21/04/2023 SA Schools Swimming Championship
27	34.35	L L	F	Zandri Knoetze	14	ECA BUF	21/04/2023 SA Schools Swimming Championship
28	34.40	L	F	Stephanie Jurado	14	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group
29*	34.60	L S	P	Ashley Scholtz	14	CA EKU	21/03/2023 SA National Junior Age Group
29*	34.60	L	F	Emma Rossouw	14	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
31	34.61	L	P	Lara Smith	14	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group
32	34.62	L	F	Kailey Joubert	14	AZON ETH	05/11/2022 KZN Junior Championships 2022
33*	34.69	L S	P	Amy Botha	14	PGAC EKU	08/12/2022 EGA Summer Champs 2022
33*	34.69	L	F	Corli Liversage	14	BLSS MAN	05/11/2022 Seals Heidedal Gala
35	34.70	L	P	Erin Joubert	14	KLOO ETH	16/12/2022 KZNA Premier Provincial Championship
36	34.83	L	P	Hannah Burke	14	AACTA CPT	09/12/2022 Western Cape LC-A Championship 2022
37*	34.86	L S	P	Grace Powell	14	CSC TSH	21/03/2023 SA National Junior Age Group
37*	34.86	L	F	Milri-Ann Summerton	14	UNAT	10/02/2023 NW School Championships 2023
39	34.89	L	P	Jemma Pearse	14	VINE CPT	31/03/2023 SA Level 3 Regional Age Group
40	34.90	L S	P	Rouxne Du Plessis	14	TUKS TSH	21/03/2023 SA National Junior Age Group
41	34.94	L	F	Danaleigh Swanepoel	14	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
42*	34.98	L S	P	Gemma Goncalves	14	SEAL UMD	21/03/2023 SA National Junior Age Group
42*	34.98	L	P	Kelly Stork	14	GAUT	21/04/2023 SA Schools Swimming Championship
44	35.01	L S	P	Mareze Frylinck	14	BLSS MAN	21/03/2023 SA National Junior Age Group
45*	35.04	L	F	Ilanze du Plessis	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
45*	35.04	L	F	Jaime Roome	14	TUKS TSH	01/10/2022 2022 AG Swim Stars&OR Tambo
47	35.05	L	F	Lily Ogden	14	PEAS NMA	31/03/2023 SA Level 3 Regional Age Group
48	35.08	L	F	Kaylie Groenewald	14	LP CC	21/04/2023 SA Schools Swimming Championship
49	35.12	L	F	Kayla Verbaan	14	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
50	35.20	L	P	Rachel Hinckley	14	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ
51	35.23	L	F	Genevieve Christensen	14	ACSA ETH	16/12/2022 KZNA Premier Provincial Championship
52	35.25	L	P	Kendra Matthysen	14	WCA CPT	21/04/2023 SA Schools Swimming Championship
53	35.31	L	F	Marlene Ward	14	TUKS TSH	09/12/2022 NTS Championships 2022
54	35.34	L S	P	Ruth Dredge	14	PAC TSH	21/03/2023 SA National Junior Age Group
55	35.36	L	F	Chamè Landman	14	GSA CPT	31/03/2023 SA Level 3 Regional Age Group
56	35.38	L	P	Lily Durant	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
57	35.42	L	F	Hannah Sandilands	14	CA EKU	10/09/2022 Adrian Grafe Gala 2022
58	35.45	L	P	Jaime Maritz	14	NSAD EZD	02/12/2022 Mpumalanga Championships 2022
59	35.46	L	F	Joslyn Botha	14	SOUL EKU	23/09/2022 EGA Summer 1 2022
60	35.51	L	P	Amy-Lee Jones	14	CA EKU	31/03/2023 SA Level 3 Regional Age Group
61	35.60	L	F	Leah Scott	14	MGSC UGD	31/03/2023 SA Level 3 Regional Age Group
62	35.61	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023 SA Level 3 Regional Age Group
63	35.64	L	P	Ilanze du Plessis	14	FSS FS	21/04/2023 SA Schools Swimming Championship
64*	35.69	L	P	Jean-Marie Steenkamp	14	TUKS TSH	09/12/2022 NTS Championships 2022
64*	35.69	L	P	Kaylin Bezuidenhoud	14	BLSS MAN	06/12/2022 Free State Champs 2022
66	35.82	L L	F	Megan Augustyn	14	ONYX EKU	08/12/2022 EGA Summer Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
67	35.84 L	P	Keira Taylor	14	TUKS FSH	02/03/2023	SA Level 2 Regional Age Group Champs
68	35.87 L	F	Peta Mazery	14	SGUL ETH	31/03/2023	SA Level 3 Regional Age Group
69	35.89 L	F	Elne Reynolds	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
70	35.93 L	P	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
71	35.94 L	P	Mia Wellsted	14	HASC JHB	31/03/2023	SA Level 3 Regional Age Group
72	35.96 L	F	Kate-Lynn Kruger	14	DESA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
73	36.11 L	F	Natania Komakech	14	ELEC FSH	31/03/2023	SA Level 3 Regional Age Group
74	36.12 L	F	Cait Da Cunha	14	BON ECU	20/01/2023	EGA Last Chance Galal
75*	36.22 L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
75*	36.22 L	F	Anne Marais	14	TKS WBD	02/12/2022	Limpopo Champs
77*	36.24 L	F	Me-Kayla Rew	14	TUKS FSH	08/10/2022	NTS Sprint Gala
77*	36.24 L	F	Mieke Vd Wal	14	CUDU CPT	24/09/2022	CTA Qualifying Meet #5
79	36.30 L	P	Larissa Visagie	14	ASAC CPT	09/12/2022	Western Cape LC-A Championship 2022
80	36.36 L	F	Paige Jacobs	14	FAAC FBD	07/12/2022	NCASA CHAMPS 2022
81	36.38 L	F	Daniëlla Müller	14	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala
82*	36.45 L	F	Mieke Vd Walt	14	FISH EDD	07/10/2022	41st Freda Barnard Invitational Gala
82*	36.45 L	F	Jocelyn Cromhout	14	BCA BUF	28/01/2023	NMBA Intra-District Championship
84	36.47 L	P	Mari Wium	14	QSAW CED	09/12/2022	Western Cape LC-A Championship 2022
85*	36.60 L	F	Caitlyn Dube	14	MDOL ECU	20/01/2023	EGA Last Chance Galal
85*	36.60 L	P	Chrisley Barnard	14	BS LLD	06/12/2022	Free State Champs 2022
87	36.63 L	F	Raquel Cairns	14	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
88	36.65 L	F	René Kotzé	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
89	36.69 L	F	Taylor-Blake Van Tonder	14	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
90	36.73 L	P	Ianthy Moolman	14	MSC NGD	02/12/2022	Mpumalanga Championships 2022
91	36.88 L	F	Simone Vd Merwe	14	LALE CED	13/11/2022	Winelands Summer League 4
92	36.93 L	F	Kate-Lynn de Jager	AR	BLOT MAN	05/11/2022	Seals Heidedal Gala
93	36.96 L	F	Alexandra Santos	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
94*	36.99 L	P	Makula Kyabayinze	14	TUKS FSH	09/12/2022	NTS Championships 2022
94*	36.99 L S	P	Araya de Waal	14	PGAC ECU	08/12/2022	EGA Summer Champs 2022
96	37.03 L	F	Chloe Byrne	14	SEAL UMD	28/01/2023	Ushaka Champs 2023
97	37.08 L	F	Karmen Van Rensburg	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
98*	37.14 L	P	Jessica Smith	14	AA JHB	01/12/2022	CGA LC Summer Championships Level
98*	37.14 L	P	Johané Jv Rensburg	14	TUKS FSH	09/12/2022	NTS Championships 2022
100	37.15 L	F	Emily Palmer	14	USC BUF	02/12/2022	BCA Long Course Championships 2022
101*	37.21 L	P	Michaela Nell	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
101*	37.21 L	F	Megan Neizel	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
103	37.33 L L	F	Mia Vd Merwe	14	GSA CPT	09/12/2022	Western Cape LC-A Championship 2022
104	37.37 L	P	Stacey Smith	14	GAUT	21/04/2023	SA Schools Swimming Championship
105	37.39 L	F	Tehl-Cadi Day Garden	14	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
106	37.43 L	P	Mieka Wichmann	14	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs
107	37.44 L	F	Gabriella Otto	14	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
108	37.46 L	F	Mea Harding	14	BAS ECU	02/03/2023	SA Level 2 Regional Age Group Champs
109	37.49 L	F	Jade O'Connor	14	AWIN FSH	08/10/2022	NTS Sprint Gala
110	37.55 L	P	Simone Cussons	14	MP EZ	21/04/2023	SA Schools Swimming Championship
111	37.56 L	F	Cathrijn Davel	14	MSC NGD	02/12/2022	Mpumalanga Championships 2022
112	37.59 L	P	Cambria Steyn	14	TUKS FSH	02/03/2023	SA Level 2 Regional Age Group Champs
113	37.63 L	P	Judy Stevens	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
114	37.64 L	F	Ashley Seymour	14	WELA LLD	03/03/2023	SA Level 2 Regional Age Group Champs
115	37.66 L	F	Ayalakha Mokoena	14	TUKS FSH	02/12/2022	2022 The Tshwane Mayoral Gala
116	37.67 L	P	Abigail Scheffer	14	PAC FSH	09/12/2022	NTS Championships 2022
117	37.68 L	F	Zante Young	14	RBUR BPD	07/12/2022	NWS Championships 2022/2023
118	37.69 L	P	Wilmien Verbeek	14	CUDU CPT	09/12/2022	Western Cape LC-A Championship 2022
119	37.70 L	P	Donne Bruyns	14	MP EZ	21/04/2023	SA Schools Swimming Championship
120	37.72 L	F	Robyn Barbour	14	ESP ECU	10/09/2022	Adrian Grafe Gala 2022
121	37.77 L	F	Skyla Perumal	14	TRAZ FSH	02/12/2022	2022 The Tshwane Mayoral Gala
122*	37.83 L	F	Nicole Van Zyl	14	CA ECU	23/09/2022	EGA Summer 1 2022
122*	37.83 L	P	Lienke Van OS	14	BLSS MAN	06/12/2022	Free State Champs 2022
124	37.87 L	F	Sandri Visser	14	PLAY CED	07/10/2022	41st Freda Barnard Invitational Gala
125	37.88 L	P	Maria Steyn	14	BLSS MAN	06/12/2022	Free State Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
126	37.93 L	P	Kganya Mashigo	14	PAC TSH	09/12/2022	NTS Championships 2022
127	37.95 L	F	Leigh Pijoos	14	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
128	37.98 L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022	Limpopo Champs
129	38.00 L	F	Ilze Hendriks	14	TOTIS ETH	05/11/2022	KZN Junior Championships 2022
130	38.02 L	F	Nisa Da Silva	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
131	38.03 L	F	Dorethe Meyer	AR	BLOT MAN	06/12/2022	Free State Champs 2022
132	38.06 L	F	Amelie Van der Merwe	14	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
133	38.10 L	F	Sunny Huang	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
134	38.15 L	F	Chloe Pieterse	14	QSAW CED	11/02/2023	WCA-B Champs - 2023
135	38.16 L S	P	Jessica Sardinha	14	BAS ECU	21/03/2023	SA National Junior Age Group
136	38.24 L	F	Mikayla Smit	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
137*	38.28 L	F	Zianè Jantzen	14	QUIC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
137*	38.28 L	P	Catherine Desilla	14	MDOL ECU	02/03/2023	SA Level 2 Regional Age Group Champs
139	38.31 L	F	Juliette van Vught	14	HASC JHB	01/12/2022	CGA LC Summer Championships Level
140	38.34 L S	P	Gabriella Van Den Berg	14	ELEC TSH	21/03/2023	SA National Junior Age Group
141	38.43 L	F	Michaela Blaine	14	PEAS NMA	22/10/2022	4th A League Gala
142	38.46 L	F	Amy Gerber	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
143	38.48 L	F	Lara Louw	14	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs
144	38.49 L S	F	Siobhan Evans	14	CA ECU	08/12/2022	EGA Summer Champs 2022
145	38.52 L	P	Madisynt Elliott	14	LINR JHB	01/12/2022	CGA LC Summer Championships Level
146	38.61 L	F	Ivana Vyncke	14	VRY ZLD	28/01/2023	Ushaka Champs 2023
147	38.68 L	F	Esmarie Terblanche	14	HTSA CPT	11/02/2023	WCA-B Champs - 2023
148*	38.71 L	F	Mila Petrak	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
148*	38.71 L	F	Caitlin Govender	14	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Champs
150	38.72 L	F	Amy Calogridis	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
151	38.75 L	F	Lara Verhoef	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
152	38.80 L	F	Anmi Slabbert	14	PAQU CED	11/02/2023	WCA-B Champs - 2023
153	38.81 L	F	Leeya Amon	14	JVR CPT	24/09/2022	CTA Qualifying Meet #5
154	38.82 L	F	Athina Mc Colgan	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
155*	38.88 L S	F	Andria Le Roux	14	JAQ ECU	08/12/2022	EGA Summer Champs 2022
155*	38.88 L	F	Leah Crozier	14	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
157	38.89 L S	P	Mia Gerber	14	MATI CED	21/03/2023	SA National Junior Age Group
158	38.92 L	F	Lara van Niekerk	14	AA JHB	17/02/2023	NTS February Lev 1+2 Age Group Gala
159	38.96 L	F	Rii Spoelstra	14	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala
160	39.14 L	F	Asia Kleinhans	14	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
161	39.22 L	F	Hannah Schreuder	14	SAAW CPT	28/01/2023	Winelands SL Final
162	39.23 L	P	Vera Chen	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
163	39.25 L	F	Dorette du Plessis	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
164	39.26 L	P	Christi Serfontein	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
165	39.27 L	P	Tayla Dowie	14	QUES JHB	02/03/2023	SA Level 2 Regional Age Group Champs
166	39.29 L	F	Alea Du Toit	14	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
167	39.40 L	F	Bea Van der Merwe	14	RFA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
168	39.42 L	F	Zoe Ann Kruger	14	AQU ADJ	24/09/2022	Amajuba District Age Group Gala 3
169	39.43 L	F	Megan Webster	14	RFA TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
170*	39.46 L	F	Annebel Stewart	14	AZON ETH	01/07/2022	Prestige Tournament 2022
170*	39.46 L	F	Chrystil Raymond	14	CSA EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
172	39.49 L	F	Carmen Veldsman	14	HSTAN MPD	15/10/2022	Limpopo Top 10 - High Schools
173	39.52 L	F	Mia De Klerk	14	CSA EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
174	39.53 L	F	Anzelle van Rooyen	14	DRGN JHB	23/09/2022	EGA Summer 1 2022
175	39.56 L	F	Anne Steyl	14	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
176	39.59 L	F	Jamie Turner	14	MDOL ECU	10/09/2022	Adrian Grafe Gala 2022
177	39.66 L	F	Lara Wink	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
178	39.69 L	F	Esti Mouton	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
179	39.72 L	F	Zia Petersen	14	XSAQ CPT	15/10/2022	CTA Qualifying Meet #6
180*	39.73 L	F	Kellen McLaren	14	CA ECU	10/09/2022	Adrian Grafe Gala 2022
180*	39.73 L	P	Rienke Blignaut	14	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
182*	39.74 L	P	Logan Francke	14	NWSC	21/04/2023	SA Schools Swimming Championship
182*	39.74 L	F	Simonè Schonken	14	TASC MPD	02/12/2022	Limpopo Champs
184	39.81 L	F	Zadie Van Wyk	14	TRAZ TSH	18/03/2023	Level 1 Intra-Provincial 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
185	39.86	L	F	Sarah Bruwer	14	MMD	CPT	24/09/2022	CTA Qualifying Meet #5
186*	39.88	L	F	Lungiswa Grootboom	14	SWAR	WCD	28/01/2023	Winelands SL Final
186*	39.88	L	P	Danielle Van Vuuren	14	DDA	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
188	39.89	L	F	Amy Williams	14	PGH	KKD	10/02/2023	NW School Championships 2023
189	39.90	L	F	Amelie Brügers	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
190	39.92	L	F	Hayley Steyn	14	NHS	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
191	39.93	L	F	Leane Muller	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
192	39.98	L	F	Ella Eldar	14	TUKS	FSH	28/10/2022	NTS October SARJ+ Age Group Gala
193	39.99	L	P	Katia Jacob	14	HASC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
194	40.01	L	F	Maria Dos Santos	14	MCS	BPD	10/02/2023	NW School Championships 2023
195	40.06	L	F	Bianca O'Kennedy	14	EVO	CPT	11/02/2023	WCA-B Champs - 2023
196	40.07	L	F	Mia Crookham	14	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
197	40.19	L	F	Tia Mari Theron	14	TKS	WBD	02/12/2022	Limpopo Champs
198	40.27	L	F	Anè Cloete	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
199	40.33	L	F	Teagan Hamer	14	INFA	NMA	13/08/2022	Madibaz Swim Meet
200	40.39	L	F	Meg Wentzel	14	INFA	NMA	13/08/2022	Madibaz Swim Meet
201	40.40	L	F	Lerize Du Toit	14	PHS	CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
202	40.54	L	P	Michaela Clegg	14	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
203	40.60	L	F	Lelanie Buhr	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
204	40.65	L	P	Ogalaletseng Khosana	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
205	40.69	L	F	Jessica Carrol	14	BLMA	CPT	04/11/2022	CTA A CHAMPS 2022
206	40.76	L	P	Micaela Mutooni	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
207	40.78	L	F	Summer Ascieri	14	CYBE	CPT	07/10/2022	41st Freda Barnard Invitational Gala
208*	40.90	L	P	Jessica Carver	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
208*	40.90	L	P	Yvonne Pretorius	14	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
210	40.91	L	F	Sinoah Pretorius	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
211	40.98	L	F	Sadie Jelley	14	PAC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
212	41.00	L	F	Holly Hugo	14	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
213	41.06	L	F	Aria Pitham	14	SEAL	UMD	01/07/2022	Prestige Tournament 2022
214	41.09	L	P	Genevieve Egger	14	RIVO	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
215	41.10	L	F	Megan Van den Heever	BN	ROB	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
216	41.26	L	F	Nicole Norman	14	RP	EKU	23/09/2022	EGA Summer 1 2022
217	41.30	L	F	Onkaribile Molamu	14	MATL	KKD	07/12/2022	NWS Championships 2022/2023
218	41.33	L	F	Mia Bruwer	14	SS	MPD	02/12/2022	Limpopo Champs
219*	41.35	L	F	Lehanra Greeff	14	HARB	BPD	10/09/2022	Adrian Grafe Gala 2022
219*	41.35	L	F	Janca Hattingh	14	CSA	EZD	24/02/2023	MP AGE GROUP 6 GALA
219*	41.35	L	P	Tatiana Ioannides	14	BLSS	MAN	06/12/2022	Free State Champs 2022
222	41.51	L	P	Micke De Jager	RR	PSA	ZLD	17/03/2023	SA Level 2 Regional Age Group Champs
223	41.52	L	F	Catherine O'Grady	14	MSC	NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15
224	41.54	L	P	Wilona Erasmus	14	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
225*	41.59	L	P	Buhle Mahlalela	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
225*	41.59	L	P	Richelle Rothmann	14	AQU	ADJ	31/03/2023	SA Level 3 Regional Age Group
227	41.63	L	F	Lumka Ntaka	14	UMSH	ETH	06/01/2023	2023 Grand Prix Invitation Swimming
228*	41.66	L	F	Elizabeth Opperman	14	KTS		07/12/2022	NCASA CHAMPS 2022
228*	41.66	L	P	Nakita Snyman	14	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
230	41.69	L	F	Chanè Grobbelaar	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
231	41.75	L	P	Skye Rautenbach	14	AFIN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
232	41.79	L	F	Deoné Borstlap	14	POTC	KKD	21/01/2023	NWS Sprint Gala 2023
233*	41.84	L	F	Helena Pretorius	14	TKS	WBD	02/12/2022	Limpopo Champs
233*	41.84	L	F	Miela Smit	14	AQUA	BUF	19/11/2022	BCA 2nd November Age Group Gala
235	41.86	L	F	Nina Van Tonder	14	WOAQ	GED	13/11/2022	Winelands Summer League 4
236	41.92	L	F	Jocke Coetzee	14	KALA		07/12/2022	NCASA CHAMPS 2022
237	41.93	L	F	Anneke Stassen	14	CUDU	CPT	21/01/2023	CTA Qualifying Meet #7
238	41.99	L	F	Tenè Louw	14	BLMA	CPT	28/01/2023	Winelands SL Final
239	42.13	L	F	Kayla Welgemoed	14	VALS	FDD	03/03/2023	SA Level 2 Regional Age Group Champs
240	42.17	L	F	Paula Van Zyl	14	WOAQ	GED	13/11/2022	Winelands Summer League 4
241	42.22	L	F	Antonella Del Fabbro	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
242	42.30	L	F	Mariel Van Der Net	14	JAQ	EKU	20/01/2023	EGA Last Chance Galal
243	42.37	L	F	Melita Metz	14	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
244	42.42	L	F	Isabè Van Dyk	14	CUHE	QBD 07/10/2022 41st Freda Barnard Invitational Gala
245	42.43	L	F	Brooklyn-Taylor Sunker	14	BON	EKU 20/01/2023 EGA Last Chance Galal
246*	42.47	L	F	Charlee Davis	14	RAV	EKU 10/09/2022 Adrian Grafe Gala 2022
246*	42.47	L	F	Aimee' Heydricks	14	BLUO	UGD 05/11/2022 KZN Junior Championships 2022
248	42.57	L	F	Jorja Turner	14	VINE	CPT 04/11/2022 CTA A CHAMPS 2022
249	42.75	L	F	Maya Ndegwa	14	ELEC	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
250	42.79	L	P	Kara Du Preez	14	UNI	EZD 02/12/2022 Mpumalanga Championships 2022
251	42.85	L	P	Liza Schoeman	14	RBOT	BPD 07/12/2022 NWS Championships 2022/2023
252	42.86	L	F	Ebenette Van Niekerk	14	FISH	EDD 03/03/2023 SA Level 2 Regional Age Group Champs
253	42.89	L	F	Carme Louw	14	TASC	MPD 02/12/2022 Limpopo Champs
254	42.97	L	F	Shaelyn Lawson	14	CHS	BUF 25/02/2023 Eastern Cape Schools Swimming Trials
255	42.98	L	P	Gabriella Carminatti	14	AFIN	JHB 02/03/2023 SA Level 2 Regional Age Group Champs
256	43.04	L	F	Lisa van der Westhuizen	14	POTC	KKD 21/01/2023 NWS Sprint Gala 2023
257	43.09	L	P	Tanesha Barnes	14	DRGN	JHB 02/03/2023 SA Level 2 Regional Age Group Champs
258	43.16	L	P	Kuzingca Siramza	14	AQUA	BUF 25/06/2022 PEA Winter Gala 2022
259	43.23	L	F	Chloe Jewell	14	PEAS	NMA 16/07/2022 1st A League Gala 2022 NMA
260	43.41	L	P	Paris Shiwundlana	14	AFIN	JHB 02/03/2023 SA Level 2 Regional Age Group Champs
261	43.46	L	P	Annika Potgieter	14	POTC	KKD 07/12/2022 NWS Championships 2022/2023
262	43.57	L	F	Miane Steyn	14	MHS	NGD 20/01/2023 MP AGE GROUP 4 GALA 21 - 22
263*	43.68	L	F	Hannah Coert	14	MANT	CPT 03/09/2022 CTA Qualifying Meet #4
263*	43.68	L	F	Khailah Erasmus	14	AQU	ADJ 29/10/2022 Amajuba District Age Group 4 29
265	43.77	L	F	Caitlin Scheepers	14	VINE	CPT 03/09/2022 CTA Qualifying Meet #4
266	43.79	L	P	Nickela Van der Berg	14	NWUC	KKD 03/10/2022 Sasolburg Swim Club Invitational Gala
267	43.81	L	F	Amylee Holtzhausen	14	SEAL	UMD 01/07/2022 Prestige Tournament 2022
268	43.83	L	F	Shyenne Laubscher	14	WELA	LLD 17/02/2023 Neptune Last Chance Gala
269*	43.89	L	F	Leanke Voigt	14	JAQ	EKU 11/06/2022 EGA Winter 1 2022
269*	43.89	L	F	Mekayla Pretorius	14	HWSK	19/11/2022 AGE GROUP 3 KBY 2022
271*	44.04	L	P	Emma Davies	14	BAS	EKU 16/12/2022 KZNA Premier Provincial Championship
271*	44.04	L	F	Anè Kemp	14	SWAR	WCD 11/02/2023 WCA-B Champs - 2023
273	44.05	L	F	Cleo May	14	MARL	CPT 12/11/2022 CTA B CHAMPS
274	44.06	L	F	Taima Telford	14	GREY	CPT 24/09/2022 CTA Qualifying Meet #5
275	44.13	L	F	Karla Brink	14	RFA	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
276*	44.15	L	F	Djeneba Coulibaly	14	TUKS	TSH 02/10/2022 2022 AG Swim Stars 14&Over
276*	44.15	L	F	Lehlabile Tsetsewa	14	TUKS	TSH 02/12/2022 2022 The Tshwane Mayoral Gala
278	44.29	L	F	Chrisna Du Plessis	14	KALAH	25/02/2023 FLAMINGO GALA 2023
279	44.52	L	P	Olivia Van der Nest	14	KSC	EZD 02/12/2022 Mpumalanga Championships 2022
280*	44.86	L	P	Kate Allwood	14	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ
280*	44.86	L	F	Ashleigh Davies	14	WELA	LLD 24/09/2022 Bull-Sharks Gala
282	44.93	L	F	Emma Barnard	14	EVO	CPT 18/02/2023 Swartland Invitational Gala 2023
283*	45.05	L	F	Kailyn Roopchand	14	PSCP	UMD 25/11/2022 WSC & Seals Summer LC Champs 2022
283*	45.05	L	F	Xakeena McQuinto	14	PEAS	NMA 17/09/2022 3rd A League Gala-Newton Park Pool
285	45.10	L	F	Dahlia Cassar	14	VINE	CPT 15/10/2022 CTA Qualifying Meet #6
286	45.15	L	P	Marize Fourie	14	WELA	LLD 06/12/2022 Free State Champs 2022
287	45.24	L	F	Mignon Burger	14	SWAR	WCD 28/01/2023 Winelands SL Final
288	45.33	L	P	Zara Carrie	14	LINR	JHB 02/03/2023 SA Level 2 Regional Age Group Champs
289	45.37	L	F	Taegon Gunkel	14	BEAV	ETH 05/11/2022 KZN Junior Championships 2022
290*	45.38	L S	P	Mikaela Joubert	14	ESTR	EKU 08/12/2022 EGA Summer Champs 2022
290*	45.38	L	F	Lyrece Louw	14	SUPE	JHB 18/03/2023 Level 1 Intra-Provincial 2023
292	45.90	L	P	Hannah Krummeck	14	INFA	NMA 25/06/2022 PEA Winter Gala 2022
293	45.93	L S	P	Esther Sauls	14	PGAC	EKU 08/12/2022 EGA Summer Champs 2022
294	46.03	L	F	Anne Bray	14	UPC	EZD 22/02/2023 EHLANZENI INTER HIGH GALA 22
295	46.11	L	F	Anchen Human	14	HMER	MPD 04/02/2023 Limpopo School Champs
296	46.14	L	F	Helena Van Vuuren	14	KALA	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
297	46.22	L	F	Imaan Velloo	14	MANT	CPT 12/11/2022 CTA B CHAMPS
298	46.31	L	F	Mia Osbourne	14	AFIN	JHB 01/10/2022 2022 AG Swim Stars&OR Tambo
299	46.33	L	P	Hannah van der Veen	14	AQUA	BUF 25/06/2022 PEA Winter Gala 2022
300	46.34	L	F	Eireann De Witte	14	TCA	EKU 11/06/2022 EGA Winter 1 2022
301	46.40	L	F	Izelle Du Toit	14	HSG	BUF 25/02/2023 Eastern Cape Schools Swimming Trials
302	46.50	L	F	Gemma van der Merwe	14	PGAC	EKU 10/09/2022 Adrian Grafe Gala 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
303	46.70	L	F	Riley Barrett	14	HTSA CPT	12/11/2022 CTA B CHAMPS
304	46.75	L	F	Amy Klink	14	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
305	46.82	L	F	Sinalo Ndlovu	14	UMSH ETH	05/11/2022 KZN Junior Championships 2022
306	46.83	L S	P	Kholofelo Seabi	14	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
307	46.88	L	F	Lesedi-Lere Themba	14	ESP EKU	10/09/2022 Adrian Grafe Gala 2022
308	47.05	L	F	Veera Khusal	14	BON EKU	20/01/2023 EGA Last Chance Galal
309	47.10	L	F	Chelsea Snyman	14	SS MPD	02/12/2022 Limpopo Champs
310	47.28	L	F	Emke Olivier	14	QSAW CED	13/11/2022 Winelands Summer League 4
311	47.52	L	F	Megan Lee Lotter	14	CPSC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
312	47.67	L	F	Sine Schutte	14	PGH KKD	10/02/2023 NW School Championships 2023
313	47.83	L	F	Hannah Watson	14	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
314	48.19	L	F	Naseerah Vd Merwe	14	WEST CPT	18/02/2023 Swartland Invitational Gala 2023
315*	48.77	L	F	Alaynah Bhamjee	14	ATLA JHB	02/10/2022 2022 AG Swim Stars 14&Over
315*	48.77	L	F	Yandisa Ndlovu	14	ACSA ETH	05/11/2022 KZN Junior Championships 2022
317	48.95	L	P	Naseerah Du Toit	14	WCA CPT	21/04/2023 SA Schools Swimming Championship
318	49.04	L	F	Larissa Lombard	14	MAKO EKU	10/09/2022 Adrian Grafe Gala 2022
319	49.09	L	F	Kaylin Wessels	14	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
320	49.43	L	F	Lutifiyya Sheik	14	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023
321	49.77	L	F	Lwazi Mqeke	14	WELA LLD	05/11/2022 Seals Heidedal Gala
322	50.02	L	F	Asmaa Bonnasse	14	ELRAS WBD	02/12/2022 Limpopo Champs
323	50.41	L	F	Lia Myburgh	14	WELA LLD	12/11/2022 Kroonstad Age Group
324	51.04	L	P	Paxton Rankin	14	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
325	51.66	L	F	Angie Hicken	14	SOUL EKU	18/03/2023 Level 1 Intra-Provincial 2023
326	51.88	L	F	Angelina Valle	14	AQDO CPT	12/11/2022 CTA B CHAMPS
327	52.29	L	F	Nazley Jacobs	14	ISSC NMD	06/01/2023 2023 Grand Prix Invitation Swimming
328	53.45	L S	P	Zoë Pierce	14	ESTR EKU	08/12/2022 EGA Summer Champs 2022
329	53.60	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022 CTA B CHAMPS
330	53.70	L	F	Abigail Cullen	14	WELA LLD	12/11/2022 Kroonstad Age Group
331	53.81	L	F	Luna Leon	14	CURHK CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
332	54.07	L	F	Tshepiso Gaopalangwe	14	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
333*	55.45	L	F	Ashley Chakanetsa	14	SUNN TSH	02/12/2022 2022 The Tshwane Mayoral Gala
333*	55.45	L	F	Sarah-Jane Pappas	14	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
335	55.69	L	F	Musa Mahlangu	14	ESP EKU	18/03/2023 Level 1 Intra-Provincial 2023
336	56.05	L	F	Zaiboonisha Abvaje	14	SUPE JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
337	57.62	L	F	Karabo Malinga	14	USHAK EKU	18/03/2023 Level 1 Intra-Provincial 2023
338	58.27	L	F	Natasha Bannik	14	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
339	58.61	L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	07/10/2022 41st Freda Barnard Invitational Gala
340	59.17	L	F	Esethu Mabula	14	SRAY BUF	19/11/2022 BCA 2nd November Age Group Gala
341	59.26	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022 CTA B CHAMPS
342	1:02.19	L	F	Bontle Makhalanyane	14	WELA LLD	12/11/2022 Kroonstad Age Group
343	1:03.09	L	F	Humairah Nakooda	14	AQUA UTD	12/11/2022 Uthukela District Age Group Gala
344	1:09.87	L	F	Tamasa Nhlangulela	14	UMSH ETH	19/03/2023 KZN Level 1 Championships 2023
345	1:21.56	L	F	Reaobaka Setungwane	14	KALA	19/11/2022 AGE GROUP 3 KATHU - 2022

Women -14 100 Back

1	38.43	L L	F	Ilanze du Plessis	14	BLSS MAN	06/12/2022 Free State Champs 2022
2	39.31	L L	F	Kaylin Bezuidenhoud	14	BLSS MAN	06/12/2022 Free State Champs 2022
3	39.82	L L	F	Kate-Lynn de Jager	AR	BLOT MAN	06/12/2022 Free State Champs 2022
4	42.43	L L	F	Chrisley Barnard	14	BS LLD	06/12/2022 Free State Champs 2022
5	46.67	L L	F	Kayla Welgemoed	14	VALS FDD	06/12/2022 Free State Champs 2022
6	1:06.29	L	P	Gizelle Maritz	14	WATR JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet -
7	1:06.37	L	F	Jenna Coetzee	14	INFA NMA	21/03/2023 SA National Junior Age Group
8	1:08.22	L	P	Mila Vd Linde	14	TUKS TSH	21/03/2023 SA National Junior Age Group
9	1:08.72	L	F	Scarlett Le Roux	14	CA EKU	21/03/2023 SA National Junior Age Group
10	1:08.93	L	P	Jana Swiegers	14	TUKS TSH	21/03/2023 SA National Junior Age Group
11	1:09.42	L	F	Katelyn Fourie	14	GAUT	21/04/2023 SA Schools Swimming Championship
12	1:09.54	L	P	Kayla Gous	14	USC BUF	21/03/2023 SA National Junior Age Group
13	1:10.43	L	F	Naledi Thobeha	14	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
14	1:10.65	L	F	Danielle Cronjè	14	GSA CPT	21/03/2023 SA National Junior Age Group
15	1:11.08	L	F	Madison du Plessis	AR	BLOT MAN	03/10/2022 Sasolburg Swim Club Invitational Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
16	1:11.40	L	F	Kendra Begley	14	PEAS NMA	13/08/2022	Madibaz Swim Meet
17*	1:11.82	L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
17*	1:11.82	L	P	Leila Yazbek	14	BLNE MAN	21/03/2023	SA National Junior Age Group
19*	1:12.15	L	P	Chloe Olivier	14	CA EKU	21/03/2023	SA National Junior Age Group
19*	1:12.15	L	F	Amy Aaron	14	WSTV ETH	03/03/2023	KZN Qualifying Gala
21	1:12.21	L	P	Amy Combrink	14	VINE CPT	24/02/2023	Western Cape Elite Gala
22	1:12.28	L	F	Jorja Parsons	14	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
23	1:12.41	L	P	Jaime Mote	14	INFA NMA	25/06/2022	PEA Winter Gala 2022
24	1:12.57	L	P	Amy O'Connor	14	CRSC JHB	21/03/2023	SA National Junior Age Group
25	1:12.62	L	F	Anastasia Sequeira	14	CA EKU	08/12/2022	EGA Summer Champs 2022
26	1:12.90	L	F	Abigail Roberts	14	GAUT	21/04/2023	SA Schools Swimming Championship
27	1:13.25	L	F	Kailey Joubert	14	AZON ETH	05/11/2022	KZN Junior Championships 2022
28	1:13.42	L	F	Jemma Pearse	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
29	1:13.43	L	F	Zoë Goebel	14	TYGE CPT	24/02/2023	Western Cape Elite Gala
30	1:13.45	L	F	Rouxne Du Plessis	14	TUKS TSH	21/03/2023	SA National Junior Age Group
31	1:13.66	L	P	Erin Joubert	14	KLOO ETH	21/03/2023	SA National Junior Age Group
32	1:13.83	L	P	Corli Liversage	14	BLSS MAN	21/03/2023	SA National Junior Age Group
33	1:13.86	L	F	Emma Rossouw	14	QUIC CPT	24/02/2023	Western Cape Elite Gala
34	1:14.36	L	P	Rachel Hinckley	14	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ
35	1:14.64	L	F	Hannah Sandilands	14	CA EKU	16/12/2022	KZNA Premier Provincial Championship
36	1:14.78	L	F	Milri-Ann Summerton	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
37	1:14.93	L	F	Emma Lategan	14	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group
38	1:15.03	L	F	Stephanie Jurado	14	SSISA CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
39	1:15.04	L	P	Ava-Loren Van Galen	14	BIOS CED	21/03/2023	SA National Junior Age Group
40	1:15.05	L	F	Zandri Knoetze	14	INFA NMA	22/10/2022	4th A League Gala
41	1:15.21	L	F	Amy Botha	14	PGAC EKU	17/02/2023	EGA Let's Race 2023
42	1:15.30	L	P	Hannah Burke	14	AACTA CPT	21/03/2023	SA National Junior Age Group
43	1:15.32	L	F	Karla Myburgh	14	TUKS TSH	28/10/2022	NTS October SARJ+ Age Group Gala
44	1:15.34	L	P	Jesse-Leah Laderach	14	PEAS NMA	25/06/2022	PEA Winter Gala 2022
45	1:15.42	L	F	Amy Brown	14	SEAL UMD	28/01/2023	EDA January Gala 2023
46	1:15.54	L	P	Ashley Scholtz	14	CA EKU	21/03/2023	SA National Junior Age Group
47	1:15.55	L	F	Savannah Mostert	14	TUKS TSH	02/12/2022	Limpopo Champs
48	1:15.64	L	F	Simone Vd Merwe	14	LALE CED	31/03/2023	SA Level 3 Regional Age Group
49	1:15.70	L	F	Lily Ogden	14	PEAS NMA	31/03/2023	SA Level 3 Regional Age Group
50	1:15.98	L	F	Kelly Stork	14	MAC EKU	31/03/2023	SA Level 3 Regional Age Group
51	1:16.06	L	F	Lara Smith	14	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group
52	1:16.17	L	P	Gemma Goncalves	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
53	1:16.50	L S	F	Marlene Ward	14	TUKS TSH	09/12/2022	NTS Championships 2022
54	1:16.57	L S	F	Danaleigh Swanepoel	14	TUKS TSH	09/12/2022	NTS Championships 2022
55	1:16.58	L	F	Kayla Verbaan	14	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
56	1:17.17	L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
57	1:17.21	L	F	René Kotzé	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
58	1:17.23	L	F	Kendra Matthysen	14	SSISA CPT	15/10/2022	CTA Qualifying Meet #6
59	1:17.27	L	F	Elne Reynolds	14	INFA NMA	09/12/2022	NMBA Championships 2022
60	1:17.35	L	F	Amy-Lee Jones	14	CA EKU	08/12/2022	EGA Summer Champs 2022
61	1:17.40	L	P	Ilanze du Plessis	14	FSS FS	21/04/2023	SA Schools Swimming Championship
62	1:17.42	L	F	Jean-Marie Steenkamp	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
63	1:17.60	L	P	Genevieve Christensen	14	ACSA ETH	01/07/2022	Prestige Tournament 2022
64	1:17.66	L	P	Lily Durant	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
65	1:17.93	L	F	Maria Steyn	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
66	1:18.04	L	P	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
67	1:18.14	L	F	Mia Wellsted	14	HASC JHB	31/03/2023	SA Level 3 Regional Age Group
68	1:18.37	L	F	Jade O'Connor	14	AWIN TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
69	1:18.55	L	P	Cait Da Cunha	14	BON EKU	31/03/2023	SA Level 3 Regional Age Group
70	1:18.58	L S	P	Grace Powell	14	CSC TSH	09/12/2022	NTS Championships 2022
71	1:18.64	L	F	Paige Jacobs	14	FAAC FBD	25/02/2023	FLAMINGO GALA 2023
72	1:18.66	L	P	Megan Augustyn	14	ONYX EKU	08/12/2022	EGA Summer Champs 2022
73	1:18.79	L	P	Joslyn Botha	14	SOUL EKU	08/12/2022	EGA Summer Champs 2022
74*	1:18.91	L	P	Lucy Le Roux	14	ASAW CED	09/12/2022	Western Cape LC-A Championship 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
74*	1:18.91	L	P	Michaela Nell	14	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
76	1:19.16	L	F	Mia Gerber	14	MATI	GED	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
77	1:19.17	L	P	Anne Marais	14	LP	CC	21/04/2023	SA Schools Swimming Championship
78	1:19.21	L	F	Jaime Maritz	14	NSAD	EZD	28/01/2023	CANA GRAND PRIX JAN 2023
79	1:19.36	L	F	Hannah Naidoo	ER	BAYV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
80	1:19.39	L	F	Abby Novos	14	RSA		12/07/2022	Maccabiah 2022
81	1:19.44	L	F	Ianthy Moolman	14	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
82	1:19.49	L	F	Mieke Vd Wal	14	CUDU	CPT	03/09/2022	CTA Qualifying Meet #4
83	1:19.62	L	P	Donne Bruyns	14	MP	EZ	21/04/2023	SA Schools Swimming Championship
84	1:19.76	L	F	Leah Crozier	14	FAAC	FBD	25/02/2023	FLAMINGO GALA 2023
85	1:19.86	L S	P	Abigail Scheffer	14	PAC	TSH	09/12/2022	NTS Championships 2022
86	1:19.87	L	P	Charnè Landman	14	GSA	CPT	24/02/2023	Western Cape Elite Gala
87	1:19.88	L	P	Peta Mazery	14	SGUL	ETH	31/03/2023	SA Level 3 Regional Age Group
88*	1:20.03	L	P	Larissa Visagie	14	ASAC	CPT	09/12/2022	Western Cape LC-A Championship 2022
88*	1:20.03	L	F	Annebel Stewart	14	AZON	ETH	16/12/2022	KZNA Premier Provincial Championship
90	1:20.12	L	P	Natania Komakech	14	ELEC	TSH	31/03/2023	SA Level 3 Regional Age Group
91	1:20.21	L	F	Skyla Perumal	14	TRAZ	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
92	1:20.35	L	P	Robyn Barbour	14	ESP	EKU	08/12/2022	EGA Summer Champs 2022
93	1:20.54	L	F	Jordan Wessels	14	ASA	ILD	31/03/2023	SA Level 3 Regional Age Group
94	1:20.56	L	F	Keira Taylor	14	TUKS	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
95	1:20.63	L	P	Jessica Sardinha	14	BAS	EKU	21/03/2023	SA National Junior Age Group
96	1:20.67	L	F	Wilmien Verbeek	14	CUDU	CPT	04/11/2022	CTA A CHAMPS 2022
97	1:20.75	L	F	Mieke Vd Walt	14	FISH	EDD	18/02/2023	EDEN 5th A-League Gala 2023
98	1:20.81	L	F	Taylor-Blake Van Tonder	14	ROA	EDD	22/10/2022	EDEN 2nd A-League Gala 2022
99	1:20.83	L	F	Zianè Jantzen	14	QUIC	CPT	21/01/2023	CTA Qualifying Meet #7
100	1:20.86	L	P	Mia Vd Merwe	14	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
101	1:20.92	L	F	Jocelyn Cromhout	14	BCA	BUF	28/01/2023	NMBA Intra-District Championship
102	1:20.97	L	F	Alexandra Santos	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
103	1:21.05	L	F	Megan Neizel	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
104	1:21.11	L	F	Caitlyn Dube	14	MDOL	EKU	06/01/2023	2023 Grand Prix Invitation Swimming
105	1:21.14	L	P	Mari Wium	14	QSAW	GED	09/12/2022	Western Cape LC-A Championship 2022
106	1:21.22	L	F	Cathrijn Davel	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
107	1:21.25	L	P	Christi Serfontein	14	QUIC	CPT	31/03/2023	SA Level 3 Regional Age Group
108	1:21.27	L	F	Cambria Steyn	14	TUKS	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
109	1:21.29	L	F	Ilze Hendriks	14	TOTIS	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
110	1:21.56	L	P	Johané Jv Rensburg	14	TUKS	TSH	31/03/2023	SA Level 3 Regional Age Group
111	1:21.59	L	P	Veronique Riekert	14	TUKS	TSH	01/07/2022	Prestige Tournament 2022
112	1:21.71	L	F	Kaylie Groenewald	14	PHS	CCD	04/02/2023	Limpopo School Champs
113	1:21.76	L	F	Raquel Cairns	14	KLOO	ETH	31/03/2023	SA Level 3 Regional Age Group
114	1:21.91	L	F	Lungiswa Grootboom	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
115	1:21.93	L	F	Zante Young	14	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
116	1:21.97	L	F	Kiara Banks	14	TUKS	TSH	28/10/2022	NTS October SARJ+ Age Group Gala
117	1:21.98	L	F	Stacey Smith	14	PAC	TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
118	1:22.44	L	F	Keera De Esclana	14	VRC	TSH	21/10/2022	NTS October Lev 3 Age Group Gala
119	1:22.54	L	P	Dorethe Meyer	AR	BLOT	MAN	06/12/2022	Free State Champs 2022
120	1:22.55	L	P	Jessica Smith	14	AA	JHB	01/12/2022	CGA LC Summer Championships Level
121	1:22.58	L	P	Sandri Visser	14	PLAY	GED	09/12/2022	Western Cape LC-A Championship 2022
122	1:22.65	L	F	Sunny Huang	14	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
123	1:22.86	L	F	Samantha Nimb	14	VINE	CPT	15/10/2022	CTA Qualifying Meet #6
124	1:22.91	L	F	Judy Stevens	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
125	1:22.92	L	F	Karmen Van Rensburg	14	UNI	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
126	1:23.00	L	P	Amy Gerber	14	SEAL	UMD	01/07/2022	Prestige Tournament 2022
127	1:23.16	L S	P	Daniëlla Müller	14	TUKS	TSH	09/12/2022	NTS Championships 2022
128	1:23.20	L	P	Simone Cussons	14	MP	EZ	21/04/2023	SA Schools Swimming Championship
129	1:23.62	L	F	Nicole Van Zyl	14	CA	EKU	17/02/2023	EGA Let's Race 2023
130	1:23.64	L	P	Araya de Waal	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
131*	1:23.69	L	P	Catherine Desilla	14	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
131*	1:23.69	L	F	Chrystil Raymond	14	CUR	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
133	1:24.03	L	F	Makula Kyabayinze	14	TUKS	TSH	21/10/2022	NTS October Lev 3 Age Group Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
134	1:24.04	L	F	Michaela Blaine	14	PEAS NMA	22/10/2022 4th A League Gala
135	1:24.06	L	F	Lara Wink	14	VINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
136	1:24.14	L	F	Chloe Pieterse	14	QSAW CED	28/01/2023 Winelands SL Final
137	1:24.18	L	F	Mila Petrak	14	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Champs
138	1:24.21	L	F	Jessica Bosman	14	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
139	1:24.32	L	F	Athina Mc Colgan	14	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
140	1:24.45	L	F	Danielle Harbron	14	FAAC FBD	07/12/2022 NCASA CHAMPS 2022
141	1:24.46	L	F	Kganya Mashigo	14	PAC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
142	1:24.54	L	P	Tyra Penn	14	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
143	1:24.59	L	F	Lumka Ntaka	14	UMSH ETH	28/01/2023 EDA January Gala 2023
144	1:24.60	L	F	Lara Verhoef	14	ASAC CPT	21/01/2023 CTA Qualifying Meet #7
145	1:24.66	L	F	Mea Harding	14	BAS EKU	02/03/2023 SA Level 2 Regional Age Group Champs
146	1:24.67	L S	P	Madisynn Elliott	14	LINR JHB	09/12/2022 NTS Championships 2022
147	1:24.75	L	P	Esti Mouton	14	SWAR WCD	03/03/2023 SA Level 2 Regional Age Group Champs
148	1:24.81	L	F	Chloe Byrne	14	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Champs
149	1:24.85	L	P	Mieka Wichmann	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
150	1:24.86	L	P	Andria Le Roux	14	JAQ EKU	08/12/2022 EGA Summer Champs 2022
151	1:24.91	L	F	Amy Calogridis	14	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Champs
152	1:24.95	L	F	Maria Dos Santos	14	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Champs
153	1:25.11	L	F	Zoe Ann Kruger	14	AQU ADJ	25/11/2022 WSC & Seals Summer LC Champs 2022
154	1:25.14	L	F	Kemantha Ayair	ER	BAYV ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
155	1:25.20	L	F	Jaimee Marais	14	ELRAS WBD	12/11/2022 Limpopo Age Group 5
156	1:25.26	L	F	Sienna Wilensky	14	RSA	12/07/2022 Maccabiah 2022
157	1:25.48	L	F	Kate-Lynn Kruger	14	DESA NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
158	1:25.51	L	F	Vera Chen	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
159	1:25.55	L	F	Jessica Carrol	14	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
160	1:25.81	L	F	Zia Petersen	14	XSAQ CPT	04/11/2022 CTA A CHAMPS 2022
161	1:25.82	L	F	Amelie Van der Merwe	14	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
162	1:25.85	L	P	Rii Spoelstra	14	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
163	1:25.87	L	F	Leigh Pijoo	14	BLMA CPT	21/01/2023 CTA Qualifying Meet #7
164	1:26.02	L	F	Bianca O'Kennedy	14	EVO CPT	04/11/2022 CTA A CHAMPS 2022
165	1:26.08	L	P	Lelanie Buhr	14	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group
166	1:26.14	L	F	Chloe Petersen	14	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
167	1:26.16	L	P	Jamie Turner	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
168	1:26.25	L	F	Taylor Ririe	14	BLSS MAN	06/12/2022 Free State Champs 2022
169	1:26.31	L	F	Ivana Vyncke	14	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ
170*	1:26.42	L	F	Esmarie Terblanche	14	HTSA CPT	03/03/2023 SA Level 2 Regional Age Group Champs
170*	1:26.42	L	F	Taima Telford	14	GREY CPT	11/02/2023 WCA-B Champs - 2023
172	1:26.65	L	F	Asia Kleinhans	14	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
173	1:26.72	L	F	Anè Cloete	14	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
174	1:26.76	L	F	Dorette du Plessis	14	NWUC KKD	07/12/2022 NWS Championships 2022/2023
175	1:26.83	L	F	Summer Ascieti	14	CYBE CPT	21/01/2023 CTA Qualifying Meet #7
176	1:27.16	L	F	Kellen McLaren	14	CA EKU	17/02/2023 EGA Let's Race 2023
177	1:27.27	L	P	Giselle Kemper	14	CYBE CPT	24/02/2023 Western Cape Elite Gala
178	1:27.56	L	F	Amelie Brüggers	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
179	1:27.76	L	F	Lerize Du Toit	14	PHS CCD	04/02/2023 Limpopo School Champs
180	1:27.86	L	F	Alea Du Toit	14	CYBE CPT	21/01/2023 CTA Qualifying Meet #7
181	1:27.88	L	F	Anne Steyl	14	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
182	1:28.04	L	F	Mia De Klerk	14	CSA EZD	28/01/2023 CANA GRAND PRIX JAN 2023
183	1:28.10	L L	F	Deoné Borstlap	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
184	1:28.13	L	F	Lara Louw	14	BLNE MAN	17/02/2023 Neptune Last Chance Gala
185	1:28.36	L	F	Nanika Langenegger	14	SAAW CPT	15/10/2022 CTA Qualifying Meet #6
186	1:28.43	L	F	Anmi Slabbert	14	PAQU CED	11/02/2023 WCA-B Champs - 2023
187	1:28.61	L	F	Mia Crookham	14	TYGE CPT	24/09/2022 CTA Qualifying Meet #5
188	1:28.68	L	F	Bea Van der Merwe	14	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
189	1:28.78	L	F	Logan Francke	14	BERG BP	10/02/2023 NW School Championships 2023
190	1:29.00	L	F	Amylee Holtzhausen	14	SEAL UMD	05/11/2022 KZN Junior Championships 2022
191	1:29.21	L	P	Siobhan Evans	14	CA EKU	08/12/2022 EGA Summer Champs 2022
192*	1:29.24	L	P	Katia Jacob	14	HASC JHB	02/03/2023 SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
192*	1:29.24	L	F	Lienke Van OS	14	BLSS MAN	27/01/2023	Seals Bullsharks Gala
194	1:29.25	L	F	Micaela Mutooni	14	ELEC TSH	02/10/2022	2022 AG Swim Stars 14&Over
195	1:29.27	L	F	Teagan Hamer	14	INFA NMA	13/08/2022	Madibaz Swim Meet
196	1:29.29	L	F	Ashley Seymour	14	WELA LLD	22/10/2022	Otters Prestige Gala 2022
197	1:29.56	L	P	Yvonne Pretorius	14	MSC NGD	31/03/2023	SA Level 3 Regional Age Group
198	1:29.59	L	F	Chanè Grobbelaar	14	SWAR WCD	03/03/2023	SA Level 2 Regional Age Group Champs
199	1:29.99	L	F	Mignon Burger	14	SWAR WCD	28/01/2023	Winelands SL Final
200	1:30.03	L	F	Michaela Clegg	14	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Champs
201	1:30.07	L	F	Caitlin Scheepers	14	VINE CPT	04/11/2022	CTA A CHAMPS 2022
202	1:30.10	L	F	Tia Mari Theron	14	TKS WBD	02/12/2022	Limpopo Champs
203	1:30.12	L	F	Lara van Niekerk	14	AA JHB	17/02/2023	NTS February Lev 1+2 Age Group Gala
204	1:30.14	L	P	Buhle Mahlalela	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
205	1:30.17	L	F	Jocke Coetzee	14	KALAH	03/03/2023	SA Level 2 Regional Age Group Champs
206	1:30.22	L	P	Megan Van den Heever	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
207	1:30.27	L	P	Catherine O'Grady	14	MSC NGD	02/03/2023	SA Level 2 Regional Age Group Champs
208	1:30.53	L	F	Esther Sullivan	14	WSTV ETH	05/11/2022	KZN Junior Championships 2022
209	1:30.54	L	P	Wilona Erasmus	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
210	1:30.60	L	P	Helena Pretorius	14	TKS WBD	02/03/2023	SA Level 2 Regional Age Group Champs
211	1:30.74	L	F	Danielle Van Vuuren	14	DDA TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
212	1:30.81	L	F	Izolde Lombard	14	ASAC CPT	04/11/2022	CTA A CHAMPS 2022
213*	1:30.98	L	F	Jessica Carver	14	ELEC TSH	02/10/2022	2022 AG Swim Stars 14&Over
213*	1:30.98	L	F	Hayley Steyn	14	NHS EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
215	1:31.20	L	F	Mariel Van Der Net	14	JAQ EKU	20/01/2023	EGA Last Chance Galal
216	1:31.21	L	P	Skye Rautenbach	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
217	1:31.24	L	P	Emma Davies	14	BAS EKU	02/03/2023	SA Level 2 Regional Age Group Champs
218	1:31.31	L	F	Sadie Jelley	14	PAC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
219	1:31.32	L	P	Genevieve Egger	14	RIVO JHB	02/03/2023	SA Level 2 Regional Age Group Champs
220	1:31.52	L	F	Mia Bruwer	14	SS MPD	12/11/2022	Limpopo Age Group 5
221	1:31.53	L	F	Rienke Blignaut	14	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
222	1:31.54	L	P	Elizabeth Opperman	BR	BLOT MAN	03/03/2023	SA Level 2 Regional Age Group Champs
223	1:31.73	L	F	Meg Wentzel	14	INFA NMA	22/10/2022	4th A League Gala
224	1:31.85	L	F	Anneke Stassen	14	CUDU CPT	11/02/2023	WCA-B Champs - 2023
225	1:32.20	L	F	Hannah Coert	14	MANT CPT	03/09/2022	CTA Qualifying Meet #4
226	1:32.38	L	F	Miela Smit	14	AQUA BUF	19/11/2022	BCA 2nd November Age Group Gala
227	1:32.49	L	F	Emma Crosby	14	HASC JHB	25/02/2023	CGA Level 3+ Last Chance gala
228	1:32.90	L	F	Maya McCollum	14	AQDO CPT	11/02/2023	WCA-B Champs - 2023
229	1:32.95	L	F	Shaelyn Lawson	14	CHS BUF	25/02/2023	Eastern Cape Schools Swimming Trials
230	1:33.24	L	P	Kara Du Preez	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
231	1:33.39	L	P	Keona Pillay	14	PSCP UMD	01/07/2022	Prestige Tournament 2022
232	1:33.98	L	P	Gabriella Carminatti	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
233	1:34.28	L	P	Maya Ndegwa	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
234	1:34.38	L	P	Annika Potgieter	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
235	1:34.78	L	F	Elizabeth Du Plessis	14	QSAW CED	24/09/2022	CTA Qualifying Meet #5
236	1:35.05	L	F	Anè Kemp	14	SWAR WCD	28/01/2023	Winelands SL Final
237	1:35.24	L	F	Karla Brink	14	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
238	1:35.26	L	F	Carme Louw	14	TASC MPD	12/11/2022	Limpopo Age Group 5
239	1:35.92	L	F	Cleo May	14	MARL CPT	28/01/2023	Winelands SL Final
240	1:35.96	L	P	Taegon Gunkel	14	BEAV ETH	01/07/2022	Prestige Tournament 2022
241	1:35.99	L	P	Aria Pitham	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
242	1:36.00	L	F	Shyenne Laubscher	14	WELA LLD	29/10/2022	Neptune Gala
243	1:36.19	L	F	Zara Carrie	14	LINR JHB	25/02/2023	CGA Level 3+ Last Chance gala
244	1:36.33	L	F	Aimee' Heydricks	14	BLUO UGD	05/11/2022	KZN Junior Championships 2022
245	1:36.46	L	F	Onkaribile Molamu	14	MATL KKD	06/01/2023	2023 Grand Prix Invitation Swimming
246	1:37.40	L	P	Lisa van der Westhuizen	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
247	1:37.60	L	P	Georgia Knight	14	WATR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
248	1:38.10	L	F	Cara Francis	14	TUKS TSH	01/10/2022	2022 AG Swim Stars&OR Tambo
249	1:39.01	L	F	Hannah van der Veen	14	AQUA BUF	04/02/2023	BCA Feb Age Group Gala 2023
250	1:39.41	L	F	Helena Van Vuuren	14	KALA	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
251	1:40.39	L	F	Emma Barnard	14	EVO CPT	11/02/2023	WCA-B Champs - 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
252	1:40.80	L	F	Caitlin Govender	14	SGUL ETH	16/07/2022 AQZ Dual Meet
253	1:41.16	L	F	Ashleigh Davies	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
254	1:41.23	L	F	Chrisna Du Plessis	14	KALA	07/12/2022 NCASA CHAMPS 2022
255	1:41.30	L	F	Hannah Watson	14	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
256	1:41.88	L	F	Kholofelo Seabi	14	SWIFT ECU	18/03/2023 Level 1 Intra-Provincial 2023
257	1:41.96	L	P	Brooklyn-Taylor Sunker	14	BON ECU	08/12/2022 EGA Summer Champs 2022
258	1:42.12	L	P	Olivia Van der Nest	14	KSC EZD	02/12/2022 Mpumalanga Championships 2022
259	1:42.26	L	F	Mikaela Joubert	14	ESTR ECU	18/03/2023 Level 1 Intra-Provincial 2023
260	1:43.91	L	P	Lesedi-Lere Themba	14	ESP ECU	08/12/2022 EGA Summer Champs 2022
261	1:43.94	L	F	Amy Klink	14	JAQ ECU	18/03/2023 Level 1 Intra-Provincial 2023
262	1:44.10	L	F	Megan Lee Lotter	14	CPSC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
263	1:45.09	L	F	Lutifiyya Sheik	14	AQSC UMD	19/03/2023 KZN Level 1 Championships 2023
264	1:45.59	L	F	Nickela Van der Berg	14	PGIM KKD	10/02/2023 NW School Championships 2023
265	1:47.24	L	F	Anchen Human	14	TASC MPD	02/12/2022 Limpopo Champs
266	1:51.85	L	F	Naseerah Du Toit	14	UWCA CPT	15/10/2022 CTA Qualifying Meet #6
267	1:53.38	L	F	Mika Jones	14	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
268	1:54.67	L	F	Lia Myburgh	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
269	1:57.00	L	P	Larissa Lombard	14	MAKO ECU	08/12/2022 EGA Summer Champs 2022
270	1:59.80	L	P	Zoë Pierce	14	ESTR ECU	08/12/2022 EGA Summer Champs 2022
271	2:01.72	L	P	Musa Mahlangu	14	ESP ECU	08/12/2022 EGA Summer Champs 2022
272	2:06.72	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022 CTA B CHAMPS
273	2:11.38	L	F	Esethu Mabula	14	SRAY BUF	04/02/2023 BCA Feb Age Group Gala 2023
274	2:14.17	L	F	Natasha Bannik	14	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
275	3:04.02	L	F	Reabaka Setungwane	14	KALA	03/12/2022 AGE GROUP 4 KATHU 2022
Women -14 200 Back							
1	2:23.96	L	F	Jenna Coetzee	14	INFA NMA	21/03/2023 SA National Junior Age Group
2	2:26.24	L	P	Gizelle Maritz	14	WATR JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet -
3	2:29.65	L	F	Jana Swiegers	14	TUKS TSH	21/03/2023 SA National Junior Age Group
4	2:30.83	L	F	Scarlett Le Roux	14	CA ECU	08/12/2022 EGA Summer Champs 2022
5	2:32.36	L	F	Mila Vd Linde	14	TUKS TSH	09/12/2022 NTS Championships 2022
6	2:32.52	L	F	Amy O'Connor	14	GAUT	21/04/2023 SA Schools Swimming Championship
7	2:34.65	L	F	Madison du Plessis	AR	BLOT MAN	16/12/2022 KZNA Premier Provincial Championship
8	2:34.80	L	P	Chloe Olivier	14	CA ECU	21/03/2023 SA National Junior Age Group
9	2:35.18	L	P	Katelyn Fourie	14	JAQ ECU	21/03/2023 SA National Junior Age Group
10	2:35.20	L	P	Danielle Cronjè	14	GSA CPT	21/03/2023 SA National Junior Age Group
11	2:36.32	L	P	Kayla Gous	14	USC BUF	21/03/2023 SA National Junior Age Group
12	2:36.97	L	F	Naledi Thobeha	14	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
13	2:37.16	L	F	Kendra Begley	14	PEAS NMA	13/08/2022 Madibaz Swim Meet
14	2:37.78	L	P	Rachel Hinckley	14	CA ECU	21/03/2023 SA National Junior Age Group
15	2:38.00	L	P	Danielle Samoei	14	TUKS TSH	09/12/2022 NTS Championships 2022
16	2:38.18	L	F	Hannah Burke	14	AACTA CPT	21/03/2023 SA National Junior Age Group
17	2:38.59	L	F	Amy Aaron	14	KZNA ETH	21/04/2023 SA Schools Swimming Championship
18	2:39.03	L	P	Erin Joubert	14	KLOO ETH	21/03/2023 SA National Junior Age Group
19	2:39.35	L	P	Hannah Sandilands	14	CA ECU	16/12/2022 KZNA Premier Provincial Championship
20	2:39.93	L	P	Anastasia Sequeira	14	CA ECU	21/03/2023 SA National Junior Age Group
21	2:40.00	L	P	Kailey Joubert	14	AZON ETH	16/12/2022 KZNA Premier Provincial Championship
22	2:40.21	L	P	Abigail Roberts	14	TUKS TSH	21/03/2023 SA National Junior Age Group
23	2:40.27	L	F	Mareze Frylinck	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
24	2:40.43	L	F	Jemma Pearse	14	VINE CPT	31/03/2023 SA Level 3 Regional Age Group
25	2:40.61	L	P	Emma Rossouw	14	QUIC CPT	24/02/2023 Western Cape Elite Gala
26	2:40.79	L	F	Amy Combrink	14	VINE CPT	09/12/2022 Western Cape LC-A Championship 2022
27	2:41.41	L	F	Kayla Verbaan	14	KLOO ETH	16/12/2022 KZNA Premier Provincial Championship
28	2:41.57	L	P	Rouxne Du Plessis	14	TUKS TSH	21/03/2023 SA National Junior Age Group
29	2:41.66	L	P	Kelly Stork	14	GAUT	21/04/2023 SA Schools Swimming Championship
30	2:41.71	L	F	Emma Lategan	14	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group
31	2:41.76	L	F	Kate-Lynn de Jager	AR	BLOT MAN	16/12/2022 KZNA Premier Provincial Championship
32	2:42.41	L	F	Lucy Le Roux	14	ASAW CED	31/03/2023 SA Level 3 Regional Age Group
33	2:44.18	L	P	Corli Liversage	14	BLSS MAN	21/03/2023 SA National Junior Age Group
34	2:44.50	L	F	Zandri Knoetze	14	INFA NMA	31/03/2023 SA Level 3 Regional Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
35	2:44.66	L S	F	Leila Yazbek	14	BLNE MAN	06/12/2022	Free State Champs 2022
36	2:45.38	L	F	Zoë Goebel	14	TYGE CPT	24/02/2023	Western Cape Elite Gala
37	2:45.57	L S	F	Milri-Ann Summerton	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
38	2:46.12	L	P	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
39	2:46.53	L	P	Maria Steyn	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
40	2:46.96	L	F	Jorja Parsons	14	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
41	2:46.98	L S	F	Ilanze du Plessis	14	BLSS MAN	06/12/2022	Free State Champs 2022
42	2:47.31	L	F	Jean-Marie Steenkamp	14	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
43	2:47.45	L	F	Danaleigh Swanepoel	14	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
44	2:47.54	L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
45	2:47.60	L	P	Savannah Mostert	14	TUKS TSH	09/12/2022	NTS Championships 2022
46	2:47.84	L	F	Donne Bruyns	14	MP EZ	21/04/2023	SA Schools Swimming Championship
47	2:48.10	L	P	Stephanie Jurado	14	SSISA CPT	09/12/2022	Western Cape LC-A Championship 2022
48	2:48.58	L	F	Kayleigh Hahn	14	ROA EDD	18/02/2023	EDEN 5th A-League Gala 2023
49	2:48.73	L	P	Amy Botha	14	PGAC ECU	08/12/2022	EGA Summer Champs 2022
50	2:48.82	L	P	Zianè Jantzen	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
51	2:49.07	L	P	Lily Durant	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
52	2:49.08	L	P	Annebel Stewart	14	AZON ETH	16/12/2022	KZNA Premier Provincial Championship
53	2:49.45	L	P	Wilmien Verbeek	14	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group
54	2:49.60	L	F	Jade O'Connor	14	AWIN TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
55	2:49.93	L	P	Simone Vd Merwe	14	LALE CED	31/03/2023	SA Level 3 Regional Age Group
56	2:50.06	L	F	Michaela Nell	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
57	2:50.83	L	F	Lily Ogden	14	PEAS NMA	09/12/2022	NMBA Championships 2022
58	2:50.85	L	F	Ruth Dredge	14	PAC TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
59	2:50.97	L	F	Lara Smith	14	TYGE CPT	24/09/2022	CTA Qualifying Meet #5
60	2:51.07	L	P	Marlene Ward	14	TUKS TSH	09/12/2022	NTS Championships 2022
61*	2:51.65	L	P	Mia Vd Merwe	14	GSA CPT	31/03/2023	SA Level 3 Regional Age Group
61*	2:51.65	L	P	Amy-Lee Jones	14	CA ECU	08/12/2022	EGA Summer Champs 2022
63	2:51.68	L	F	Hannah Naidoo	ER	BAYV ETH	31/03/2023	SA Level 3 Regional Age Group
64	2:51.70	L	F	Veronique Riekert	14	TUKS TSH	01/07/2022	Prestige Tournament 2022
65	2:52.48	L	F	Peta Mazery	14	SGUL ETH	01/07/2022	Prestige Tournament 2022
66	2:52.71	L	F	Robyn Barbour	14	ESP ECU	31/03/2023	SA Level 3 Regional Age Group
67	2:52.72	L	F	Daniëlla Müller	14	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
68*	2:52.86	L	P	Leah Crozier	14	FAAC FBD	31/03/2023	SA Level 3 Regional Age Group
68*	2:52.86	L	F	Abigail Scheffer	14	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
70	2:52.89	L	P	Jocelyn Cromhout	14	HARL BUF	31/03/2023	SA Level 3 Regional Age Group
71	2:52.95	L	P	Genevieve Christensen	14	ACSA ETH	01/07/2022	Prestige Tournament 2022
72	2:53.24	L	F	Abby Novos	14	RSA	12/07/2022	Maccabiah 2022
73	2:53.26	L	P	Mieke Vd Walt	14	FISH EDD	09/12/2022	Western Cape LC-A Championship 2022
74	2:53.42	L	P	Mieke Vd Wal	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022
75	2:53.62	L	F	Megan Augustyn	14	ONYX ECU	31/03/2023	SA Level 3 Regional Age Group
76*	2:54.12	L	F	Caitlyn Dube	14	MDOL ECU	20/01/2023	EGA Last Chance Galal
76*	2:54.12	L	F	Cait Da Cunha	14	BON ECU	31/03/2023	SA Level 3 Regional Age Group
78	2:54.35	L	P	Jessica Sardinha	14	BAS ECU	08/12/2022	EGA Summer Champs 2022
79	2:54.80	L	P	Chamè Landman	14	GSA CPT	09/12/2022	Western Cape LC-A Championship 2022
80	2:55.42	L	F	Johané Jv Rensburg	14	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
81	2:55.63	L	F	Anne Marais	14	HSBV SKD	04/02/2023	Limpopo School Champs
82	2:55.90	L	F	Madisynn Elliott	14	LINR JHB	25/02/2023	CGA Level 3+ Last Chance gala
83	2:56.22	L	F	Ava-Loren Van Galen	14	BIOS CED	28/01/2023	Winelands SL Final
84*	2:56.40	L	F	Taylor-Blake Van Tonder	14	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
84*	2:56.40	L	F	Chrystil Raymond	14	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
86	2:56.51	L	F	Danielle Harbron	14	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
87	2:56.74	L	F	Christi Serfontein	14	QUIC CPT	11/02/2023	WCA-B Champs - 2023
88	2:56.97	L	F	Chrisley Barnard	14	BS LLD	03/03/2023	SA Level 2 Regional Age Group Champs
89	2:57.49	L	F	Jessica Bosman	14	QUIC CPT	11/02/2023	WCA-B Champs - 2023
90	2:57.60	L	F	Ilze Hendriks	14	TOTIS ETH	17/03/2023	SA Level 2 Regional Age Group Champs
91	2:57.80	L	F	Sunny Huang	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
92	2:57.84	L	F	Mia Gerber	14	MATI CED	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
93	2:58.03	L	F	Mea Harding	14	BAS ECU	02/03/2023	SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
94	2:58.10	L	F	Nicole Van Zyl	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
95	2:58.24	L	F	Stacey Smith	14	PAC	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
96	2:58.26	L	P	Judy Stevens	14	QUIC	CPT	31/03/2023	SA Level 3 Regional Age Group
97	2:58.30	L	P	Larissa Visagie	14	ASAC	CPT	09/12/2022	Western Cape LC-A Championship 2022
98	2:58.70	L	F	Andria Le Roux	14	JAQ	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
99	2:59.25	L	F	Giselle Kemper	14	CYBE	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
100	2:59.40	L S	F	Zante Young	14	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
101	2:59.42	L	P	Tyra Penn	14	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
102	2:59.44	L	F	Karmen Van Rensburg	14	UNI	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
103	2:59.48	L	F	Vera Chen	14	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
104	2:59.51	L	F	Jaimee-Lee Wenham	14	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
105	2:59.52	L	P	Lelanie Buhr	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
106	2:59.66	L	F	Michaela Blaine	14	PEAS	NMA	10/02/2023	Infinity Gala 2023
107	2:59.97	L	P	Danielle Van Vuuren	14	DDA	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
108	3:00.36	L	F	Ianthy Moolman	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
109	3:00.51	L	P	Athina Mc Colgan	14	TUKS	FSH	09/12/2022	NTS Championships 2022
110	3:00.75	L	P	Mieka Wichmann	14	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
111	3:00.92	L	F	Lara Verhoef	14	VINE	CPT	03/09/2022	CTA Qualifying Meet #4
112	3:01.07	L	F	Paige Jacobs	14	FAAC	FBD	07/12/2022	NCASA CHAMPS 2022
113	3:01.11	L	F	Keera De Esclana	14	VRC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
114	3:01.17	L	P	Makula Kyabayinze	14	TUKS	FSH	09/12/2022	NTS Championships 2022
115	3:01.19	L	F	Lungiswa Grootboom	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
116	3:01.71	L	F	Jessica Carrol	14	BLMA	CPT	04/11/2022	CTA A CHAMPS 2022
117	3:02.65	L	F	Asia Kleinhans	14	AQDO	CPT	07/10/2022	41st Freda Barnard Invitational Gala
118	3:02.72	L	F	Natania Komakech	14	ELEC	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
119	3:02.96	L	F	Jaimee Marais	14	ELRAS	WBD	02/12/2022	Limpopo Champs
120	3:03.24	L	F	Dorethe Meyer	AR	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
121	3:03.47	L	F	Chloe Pieterse	14	QSAW	CED	07/10/2022	41st Freda Barnard Invitational Gala
122	3:03.67	L	P	Raquel Cairns	14	KLOO	ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
123	3:04.44	L	P	Maria Dos Santos	14	HREF	BPD	02/03/2023	SA Level 2 Regional Age Group Champs
124	3:04.74	L	F	Skyla Perumal	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
125	3:04.77	L	F	Lara Louw	14	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
126	3:04.87	L	F	Rii Spoelstra	14	TUKS	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
127	3:05.23	L	P	Katia Jacob	14	HASC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
128	3:05.97	L	F	Anè Kemp	14	SWAR	WCD	18/02/2023	Swartland Invitational Gala 2023
129	3:06.25	L	F	Micaela Mutooni	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
130	3:06.38	L	P	Catherine Desilla	14	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
131	3:06.40	L	F	Summer Ascielli	14	CYBE	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
132	3:06.43	L	P	Tayla Dowie	14	QUES	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
133	3:06.93	L	F	Kaylin Bezuidenhoud	14	BLSS	MAN	27/01/2023	Seals Bullsharks Gala
134	3:06.98	L	F	Zia Petersen	14	XSAQ	CPT	11/02/2023	WCA-B Champs - 2023
135	3:07.31	L	F	Keira Taylor	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
136	3:07.55	L	F	Alea Du Toit	14	CYBE	CPT	04/11/2022	CTA A CHAMPS 2022
137	3:07.65	L	F	Chanè Grobbelaar	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
138	3:07.72	L	P	Megan Neizel	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
139	3:07.98	L	F	Simone Cussons	14	NAE	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
140	3:08.09	L S	P	Dorette du Plessis	14	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
141	3:08.24	L	F	Izolde Lombard	14	ASAC	CPT	04/11/2022	CTA A CHAMPS 2022
142	3:08.45	L	P	Michaela Clegg	14	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
143	3:08.70	L	F	Anè Cloete	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
144	3:11.35	L	F	Amelie Brügers	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
145	3:11.40	L	F	Ingrid Van Loggerenberg	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
146	3:11.44	L	F	Buhle Mahlalela	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
147	3:12.50	L	F	Miela Smit	14	AQUA	BUF	02/12/2022	BCA Long Course Championships 2022
148	3:12.62	L	F	Mia Crookham	14	TYGE	CPT	24/09/2022	CTA Qualifying Meet #5
149	3:12.67	L	P	Aeryn Kuhnert	14	DORE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
150	3:13.02	L	F	Anmi Slabbert	14	PAQU	CED	11/02/2023	WCA-B Champs - 2023
151	3:13.29	L	F	Jocke Coetzee	14	KALA		07/12/2022	NCASA CHAMPS 2022
152	3:13.36	L S	P	Ashley Seymour	14	WELA	LLD	06/12/2022	Free State Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
153	3:13.51 L	F	Jessica Carver	14	ELEC FSH	02/12/2022	2022 The Tshwane Mayoral Gala
154	3:14.57 L	F	Bianca O'Kennedy	14	EVO CPT	04/11/2022	CTA A CHAMPS 2022
155	3:14.58 L S	P	Deoné Borstlap	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
156	3:14.99 L	P	Emma Davies	14	BAS EKV	02/03/2023	SA Level 2 Regional Age Group Champs
157	3:15.83 L	P	Catherine O'Grady	14	MSC NGD	02/03/2023	SA Level 2 Regional Age Group Champs
158	3:16.03 L	F	Kara Du Preez	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
159	3:16.08 L	P	Logan Francke	14	NWSC	21/04/2023	SA Schools Swimming Championship
160	3:16.48 L	F	Esmarie Terblanche	14	HTSA CPT	03/03/2023	SA Level 2 Regional Age Group Champs
161	3:17.29 L	F	Hannah Coert	14	MANT CPT	11/02/2023	WCA-B Champs - 2023
162	3:18.31 L	F	Tia Mari Theron	14	TKS WBD	02/12/2022	Limpopo Champs
163	3:18.61 L	F	Shaelyn Lawson	14	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
164	3:21.64 L	P	Zara Carrie	14	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
165	3:21.90 L	P	Sadie Jelley	14	PAC FSH	02/03/2023	SA Level 2 Regional Age Group Champs
166	3:24.13 L	F	Elizabeth Opperman	14	KTS	07/12/2022	NCASA CHAMPS 2022
167	3:24.27 L	F	Annika Potgieter	14	POTC KKD	26/11/2022	NWS Age Group 3 2022/23
168	3:26.25 L	P	Shyenne Laubscher	14	WELA LLD	03/10/2022	Sasolburg Swim Club Invitational Gala
169	3:27.43 L	F	Maya Ndegwa	14	ELEC FSH	02/10/2022	2022 AG Swim Stars 14&Over
170	3:30.04 L	F	Taima Telford	14	GREY CPT	24/09/2022	CTA Qualifying Meet #5
171	3:32.91 L	F	Lisa van der Westhuizen	14	POTC KKD	26/11/2022	NWS Age Group 3 2022/23
172	3:33.77 L S	P	Ashleigh Davies	14	WELA LLD	06/12/2022	Free State Champs 2022
173	3:34.54 L S	P	Onkaribile Molamu	14	MATL KKD	07/12/2022	NWS Championships 2022/2023
174	3:36.95 L	F	Chrisna Du Plessis	14	KALAH	03/03/2023	SA Level 2 Regional Age Group Champs
175	3:38.13 L	F	Lehanra Greeff	14	HARB BPD	26/11/2022	NWS Age Group 3 2022/23
176	3:42.20 L	F	Maya McCollum	14	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
177	3:43.42 L	F	Olivia Van der Nest	14	KSC EZD	02/12/2022	Mpumalanga Championships 2022
178	3:43.89 L	F	Helena Van Vuuren	14	KALA	18/02/2023	AGE GROUP 6 KATHU - 2023
179	3:55.75 L	P	Lesedi-Lere Themba	14	ESP EKV	08/12/2022	EGA Summer Champs 2022
180	3:59.81 L	F	Kate Allwood	14	GREY CPT	15/10/2022	CTA Qualifying Meet #6
Women -14 50 Breast							
1	34.08 L	P	Gabriella Van Den Berg	14	ELEC FSH	21/03/2023	SA National Junior Age Group
2	35.02 L	F	Mieke Vd Wal	14	CUDU CPT	21/03/2023	SA National Junior Age Group
3	35.19 L	F	Jaime Mote	14	INFA NMA	21/03/2023	SA National Junior Age Group
4	35.22 L	P	Chanel Veldsman	14	PSCP UMD	21/03/2023	SA National Junior Age Group
5	35.41 L	P	Zine Mostert	14	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ
6	35.70 L	F	Lara Gouws	14	TUKS FSH	21/03/2023	SA National Junior Age Group
7	36.01 L	F	Kendra Begley	14	PEAS NMA	21/03/2023	SA National Junior Age Group
8	36.10 L	F	Rachel Hinckley	14	CA EKV	11/06/2022	EGA Winter 1 2022
9	36.15 L	F	Amy Combrink	14	VINE CPT	21/03/2023	SA National Junior Age Group
10	36.80 L	F	Tyra Penn	14	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
11	36.97 L	F	Ava-Loren Van Galen	14	BIOC CED	21/03/2023	SA National Junior Age Group
12	37.09 L	F	Juliette van Vught	14	HASC JHB	01/12/2022	CGA LC Summer Championships Level
13	37.16 L S	F	Karla Myburgh	14	TUKS FSH	09/12/2022	NTS Championships 2022
14*	37.36 L	F	Leah Scott	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
14*	37.36 L	P	Ella Eldar	14	TUKS FSH	21/03/2023	SA National Junior Age Group
16	37.43 L	P	Mia Gerber	14	MATI CED	21/03/2023	SA National Junior Age Group
17	37.44 L	F	Karmen Van Rensburg	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
18	37.49 L	P	Mikayla Lombard	14	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group
19	37.53 L	F	Caitlyn Dube	14	MDOL EKV	31/03/2023	SA Level 3 Regional Age Group
20	37.62 L S	F	Tshenolo Ntsie	14	TUKS FSH	09/12/2022	NTS Championships 2022
21	37.70 L	F	Jessica Sardinha	14	BAS EKV	21/10/2022	EGA Summer 2 2022
22	37.73 L	F	Genevieve Christensen	14	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship
23	37.78 L	F	Jaime Maritz	14	NSAD EZD	31/03/2023	SA Level 3 Regional Age Group
24	37.86 L	F	Kayla Vosloo	AR	BLOT MAN	06/12/2022	Free State Champs 2022
25	37.91 L	P	Leila Yazbek	14	BLNE MAN	21/03/2023	SA National Junior Age Group
26	38.00 L	F	Amy Aaron	14	WSTV ETH	05/11/2022	KZN Junior Championships 2022
27	38.19 L	F	Kayla Verbaan	14	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
28	38.20 L	F	Madison du Plessis	AR	BLOT MAN	27/08/2022	Kovsie Gala
29	38.25 L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
30	38.33 L	F	Emily Tsai	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
31	38.37 L S	F	Alika Vd Merwe	14	TUKS FSH	09/12/2022	NTS Championships 2022
32	38.45 L	F	Elne Reynolds	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
33	38.46 L	F	Amy O'Connor	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
34	38.50 L	F	Erin Joubert	14	KLOO ETH	01/07/2022	Prestige Tournament 2022
35	38.51 L	P	Stephanie Jurado	14	SSISA CPT	09/12/2022	Western Cape LC-A Championship 2022
36	38.56 L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
37	38.68 L	P	Kganya Mashigo	14	PAC FSH	31/03/2023	SA Level 3 Regional Age Group
38	38.71 L	P	Hannah Schreuder	14	SAAW CPT	24/02/2023	Western Cape Elite Gala
39	38.77 L	F	Scarlett Le Roux	14	CA EKU	21/10/2022	EGA Summer 2 2022
40	39.00 L	F	Araya de Waal	14	PGAC EKU	31/03/2023	SA Level 3 Regional Age Group
41*	39.12 L	F	Savannah Mostert	14	TUKS FSH	02/12/2022	Limpopo Champs
41*	39.12 L	P	Maria Steyn	14	BLSS MAN	21/03/2023	SA National Junior Age Group
43	39.18 L	F	Vera Chen	14	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
44	39.22 L	F	Emma Ralfe	14	PSCP UMD	31/03/2023	SA Level 3 Regional Age Group
45	39.27 L	F	Isabella Havemann	14	MATI CED	28/01/2023	Winelands SL Final
46	39.28 L	F	Mia Johnson	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
47	39.35 L	F	Corli Liversage	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
48	39.39 L	F	Sandri Visser	14	PLAY CED	31/03/2023	SA Level 3 Regional Age Group
49	39.41 L	F	Nicole Van Zyl	14	CA EKU	31/03/2023	SA Level 3 Regional Age Group
50	39.46 L	F	Elizabeth Victor	14	UNI EZD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22
51	39.55 L	P	Vera Chen	14	FSS FS	21/04/2023	SA Schools Swimming Championship
52	39.70 L	P	Jodi Boettger	14	USC BUF	31/03/2023	SA Level 3 Regional Age Group
53	39.74 L S	P	Megan Webster	14	RFA FSH	09/12/2022	NTS Championships 2022
54	39.79 L	F	Tatiana Ioannides	14	BLSS MAN	06/12/2022	Free State Champs 2022
55	39.82 L	P	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
56	39.90 L	F	Hannah Krummeck	14	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
57	39.93 L	F	Kayla Gous	14	USC BUF	02/12/2022	BCA Long Course Championships 2022
58	39.97 L	P	Elrike du Plessis	14	NWSC	21/04/2023	SA Schools Swimming Championship
59	40.06 L S	P	Kiera Ruane	14	TUKS FSH	09/12/2022	NTS Championships 2022
60	40.07 L	P	Tehl-Cadi Day Garden	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
61	40.09 L	F	Jemma Park	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
62*	40.31 L	P	Judy Stevens	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
62*	40.31 L	P	Stacey Smith	14	GAUT	21/04/2023	SA Schools Swimming Championship
64	40.36 L	P	Lucy Le Roux	14	ASAW CED	09/12/2022	Western Cape LC-A Championship 2022
65	40.47 L	F	Samantha Nimb	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
66*	40.49 L S	P	Jaime Roome	14	TUKS FSH	09/12/2022	NTS Championships 2022
66*	40.49 L	P	Hannah Sandilands	14	CA EKU	08/12/2022	EGA Summer Champs 2022
68	40.50 L	F	Christi Serfontein	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
69	40.51 L	P	Kathleen Welsh	BR	HAM	10/02/2023	Middle East Open and Junior
70*	40.61 L	F	Lienke Van OS	14	BLSS MAN	27/01/2023	Seals Bullsharks Gala
70*	40.61 L	P	Kelci Leech	14	BLSS MAN	06/12/2022	Free State Champs 2022
72	40.63 L	F	Leane Muller	14	RFA FSH	02/12/2022	2022 The Tshwane Mayoral Gala
73	40.65 L	F	Anne Steyl	14	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
74	40.82 L	F	Danielle Cronjè	14	GSA CPT	20/08/2022	Winelands SL 1
75	40.85 L	P	Kayleigh Hahn	14	ROA EDD	09/12/2022	Western Cape LC-A Championship 2022
76*	40.86 L	P	Storme Badenhorst	14	MARL CPT	24/02/2023	Western Cape Elite Gala
76*	40.86 L S	P	Danaleigh Swanepoel	14	TUKS FSH	09/12/2022	NTS Championships 2022
78	40.93 L	F	Anne Marais	14	TKS WBD	02/12/2022	Limpopo Champs
79	40.95 L	F	Me-Kayla Rew	14	TUKS FSH	08/10/2022	NTS Sprint Gala
80	40.97 L S	F	Sinoah Pretorius	14	TUKS FSH	09/12/2022	NTS Championships 2022
81	41.05 L	F	Lerize Du Toit	14	PHS CCD	04/02/2023	Limpopo School Champs
82	41.06 L	F	Liza Schoeman	14	RHS BPD	10/02/2023	NW School Championships 2023
83	41.25 L	F	Amelie Van der Merwe	14	RFA FSH	02/12/2022	2022 The Tshwane Mayoral Gala
84*	41.35 L	F	Jade O'Connor	14	AWIN FSH	08/10/2022	NTS Sprint Gala
84*	41.35 L	F	Paris Shiwundlana	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
86	41.47 L	F	Katelyn Fourie	14	JAQ EKU	23/09/2022	EGA Summer 1 2022
87	41.57 L	F	Janca Hattingh	14	CSA EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
88*	41.63 L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
88*	41.63 L	F	Chloe Olivier	14	CA EKU	10/09/2022	Adrian Grafe Gala 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
90	41.64	L	F	Simonè Schonken	14	HMER	MPD	04/02/2023	Limpopo School Champs
91	41.66	L	F	Joslyn Botha	14	SOUL	EKU	23/09/2022	EGA Summer 1 2022
92	41.83	L	F	Djeneba Coulibaly	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
93	41.91	L	F	Georgia Knight	14	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
94	41.99	L	F	Emma Neethling	14	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
95	42.02	L	P	Mia Wellsted	14	HASC	JHB	31/03/2023	SA Level 3 Regional Age Group
96	42.13	L	P	Lumka Ntaka	14	UMSH	ETH	31/03/2023	SA Level 3 Regional Age Group
97	42.22	L	P	Chloe Jewell	14	PEAS	NMA	25/06/2022	PEA Winter Gala 2022
98	42.23	L	F	Carne Louw	14	HMER	MPD	04/02/2023	Limpopo School Champs
99	42.28	L	F	Kara Fourie	14	BLNE	MAN	12/11/2022	Kroonstad Age Group
100	42.29	L	P	Lelanie Buhr	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
101	42.36	L	F	Veronique Riekert	14	TUKS	FSH	01/07/2022	Prestige Tournament 2022
102	42.37	L	F	Jorja De Beer	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
103	42.40	L	F	Mila Petrak	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
104	42.41	L	P	Richelle Rothmann	14	AQU	ADJ	31/03/2023	SA Level 3 Regional Age Group
105	42.47	L	F	Emma Rossouw	14	QUIC	CPT	21/01/2023	CTA Qualifying Meet #7
106*	42.51	L	P	Wilmien Verbeek	14	CUDU	CPT	09/12/2022	Western Cape LC-A Championship 2022
106*	42.51	L	P	Buhle Mahlalela	14	UNI	EZD	31/03/2023	SA Level 3 Regional Age Group
108	42.55	L	F	Leigh-Anne Mackey	14	TUKS	FSH	02/10/2022	2022 AG Swim Stars 14&Over
109	42.61	L	F	Kuzingca Siramza	14	BCA	BUF	28/01/2023	NMBA Intra-District Championship
110	42.69	L	F	Kate-Lynn de Jager	AR	BLOT	MAN	29/10/2022	Neptune Gala
111	42.72	L	F	Anzelle van Rooyen	14	DRGN	JHB	08/12/2022	EGA Summer Champs 2022
112	42.82	L	F	Dorette du Plessis	14	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
113	42.87	L	F	Jordan Wessels	14	ASA	ILD	25/11/2022	WSC & Seals Summer LC Champs 2022
114	42.89	L	F	Miane Steyn	14	MHS	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
115	42.95	L	F	Kate-Lynn Kruger	14	DESA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
116	43.01	L	F	Elizabeth Opperman	BR	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
117	43.04	L	F	Kaylie Groenewald	14	ACAQ	CCD	02/12/2022	Limpopo Champs
118	43.08	L	F	Kelly Stork	14	MAC	EKU	10/09/2022	Adrian Grafe Gala 2022
119	43.12	L	P	Emma Lategan	14	CUDU	CPT	09/12/2022	Western Cape LC-A Championship 2022
120	43.14	L	P	Ella Bradshaw	14	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
121	43.15	L	P	Emma Thompson	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
122	43.16	L	P	Emma Davies	14	BAS	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
123	43.21	L	F	Mia De Klerk	14	CSA	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
124	43.23	L	F	Robyn Barbour	14	ESP	EKU	21/10/2022	EGA Summer 2 2022
125	43.25	L	F	Carmen Veldsman	14	HSTAN	MPD	15/10/2022	Limpopo Top 10 - High Schools
126	43.32	L	F	Sienna Wilensky	14	ASAC	CPT	21/01/2023	CTA Qualifying Meet #7
127	43.39	L	P	Katey Nel	14	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
128	43.51	L	F	Ashley Scholtz	14	CA	EKU	10/09/2022	Adrian Grafe Gala 2022
129	43.57	L	P	Keira Holland	14	CRSC	JHB	31/03/2023	SA Level 3 Regional Age Group
130	43.59	L	F	Carli Dippenaar	14	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
131	43.71	L	P	Annebel Stewart	14	AZON	ETH	16/12/2022	KZNA Premier Provincial Championship
132	43.73	L	F	Chrisley Barnard	14	BS	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
133	43.83	L	F	Jamie Turner	14	MDOL	EKU	10/09/2022	Adrian Grafe Gala 2022
134	43.84	L	F	Chloe Byrne	14	SEAL	UMD	28/01/2023	Ushaka Champs 2023
135	43.85	L	F	Keera De Esclana	14	VRC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
136	43.86	L	P	Ivana Vyncke	14	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
137	43.90	L	F	Jessica Bosman	14	QUIC	CPT	24/09/2022	CTA Qualifying Meet #5
138	43.91	L	F	Megan Van den Heever	14	UNI	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
139	43.98	L	P	Ilanze du Plessis	14	BLSS	MAN	06/12/2022	Free State Champs 2022
140*	43.99	L	F	Kendra Matthysen	14	SSISA	CPT	03/09/2022	CTA Qualifying Meet #4
140*	43.99	L	F	Caitlin Govender	14	SGUL	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
142	44.02	L	P	Larissa Visagie	14	ASAC	CPT	09/12/2022	Western Cape LC-A Championship 2022
143*	44.06	L	F	Abby Novos	14	ASAC	CPT	03/09/2022	CTA Qualifying Meet #4
143*	44.06	L	F	Lara Smith	14	TYGE	CPT	15/10/2022	CTA Qualifying Meet #6
145	44.09	L	F	Tia Mari Theron	14	TKS	WBD	02/12/2022	Limpopo Champs
146	44.22	L	P	Ebenette Van Niekerk	14	FISH	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
147	44.23	L	F	Kate Allwood	14	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ
148	44.25	L	P	Mari Wium	14	QSAW	CED	31/03/2023	SA Level 3 Regional Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
149	44.34	L	F	Nisa Da Silva	14	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
150	44.39	L	P	Peta Mazery	14	SGUL ETH	01/07/2022 Prestige Tournament 2022
151*	44.47	L	P	Sunny Huang	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
151*	44.47	L	P	Helena Pretorius	14	TKS WBD	02/03/2023 SA Level 2 Regional Age Group Champs
151*	44.47	L	F	Micke De Jager	RR	PSA ZLD	17/03/2023 SA Level 2 Regional Age Group Champs
154	44.48	L	P	Amy Botha	14	PGAC EKU	08/12/2022 EGA Summer Champs 2022
155	44.50	L	F	Nickela Van der Berg	14	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
156	44.55	L	F	Deoné Borstlap	14	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Champs
157	44.63	L	F	Hayley Steyn	14	NHS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
158	44.64	L	F	Taylor Ririe	14	BLSS MAN	29/10/2022 Neptune Gala
159	44.70	L	P	Catherine Desilla	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
160	44.85	L	P	Shyenne Laubscher	14	WELA LLD	03/03/2023 SA Level 2 Regional Age Group Champs
161	44.86	L	F	Milena Pugliese	14	MMD CPT	24/09/2022 CTA Qualifying Meet #5
162	45.19	L	P	Alexandra Santos	14	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Champs
163	45.22	L	P	Mieka Wichmann	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
164	45.24	L	F	Cait Da Cunha	14	BON EKU	20/01/2023 EGA Last Chance Galal
165	45.26	L	F	Aisling McLean	14	ELEC FSH	21/10/2022 NTS October Lev 3 Age Group Gala
166	45.27	L	F	Anastasia Sequeira	14	CA EKU	10/09/2022 Adrian Grafe Gala 2022
167	45.29	L	P	Kailyn Roopchand	14	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Champs
168	45.33	L	F	Amelie Brügers	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
169	45.40	L	F	Emma Jansen van Rensburg	14	QSAW CED	11/02/2023 WCA-B Champs - 2023
170	45.42	L	P	Alaynah Bhamjee	14	ATLA JHB	02/03/2023 SA Level 2 Regional Age Group Champs
171	45.44	L S	P	Tanika Du Plessis	14	TUKS FSH	09/12/2022 NTS Championships 2022
172	45.50	L	F	Esti Mouton	14	SWAR WCD	18/02/2023 Swartland Invitational Gala 2023
173	45.55	L	P	Yvonne Pretorius	14	MSC NGD	31/03/2023 SA Level 3 Regional Age Group
174	45.56	L	F	Megan Augustyn	14	ONYX EKU	10/09/2022 Adrian Grafe Gala 2022
175	45.57	L	F	Imke Els	14	QSAW CED	20/08/2022 Winelands SL 1
176*	45.67	L	P	Jessica Carver	14	ELEC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
176*	45.67	L	P	Lara Louw	14	BLNE MAN	03/03/2023 SA Level 2 Regional Age Group Champs
178	45.79	L	P	Brooklyn-Taylor Sunker	14	BON EKU	02/03/2023 SA Level 2 Regional Age Group Champs
179	45.96	L	F	Charnè Landman	14	GSA CPT	20/08/2022 Winelands SL 1
180	46.06	L	F	Katia Jacob	14	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
181	46.07	L	P	Entle Khumalo	14	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
182	46.08	L	P	Skyla Perumal	14	TRAZ FSH	02/03/2023 SA Level 2 Regional Age Group Champs
183	46.18	L	F	Izolde Lombard	14	ASAC CPT	03/09/2022 CTA Qualifying Meet #4
184*	46.28	L	F	Imaan Velloo	14	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
184*	46.28	L	F	Lucy James	14	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
186	46.34	L	F	Alea Du Toit	14	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
187	46.37	L	F	Zante Young	14	RBUR BPD	07/12/2022 NWS Championships 2022/2023
188	46.41	L	P	Andria Le Roux	14	JAQ EKU	08/12/2022 EGA Summer Champs 2022
189	46.50	L	F	Chloe Petersen	14	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
190	46.55	L	F	Emke Olivier	14	QSAW CED	13/11/2022 Winelands Summer League 4
191	46.60	L	F	Hannah Burke	14	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
192	46.77	L	F	Asmaa Bonnasse	14	ELRAS WBD	22/10/2022 Limpopo Age Group 4
193	46.79	L	F	Mariel Van Der Net	14	JAQ EKU	20/01/2023 EGA Last Chance Galal
194	46.80	L	F	Simone Cussons	14	NAE EZD	02/12/2022 Mpumalanga Championships 2022
195	46.82	L	P	Catherine O'Grady	14	MSC NGD	02/12/2022 Mpumalanga Championships 2022
196	46.88	L	F	Kayla Welgemoed	14	VALS FDD	03/03/2023 SA Level 2 Regional Age Group Champs
197	46.90	L	F	Milri-Ann Summerton	14	UNAT	10/02/2023 NW School Championships 2023
198	46.92	L	F	Zia Petersen	14	XSAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
199	47.07	L	F	Jean-Marie Steenkamp	14	TUKS FSH	08/10/2022 NTS Sprint Gala
200	47.14	L	F	Bea Van der Merwe	14	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
201	47.26	L	F	Veera Khusal	14	BON EKU	21/10/2022 EGA Summer 2 2022
202	47.28	L	F	Makula Kyabayinze	14	TUKS FSH	21/10/2022 NTS October Lev 3 Age Group Gala
203	47.30	L	F	Gabriella Carminatti	14	AFIN JHB	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
204	47.36	L	F	Summer Ascieti	14	CYBE CPT	15/10/2022 CTA Qualifying Meet #6
205	47.39	L	P	Chrisna Du Plessis	14	KALAH	03/03/2023 SA Level 2 Regional Age Group Champs
206*	47.51	L	P	Esther Sauls	14	PGAC EKU	08/12/2022 EGA Summer Champs 2022
206*	47.51	L	F	Anneke Stassen	14	CUDU CPT	11/02/2023 WCA-B Champs - 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
208	47.70 L	P	Mia Osbourne	14	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
209	47.80 L	F	Tatum Sanderson	14	SOWE JHB	18/03/2023	Level 1 Intra-Provincial 2023
210	47.88 L	P	Lisa van der Westhuizen	14	POTC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
211	48.07 L	F	Mekayla Pretorius	14	HWSK	07/10/2022	FLAMINGO GALA OCT 2022
212	48.10 L	P	Logan Francke	14	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
213	48.11 L	F	Mieke Vd Walt	14	FISH EDD	07/10/2022	41st Freda Barnard Invitational Gala
214	48.12 L	F	Hannah van der Veen	14	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
215*	48.27 L	F	Tanasha Barnes	14	DRGN JHB	20/01/2023	EGA Last Chance Galal
215*	48.27 L	F	Mianca Breitenbach	BR	ROB EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
217	48.31 L	F	Anè Cloete	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
218	48.35 L	P	Paxton Rankin	14	TLAC BPD	03/10/2022	Sasolburg Swim Club Invitational Gala
219*	48.41 L	P	Mia Crookham	14	TYGE CPT	03/03/2023	SA Level 2 Regional Age Group Champs
219*	48.41 L	F	Rienke Blignaut	14	BLSS MAN	29/10/2022	Neptune Gala
221	48.47 L	F	Abigail Cullen	14	WELA LLD	17/02/2023	Neptune Last Chance Gala
222	48.50 L	F	Amy-Lee Jones	14	CA EKU	10/09/2022	Adrian Grafe Gala 2022
223*	48.56 L	F	Annika Potgieter	14	POTC KKD	07/12/2022	NWS Championships 2022/2023
223*	48.56 L	P	Luyanda Mbatha	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
225	48.71 L	F	Marize Fourie	14	WELA LLD	27/08/2022	Kovsie Gala
226	48.85 L	F	Shannon Rautenbach	14	UNI EZD	24/02/2023	MP AGE GROUP 6 GALA
227	48.93 L	F	Ilze Hendriks	14	TOTIS ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
228	49.00 L	F	Nazley Jacobs	14	ISSC NMD	06/01/2023	2023 Grand Prix Invitation Swimming
229*	49.06 L	F	Danielle Van Vuuren	14	DDA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
229*	49.06 L	F	Ashleigh Davies	14	WELA LLD	27/08/2022	Kovsie Gala
231	49.34 L	F	Kholofelo Seabi	14	SWIFT EKU	18/03/2023	Level 1 Intra-Provincial 2023
232*	49.35 L	F	Cleo May	14	MARL CPT	07/10/2022	41st Freda Barnard Invitational Gala
232*	49.35 L	F	Chloe Pieterse	14	QSAW CED	07/10/2022	41st Freda Barnard Invitational Gala
232*	49.35 L	F	Onkaribile Molamu	14	MATL KKD	06/01/2023	2023 Grand Prix Invitation Swimming
235	49.38 L	F	Chelsea Snyman	14	SS MPD	02/12/2022	Limpopo Champs
236	49.39 L	F	Zadie Van Wyk	14	TRAZ TSH	18/03/2023	Level 1 Intra-Provincial 2023
237	49.43 L	F	Esmarie Terblanche	14	HTSA CPT	11/02/2023	WCA-B Champs - 2023
238	49.52 L	F	Lehlabile Tsetsewa	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
239	49.56 L	F	Dahlia Cassar	14	VINE CPT	15/10/2022	CTA Qualifying Meet #6
240	49.58 L	F	Jessica Carrol	14	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
241	49.61 L	P	Zara Carrie	14	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
242	49.68 L	F	Asia Kleinhans	14	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
243	49.70 L	P	Maya McCollum	14	AQDO CPT	03/03/2023	SA Level 2 Regional Age Group Champs
244	49.93 L	P	Kaylin Bezuidenhoud	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
245	49.98 L	F	Karla Brink	14	RFA TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
246	50.02 L	P	Ogalaletseng Khosana	14	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs
247	50.06 L	F	Charlee Davis	14	RAV EKU	10/09/2022	Adrian Grafe Gala 2022
248	50.12 L	P	Mea Harding	14	BAS EKU	08/12/2022	EGA Summer Champs 2022
249	50.14 L	F	Larissa Lombard	14	MAKO EKU	18/03/2023	Level 1 Intra-Provincial 2023
250	50.21 L	F	Shaelyn Lawson	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
251	50.23 L	F	Dorethe Meyer	AR	BLOT MAN	21/01/2023	PELICAN NEPTUNE GALA
252	50.29 L	F	Donne Bruyns	14	CSA EZD	30/09/2022	MP AGE GROUP 1
253	50.34 L	F	Mia Bruwer	14	SS MPD	02/12/2022	Limpopo Champs
254	50.40 L	F	Paula Van Zyl	14	WOAQ CED	03/03/2023	SA Level 2 Regional Age Group Champs
255	50.44 L	F	Lyrece Louw	14	SUPE JHB	18/03/2023	Level 1 Intra-Provincial 2023
256	50.46 L	F	Riley Barrett	14	HTSA CPT	12/11/2022	CTA B CHAMPS
257	50.49 L	P	Ashley Seymour	14	WELA LLD	03/03/2023	SA Level 2 Regional Age Group Champs
258	50.50 L	F	Sizo Repinga	14	KPA EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
259	50.54 L	F	Eireann De Witte	14	TCA EKU	21/10/2022	EGA Summer 2 2022
260	50.59 L	F	Anchen Human	14	HMER MPD	04/02/2023	Limpopo School Champs
261	50.67 L	F	Maria Dos Santos	14	HREF BPD	10/09/2022	Adrian Grafe Gala 2022
262	50.68 L	F	Angie Hicken	14	SOUL EKU	23/09/2022	EGA Summer 1 2022
263	50.74 L	F	Keira Taylor	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
264	50.78 L	F	Taima Telford	14	GREY CPT	11/11/2022	Swartland Prestige Gala 2022
265	50.79 L	F	Kellen McLaren	14	CA EKU	10/09/2022	Adrian Grafe Gala 2022
266	50.87 L	F	Cambria Steyn	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
267	50.96 L	F	Isabè Van Dyk	14	CUHE OBD	07/10/2022	41st Freda Barnard Invitational Gala
268	51.25 L	F	Lehanra Greeff	14	HARB BPD	10/09/2022	Adrian Grafe Gala 2022
269	51.39 L	F	Lumè Lategan	14	HBV MPD	15/10/2022	Limpopo Top 10 - High Schools
270	51.41 L	F	Anè Kemp	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
271	51.54 L	F	Emma Barnard	14	EVO CPT	11/02/2023	WCA-B Champs - 2023
272	51.63 L	F	Miela Smit	14	AQUA BUF	19/11/2022	BCA 2nd November Age Group Gala
273	51.69 L	F	Khailah Erasmus	14	AQU ADJ	29/10/2022	Amajuba District Age Group 4 29
274	52.01 L	F	Mikaela Joubert	14	ESTR EKU	23/09/2022	EGA Summer 1 2022
275	52.12 L	F	Yandisa Ndlovu	14	ACSA ETH	19/03/2023	KZN Level 1 Championships 2023
276	52.25 L	F	Hannah Coert	14	MANT CPT	21/01/2023	CTA Qualifying Meet #7
277	52.44 L	F	Xakeena McQuinto	14	PEAS NMA	13/08/2022	Madibaz Swim Meet
278	52.52 L	F	Hannah Watson	14	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
279	52.58 L	F	Sinalo Ndlovu	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023
280	52.65 L	F	Naseerah Vd Merwe	14	WEST CPT	18/02/2023	Swartland Invitational Gala 2023
281	52.74 L	P	Anne Bray	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
282	52.92 L	F	Aimee' Heydricks	14	BLUO UGD	05/11/2022	KZN Junior Championships 2022
283	53.12 L	F	Jocke Coetzee	14	KALA	07/12/2022	NCASA CHAMPS 2022
284	53.46 L	F	Mbali Mahlangu	14	ATTE TSH	08/10/2022	NTS Sprint Gala
285	54.06 L	F	Bianca O'Kennedy	14	EVO CPT	04/11/2022	CTA A CHAMPS 2022
286	54.07 L	F	Kara Du Preez	14	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
287	54.22 L	F	Nina Van Tonder	14	WOAQ CED	20/08/2022	Winelands SL 1
288	54.73 L	F	Lwazi Mqeke	14	WELA LLD	29/10/2022	Neptune Gala
289	55.05 L	F	Esethu Mabula	14	SRAY BUF	18/02/2023	BCA 2nd Feb Age Group Gala 2023
290	55.06 L	F	Leanke Voigt	14	JAQ EKU	11/06/2022	EGA Winter 1 2022
291	55.25 L	F	Mignon Burger	14	SWAR WCD	11/11/2022	Swartland Prestige Gala 2022
292	55.38 L	F	Megan Lee Lotter	14	CPSC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
293	56.19 L	F	Tshepiso Gaopalangwe	14	XSAQ CPT	29/10/2022	OR TAMBO Soncini 2022
294	56.30 L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	07/10/2022	41st Freda Barnard Invitational Gala
295	56.41 L	F	Lia Myburgh	14	WELA LLD	12/11/2022	Kroonstad Age Group
296	56.52 L	F	Helena Van Vuuren	14	KALA	14/01/2023	GROUP 5 - KTHU 2023
297	56.63 L	F	Anja O Connell	14	TASC MPD	02/12/2022	Limpopo Champs
298	57.26 L	P	Karabo Malinga	14	USHAK EKU	08/12/2022	EGA Summer Champs 2022
299	57.57 L	F	Olivia Van der Nest	14	KSC EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
300	57.75 L	F	Ashley Chakanetsa	14	SUNN TSH	02/12/2022	2022 The Tshwane Mayoral Gala
301	57.96 L	F	Gemma van der Merwe	14	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022
302	58.02 L	F	Angelina Valle	14	AQDO CPT	12/11/2022	CTA B CHAMPS
303	58.13 L	F	Khwezi Khaba	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023
304	58.58 L	F	Zoë Pierce	14	ESTR EKU	17/02/2023	EGA Let's Race 2023
305	1:00.40 L	F	Tamasa Nhlangulela	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023
306	1:01.28 L	F	Nontsikelelo Mentse	14	SOWE JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
307	1:02.79 L	F	Anesu Mushonga	14	ISSA	10/02/2023	NW School Championships 2023
308	1:04.97 L	F	Musa Mahlangu	14	ESP EKU	10/09/2022	Adrian Grafe Gala 2022
309	1:05.51 L	F	Khanyisa Khanyile	14	SOWE JHB	18/03/2023	Level 1 Intra-Provincial 2023
310	1:05.89 L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
311	1:06.90 L	F	Amy Klink	14	JAQ EKU	18/03/2023	Level 1 Intra-Provincial 2023
312	1:07.50 L	F	Sine Schutte	14	PGH KKD	10/02/2023	NW School Championships 2023
313	1:08.36 L	F	Luna Leon	14	CURHK CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
314	1:08.56 L	F	Autumn Alexander	14	CUDU CPT	12/11/2022	CTA B CHAMPS
315	1:21.72 L	F	Zaiboonisha Abvajeje	14	SUPE JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
316	1:21.86 L	F	Aimee Milner	14	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
317	2:14.48 L	F	Reabaka Setungwane	14	KALA	03/12/2022	AGE GROUP 4 KATHU 2022
Women -14 100 Breast							
1	1:13.74 L	F	Gabriella Van Den Berg	14	ELEC TSH	21/03/2023	SA National Junior Age Group
2	1:15.68 L	F	Chanel Veldsman	14	KZNA ETH	21/04/2023	SA Schools Swimming Championship
3	1:16.35 L	F	Jaime Mote	14	INFA NMA	21/03/2023	SA National Junior Age Group
4	1:18.08 L	P	Mieke Vd Wal	14	CUDU CPT	21/03/2023	SA National Junior Age Group
5	1:19.15 L	F	Madison du Plessis	AR	BLOT MAN	06/12/2022	Free State Champs 2022
6	1:19.74 L	F	Kayla Gous	14	USC BUF	21/03/2023	SA National Junior Age Group
7	1:20.29 L	F	Zine Mostert	14	WATR JHB	21/03/2023	SA National Junior Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
8	1:20.68 L	F	Amy Combrink	14	VINE CPT	21/03/2023	SA National Junior Age Group
9	1:21.44 L	P	Lara Gouws	14	TUKS TSH	21/03/2023	SA National Junior Age Group
10	1:21.76 L	F	Kendra Begley	14	PEAS NMA	21/03/2023	SA National Junior Age Group
11*	1:21.77 L	P	Mikayla Lombard	14	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
11*	1:21.77 L	F	Ella Eldar	14	GAUT	21/04/2023	SA Schools Swimming Championship
13	1:22.01 L	F	Tshenolo Ntsie	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
14	1:22.04 L	F	Leah Scott	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
15	1:22.13 L	F	Tyra Penn	14	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
16	1:22.54 L	P	Juliette van Vught	14	HASC JHB	21/03/2023	SA National Junior Age Group
17	1:22.60 L	P	Leila Yazbek	14	BLNE MAN	21/03/2023	SA National Junior Age Group
18	1:22.94 L	F	Jaime Maritz	14	NSAD EZD	31/03/2023	SA Level 3 Regional Age Group
19	1:23.23 L	P	Mia Gerber	14	MATI CED	21/03/2023	SA National Junior Age Group
20	1:23.26 L	F	Genevieve Christensen	14	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship
21	1:23.66 L	P	Jessica Sardinha	14	BAS EKU	08/12/2022	EGA Summer Champs 2022
22	1:23.70 L	F	Kathleen Welsh	BR	HAM	04/02/2023	EC - 2nd Competitive Swimming
23	1:23.87 L	F	Kayla Verbaan	14	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
24*	1:23.96 L	F	Mignon Richter	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
24*	1:23.96 L	F	Elne Reynolds	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
26	1:24.06 L	F	Caitlyn Dube	14	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group
27	1:24.40 L	F	Karmen Van Rensburg	14	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
28	1:24.41 L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
29	1:24.45 L	F	Alika Vd Merwe	14	TUKS TSH	09/12/2022	NTS Championships 2022
30	1:24.48 L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
31	1:24.64 L	P	Maria Steyn	14	BLSS MAN	21/03/2023	SA National Junior Age Group
32	1:25.01 L S	F	Corli Liversage	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
33	1:25.03 L	P	Grace Powell	14	CSC TSH	21/03/2023	SA National Junior Age Group
34	1:25.06 L	P	Ava-Loren Van Galen	14	BIOS CED	21/03/2023	SA National Junior Age Group
35	1:25.49 L	F	Amy Aaron	14	WSTV ETH	05/11/2022	KZN Junior Championships 2022
36	1:25.59 L	F	Hannah Schreuder	14	SAAW CPT	31/03/2023	SA Level 3 Regional Age Group
37	1:25.61 L	P	Elizabeth Victor	14	MP EZ	21/04/2023	SA Schools Swimming Championship
38	1:26.14 L	F	Tehl-Cadi Day Garden	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
39	1:26.38 L	F	Emma Ralfe	14	PSCP UMD	31/03/2023	SA Level 3 Regional Age Group
40	1:26.49 L	F	Emily Tsai	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
41	1:26.61 L	F	Kganya Mashigo	14	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
42*	1:26.62 L	F	Mia Johnson	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
42*	1:26.62 L	F	Megan Webster	14	RFA TSH	09/12/2022	NTS Championships 2022
44	1:26.76 L	F	Vera Chen	14	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
45	1:27.30 L	P	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
46	1:27.54 L	P	Samantha Nimb	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
47	1:27.67 L	P	Stacey Smith	14	GAUT	21/04/2023	SA Schools Swimming Championship
48	1:27.68 L	F	Amy O'Connor	14	CRSC JHB	03/02/2023	NTS January Lev 3+ Age Group Gala
49	1:27.76 L	F	Liza Schoeman	14	RBOT BPD	31/03/2023	SA Level 3 Regional Age Group
50	1:27.82 L	F	Jodi Boettger	14	BCA BUF	28/01/2023	NMBA Intra-District Championship
51	1:27.92 L	S	Jemma Park	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
52	1:28.19 L	F	Sandri Visser	14	PLAY CED	18/02/2023	Swartland Invitational Gala 2023
53	1:28.60 L	P	Vera Chen	14	FSS FS	21/04/2023	SA Schools Swimming Championship
54	1:28.74 L	F	Kiera Ruane	14	TUKS TSH	09/12/2022	NTS Championships 2022
55	1:28.77 L	P	Kayla Vosloo	AR	BLOT MAN	06/12/2022	Free State Champs 2022
56	1:29.06 L S	F	Mareze Frylinck	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
57	1:29.10 L	P	Christi Serfontein	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
58	1:29.11 L	P	Elrike du Plessis	14	NWSC	21/04/2023	SA Schools Swimming Championship
59	1:29.15 L	P	Araya de Waal	14	PGAC EKU	31/03/2023	SA Level 3 Regional Age Group
60	1:29.47 L	F	Keira Holland	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
61	1:29.73 L	F	Stephanie Jurado	14	SSISA CPT	15/10/2022	CTA Qualifying Meet #6
62	1:29.84 L	P	Judy Stevens	14	QUIC CPT	24/02/2023	Western Cape Elite Gala
63	1:29.95 L	P	Storme Badenhorst	14	MARL CPT	24/02/2023	Western Cape Elite Gala
64	1:30.09 L	P	Hannah Sandilands	14	CA EKU	08/12/2022	EGA Summer Champs 2022
65	1:30.13 L	F	Lerize Du Toit	14	PHS CCD	04/02/2023	Limpopo School Champs
66	1:30.17 L	F	Jordan Wessels	14	ASA ILD	28/01/2023	EDA January Gala 2023

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
67	1:30.23	L	F	Isabella Havemann	14	MATI	GED	24/09/2022	CTA Qualifying Meet #5
68	1:30.29	L	F	Danielle Cronjè	14	GSA	CPT	03/09/2022	CTA Qualifying Meet #4
69*	1:30.42	L	F	Emily Shand	14	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
69*	1:30.42	L	F	Athina Mc Colgan	14	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
71	1:30.52	L	F	Jade O'Connor	14	AWIN	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
72	1:30.67	L	F	Simonè Schonken	14	HMER	MPD	04/02/2023	Limpopo School Champs
73	1:30.68	L	P	Emma Lategan	14	CUDU	CPT	31/03/2023	SA Level 3 Regional Age Group
74	1:30.74	L	F	Kate-Lynn de Jager	AR	BLOT	MAN	22/10/2022	Otters Prestige Gala 2022
75	1:30.81	L	F	Kayleigh Hahn	14	ROA	EDD	13/01/2023	Eastern Cape Aquatics LC Champs 2023
76	1:30.82	L	P	Nicole Van Zyl	14	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
77	1:30.85	L	F	Lienke Van OS	14	BLSS	MAN	27/01/2023	Seals Bullsharks Gala
78	1:30.96	L	P	Lelanie Buhr	14	SWAR	WCD	31/03/2023	SA Level 3 Regional Age Group
79	1:30.97	L	P	Danaleigh Swanepoel	14	TUKS	FSH	09/12/2022	NTS Championships 2022
80	1:31.10	L	F	Sinoah Pretorius	14	TUKS	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
81	1:31.56	L	P	Naledi Thobeha	14	QUIC	CPT	09/12/2022	Western Cape LC-A Championship 2022
82	1:31.57	L	F	Anzelle van Rooyen	14	DRGN	JHB	08/12/2022	EGA Summer Champs 2022
83	1:31.66	L	F	Emma Rossouw	14	QUIC	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
84	1:31.69	L	P	Rachel Hinckley	14	CA	EKU	08/12/2022	EGA Summer Champs 2022
85	1:31.89	L	P	Katey Nel	14	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
86	1:31.99	L	F	Abby Novos	14	RSA		12/07/2022	Maccabiah 2022
87	1:32.42	L	F	Emma Davies	14	BAS	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
88	1:32.51	L	F	Lumka Ntaka	14	UMSH	ETH	01/07/2022	Prestige Tournament 2022
89	1:32.62	L S	F	Ilanze du Plessis	14	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
90	1:32.65	L	F	Emma Neethling	14	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
91	1:32.66	L	P	Richelle Rothmann	14	AQU	ADJ	31/03/2023	SA Level 3 Regional Age Group
92	1:32.71	L	F	Buhle Mahlalela	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
93	1:32.75	L	F	Janca Hattingh	14	CSA	EZD	24/02/2023	MP AGE GROUP 6 GALA
94	1:32.77	L	F	Megan Van den Heever	14	UNI	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
95	1:32.95	L	F	Hannah Krummeck	14	INFA	NMA	17/09/2022	3rd A League Gala-Newton Park Pool
96	1:33.10	L	F	Tatiana Ioannides	14	BLSS	MAN	05/11/2022	Seals Heidedal Gala
97	1:33.14	L	F	Ruth Dredge	14	PAC	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
98	1:33.18	L	P	Daniëlla Müller	14	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
99	1:33.55	L	P	Carne Louw	14	TASC	MPD	02/03/2023	SA Level 2 Regional Age Group Champs
100	1:33.59	L	F	Anne Marais	14	TKS	WBD	12/11/2022	Limpopo Age Group 5
101	1:33.82	L	P	Jamie Turner	14	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
102*	1:33.88	L	F	Joslyn Botha	14	SOUL	EKU	23/09/2022	EGA Summer 1 2022
102*	1:33.88	L	F	Anne Steyl	14	UPSK		03/03/2023	SA Level 2 Regional Age Group Champs
104	1:33.90	L	F	Dorette du Plessis	14	NWUC	KKD	26/11/2022	NWS Age Group 3 2022/23
105	1:34.22	L	F	Kuzingca Siramza	14	BCA	BUF	28/01/2023	NMBA Intra-District Championship
106	1:34.28	L	P	Chloe Jewell	14	PEAS	NMA	25/06/2022	PEA Winter Gala 2022
107	1:34.42	L	F	Paris Shiwundlana	14	AFIN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
108	1:34.48	L	F	Miane Steyn	14	MHS	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
109	1:34.50	L	F	Ella Bradshaw	14	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
110*	1:34.59	L	F	Sienna Wilensky	14	ASAC	CPT	03/09/2022	CTA Qualifying Meet #4
110*	1:34.59	L	F	Carine Röntgen	14	ASAW	GED	11/11/2022	Swartland Prestige Gala 2022
112	1:34.67	L	F	Kate-Lynn Kruger	14	DESA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
113	1:35.01	L	F	Leigh-Anne Mackey	14	TUKS	FSH	02/10/2022	2022 AG Swim Stars 14&Over
114	1:35.09	L	F	Leane Muller	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
115	1:35.33	L	F	Djeneba Coulibaly	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
116	1:35.35	L	F	Chloe Byrne	14	SEAL	UMD	28/01/2023	Ushaka Champs 2023
117	1:35.39	L	P	Kate Allwood	14	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ
118	1:35.59	L	F	Zianè Jantzen	14	QUIC	CPT	07/10/2022	41st Freda Barnard Invitational Gala
119	1:35.70	L	P	Kelly Stork	14	MAC	EKU	08/12/2022	EGA Summer Champs 2022
120	1:35.75	L	F	Jessica Bosman	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
121	1:35.81	L	F	Caitlin Govender	14	SGUL	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
122	1:35.91	L	F	Kelci Leech	14	BLSS	MAN	05/11/2022	Seals Heidedal Gala
123	1:36.02	L	P	Robyn Barbour	14	ESP	EKU	31/03/2023	SA Level 3 Regional Age Group
124*	1:36.04	L	F	Hannah Naidoo	ER	BAYV	ETH	02/12/2022	EDA AG Gala December 2022
124*	1:36.04	L	F	Kaylie Groenewald	14	PHS	CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
126	1:36.13	L	P	Veronique Riekert	14	TUKS	FSH	01/07/2022	Prestige Tournament 2022
127	1:36.33	L	F	Jorja De Beer	14	VINE	CPT	15/10/2022	CTA Qualifying Meet #6
128	1:36.36	L	P	Georgia Knight	14	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
129	1:36.43	L	F	Mila Petrak	14	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
130	1:36.49	L	F	Peta Mazery	14	SGUL	ETH	16/07/2022	AQZ Dual Meet
131	1:36.58	L	F	Mia De Klerk	14	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
132	1:36.60	L	F	Elizabeth Opperman	BR	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
133	1:36.71	L	F	Deoné Borstlap	14	POTC	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
134	1:36.79	L	P	Nakita Snyman	14	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
135	1:36.99	L	P	Amy Botha	14	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
136	1:37.04	L	F	Amelie Van der Merwe	14	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
137	1:37.24	L	F	Ivana Vyncke	14	VRY	ZLD	28/01/2023	Ushaka Champs 2023
138	1:37.87	L	P	Tanika Du Plessis	14	TUKS	FSH	09/12/2022	NTS Championships 2022
139	1:37.91	L	F	Tia Mari Theron	14	HSBV	SKD	15/10/2022	Limpopo Top 10 - High Schools
140	1:37.94	L	F	Lara Wink	14	VINE	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
141	1:38.10	L	P	Keera De Esclana	14	VRC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
142	1:38.15	L	F	Lara Smith	14	TYGE	CPT	24/09/2022	CTA Qualifying Meet #5
143	1:38.22	L	P	Mari Wium	14	QSAW	CED	31/03/2023	SA Level 3 Regional Age Group
144	1:38.28	L	P	Tayla Dowie	14	QUES	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
145	1:38.30	L	F	Tayler Ririe	14	BLSS	MAN	22/10/2022	Otters Prestige Gala 2022
146	1:38.39	L	F	Larissa Visagie	14	ASAC	CPT	04/11/2022	CTA A CHAMPS 2022
147	1:38.47	L	P	Megan Augustyn	14	ONYX	EKU	08/12/2022	EGA Summer Champs 2022
148	1:38.48	L	F	Hayley Steyn	14	NHS	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
149	1:38.69	L	F	Wilmien Verbeek	14	CUDU	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
150	1:39.10	L	F	Chrisley Barnard	14	BS	LLD	06/12/2022	Free State Champs 2022
151	1:39.15	L	F	Esther Sauls	14	PGAC	EKU	23/09/2022	EGA Summer 1 2022
152*	1:39.16	L	P	Kemantsha Ayair	ER	BAYV	ETH	31/03/2023	SA Level 3 Regional Age Group
152*	1:39.16	L	P	Alaynah Bhamjee	14	ATLA	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
154	1:39.32	L	F	Carli Dippenaar	14	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
155	1:39.56	L	P	Catherine Desilla	14	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
156	1:39.61	L	P	Veera Khusal	14	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
157	1:39.69	L	F	Kailyn Roopchand	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
158	1:40.08	L	F	Kara Fourie	LN	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
159	1:40.23	L	F	Imaan Velloo	14	MANT	CPT	11/02/2023	WCA-B Champs - 2023
160	1:40.74	L	F	Emma Thompson	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
161	1:40.89	L	F	Summer Ascieri	14	CYBE	CPT	04/11/2022	CTA A CHAMPS 2022
162	1:40.92	L	P	Helena Pretorius	14	TKS	WBD	02/03/2023	SA Level 2 Regional Age Group Champs
163	1:40.98	L	F	Ashley Scholtz	14	CA	EKU	11/06/2022	EGA Winter 1 2022
164	1:41.11	L	F	Emma Jansen van Rensburg	14	QSAW	CED	28/01/2023	Winelands SL Final
165	1:41.79	L S	P	Nickela Van der Berg	14	NWUC	KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
166	1:41.82	L	P	Hannah van der Veen	14	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
167	1:41.90	L	F	Leigh Pijoo	14	BLMA	CPT	04/11/2022	CTA A CHAMPS 2022
168	1:41.96	L	F	Zia Petersen	14	XSAQ	CPT	21/01/2023	CTA Qualifying Meet #7
169	1:42.00	L	F	Carmen Veldsman	14	HSTAN	MPD	15/10/2022	Limpopo Top 10 - High Schools
170	1:42.07	L	F	Amelie Brügers	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
171	1:42.08	L	F	Ebenette Van Niekerk	14	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
172	1:42.21	L	F	Charnè Landman	14	GSA	CPT	03/09/2022	CTA Qualifying Meet #4
173	1:42.73	L	F	Esther Sullivan	14	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
174	1:42.86	L	F	Amylee Holtzhausen	14	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
175	1:43.29	L	F	Jessica Carver	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
176	1:43.31	L	P	Lara Louw	14	BLNE	MAN	06/12/2022	Free State Champs 2022
177	1:43.73	L	F	Kaylin Bezuidenhoud	14	BLSS	MAN	05/11/2022	Seals Heidedal Gala
178	1:43.91	L	F	Mariel Van Der Net	14	JAQ	EKU	20/01/2023	EGA Last Chance Galal
179	1:43.95	L	F	Anè Cloete	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
180	1:43.98	L	F	Kayla Welgemoed	14	VALS	FDD	03/03/2023	SA Level 2 Regional Age Group Champs
181	1:44.01	L	F	Izolde Lombard	14	ASAC	CPT	03/09/2022	CTA Qualifying Meet #4
182	1:44.10	L	F	Brooklyn-Taylor Sunker	14	BON	EKU	20/01/2023	EGA Last Chance Galal
183	1:44.23	L	F	Megan Neizel	14	PSCP	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
184	1:44.24	L	F	Melita Metz	14	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
185	1:44.27	L	F	Catherine O'Grady	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
186	1:44.32	L	F	Simone Cussons	14	NAE	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
187	1:44.38	L	F	Shyenne Laubscher	14	WELA	LLD	17/02/2023	Neptune Last Chance Gala
188	1:45.10	L	F	Tatum Sanderson	14	SOWE	JHB	18/03/2023	Level 1 Intra-Provincial 2023
189	1:45.11	L	F	Andria Le Roux	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
190	1:45.41	L	P	Entle Khumalo	14	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
191	1:45.56	L	F	Danielle Van Vuuren	14	DDA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
192	1:45.73	L	P	Shannon Rautenbach	14	UNI	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
193	1:45.85	L	F	Mieke Vd Walt	14	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
194	1:45.99	L	F	Alea Du Toit	14	CYBE	CPT	21/01/2023	CTA Qualifying Meet #7
195	1:46.12	L	F	Alexandra Santos	14	PSCP	UMD	05/11/2022	KZN Junior Championships 2022
196	1:46.24	L	F	Anneke Stassen	14	CUDU	CPT	12/11/2022	CTA B CHAMPS
197	1:46.49	L	F	Maya McCollum	14	AQDO	CPT	11/02/2023	WCA-B Champs - 2023
198	1:46.52	L	F	Tanisha Barnes	14	DRGN	JHB	23/09/2022	EGA Summer 1 2022
199	1:46.84	L	F	Chrisna Du Plessis	14	KALAH		25/02/2023	FLAMINGO GALA 2023
200	1:47.02	L	F	Gabriella Carminatti	14	AFIN	JHB	02/10/2022	2022 AG Swim Stars 14&Over
201	1:47.18	L	F	Asmaa Bonnasse	14	ELRAS	WBD	22/10/2022	Limpopo Age Group 4
202	1:47.70	L	F	Taegon Gunkel	14	BEAV	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
203	1:48.02	L	P	Ogalaletseng Khosana	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
204	1:48.11	L	F	Ashleigh Davies	14	WELA	LLD	22/10/2022	Otters Prestige Gala 2022
205	1:48.14	L	F	Micke De Jager	RR	PSA	ZLD	04/02/2023	KCDA February Age Group Gala 2023
206	1:49.08	L	F	Cara Francis	14	TUKS	FSH	01/10/2022	2022 AG Swim Stars&OR Tambo
207	1:49.54	L	F	Nazley Jacobs	14	ISSC	NMD	26/11/2022	NWS Age Group 3 2022/23
208*	1:49.65	L	F	Annika Potgieter	14	POTC	KKD	07/12/2022	NWS Championships 2022/2023
208*	1:49.65	L	F	Chelsea Snyman	14	SS	MPD	02/12/2022	Limpopo Champs
210	1:49.68	L	F	Mekayla Pretorius	14	HWSK		07/12/2022	NCASA CHAMPS 2022
211	1:49.89	L	F	Cleo May	14	MARL	CPT	07/10/2022	41st Freda Barnard Invitational Gala
212	1:49.98	L	F	Logan Francke	14	BERG	BP	10/02/2023	NW School Championships 2023
213	1:50.08	L	F	Abigail Cullen	14	WELA	LLD	17/02/2023	Neptune Last Chance Gala
214	1:50.09	L	F	Shaelyn Lawson	14	CHS	BUF	25/02/2023	Eastern Cape Schools Swimming Trials
215	1:50.12	L	P	Mia Osbourne	14	AFIN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
216	1:50.18	L	P	Luyanda Mbatha	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
217	1:50.41	L	P	Mea Harding	14	BAS	EKU	16/12/2022	KZNA Premier Provincial Championship
218	1:50.46	L	F	Larissa Lombard	14	MAKO	EKU	18/03/2023	Level 1 Intra-Provincial 2023
219	1:50.55	L	P	Raquel Cairns	14	KLOO	ETH	01/07/2022	Prestige Tournament 2022
220	1:50.62	L	F	Lisa van der Westhuizen	14	POTC	KKD	26/11/2022	NWS Age Group 3 2022/23
221	1:50.97	L	F	Zelmari Van der Walt	14	AQU	ADJ	29/10/2022	Amajuba District Age Group 4 29
222	1:51.14	L	F	Kholofelo Seabi	14	SWIFT	EKU	18/03/2023	Level 1 Intra-Provincial 2023
223	1:51.35	L	F	Esmarie Terblanche	14	HTSA	CPT	11/02/2023	WCA-B Champs - 2023
224	1:51.64	L	F	Isabè Van Dyk	14	CUHE	QBD	07/10/2022	41st Freda Barnard Invitational Gala
225	1:52.02	L	F	Karla Brink	14	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
226	1:52.15	L	F	Elizabeth Du Plessis	14	QSAW	GED	24/09/2022	CTA Qualifying Meet #5
227	1:52.20	L	F	Amy-Lee Jones	14	CA	EKU	11/06/2022	EGA Winter 1 2022
228	1:52.88	L	F	Mia Crookham	14	TYGE	CPT	21/01/2023	CTA Qualifying Meet #7
229	1:53.38	L	F	Emma Barnard	14	EVO	CPT	18/02/2023	Swartland Invitational Gala 2023
230	1:54.13	L	F	Sinalo Ndlovu	14	UMSH	ETH	05/11/2022	KZN Junior Championships 2022
231	1:54.30	L	F	Jocke Coetzee	14	KALA		07/12/2022	NCASA CHAMPS 2022
232	1:54.33	L	P	Mikaela Joubert	14	ESTR	EKU	08/12/2022	EGA Summer Champs 2022
233	1:55.14	L	F	Marize Fourie	14	WELA	LLD	12/11/2022	Kroonstad Age Group
234	1:55.15	L	F	Lyrece Louw	14	SUPE	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
235	1:55.16	L	F	Angie Hicken	14	SOUL	EKU	23/09/2022	EGA Summer 1 2022
236	1:55.31	L	P	Ashley Seymour	14	WELA	LLD	06/12/2022	Free State Champs 2022
237	1:55.45	L	F	Michaela Clegg	14	AZON	ETH	05/11/2022	KZN Junior Championships 2022
238	1:55.83	L S	P	Wilona Erasmus	14	NWUC	KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
239	1:56.16	L	F	Cambria Steyn	14	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
240	1:56.21	L	F	Aimee' Heydricks	14	BLUO	UGD	05/11/2022	KZN Junior Championships 2022
241	1:56.60	L	F	Bianca O'Kennedy	14	EVO	CPT	04/11/2022	CTA A CHAMPS 2022
242	1:56.62	L	F	Mignon Burger	14	SWAR	WCD	11/11/2022	Swartland Prestige Gala 2022
243	1:56.75	L S	P	Onkaribile Molamu	14	MATL	KKD	03/10/2022	Sasolburg Swim Club Invitational Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
244	1:57.05	L	F	Keira Taylor	14	TUKS FSH	02/10/2022 2022 AG Swim Stars 14&Over
245	1:57.11	L	P	Skylar Colling	14	PSCP UMD	01/07/2022 Prestige Tournament 2022
246	1:57.21	L	F	Lehanra Greeff	14	HARB BPD	26/11/2022 NWS Age Group 3 2022/23
247	1:57.25	L	F	Hannah Watson	14	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
248	1:58.16	L S	P	Paxton Rankin	14	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
249	1:58.25	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022 CTA B CHAMPS
250	1:58.34	L	F	Yandisa Ndlovu	14	ACSA ETH	05/11/2022 KZN Junior Championships 2022
251	1:58.74	L	F	Mbali Mahlangu	14	ATTE FSH	02/10/2022 2022 AG Swim Stars 14&Over
252	1:58.83	L	P	Rienke Bignaut	14	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Champs
253	1:58.89	L	F	Jaimee Marais	14	ELRAS WBD	12/11/2022 Limpopo Age Group 5
254	1:59.48	L	F	Lia Myburgh	14	WELA LLD	22/10/2022 Otters Prestige Gala 2022
255	2:01.84	L	F	Anchen Human	14	TASC MPD	12/11/2022 Limpopo Age Group 5
256	2:03.70	L	P	Olivia Van der Nest	14	KSC EZD	02/12/2022 Mpumalanga Championships 2022
257	2:04.23	L	F	Esethu Mabula	14	SRAY BUF	18/02/2023 BCA 2nd Feb Age Group Gala 2023
258	2:04.64	L	F	Khwezi Khaba	14	UMSH ETH	02/12/2022 EDA AG Gala December 2022
259	2:05.20	L	F	Ayanda Luthuli	14	USH UHD	19/11/2022 Froggies Aquatics Championships 2022
260	2:06.27	L	F	Angelina Valle	14	AQDO CPT	12/11/2022 CTA B CHAMPS
261	2:06.34	L	F	Anja O Connell	14	TASC MPD	02/12/2022 Limpopo Champs
262	2:07.45	L	P	Anne Bray	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
263	2:08.37	L	F	Helena Van Vuuren	14	KALA	07/12/2022 NCASA CHAMPS 2022
264	2:11.64	L	F	Zoë Pierce	14	ESTR EKU	18/03/2023 Level 1 Intra-Provincial 2023
265	2:12.73	L	F	Gemma van der Merwe	14	PGAC EKU	23/09/2022 EGA Summer 1 2022
266	2:17.39	L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	07/10/2022 41st Freda Barnard Invitational Gala
267	2:20.41	L	F	Anesu Mushonga	14	ISSA	10/02/2023 NW School Championships 2023
268	2:20.83	L	F	Tamasa Nhlangulela	14	UMSH ETH	19/03/2023 KZN Level 1 Championships 2023
269	2:24.75	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022 CTA B CHAMPS
270	2:28.67	L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022 EGA Summer Champs 2022
271	2:29.93	L	F	Amy Klink	14	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
272	2:31.40	L	F	Humairah Nakooda	14	AQUA UTD	03/12/2022 Uthukela District Age Group Gala 3 Dec
273	3:08.60	L	F	Aimee Milner	14	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
Women -14 200 Breast							
1	2:43.43	L S	F	Gabriella Van Den Berg	14	ELEC FSH	21/03/2023 SA National Junior Age Group
2	2:46.30	L	F	Chanel Veldsman	14	KZNA ETH	21/04/2023 SA Schools Swimming Championship
3	2:47.40	L	F	Madison du Plessis	AR	BLOT MAN	16/12/2022 KZNA Premier Provincial Championship
4	2:50.57	L	F	Karla Myburgh	14	TUKS FSH	09/12/2022 NTS Championships 2022
5	2:52.11	L S	F	Kayla Gous	14	USC BUF	21/03/2023 SA National Junior Age Group
6	2:52.14	L S	F	Mieke Vd Wal	14	CUDU CPT	21/03/2023 SA National Junior Age Group
7	2:52.21	L	F	Juliette van Vught	14	GAUT	21/04/2023 SA Schools Swimming Championship
8	2:53.52	L S	P	Lara Gouws	14	TUKS FSH	21/03/2023 SA National Junior Age Group
9	2:55.90	L S	F	Amy Combrink	14	VINE CPT	21/03/2023 SA National Junior Age Group
10	2:56.53	L S	F	Ella Eldar	14	TUKS FSH	21/03/2023 SA National Junior Age Group
11	2:57.04	L	F	Danielle Samoei	14	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
12	2:57.08	L	F	Mikayla Lombard	14	TUKS FSH	31/03/2023 SA Level 3 Regional Age Group
13	2:57.60	L S	F	Leila Yazbek	14	BLNE MAN	21/03/2023 SA National Junior Age Group
14	2:57.70	L S	P	Mia Gerber	14	MATI CED	21/03/2023 SA National Junior Age Group
15	2:58.25	L	F	Alika Vd Merwe	14	TUKS FSH	09/12/2022 NTS Championships 2022
16	2:58.55	L	F	Jessica Sardinha	14	BAS EKU	16/12/2022 KZNA Premier Provincial Championship
17	2:59.62	L	F	Jaime Maritz	14	NSAD EZD	31/03/2023 SA Level 3 Regional Age Group
18	3:00.19	L	F	Maria Steyn	14	BLSS MAN	27/01/2023 Seals Bullsharks Gala
19	3:00.20	L	F	Kayla Verbaan	14	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group
20	3:00.66	L	F	Tshenolo Ntsie	14	GAUT	21/04/2023 SA Schools Swimming Championship
21	3:01.66	L	F	Elizabeth Victor	14	UNI EZD	31/03/2023 SA Level 3 Regional Age Group
22	3:02.12	L	P	Zine Mostert	14	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ
23	3:02.18	L	F	Tyra Penn	14	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
24	3:03.56	L S	P	Hannah Sandilands	14	CA EKU	21/03/2023 SA National Junior Age Group
25	3:04.70	L	F	Leah Scott	14	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
26	3:04.81	L	F	Vera Chen	14	BLSS MAN	31/03/2023 SA Level 3 Regional Age Group
27	3:04.82	L S	P	Corli Liversage	14	BLSS MAN	21/03/2023 SA National Junior Age Group
28	3:05.31	L	F	Savannah Mostert	14	TUKS FSH	02/12/2022 Limpopo Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
29	3:05.61	L	F	Georgia Gouws	14	BEST NMA	10/02/2023	Infinity Gala 2023
30	3:05.97	L	F	Simone Vd Merwe	14	LALE CED	31/03/2023	SA Level 3 Regional Age Group
31	3:06.34	L	F	René Kotzé	14	PGIM KKD	10/02/2023	NW School Championships 2023
32	3:06.54	L	P	Jana Vorster	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
33	3:06.58	L	F	Jodi Boettger	14	USC BUF	31/03/2023	SA Level 3 Regional Age Group
34	3:06.76	L	P	Mignon Richter	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
35	3:07.21	L	P	Kathleen Welsh	BR	HAM	10/02/2023	Middle East Open and Junior
36	3:07.25	L	F	Samantha Nimb	14	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
37	3:07.31	L	F	Genevieve Christensen	14	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship
38	3:08.58	L	F	Mia Johnson	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
39	3:08.79	L	P	Vera Chen	14	FSS FS	21/04/2023	SA Schools Swimming Championship
40	3:09.08	L	F	Sandri Visser	14	PLAY CED	09/12/2022	Western Cape LC-A Championship 2022
41	3:09.57	L	F	Mareze Frylinck	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
42	3:10.03	L	F	Danielle Harbron	14	FAAC FBD	07/12/2022	NCASA CHAMPS 2022
43	3:10.38	L	F	Megan Webster	14	RFA TSH	09/12/2022	NTS Championships 2022
44	3:10.70	L	F	Stephanie Jurado	14	SSISA CPT	15/10/2022	CTA Qualifying Meet #6
45	3:10.84	L	F	Caitlyn Dube	14	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group
46	3:11.03	L	F	Scarlett Le Roux	14	CA EKU	21/10/2022	EGA Summer 2 2022
47	3:11.23	L	F	Jordan Wessels	14	ASA ILD	31/03/2023	SA Level 3 Regional Age Group
48	3:11.42	L	F	Lerize Du Toit	14	PHS CCD	04/02/2023	Limpopo School Champs
49	3:12.74	L	F	Kayleigh Hahn	14	ROA EDD	13/01/2023	Eastern Cape Aquatics LC Champs 2023
50	3:12.98	L	F	Araya de Waal	14	PGAC EKU	31/03/2023	SA Level 3 Regional Age Group
51	3:13.54	L	P	Storme Badenhorst	14	MARL CPT	24/02/2023	Western Cape Elite Gala
52	3:13.67	L	P	Hannah Schreuder	14	SAAW CPT	24/02/2023	Western Cape Elite Gala
53	3:13.69	L	P	Jade O'Connor	14	AWIN TSH	09/12/2022	NTS Championships 2022
54	3:14.09	L S	F	Liza Schoeman	14	RBOT BPD	07/12/2022	NWS Championships 2022/2023
55	3:14.39	L	F	Abby Novos	14	RSA	12/07/2022	Maccabiah 2022
56	3:14.85	L	F	Stacey Smith	14	PAC TSH	28/10/2022	NTS October SARJ+ Age Group Gala
57	3:15.29	L	F	Lienke Van OS	14	BLSS MAN	27/01/2023	Seals Bullsharks Gala
58	3:15.40	L	F	Emma Davies	14	BAS EKU	02/03/2023	SA Level 2 Regional Age Group Champs
59	3:15.55	L	P	Kganya Mashigo	14	PAC TSH	09/12/2022	NTS Championships 2022
60	3:15.94	L	F	Jemma Park	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
61	3:16.20	L	F	Sinoah Pretorius	14	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala
62	3:16.35	L	F	Kate-Lynn Kruger	14	DESA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
63	3:16.41	L	F	Simonè Schonken	14	HMER MPD	04/02/2023	Limpopo School Champs
64	3:16.53	L	P	Christi Serfontein	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
65	3:16.86	L	F	Daniëlla Müller	14	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
66	3:17.50	L	F	Me-Kayla Rew	14	TUKS TSH	28/10/2022	NTS October SARJ+ Age Group Gala
67	3:17.54	L S	P	Ava-Loren Van Galen	14	BIOS CED	21/03/2023	SA National Junior Age Group
68	3:18.15	L	F	Keira Holland	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
69	3:18.32	L	P	Kiera Ruane	14	TUKS TSH	09/12/2022	NTS Championships 2022
70	3:18.75	L	F	Emma Ralfe	14	PSCP UMD	31/03/2023	SA Level 3 Regional Age Group
71	3:18.87	L	F	Emma Rossouw	14	QUIC CPT	21/01/2023	CTA Qualifying Meet #7
72	3:19.17	L	F	Kayla Vosloo	AR	BLOT MAN	27/01/2023	Seals Bullsharks Gala
73	3:20.31	L S	P	Rachel Hinckley	14	CA EKU	08/12/2022	EGA Summer Champs 2022
74	3:20.58	L	F	Ilanze du Plessis	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
75	3:21.22	L	F	Lumka Ntaka	14	UMSH ETH	01/07/2022	Prestige Tournament 2022
76	3:21.29	L	F	Emily Tsai	14	BLMA CPT	28/01/2023	Winelands SL Final
77	3:21.38	L	F	Nicole Van Zyl	14	CA EKU	21/10/2022	EGA Summer 2 2022
78	3:21.53	L	F	Miane Steyn	14	MHS NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
79	3:21.61	L	F	Megan Van den Heever	14	UNI EZD	02/03/2023	SA Level 2 Regional Age Group Champs
80	3:21.89	L	F	Katey Nel	14	SOUL EKU	31/03/2023	SA Level 3 Regional Age Group
81	3:21.92	L	F	Carme Louw	14	TASC MPD	02/12/2022	Limpopo Champs
82	3:22.19	L	F	Mia De Klerk	14	CSA EZD	02/12/2022	Mpumalanga Championships 2022
83	3:22.34	L S	F	Elrike du Plessis	14	HREF BPD	07/12/2022	NWS Championships 2022/2023
84	3:22.36	L	F	Judy Stevens	14	QUIC CPT	11/02/2023	WCA-B Champs - 2023
85	3:24.18	L	F	Buhle Mahlalela	14	UNI EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
86	3:24.23	L	F	Danaleigh Swanepoel	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
87	3:24.75	L	F	Jessica Bosman	14	QUIC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
88	3:25.17	L	F	Anzelle van Rooyen	14	DRGN	JHB	20/01/2023	EGA Last Chance Galal
89	3:25.50	L	F	Carine Röntgen	14	ASAW	GED	28/01/2023	Winelands SL Final
90	3:25.78	L	F	Mila Petrak	14	ELEC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
91	3:26.00	L	P	Tanika Du Plessis	14	TUKS	FSH	09/12/2022	NTS Championships 2022
92	3:26.13	L	P	Richelle Rothmann	14	AQU	ADJ	31/03/2023	SA Level 3 Regional Age Group
93	3:26.56	L S	P	Kelly Stork	14	MAC	EKU	08/12/2022	EGA Summer Champs 2022
94	3:26.74	L	F	Sienna Wilensky	14	ASAC	CPT	03/09/2022	CTA Qualifying Meet #4
95	3:26.98	L	F	Anne Steyl	14	UPSK		03/03/2023	SA Level 2 Regional Age Group Champs
96	3:27.13	L	F	Zianè Jantzen	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
97	3:27.19	L	F	Catherine Desilla	14	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
98	3:27.45	L	F	Jorja De Beer	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
99	3:27.52	L	F	Nakita Snyman	14	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
100	3:28.09	L	F	Anne Marais	14	TKS	WBD	02/12/2022	Limpopo Champs
101	3:28.15	L S	P	Megan Augustyn	14	ONYX	EKU	08/12/2022	EGA Summer Champs 2022
102	3:28.99	L	F	Elizabeth Opperman	BR	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
103	3:29.37	L	F	Imke Els	14	QSAW	GED	15/10/2022	CTA Qualifying Meet #6
104	3:29.98	L	F	Robyn Barbour	14	ESP	EKU	21/10/2022	EGA Summer 2 2022
105	3:30.13	L	F	Kuzingca Siramza	14	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
106	3:30.31	L	F	Georgia Knight	14	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
107	3:30.65	L	P	Hannah Naidoo	ER	BAYV	ETH	31/03/2023	SA Level 3 Regional Age Group
108	3:31.61	L	F	Leane Muller	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
109	3:31.94	L	F	Deoné Borstlap	14	POTC	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
110	3:32.22	L	F	Emma Jansen van Rensburg	14	QSAW	GED	28/01/2023	Winelands SL Final
111	3:32.24	L S	F	Lara Louw	14	BLNE	MAN	06/12/2022	Free State Champs 2022
112	3:32.30	L	F	Aisling McLean	14	ELEC	FSH	21/10/2022	NTS October Lev 3 Age Group Gala
113	3:32.34	L	F	Veera Khusal	14	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
114	3:32.52	L	F	Caitlin Govender	14	SGUL	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
115	3:32.86	L	P	Emma Lategan	14	CUDU	CPT	25/06/2022	PEA Winter Gala 2022
116	3:32.97	L S	F	Tatiana Ioannides	14	BLSS	MAN	06/12/2022	Free State Champs 2022
117	3:34.01	L	P	Wilmien Verbeek	14	CUDU	CPT	25/06/2022	PEA Winter Gala 2022
118	3:34.14	L	F	Hannah van der Veen	14	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
119	3:34.34	L	F	Leigh-Anne Mackey	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
120	3:35.84	L	P	Alaynah Bhamjee	14	ATLA	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
121	3:35.85	L	P	Djeneba Coulibaly	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
122	3:36.33	L	F	Paris Shiwundlana	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
123	3:36.38	L	P	Esther Sauls	14	PGAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
124	3:36.72	L	F	Helena Pretorius	14	HSBV	SKD	04/02/2023	Limpopo School Champs
125*	3:36.83	L	F	Kaylie Groenewald	14	ACAA	CCD	02/12/2022	Limpopo Champs
125*	3:36.83	L	F	Megan Neizel	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
127	3:36.96	L	P	Carli Dippenaar	14	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
128	3:37.34	L	F	Kailyn Roopchand	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
129	3:37.63	L	F	Lara Wink	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
130	3:38.22	L	F	Kate Allwood	14	GREY	CPT	03/09/2022	CTA Qualifying Meet #4
131	3:38.88	L	F	Jessica Carver	14	ELEC	FSH	27/01/2023	NTS January Lev 1+2 Age Group Gala
132	3:39.16	L	F	Ivana Vyncke	14	VRY	ZLD	25/11/2022	WSC & Seals Summer LC Champs 2022
133	3:39.43	L	F	Imaan Velloo	14	MANT	CPT	11/02/2023	WCA-B Champs - 2023
134	3:40.97	L	F	Taylor Ririe	14	BLSS	MAN	29/10/2022	Neptune Gala
135	3:41.30	L	F	Zia Petersen	14	XSAQ	CPT	07/10/2022	41st Freda Barnard Invitational Gala
136	3:41.50	L	F	Emma Neethling	14	FISH	EDD	05/11/2022	EDEN 3rd A-League Gala 2022
137	3:41.58	L	F	Amelie Van der Merwe	14	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
138	3:42.64	L	F	Shannon Rautenbach	14	UNI	EZD	24/02/2023	MP AGE GROUP 6 GALA
139	3:42.87	L	F	Mieke Vd Walt	14	FISH	EDD	18/02/2023	EDEN 5th A-League Gala 2023
140	3:43.20	L	F	Mieka Wichmann	14	SEAL	UMD	01/07/2022	Prestige Tournament 2022
141	3:43.56	L	F	Kara Fourie	LN	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
142	3:43.71	L S	F	Shyenne Laubscher	14	WELA	LLD	06/12/2022	Free State Champs 2022
143	3:44.55	L	P	Brooklyn-Taylor Sunker	14	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
144	3:45.48	L	P	Emma Thompson	14	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
145	3:45.92	L	F	Anè Cloete	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
146	3:46.06	L	F	Tia Mari Theron	14	TKS	WBD	12/11/2022	Limpopo Age Group 5

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
147	3:46.74	L	F	Maya McCollum	14	AQDO CPT	03/03/2023 SA Level 2 Regional Age Group Champs
148	3:47.35	L	F	Alea Du Toit	14	CYBE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
149	3:47.36	L	F	Asia Kleinhans	14	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
150	3:48.23	L	F	Kaylin Bezuidenhoud	14	BLSS MAN	29/10/2022 Neptune Gala
151*	3:48.75	L S	P	Andria Le Roux	14	JAQ ECU	08/12/2022 EGA Summer Champs 2022
151*	3:48.75	L	F	Chrisna Du Plessis	14	KALAH	25/02/2023 FLAMINGO GALA 2023
153	3:49.96	L	F	Catherine O'Grady	14	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15
154	3:51.63	L	F	Tanasha Barnes	14	DRGN JHB	20/01/2023 EGA Last Chance Galal
155	3:53.05	L	P	Gabriella Carminatti	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
156	3:53.69	L	F	Amylee Holtzhausen	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
157	3:53.85	L	F	Milena Pugliese	14	MMD CPT	24/09/2022 CTA Qualifying Meet #5
158	3:54.73	L	F	Logan Francke	14	RBOT BPD	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
159	3:55.11	L	P	Ogalaletseng Khosana	14	TUKS FSH	02/03/2023 SA Level 2 Regional Age Group Champs
160	3:58.06	L	F	Shaelyn Lawson	14	AQUA BUF	02/12/2022 BCA Long Course Championships 2022
161	3:58.44	L	F	Mekayla Pretorius	14	HWSK	07/10/2022 FLAMINGO GALA OCT 2022
162	3:58.57	L	F	Chelsea Snyman	14	HBV MPD	04/02/2023 Limpopo School Champs
163	3:58.76	L	F	Cleo May	14	MARL CPT	28/01/2023 Winelands SL Final
164	4:01.30	L	P	Mia Crookham	14	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Champs
165	4:02.73	L	F	Emma Barnard	14	EVO CPT	18/02/2023 Swartland Invitational Gala 2023
166	4:06.79	L S	P	Kholofelo Seabi	14	SWIFT ECU	08/12/2022 EGA Summer Champs 2022
167	4:09.66	L S	F	Lisa van der Westhuizen	14	POTC KKD	07/12/2022 NWS Championships 2022/2023
168	4:10.56	L	F	Nazley Jacobs	14	STM NM	10/02/2023 NW School Championships 2023
169	4:11.03	L	F	Amy-Lee Jones	14	CA ECU	21/10/2022 EGA Summer 2 2022
170	4:11.78	L S	P	Mikaela Joubert	14	ESTR ECU	08/12/2022 EGA Summer Champs 2022
171	4:12.92	L	F	Abigail Cullen	14	WELA LLD	29/10/2022 Neptune Gala
172	4:13.28	L	F	Bianca O'Kennedy	14	EVO CPT	11/11/2022 Swartland Prestige Gala 2022
173	4:15.86	L	F	Jocke Coetzee	14	KALA	07/12/2022 NCASA CHAMPS 2022
174	4:18.51	L	P	Esmarie Terblanche	14	HTSA CPT	03/03/2023 SA Level 2 Regional Age Group Champs
175	4:19.55	L	P	Paxton Rankin	14	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
176	4:23.41	L	F	Esethu Mabula	14	SRAY BUF	02/12/2022 BCA Long Course Championships 2022
177	4:26.54	L	T	Ebenette Van Niekerk	14	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023
178	4:44.26	L	F	Helena Van Vuuren	14	KALA	07/10/2022 FLAMINGO GALA OCT 2022
179	5:46.54	L	F	Musa Mahlangu	14	ESP ECU	21/10/2022 EGA Summer 2 2022
Women -14 50 Fly							
1	28.97	L	F	Emily Macqueen	14	SEAL UMD	03/03/2023 2023 Grand Prix 2 Invitational Meet -
2	29.52	L	F	Jaime Mote	14	INFA NMA	21/03/2023 SA National Junior Age Group
3	29.93	L	F	Jana Vorster	14	TUKS FSH	21/03/2023 SA National Junior Age Group
4	30.04	L	F	Ruth Dredge	14	PAC FSH	21/03/2023 SA National Junior Age Group
5	30.11	L	F	Leila Yazbek	14	BLNE MAN	21/03/2023 SA National Junior Age Group
6	30.14	L	F	Amy Aaron	14	WSTV ETH	21/03/2023 SA National Junior Age Group
7	30.29	L	F	Ruby Gaines	14	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
8	30.34	L	F	Ava-Loren Van Galen	14	BIOS CED	21/03/2023 SA National Junior Age Group
9	30.38	L	F	Lara Gouws	14	TUKS FSH	21/03/2023 SA National Junior Age Group
10	30.42	L	F	Savannah Mostert	14	TUKS FSH	09/12/2022 NTS Championships 2022
11	30.48	L	P	Abigail Roberts	14	TUKS FSH	09/12/2022 NTS Championships 2022
12	30.62	L	F	Danielle Cronjè	14	GSA CPT	21/03/2023 SA National Junior Age Group
13	30.81	L	F	Mieke Vd Wal	14	WCA CPT	21/04/2023 SA Schools Swimming Championship
14	30.84	L	F	Kendra Begley	14	ECA BUF	21/04/2023 SA Schools Swimming Championship
15*	30.86	L S	P	Scarlett Le Roux	14	AGA ECU	12/04/2023 SA National Aquatic SNR-Champ
15*	30.86	L	P	Mila Vd Linde	14	TUKS FSH	21/03/2023 SA National Junior Age Group
17	30.95	L	F	Jana Swiegers	14	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala
18	31.23	L	F	Jenna Coetzee	14	INFA NMA	10/02/2023 Infinity Gala 2023
19	31.24	L	P	Annebel Stewart	14	AZON ETH	21/03/2023 SA National Junior Age Group
20	31.28	L	P	Katelyn Fourie	14	JAQ ECU	21/03/2023 SA National Junior Age Group
21	31.36	L	F	Jesse-Leah Laderach	14	ECA BUF	21/04/2023 SA Schools Swimming Championship
22	31.49	L	F	Stephanie Jurado	14	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group
23	31.52	L	P	Grace Powell	14	CSC FSH	21/03/2023 SA National Junior Age Group
24	31.54	L	F	Mari Wium	14	QSAW CED	31/03/2023 SA Level 3 Regional Age Group
25	31.57	L	F	Jaime Maritz	14	MP EZ	21/04/2023 SA Schools Swimming Championship

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
26	31.60 L	F	Emily Liebenberg	14	WCA CPT	21/04/2023	SA Schools Swimming Championship
27	31.63 L	P	Ashley Scholtz	14	CA EKU	21/03/2023	SA National Junior Age Group
28	31.72 L	F	Amy O'Connor	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
29	31.80 L	F	Rouxne Du Plessis	14	TUKS FSH	21/03/2023	SA National Junior Age Group
30	31.85 L	F	Lily Durant	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level
31	31.88 L	F	Amy Brown	14	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
32	32.00 L	F	Zandri Knoetze	14	INFA NMA	31/03/2023	SA Level 3 Regional Age Group
33	32.03 L	F	Lara Smith	14	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group
34	32.07 L	F	Mikayla Smit	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
35	32.09 L	F	Madison du Plessis	AR	BLOT MAN	27/08/2022	Kovsie Gala
36	32.12 L	F	Leah Scott	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
37	32.15 L	F	Kayla Vosloo	AR	BLOT MAN	29/10/2022	Neptune Gala
38*	32.24 L	F	Jodi Boettger	14	USC BUF	31/03/2023	SA Level 3 Regional Age Group
38*	32.24 L	F	Gemma Goncalves	14	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
40	32.27 L	P	Chanel Veldsman	14	PSCP UMD	21/03/2023	SA National Junior Age Group
41	32.28 L	P	Emily Palmer	14	USC BUF	21/03/2023	SA National Junior Age Group
42	32.38 L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022
43	32.43 L	F	Zianè Jantzen	14	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group
44	32.47 L	F	Gabriella Van Den Berg	14	ELEC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
45	32.51 L	F	Keira Holland	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group
46	32.52 L	F	Elne Reynolds	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
47	32.55 L	P	Amy Combrink	14	VINE CPT	21/03/2023	SA National Junior Age Group
48	32.58 L	P	Karla Myburgh	14	TUKS FSH	09/12/2022	NTS Championships 2022
49	32.61 L	F	Danielle Samoei	14	TUKS FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
50	32.69 L	P	Danika Van Zyl	14	FRA KCD	21/03/2023	SA National Junior Age Group
51	32.71 L	F	Maria Steyn	14	BLSS MAN	06/12/2022	Free State Champs 2022
52	32.75 L	F	Leia Braithwaite	14	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
53*	32.84 L	F	Charnè Landman	14	GSA CPT	31/03/2023	SA Level 3 Regional Age Group
53*	32.84 L	F	Siobhan Evans	14	CA EKU	23/09/2022	EGA Summer 1 2022
55	32.98 L	P	Caitlyn Dube	14	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group
56	33.00 L	P	Alika Vd Merwe	14	TUKS FSH	01/07/2022	Prestige Tournament 2022
57	33.02 L	P	Jaime Roome	14	TUKS FSH	09/12/2022	NTS Championships 2022
58	33.04 L	F	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
59	33.05 L	P	Genevieve Christensen	14	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship
60	33.17 L	P	Chloe Olivier	14	CA EKU	21/03/2023	SA National Junior Age Group
61	33.18 L	F	Karmen Van Rensburg	14	UNI EZD	02/12/2022	Mpumalanga Championships 2022
62	33.29 L	F	Sunny Huang	14	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
63	33.33 L	F	Mikayla Lombard	14	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group
64	33.34 L	P	Araya de Waal	14	PGAC EKU	08/12/2022	EGA Summer Champs 2022
65	33.35 L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
66*	33.40 L	P	Kaylie Groenewald	14	LP CC	21/04/2023	SA Schools Swimming Championship
66*	33.40 L	F	Simonè Schonken	14	TASC MPD	31/03/2023	SA Level 3 Regional Age Group
68	33.50 L	F	Corli Liversage	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
69	33.51 L	P	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group
70	33.54 L	F	Jessica Smith	14	AA JHB	01/12/2022	CGA LC Summer Championships Level
71	33.60 L	P	Jade O'Connor	14	AWIN FSH	09/12/2022	NTS Championships 2022
72	33.63 L	F	Milri-Ann Summerton	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
73	33.71 L	F	Me-Kayla Rew	14	TUKS FSH	08/10/2022	NTS Sprint Gala
74	33.73 L	P	Danaleigh Swanepoel	14	TUKS FSH	09/12/2022	NTS Championships 2022
75	33.74 L	F	Dorette du Plessis	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
76	33.75 L	F	Jorja Parsons	14	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
77	33.76 L	F	Anne Marais	14	TKS WBD	22/10/2022	Limpopo Age Group 4
78	33.81 L	P	Rachel Hinckley	14	CA EKU	08/12/2022	EGA Summer Champs 2022
79	33.82 L	F	Kayla Verbaan	14	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
80	33.83 L	P	Juliette van Vught	14	HASC JHB	21/03/2023	SA National Junior Age Group
81	33.84 L	F	Ella Bradshaw	14	CRSC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
82	33.86 L	F	Elrike du Plessis	14	HREF BPD	07/12/2022	NWS Championships 2022/2023
83	33.87 L	P	Catherine Desilla	14	MDOL EKU	08/12/2022	EGA Summer Champs 2022
84	33.92 L	F	Anastasia Sequeira	14	CA EKU	10/09/2022	Adrian Grafe Gala 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
85	34.00 L	F	Hannah Burke	14	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022
86	34.12 L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
87	34.18 L	P	Erin Joubert	14	KLOO ETH	16/12/2022	KZNA Premier Provincial Championship
88	34.19 L	F	Isabella Havemann	14	MATI CED	28/01/2023	Winelands SL Final
89	34.28 L	F	Bea Van der Merwe	14	RFA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
90	34.30 L	P	Katia Jacob	14	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
91	34.31 L	F	Tayler Ririe	14	BLSS MAN	06/12/2022	Free State Champs 2022
92	34.33 L	F	Lily Ogden	14	PEAR NMA	25/02/2023	Eastern Cape Schools Swimming Trials
93	34.35 L	P	Kayleigh Hahn	14	WCA CPT	21/04/2023	SA Schools Swimming Championship
94	34.43 L	P	Amy-Lee Jones	14	CA ECU	08/12/2022	EGA Summer Champs 2022
95	34.49 L	F	Gabriella Otto	14	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
96	34.50 L	P	Kiera Ruane	14	TUKS TSH	09/12/2022	NTS Championships 2022
97	34.51 L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023	SA Level 3 Regional Age Group
98	34.59 L	P	TehI-Cadi Day Garden	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group
99	34.65 L	F	Emma Rossouw	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
100	34.67 L	F	Ayalakha Mokoena	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
101	34.68 L	F	Leeya Amon	14	JVR CPT	24/09/2022	CTA Qualifying Meet #5
102	34.75 L	P	Cait Da Cunha	14	BON ECU	31/03/2023	SA Level 3 Regional Age Group
103	34.79 L	F	Caitlin Govender	14	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Champs
104	34.84 L	P	Simone Cussons	14	MP EZ	21/04/2023	SA Schools Swimming Championship
105	34.85 L	P	Mia Gerber	14	MATI CED	09/12/2022	Western Cape LC-A Championship 2022
106	34.89 L	F	Cathrijn Davel	14	MSC NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
107	34.95 L	F	Taylor-Blake Van Tonder	14	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
108*	34.98 L	P	Stacey Smith	14	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
108*	34.98 L	P	Wilmiën Verbeek	14	CUDU CPT	24/02/2023	Western Cape Elite Gala
110	35.01 L	P	Robyn Barbour	14	ESP ECU	31/03/2023	SA Level 3 Regional Age Group
111	35.10 L	F	Jemma Pearse	14	VINE CPT	24/09/2022	CTA Qualifying Meet #5
112	35.11 L	F	Carli Dippenaar	14	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
113	35.16 L	P	Kelly Stork	14	MAC ECU	31/03/2023	SA Level 3 Regional Age Group
114	35.20 L	P	Kganya Mashigo	14	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
115	35.22 L	P	Johané Jv Rensburg	14	TUKS TSH	09/12/2022	NTS Championships 2022
116*	35.30 L	F	Chloe Pieterse	14	QSAW CED	28/01/2023	Winelands SL Final
116*	35.30 L	F	Emily Shand	14	BLUO UGD	17/03/2023	SA Level 2 Regional Age Group Champs
118	35.38 L	F	Lara Wink	14	VINE CPT	15/10/2022	CTA Qualifying Meet #6
119	35.43 L	F	Raquel Cairns	14	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
120	35.52 L	F	Helena Pretorius	14	TKS WBD	02/12/2022	Limpopo Champs
121	35.53 L	P	Kiara Banks	14	TUKS TSH	09/12/2022	NTS Championships 2022
122	35.56 L	F	Naledi Thobeha	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
123	35.57 L	F	Chrystil Raymond	14	CSA EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
124	35.62 L	F	Skyla Perumal	14	TRAZ TSH	02/12/2022	2022 The Tshwane Mayoral Gala
125	35.65 L	P	Tyra Penn	14	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
126	35.72 L	F	Megan Neizel	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
127*	35.73 L	F	Christi Serfontein	14	QUIC CPT	04/11/2022	CTA A CHAMPS 2022
127*	35.73 L	F	Kate-Lynn de Jager	AR	BLOT MAN	06/12/2022	Free State Champs 2022
129	35.84 L	F	Nicole Van Zyl	14	CA ECU	10/09/2022	Adrian Grafe Gala 2022
130	35.85 L	F	Samantha Nimb	14	VINE CPT	15/10/2022	CTA Qualifying Meet #6
131	35.86 L	F	Leigh Pijoo	14	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
132	35.89 L	F	Esmarie Terblanche	14	HTSA CPT	03/03/2023	SA Level 2 Regional Age Group Champs
133*	35.91 L	P	Amy Botha	14	PGAC ECU	08/12/2022	EGA Summer Champs 2022
133*	35.91 L	F	Zoe Ann Kruger	14	AQU ADJ	25/11/2022	WSC & Seals Summer LC Champs 2022
135	35.92 L	F	Natania Komakech	14	ELEC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
136	35.93 L	F	Kelci Leech	14	BLSS MAN	29/10/2022	Neptune Gala
137*	35.94 L	F	Vera Chen	14	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
137*	35.94 L	F	Chloe Petersen	14	TUKS TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
139	35.98 L	P	Tayla Dowie	14	QUES JHB	02/03/2023	SA Level 2 Regional Age Group Champs
140	36.08 L	F	Anzelle van Rooyen	14	DRGN JHB	10/09/2022	Adrian Grafe Gala 2022
141	36.12 L	F	Chloe Byrne	14	SEAL UMD	28/01/2023	Ushaka Champs 2023
142	36.13 L	P	Tanika Du Plessis	14	TUKS TSH	09/12/2022	NTS Championships 2022
143	36.17 L	P	Mia Wellsted	14	HASC JHB	31/03/2023	SA Level 3 Regional Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
144	36.23	L	P	Ilanze du Plessis	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
145	36.31	L	F	Skye Rautenbach	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
146*	36.33	L	F	Summer Ascielli	14	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
146*	36.33	L	F	Jamie Turner	14	MDOL EKU	10/09/2022 Adrian Grafe Gala 2022
148	36.34	L	P	Paige Jacobs	14	FAAC FBD	31/03/2023 SA Level 3 Regional Age Group
149	36.36	L	F	Lara Verhoef	14	VINE CPT	04/11/2022 CTA A CHAMPS 2022
150	36.37	L	P	Jessica Sardinha	14	BAS EKU	21/03/2023 SA National Junior Age Group
151	36.38	L	P	Vera Chen	14	FSS FS	21/04/2023 SA Schools Swimming Championship
152	36.55	L	P	Sandri Visser	14	PLAY CED	09/12/2022 Western Cape LC-A Championship 2022
153	36.57	L	P	Jemma Park	14	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group
154	36.61	L	F	Dorethe Meyer	AR	BLOT MAN	06/12/2022 Free State Champs 2022
155	36.63	L	P	Lienke Van OS	14	BLSS MAN	06/12/2022 Free State Champs 2022
156	36.65	L	F	Larissa Visagie	14	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
157*	36.69	L	P	Abigail Scheffer	14	PAC TSH	09/12/2022 NTS Championships 2022
157*	36.69	L	P	Entle Khumalo	14	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
159	36.77	L	F	Esti Mouton	14	SWAR WCD	11/02/2023 WCA-B Champs - 2023
160	36.82	L	F	Nisa Da Silva	14	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
161	36.83	L	F	Deoné Borstlap	14	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Champs
162	36.87	L	P	Lumka Ntaka	14	UMSH ETH	01/07/2022 Prestige Tournament 2022
163	36.90	L	F	Emma Lategan	14	CUDU CPT	04/11/2022 CTA A CHAMPS 2022
164	36.96	L	F	Megan Augustyn	14	ONYX EKU	10/09/2022 Adrian Grafe Gala 2022
165	36.97	L	F	Mikayla Bester	14	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
166	36.98	L	P	Elizabeth Victor	14	UNI EZD	02/12/2022 Mpumalanga Championships 2022
167	37.06	L	F	Keera De Esclana	14	VRC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
168	37.19	L	P	Paige Edmundson	14	SASE JHB	31/03/2023 SA Level 3 Regional Age Group
169	37.21	L	F	Zante Young	14	RBUR BPD	07/12/2022 NWS Championships 2022/2023
170	37.22	L	F	Tshenolo Ntsie	14	TUKS TSH	03/02/2023 NTS January Lev 3+ Age Group Gala
171	37.24	L	P	Emily Tsai	14	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group
172	37.27	L	F	Mila Petrak	14	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
173	37.34	L	F	Sinoah Pretorius	14	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
174	37.37	L	F	Kaylin Bezuidenhoud	14	BLSS MAN	06/12/2022 Free State Champs 2022
175	37.42	L	F	Donne Bruyns	14	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
176	37.49	L	P	Jessica Carver	14	ELEC TSH	02/03/2023 SA Level 2 Regional Age Group Champs
177	37.54	L	P	Genevieve Egger	14	RIVO JHB	02/03/2023 SA Level 2 Regional Age Group Champs
178	37.57	L	F	Kayla Welgemoed	14	VALS FDD	03/03/2023 SA Level 2 Regional Age Group Champs
179	37.67	L	F	Peta Mazery	14	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
180	37.78	L	P	Danielle Van Vuuren	14	DDA TSH	02/03/2023 SA Level 2 Regional Age Group Champs
181	37.83	L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022 Limpopo Champs
182	37.85	L	F	Nina Van Tonder	14	WOAQ CED	13/11/2022 Winelands Summer League 4
183	37.92	L	F	Meg Wentzel	14	INFA NMA	17/09/2022 3rd A League Gala-Newton Park Pool
184	37.93	L	F	Janca Hattingh	14	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
185	37.95	L	F	Emma Neethling	14	FISH EDD	19/11/2022 Eden LC Champs 2022
186	38.00	L	F	Jessica Bosman	14	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
187	38.11	L	P	Makula Kyabayinze	14	TUKS TSH	09/12/2022 NTS Championships 2022
188	38.12	L	P	Amy Gerber	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
189	38.14	L	P	Antonella Del Fabbro	14	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Champs
190	38.15	L	F	Miane Steyn	14	LCR NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15
191*	38.19	L	F	Judy Stevens	14	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
191*	38.19	L	P	Keona Pillay	14	PSCP UMD	01/07/2022 Prestige Tournament 2022
191*	38.19	L	F	Megan Van den Heever	14	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER
194	38.25	L	F	Amy Williams	14	PGH KKD	10/02/2023 NW School Championships 2023
195	38.29	L	F	Cambria Steyn	14	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
196	38.30	L	F	Mieke Vd Walt	14	FISH EDD	07/10/2022 41st Freda Barnard Invitational Gala
197	38.32	L	P	Mia Osbourne	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
198	38.36	L	F	Micke De Jager	RR	PSA ZLD	17/03/2023 SA Level 2 Regional Age Group Champs
199	38.41	L	F	Amelie Brùgers	14	VINE CPT	24/09/2022 CTA Qualifying Meet #5
200	38.44	L	F	Kellen McLaren	14	CA EKU	10/09/2022 Adrian Grafe Gala 2022
201	38.47	L	F	Lungiswa Grootboom	14	SWAR WCD	28/01/2023 Winelands SL Final
202	38.52	L	F	Ilze Hendriks	14	TOTIS ETH	25/11/2022 WSC & Seals Summer LC Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
203	38.55	L	F	Amelie Van der Merwe	14	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
204	38.59	L	F	Maya McCollum	14	AQDO CPT	21/01/2023 CTA Qualifying Meet #7
205	38.64	L	F	Chanè Grobbelaar	14	SWAR WCD	03/03/2023 SA Level 2 Regional Age Group Champs
206*	38.84	L	P	Leah Crozier	14	FAAC FBD	31/03/2023 SA Level 3 Regional Age Group
206*	38.84	L	P	Mea Harding	14	BAS EKV	02/03/2023 SA Level 2 Regional Age Group Champs
208	38.85	L	F	Storme Badenhorst	14	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
209	38.97	L	F	Shyenne Laubscher	14	WELA LLD	27/08/2022 Kovsie Gala
210	38.99	L	F	Djeneba Coulibaly	14	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
211	39.02	L	F	Zia Petersen	14	XSAQ CPT	04/11/2022 CTA A CHAMPS 2022
212	39.03	L	F	Rienke Bignaut	14	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Champs
213*	39.04	L	P	Paris Shiwundlana	14	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
213*	39.04	L	P	Miela Smit	14	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
215	39.05	L	F	Megan Webster	14	RFA TSH	03/02/2023 NTS January Lev 3+ Age Group Gala
216	39.15	L	F	Sienna Wilensky	14	ASAC CPT	21/01/2023 CTA Qualifying Meet #7
217	39.18	L	F	Paula Van Zyl	14	WOAQ CED	13/11/2022 Winelands Summer League 4
218	39.20	L	F	Lara Louw	14	BLNE MAN	27/08/2022 Kovsie Gala
219	39.51	L	P	Mia De Klerk	14	CSA EZD	02/12/2022 Mpumalanga Championships 2022
220	39.67	L	P	Mia Vd Merwe	14	GSA CPT	09/12/2022 Western Cape LC-A Championship 2022
221	39.76	L S	P	Chloe Jewell	14	PEAS NMA	25/06/2022 PEA Winter Gala 2022
222	39.91	L	F	Nicole Norman	14	RPAC EKV	20/01/2023 EGA Last Chance Galal
223	40.00	L	F	Micaela Mutooni	14	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
224	40.15	L	P	Aria Pitham	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
225	40.23	L	P	Esther Sauls	14	PGAC EKV	08/12/2022 EGA Summer Champs 2022
226	40.24	L	P	Anne Steyl	14	UPSK	03/03/2023 SA Level 2 Regional Age Group Champs
227	40.26	L	P	Ebenette Van Niekerk	14	FISH EDD	03/03/2023 SA Level 2 Regional Age Group Champs
228	40.29	L	F	Tia Mari Theron	14	HSBV SKD	04/02/2023 Limpopo School Champs
229	40.34	L	P	Kailey Joubert	14	AZON ETH	16/12/2022 KZNA Premier Provincial Championship
230	40.37	L	F	Maya Ndegwa	14	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
231	40.39	L	F	Logan Francke	14	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
232*	40.46	L	F	Abby Novos	14	ASAC CPT	03/09/2022 CTA Qualifying Meet #4
232*	40.46	L	F	Hayley Steyn	14	NHS EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
234	40.56	L	F	Mariel Van Der Net	14	JAQ EKV	20/01/2023 EGA Last Chance Galal
235	40.66	L	F	Emke Olivier	14	QSAW CED	13/11/2022 Winelands Summer League 4
236	40.72	L	F	Melita Metz	14	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
237	40.74	L	F	Yvonne Pretorius	14	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22
238*	40.75	L	F	Tatum Sanderson	14	SOWE JHB	18/03/2023 Level 1 Intra-Provincial 2023
238*	40.75	L	F	Mekayla Pretorius	14	HWSK	07/12/2022 NCASA CHAMPS 2022
240	40.85	L	F	Alexandra Santos	14	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Champs
241	40.86	L	F	Izolde Lombard	14	ASAC CPT	03/09/2022 CTA Qualifying Meet #4
242	40.89	L	F	Hannah Coert	14	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
243	40.97	L	F	Lelanie Buhr	14	SWAR WCD	18/02/2023 Swartland Invitational Gala 2023
244	41.02	L	F	Chrisley Barnard	14	BS LLD	29/10/2022 Neptune Gala
245	41.06	L	F	Naseerah Vd Merwe	14	WEST CPT	18/02/2023 Swartland Invitational Gala 2023
246	41.08	L	F	Jorja De Beer	14	VINE CPT	15/10/2022 CTA Qualifying Meet #6
247	41.09	L	F	Charlee Davis	14	RAV EKV	10/09/2022 Adrian Grafe Gala 2022
248	41.10	L	P	Emma Davies	14	BAS EKV	02/03/2023 SA Level 2 Regional Age Group Champs
249*	41.18	L	P	Izabella Alevras	14	AAS JHB	02/03/2023 SA Level 2 Regional Age Group Champs
249*	41.18	L	F	Asia Kleinhans	14	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
251	41.26	L	F	Carla Carolus	14	XSAQ CPT	21/01/2023 CTA Qualifying Meet #7
252	41.36	L	F	Aisling McLean	14	ELEC TSH	21/10/2022 NTS October Lev 3 Age Group Gala
253	41.38	L	F	Catherine O'Grady	14	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15
254	41.47	L	P	Onkaribile Molamu	14	MATL KKD	07/12/2022 NWS Championships 2022/2023
255	41.58	L	F	Mia Bruwer	14	SS MPD	02/12/2022 Limpopo Champs
256*	41.61	L	P	Wilona Erasmus	14	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
256*	41.61	L	F	Hannah van der Veen	14	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
258	41.77	L	P	Andria Le Roux	14	JAQ EKV	08/12/2022 EGA Summer Champs 2022
259	41.78	L	F	Teagan Hamer	14	INFA NMA	13/08/2022 Madibaz Swim Meet
260	42.23	L	F	Jorja Turner	14	VINE CPT	04/11/2022 CTA A CHAMPS 2022
261	42.47	L	F	Buhle Mahlalela	14	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
262	42.51	L S	P	Hannah Krummeck	14	INFA NMA	25/06/2022	PEA Winter Gala 2022
263	42.57	L	F	Ashley Seymour	14	WELA LLD	17/02/2023	Neptune Last Chance Gala
264	42.58	L	F	Tanasha Barnes	14	DRGN JHB	20/01/2023	EGA Last Chance Galal
265	42.66	L	F	Megan Lee Lotter	14	CPSC TSH	18/03/2023	Level 1 Intra-Provincial 2023
266	42.67	L	P	Zine Mostert	14	WATR JHB	09/12/2022	NTS Championships 2022
267	42.69	L	F	Mignon Burger	14	SWAR WCD	28/01/2023	Winelands SL Final
268	43.10	L	F	Larissa Lombard	14	MAKO EKU	18/03/2023	Level 1 Intra-Provincial 2023
269	43.15	L	F	Maria Dos Santos	14	HREF BPD	10/09/2022	Adrian Grafe Gala 2022
270	43.30	L	P	Veera Khusal	14	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
271*	43.31	L	F	Bianca O'Kennedy	14	EVO CPT	11/11/2022	Swartland Prestige Gala 2022
271*	43.31	L	F	Anneke Stassen	14	CUDU CPT	11/02/2023	WCA-B Champs - 2023
273	43.46	L	F	Mia Crookham	14	TYGE CPT	03/03/2023	SA Level 2 Regional Age Group Champs
274	43.50	L	F	Cleo May	14	MARL CPT	12/11/2022	CTA B CHAMPS
275	43.51	L	F	Emma Jansen van Rensburg	14	QSAW CED	28/01/2023	Winelands SL Final
276	43.76	L	F	Ogalaletseng Khosana	14	TUKS TSH	08/10/2022	NTS Sprint Gala
277	44.07	L	F	Chrisna Du Plessis	14	KALA	07/12/2022	NCASA CHAMPS 2022
278	44.08	L	F	Abigail Cullen	14	WELA LLD	17/02/2023	Neptune Last Chance Gala
279	44.16	L	F	Isabè Van Dyk	14	CUHE OBD	11/11/2022	Swartland Prestige Gala 2022
280	44.26	L	F	Jessica Carrol	14	BLMA CPT	11/02/2023	WCA-B Champs - 2023
281	44.36	L	P	Amylee Holtzhausen	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
282	44.76	L	F	Tatiana Ioannides	14	BLSS MAN	29/10/2022	Neptune Gala
283	44.86	L	F	Anchen Human	14	HMER MPD	04/02/2023	Limpopo School Champs
284	45.02	L	F	Anne Bray	14	UNI EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
285	45.04	L	F	Shaelyn Lawson	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
286	45.05	L	F	Emma Thompson	14	TUKS TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
287	45.18	L	F	Carne Louw	14	HMER MPD	04/02/2023	Limpopo School Champs
288	45.38	L	P	Nickela Van der Berg	14	NWUC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
289	45.52	L S	P	Kuzingca Siramza	14	AQUA BUF	25/06/2022	PEA Winter Gala 2022
290	45.64	L	F	Emma Crosby	14	HASC JHB	25/02/2023	CGA Level 3+ Last Chance gala
291	45.74	L	F	Yandisa Ndlovu	14	ACSA ETH	19/03/2023	KZN Level 1 Championships 2023
292	46.13	L	F	Holly McHugh	14	HDAQ MPD	02/12/2022	Limpopo Champs
293	46.24	L	F	Alea Du Toit	14	CYBE CPT	03/09/2022	CTA Qualifying Meet #4
294	46.26	L	F	Kate-Lynn Kruger	14	DESA NMA	22/10/2022	4th A League Gala
295	46.47	L	F	Elizabeth Opperman	14	KTS	28/10/2022	KALAHARI CLASSIC CLUB GALA
296	46.78	L	F	Nazley Jacobs	14	STM NM	10/02/2023	NW School Championships 2023
297	47.42	L	P	Jocke Coetzee	14	KALAH	03/03/2023	SA Level 2 Regional Age Group Champs
298	47.46	L	F	Shannon Rautenbach	BR	ROB EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
299	47.61	L	P	Lwazi Mqeke	14	WELA LLD	29/09/2022	MA Grand Prix
300	47.77	L	P	Asmaa Bonnasse	14	ELRAS WBD	02/03/2023	SA Level 2 Regional Age Group Champs
301	47.80	L	F	Lyrece Louw	14	SUPE JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
302	47.82	L	F	Lehlabile Tsetsewa	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
303	47.97	L	F	Xakeena McQuinto	14	PEAS NMA	17/09/2022	3rd A League Gala-Newton Park Pool
304	48.38	L	F	Lehanra Greeff	14	HARB BPD	10/09/2022	Adrian Grafe Gala 2022
305	48.93	L	F	Thandolwenkosi Mabaso	14	FRA KCD	10/12/2022	KCDA December Age Goup Gala 2022
306	49.17	L	F	Milena Pugliese	14	MMD CPT	24/09/2022	CTA Qualifying Meet #5
307	49.27	L	P	Alaynah Bhamjee	14	ATLA JHB	02/03/2023	SA Level 2 Regional Age Group Champs
308	49.43	L	F	Chelsea Snyman	14	HBV MPD	04/02/2023	Limpopo School Champs
309*	49.84	L	F	Gemma van der Merwe	14	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022
309*	49.84	L	P	Skylar Colling	14	PSCP UMD	01/07/2022	Prestige Tournament 2022
311	49.99	L	F	Ashleigh Davies	14	WELA LLD	27/08/2022	Kovsie Gala
312	50.35	L	F	Angelina Valle	14	AQDO CPT	12/11/2022	CTA B CHAMPS
313	50.49	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022	CTA B CHAMPS
314	50.63	L	F	Imaan Velloo	14	MANT CPT	07/10/2022	41st Freda Barnard Invitational Gala
315	50.88	L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
316	51.44	L	F	Karla Brink	14	RFA TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
317	51.74	L	F	Khwezi Khaba	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023
318	52.41	L	P	Zoë Pierce	14	ESTR EKU	08/12/2022	EGA Summer Champs 2022
319	52.60	L	F	Naomi-Jane Kleinsmith	14	KHAY CPT	07/10/2022	41st Freda Barnard Invitational Gala
320	53.10	L	F	Marize Fourie	14	WELA LLD	27/08/2022	Kovsie Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
321	53.73 L	P	Kholofelo Seabi	14	SWIFT EKU	08/12/2022	EGA Summer Champs 2022	
322	53.93 L	F	Sinalo Ndlovu	14	UMSH ETH	19/03/2023	KZN Level 1 Championships 2023	
323	55.22 L	P	Lisa van der Westhuizen	14	POTC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala	
324	55.59 L	F	Helena Van Vuuren	14	KALA	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY	
325	55.63 L	F	Tamasa Nhlangulela	14	UMSH ETH	05/11/2022	KZN Junior Championships 2022	
326	56.92 L	P	Paxton Rankin	14	TLAC BPD	03/10/2022	Sasolburg Swim Club Invitational Gala	
327	58.10 L	F	Hermien Schwarzer	14	FRA KCD	19/11/2022	Froggies Aquatics Championships 2022	
328	59.00 L	F	Esethu Mabula	14	SRAY BUF	19/11/2022	BCA 2nd November Age Group Gala	
329	59.47 L	F	Humairah Nakooda	14	AQUA UTD	03/12/2022	Uthukela District Age Group Gala 3 Dec	
330	1:00.40 L	F	Autumn Alexander	14	CUDU CPT	12/11/2022	CTA B CHAMPS	
331	1:05.42 L	P	Musa Mahlangu	14	ESP EKU	08/12/2022	EGA Summer Champs 2022	
332	1:10.06 L	F	Nontsikelelo Mente	14	SOWE JHB	01/10/2022	2022 AG Swim Stars&OR Tambo	
Women -14 100 Fly								
1	1:03.77 L S	F	Jaime Mote	14	INFA NMA	21/03/2023	SA National Junior Age Group	
2	1:06.80 L S	P	Ruth Dredge	14	PAC TSH	21/03/2023	SA National Junior Age Group	
3	1:07.66 L S	F	Leila Yazbek	14	BLNE MAN	21/03/2023	SA National Junior Age Group	
4	1:08.22 L S	F	Jenna Coetzee	14	INFA NMA	21/03/2023	SA National Junior Age Group	
5	1:08.43 L	F	Ruby Gaines	14	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
6	1:08.65 L S	F	Jesse-Leah Laderach	14	PEAS NMA	21/03/2023	SA National Junior Age Group	
7	1:08.83 L	F	Lara Gouws	14	TUKS TSH	09/12/2022	NTS Championships 2022	
8	1:09.49 L S	F	Kendra Begley	14	PEAS NMA	21/03/2023	SA National Junior Age Group	
9	1:09.70 L S	F	Annebel Stewart	14	AZON ETH	21/03/2023	SA National Junior Age Group	
10	1:10.10 L	F	Mieke Vd Wal	14	CTA CPT	28/01/2023	NMBA Intra-District Championship	
11	1:10.47 L	F	Madison du Plessis	AR	BLOT MAN	22/10/2022	Otters Prestige Gala 2022	
12	1:10.48 L	F	Emily Macqueen	14	KZNA ETH	21/04/2023	SA Schools Swimming Championship	
13	1:11.75 L S	P	Katelyn Fourie	14	JAQ EKU	21/03/2023	SA National Junior Age Group	
14	1:11.88 L	F	Mikayla Smit	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level	
15	1:12.05 L S	F	Ashley Scholtz	14	CA EKU	21/03/2023	SA National Junior Age Group	
16	1:12.53 L	F	Emily Liebenberg	14	SWAR WCD	31/03/2023	SA Level 3 Regional Age Group	
17	1:12.63 L S	P	Savannah Mostert	14	TUKS TSH	21/03/2023	SA National Junior Age Group	
18	1:12.83 L	P	Jana Vorster	14	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship	
19	1:13.07 L S	P	Alika Vd Merwe	14	TUKS TSH	21/03/2023	SA National Junior Age Group	
20	1:13.09 L	F	Mareze Frylinck	14	BLSS MAN	27/01/2023	Seals Bullsharks Gala	
21	1:13.11 L	F	Grace Powell	14	CSC TSH	09/12/2022	NTS Championships 2022	
22	1:13.19 L	F	Mari Wium	14	QSAW CED	31/03/2023	SA Level 3 Regional Age Group	
23	1:13.53 L	F	Karmen Van Rensburg	14	UNI EZD	28/01/2023	CANA GRAND PRIX JAN 2023	
24	1:13.87 L	F	Gemma Goncalves	14	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
25	1:14.02 L	F	Jodi Boettger	14	USC BUF	31/03/2023	SA Level 3 Regional Age Group	
26	1:14.04 L S	P	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group	
27	1:14.48 L	F	Anastasia Sequeira	14	CA EKU	17/02/2023	EGA Let's Race 2023	
28	1:14.68 L	F	Danika Van Zyl	14	FRA KCD	03/03/2023	KZN Qualifying Gala	
29	1:14.75 L	F	Keira Holland	14	CRSC JHB	31/03/2023	SA Level 3 Regional Age Group	
30	1:14.78 L S	F	Maria Steyn	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
31	1:14.95 L	F	Georgia Gouws	14	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials	
32	1:15.20 L	F	Lara Smith	14	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group	
33	1:15.32 L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group	
34	1:15.40 L	P	Amy O'Connor	14	GAUT	21/04/2023	SA Schools Swimming Championship	
35	1:15.59 L	F	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group	
36	1:16.37 L	F	Scarlett Le Roux	14	CA EKU	23/09/2022	EGA Summer 1 2022	
37	1:16.78 L	F	Cathrijn Davel	14	MSC NGD	02/12/2022	Mpumalanga Championships 2022	
38	1:16.81 L	F	Tehl-Cadi Day Garden	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group	
39	1:16.97 L S	P	Amy Combrink	14	VINE CPT	09/12/2022	Western Cape LC-A Championship 2022	
40	1:17.02 L S	F	Siobhan Evans	14	CA EKU	08/12/2022	EGA Summer Champs 2022	
41	1:17.15 L	F	Jaime Roome	14	TUKS TSH	09/12/2022	NTS Championships 2022	
42	1:17.48 L	F	Sunny Huang	14	WATR JHB	01/12/2022	CGA LC Summer Championships Level	
43	1:17.52 L	F	Danielle Cronjé	14	GSA CPT	24/09/2022	CTA Qualifying Meet #5	
44	1:17.55 L	F	Milri-Ann Summerton	14	UNAT	10/02/2023	NW School Championships 2023	
45	1:17.72 L	F	Emily Palmer	14	USC BUF	02/12/2022	BCA Long Course Championships 2022	
46	1:18.09 L	F	Leeya Amon	14	JVR CPT	24/09/2022	CTA Qualifying Meet #5	

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
47	1:18.30	L	P	Leia Braithwaite	14	KZNA ETH	21/04/2023 SA Schools Swimming Championship
48	1:18.38	L	F	Wilmiën Verbeek	14	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group
49	1:18.39	L	P	Zianè Jantzen	14	QUIC CPT	24/02/2023 Western Cape Elite Gala
50	1:18.49	L	F	Dorette du Plessis	14	NWUC KKD	26/11/2022 NWS Age Group 3 2022/23
51	1:18.68	L	F	Kayleigh Hahn	14	ROA EDD	31/03/2023 SA Level 3 Regional Age Group
52	1:18.81	L	F	Danaleigh Swanepoel	14	TUKS TSH	09/12/2022 NTS Championships 2022
53	1:19.07	L	P	Robyn Barbour	14	ESP EKU	31/03/2023 SA Level 3 Regional Age Group
54	1:19.11	L	F	Lily Durant	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
55	1:19.28	L	P	Zandri Knoetze	14	ECA BUF	21/04/2023 SA Schools Swimming Championship
56	1:19.32	L	F	Hannah Burke	14	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
57	1:19.52	L S	F	Kelly Stork	14	MAC EKU	08/12/2022 EGA Summer Champs 2022
58	1:19.56	L	P	Elrike du Plessis	14	NWSC	21/04/2023 SA Schools Swimming Championship
59*	1:19.92	L S	P	Kayla Vosloo	AR	BLOT MAN	06/12/2022 Free State Champs 2022
59*	1:19.92	L	P	Caitlyn Dube	14	MDOL EKU	31/03/2023 SA Level 3 Regional Age Group
61	1:20.20	L S	F	Corli Liversage	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
62	1:20.38	L	P	Giselle Kemper	14	CYBE CPT	24/02/2023 Western Cape Elite Gala
63	1:20.44	L	F	Leané Gouws	14	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
64	1:20.47	L S	P	Chloe Olivier	14	CA EKU	08/12/2022 EGA Summer Champs 2022
65	1:20.85	L	F	Donne Bruyns	14	CSA EZD	31/03/2023 SA Level 3 Regional Age Group
66	1:21.19	L	F	Chrystil Raymond	14	CSA EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
67	1:21.24	L	F	Keera De Esclana	14	VRC TSH	21/10/2022 NTS October Lev 3 Age Group Gala
68	1:21.39	L	F	Charnè Landman	14	GSA CPT	31/03/2023 SA Level 3 Regional Age Group
69	1:21.48	L	F	Leah Scott	14	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
70	1:21.75	L	F	Anne Marais	14	TKS WBD	12/11/2022 Limpopo Age Group 5
71	1:21.86	L S	P	Amy Botha	14	PGAC EKU	08/12/2022 EGA Summer Champs 2022
72	1:21.87	L	F	Lumka Ntaka	14	UMSH ETH	01/07/2022 Prestige Tournament 2022
73	1:22.11	L	P	Simone Cussons	14	NAE EZD	02/03/2023 SA Level 2 Regional Age Group Champs
74	1:22.19	L	F	Caibella Oliver	14	AQDO CPT	03/09/2022 CTA Qualifying Meet #4
75	1:22.35	L	F	Jaime Maritz	14	NSAD EZD	06/01/2023 2023 Grand Prix Invitation Swimming
76	1:22.41	L	F	Tyra Penn	14	WATR JHB	25/02/2023 CGA Level 3+ Last Chance gala
77	1:22.90	L	F	Danielle Van Vuuren	14	DDA TSH	02/03/2023 SA Level 2 Regional Age Group Champs
78	1:23.29	L	P	Kiara Banks	14	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
79	1:23.42	L	P	Paige Edmundson	14	SASE JHB	31/03/2023 SA Level 3 Regional Age Group
80	1:23.61	L	P	Jemma Park	14	CRSC JHB	31/03/2023 SA Level 3 Regional Age Group
81	1:24.34	L	F	Ava-Loren Van Galen	14	BIOS CED	28/01/2023 Winelands SL Final
82	1:24.66	L	F	Kaylie Groenewald	14	PHS CCD	04/02/2023 Limpopo School Champs
83	1:24.81	L S	F	Catherine Desilla	14	MDOL EKU	08/12/2022 EGA Summer Champs 2022
84	1:25.02	L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022 Limpopo Champs
85	1:25.07	L	F	Miela Smit	14	AQUA BUF	02/12/2022 BCA Long Course Championships 2022
86	1:25.19	L	F	Deoné Borstlap	14	POTC KKD	03/03/2023 SA Level 2 Regional Age Group Champs
87	1:25.25	L	F	Danielle Harbron	14	FAAC FBD	07/12/2022 NCASA CHAMPS 2022
88	1:25.31	L	F	Rachel Hinckley	14	CA EKU	11/06/2022 EGA Winter 1 2022
89	1:25.40	L	F	Naledi Thobeha	14	QUIC CPT	24/09/2022 CTA Qualifying Meet #5
90	1:25.52	L	F	Hannah Naidoo	ER	BAYV ETH	02/12/2022 EDA AG Gala December 2022
91	1:25.78	L	P	Kemantha Ayair	ER	BAYV ETH	31/03/2023 SA Level 3 Regional Age Group
92	1:25.93	L	P	Chloe Petersen	14	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Champs
93	1:26.15	L S	P	Lienke Van OS	14	BLSS MAN	06/12/2022 Free State Champs 2022
94	1:26.74	L	F	Zia Petersen	14	XSAQ CPT	11/02/2023 WCA-B Champs - 2023
95	1:26.75	L	F	Vera Chen	14	BLSS MAN	31/03/2023 SA Level 3 Regional Age Group
96	1:26.76	L	F	Christi Serfontein	14	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
97	1:26.97	L	P	Katia Jacob	14	HASC JHB	02/03/2023 SA Level 2 Regional Age Group Champs
98	1:27.22	L	F	Lara Verhoef	14	ASAC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
99	1:27.69	L	F	Jessica Bosman	14	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
100	1:27.78	L	F	Sienna Wilensky	14	RSA	12/07/2022 Maccabiah 2022
101	1:27.86	L	F	Taima Telford	14	GREY CPT	11/02/2023 WCA-B Champs - 2023
102	1:27.90	L S	F	Ilanze du Plessis	14	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
103	1:27.94	L	F	Mia Gerber	14	MATI CED	24/09/2022 CTA Qualifying Meet #5
104	1:28.01	L	P	Tayla Dowie	14	QUES JHB	02/03/2023 SA Level 2 Regional Age Group Champs
105*	1:28.10	L S	P	Emma Rossouw	14	QUIC CPT	09/12/2022 Western Cape LC-A Championship 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
105*	1:28.10	L	F	Chloe Byrne	14	SEAL	UMD	17/03/2023 SA Level 2 Regional Age Group Champs
107	1:28.15	L	P	Abigail Scheffer	14	PAC	FSH	31/03/2023 SA Level 3 Regional Age Group
108	1:28.59	L	F	Simonè Schonken	14	HMER	MPD	15/10/2022 Limpopo Top 10 - High Schools
109	1:29.10	L	F	Esti Mouton	14	SWAR	WCD	03/03/2023 SA Level 2 Regional Age Group Champs
110	1:29.15	L	F	Imke Els	14	QSAW	CED	15/10/2022 CTA Qualifying Meet #6
111	1:29.44	L	F	Summer Ascieti	14	CYBE	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
112	1:29.47	L	P	Kendra Matthysen	14	WCA	CPT	21/04/2023 SA Schools Swimming Championship
113*	1:29.52	L	F	Chanè Grobbelaar	14	SWAR	WCD	03/03/2023 SA Level 2 Regional Age Group Champs
113*	1:29.52	L	F	Skye Rautenbach	14	AFIN	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
115	1:29.79	L	F	Jessica Carver	14	ELEC	FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
116	1:30.20	L	F	Megan Van den Heever	14	UNI	EZD	28/01/2023 CANA GRAND PRIX JAN 2023
117	1:30.32	L	F	Rouxne Du Plessis	14	TUKS	FSH	28/10/2022 NTS October SARJ+ Age Group Gala
118	1:30.75	L	F	Esther Sullivan	14	WSTV	ETH	05/11/2022 KZN Junior Championships 2022
119	1:30.89	L	F	Peta Mazery	14	SGUL	ETH	16/07/2022 AQZ Dual Meet
120	1:30.90	L	P	Jessica Sardinha	14	BAS	EKU	16/12/2022 KZNA Premier Provincial Championship
121	1:31.09	L S	P	Mea Harding	14	BAS	EKU	08/12/2022 EGA Summer Champs 2022
122	1:31.28	L	F	Raquel Cairns	14	KLOO	ETH	31/03/2023 SA Level 3 Regional Age Group
123	1:31.48	L	F	Taylor Ririe	14	BLSS	MAN	27/01/2023 Seals Bullsharks Gala
124	1:31.67	L	F	Mignon Burger	14	SWAR	WCD	11/02/2023 WCA-B Champs - 2023
125	1:31.92	L	F	Emma Lategan	14	CUDU	CPT	03/09/2022 CTA Qualifying Meet #4
126	1:32.88	L	F	Taegon Gunkel	14	BEAV	ETH	17/03/2023 SA Level 2 Regional Age Group Champs
127	1:33.03	L	F	Lungiswa Grootboom	14	SWAR	WCD	11/11/2022 Swartland Prestige Gala 2022
128	1:33.20	L	P	Andria Le Roux	14	JAQ	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
129	1:33.84	L	F	Chloe Pieterse	14	QSAW	CED	11/02/2023 WCA-B Champs - 2023
130	1:33.87	L	F	Mikayla Bester	14	HE	WBD	15/10/2022 Limpopo Top 10 - High Schools
131	1:34.11	L	F	Leigh Pijoos	14	BLMA	CPT	03/09/2022 CTA Qualifying Meet #4
132	1:34.13	L	F	Kailyn Poopchand	14	PSCP	UMD	17/03/2023 SA Level 2 Regional Age Group Champs
133	1:35.03	L	F	Zoe Ann Kruger	14	AQU	ADJ	25/11/2022 WSC & Seals Summer LC Champs 2022
134	1:35.13	L	F	Megan Neizel	14	PSCP	UMD	17/03/2023 SA Level 2 Regional Age Group Champs
135	1:35.31	L	F	Esmarie Terblanche	14	HTSA	CPT	04/11/2022 CTA A CHAMPS 2022
136	1:35.53	L S	P	Dorethe Meyer	AR	BLOT	MAN	06/12/2022 Free State Champs 2022
137	1:36.30	L	F	Mieke Vd Walt	14	FISH	EDD	07/10/2022 41st Freda Barnard Invitational Gala
138	1:36.70	L	F	Mekayla Pretorius	14	HWSK		07/10/2022 FLAMINGO GALA OCT 2022
139	1:37.66	L	F	Asia Kleinhans	14	AQDO	CPT	07/10/2022 41st Freda Barnard Invitational Gala
140	1:38.02	L	F	Hannah van der Veen	14	AQUA	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
141	1:38.39	L S	F	Rienke Blygnaut	14	BLSS	MAN	06/12/2022 Free State Champs 2022
142	1:38.78	L	F	Kuzingca Siramza	14	AQUA	BUF	02/12/2022 BCA Long Course Championships 2022
143	1:38.97	L	F	Hannah Coert	14	MANT	CPT	07/10/2022 41st Freda Barnard Invitational Gala
144	1:38.99	L S	P	Onkaribile Molamu	14	MATL	KKD	07/12/2022 NWS Championships 2022/2023
145	1:39.66	L	F	Maya McCollum	14	AQDO	CPT	04/11/2022 CTA A CHAMPS 2022
146	1:39.85	L	T	Nina Van Tonder	14	WOAQ	CED	13/11/2022 Winelands Summer League 4
147	1:40.42	L	P	Helena Pretorius	14	TKS	WBD	02/03/2023 SA Level 2 Regional Age Group Champs
148	1:40.77	L S	F	Maria Dos Santos	14	HREF	BPD	07/12/2022 NWS Championships 2022/2023
149	1:40.90	L	P	Emma Davies	14	BAS	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
150	1:41.18	L	P	Izabella Alevras	14	AAS	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
151	1:42.07	L	F	Naseerah Vd Merwe	14	WEST	CPT	18/02/2023 Swartland Invitational Gala 2023
152	1:42.85	L	F	Mia Bruwer	14	HBV	MPD	15/10/2022 Limpopo Top 10 - High Schools
153	1:43.17	L S	F	Logan Francke	14	RBOT	BPD	07/12/2022 NWS Championships 2022/2023
154	1:43.76	L	P	Entle Khumalo	14	FLOD	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
155	1:44.69	L	F	Lehanra Greeff	14	HARB	BPD	26/11/2022 NWS Age Group 3 2022/23
156	1:45.76	L	F	Alexandra Santos	14	PSCP	UMD	05/11/2022 KZN Junior Championships 2022
157	1:48.53	L	F	Carla Carolus	14	XSAQ	CPT	12/11/2022 CTA B CHAMPS
158	1:51.67	L	F	Carmen Veldsman	14	HSTAN	MPD	15/10/2022 Limpopo Top 10 - High Schools
159	1:54.59	L	F	Cara Francis	14	TUKS	FSH	01/10/2022 2022 AG Swim Stars&OR Tambo
160	1:56.96	L	F	Megan Lee Lotter	14	CPSC	FSH	02/12/2022 2022 The Tshwane Mayoral Gala
161	1:58.42	L	F	Thandolwenkosi Mabaso	14	FRA	KCD	11/03/2023 KCDA Level 1 Championships 2023
162	2:13.88	L	F	Lesedi-Lere Themba	14	ESP	EKU	20/01/2023 EGA Last Chance Galal
Women -14 200 Fly								
1	2:21.96	L	P	Jaime Mote	14	INFA	NMA	03/03/2023 2023 Grand Prix 2 Invitational Meet -

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	2:30.85 L	F	Jenna Coetzee	14	INFA NMA	21/03/2023	SA National Junior Age Group
3	2:31.13 L	F	Ruth Dredge	14	PAC FSH	21/03/2023	SA National Junior Age Group
4	2:40.36 L	F	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group
5	2:41.06 L	F	Annebel Stewart	14	AZON ETH	03/03/2023	KZN Qualifying Gala
6	2:41.80 L	F	Leila Yazbek	14	BLNE MAN	29/09/2022	MA Grand Prix
7	2:47.94 L	F	Anastasia Sequeira	14	CA EKU	21/10/2022	EGA Summer 2 2022
8	2:53.07 L	F	Emily Liebenberg	14	SWAR WCD	09/12/2022	Western Cape LC-A Championship 2022
9	2:55.48 L	F	Alika Vd Merwe	14	TUKS FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
10	2:57.53 L	P	Mieke Vd Wal	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022
11	2:57.85 L	F	Mikayla Smit	14	CRSC JHB	01/12/2022	CGA LC Summer Championships Level
12	2:57.90 L	F	Maria Steyn	14	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
13	2:59.39 L	F	Caibella Oliver	14	AQDO CPT	09/12/2022	Western Cape LC-A Championship 2022
14	2:59.50 L	F	Giselle Kemper	14	CYBE CPT	28/01/2023	Winelands SL Final
15	3:01.75 L	F	Kelly Stork	14	MAC EKU	20/01/2023	EGA Last Chance Galal
16	3:09.31 L	F	Robyn Barbour	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
17	3:15.94 L	F	Dorette du Plessis	14	NWUC KKD	07/12/2022	NWS Championships 2022/2023
18	3:18.81 L	F	Mignon Burger	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
19	3:21.79 L	F	Miela Smit	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
20	3:28.15 L	F	Kayla Vosloo	AR	BLOT MAN	09/09/2022	MA Long Distance Gala 1
21	3:28.56 L	F	Taima Telford	14	GREY CPT	11/11/2022	Swartland Prestige Gala 2022
22	3:46.86 L	F	Hannah van der Veen	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
Women -14 200 IM							
1	2:25.15 L	T	Gabriella Otto	14	HASC JHB	18/03/2023	Level 1 Intra-Provincial 2023
2	2:26.73 L	F	Jaime Mote	14	INFA NMA	21/03/2023	SA National Junior Age Group
3	2:27.70 L	F	Jenna Coetzee	14	INFA NMA	21/03/2023	SA National Junior Age Group
4	2:27.74 L	F	Gabriella Van Den Berg	14	ELEC FSH	21/03/2023	SA National Junior Age Group
5	2:28.29 L	F	Lara Gouws	14	TUKS FSH	21/03/2023	SA National Junior Age Group
6	2:30.65 L	F	Karla Myburgh	14	TUKS FSH	09/12/2022	NTS Championships 2022
7	2:31.70 L	F	Scarlett Le Roux	14	CA EKU	08/12/2022	EGA Summer Champs 2022
8	2:31.83 L	F	Kayla Gous	14	USC BUF	21/03/2023	SA National Junior Age Group
9	2:31.98 L	F	Madison du Plessis	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championship
10	2:35.03 L	P	Leila Yazbek	14	BLNE MAN	21/03/2023	SA National Junior Age Group
11	2:35.58 L	F	Mieke Vd Wal	14	CTA CPT	28/01/2023	NMBA Intra-District Championship
12	2:35.68 L	F	Danielle Samoei	14	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
13	2:36.75 L	F	Amy Combrink	14	WCA CPT	21/04/2023	SA Schools Swimming Championship
14	2:36.95 L	F	Kendra Begley	14	EDEN EDD	28/01/2023	NMBA Intra-District Championship
15	2:37.38 L	F	Amy O'Connor	14	GAUT	21/04/2023	SA Schools Swimming Championship
16	2:38.78 L	F	Mareze Frylinck	14	BLSS MAN	05/11/2022	Seals Heidedal Gala
17	2:39.12 L	P	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group
18	2:39.14 L	F	Ruth Dredge	14	PAC FSH	09/12/2022	NTS Championships 2022
19	2:40.02 L	P	Gemma Goncalves	14	SEAL UMD	21/03/2023	SA National Junior Age Group
20	2:40.82 L	P	Maria Steyn	14	BLSS MAN	21/03/2023	SA National Junior Age Group
21	2:40.91 L	F	Savannah Mostert	14	TUKS FSH	02/12/2022	Limpopo Champs
22	2:40.97 L	P	Corli Liversage	14	BLSS MAN	21/03/2023	SA National Junior Age Group
23	2:41.35 L	P	Grace Powell	14	CSC FSH	21/03/2023	SA National Junior Age Group
24	2:41.67 L	F	René Kotzé	14	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
25	2:41.93 L	P	Jesse-Leah Laderach	14	PEAS NMA	21/03/2023	SA National Junior Age Group
26	2:42.03 L	P	Jana Vorster	14	TUKS FSH	16/12/2022	KZNA Premier Provincial Championship
27	2:42.55 L	P	Alika Vd Merwe	14	TUKS FSH	21/03/2023	SA National Junior Age Group
28*	2:43.04 L	F	Gizelle Maritz	14	WATR JHB	09/12/2022	NMBA Championships 2022
28*	2:43.04 L	F	Kayla Verbaan	14	KLOO ETH	16/12/2022	KZNA Premier Provincial Championship
30	2:43.22 L	F	Michaela Nell	14	AAS JHB	01/12/2022	CGA LC Summer Championships Level
31	2:43.38 L	F	Karmen Van Rensburg	14	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22
32	2:44.67 L	F	Genevieve Christensen	14	ACSA ETH	16/12/2022	KZNA Premier Provincial Championship
33	2:44.74 L	F	Juliette van Vught	14	HASC JHB	01/12/2022	CGA LC Summer Championships Level
34	2:44.90 L	F	Lucy Le Roux	14	ASAW CED	09/12/2022	Western Cape LC-A Championship 2022
35	2:45.18 L	F	Georgia Gouws	14	BEST NMA	13/08/2022	Madibaz Swim Meet
36	2:45.19 L	P	Danielle Cronjè	14	GSA CPT	09/12/2022	Western Cape LC-A Championship 2022
37	2:45.20 L	P	Tehl-Cadi Day Garden	14	MGSC UGD	31/03/2023	SA Level 3 Regional Age Group

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
38	2:45.31	L	P	Mia Gerber	14	MATI CED	21/03/2023 SA National Junior Age Group
39	2:45.40	L	P	Annebel Stewart	14	AZON ETH	21/03/2023 SA National Junior Age Group
40*	2:45.47	L	P	Chloe Olivier	14	CA EKU	08/12/2022 EGA Summer Champs 2022
40*	2:45.47	L	P	Ella Eldar	14	TUKS TSH	21/03/2023 SA National Junior Age Group
42	2:45.63	L	F	Kayleigh Hahn	14	ROA EDD	31/03/2023 SA Level 3 Regional Age Group
43	2:45.72	L	P	Ashley Scholtz	14	CA EKU	21/03/2023 SA National Junior Age Group
44	2:45.92	L	F	Emily Liebenberg	14	SWAR WCD	31/03/2023 SA Level 3 Regional Age Group
45	2:46.43	L	P	Rachel Hinckley	14	CA EKU	08/12/2022 EGA Summer Champs 2022
46	2:46.51	L	F	Lily Durant	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
47	2:46.64	L	F	Eine Reynolds	14	INFA NMA	09/12/2022 NMBA Championships 2022
48	2:46.74	L	F	Danielle Harbron	AR	BLOT MAN	31/03/2023 SA Level 3 Regional Age Group
49	2:46.85	L	F	Danaleigh Swanepoel	14	TUKS TSH	09/12/2022 NTS Championships 2022
50	2:46.86	L	P	Tyra Penn	14	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
51	2:46.89	L	P	Stephanie Jurado	14	SSISA CPT	09/12/2022 Western Cape LC-A Championship 2022
52	2:46.98	L	F	Hannah Burke	14	AACTA CPT	09/12/2022 Western Cape LC-A Championship 2022
53	2:47.27	L	F	Samantha Nimb	14	VINE CPT	31/03/2023 SA Level 3 Regional Age Group
54	2:47.38	L	F	Anastasia Sequeira	14	CA EKU	08/12/2022 EGA Summer Champs 2022
55	2:47.67	L	P	Kelly Stork	14	GAUT	21/04/2023 SA Schools Swimming Championship
56	2:47.70	L	F	Simone Vd Merwe	14	LALE CED	13/11/2022 Winelands Summer League 4
57	2:47.74	L	P	Jodi Boettger	14	USC BUF	31/03/2023 SA Level 3 Regional Age Group
58	2:47.85	L	F	Daniëlla Müller	14	TUKS TSH	09/12/2022 NTS Championships 2022
59	2:48.04	L	F	Mikayla Lombard	14	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
60	2:48.30	L	F	Elrike du Plessis	14	NWSC	21/04/2023 SA Schools Swimming Championship
61	2:48.45	L	F	Jaime Maritz	14	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
62	2:48.60	L	P	Kate-Lynn de Jager	AR	BLOT MAN	16/12/2022 KZNA Premier Provincial Championship
63	2:48.82	L	F	Amy Aaron	14	WSTV ETH	03/03/2023 KZN Qualifying Gala
64	2:49.46	L	F	Katelyn Fourie	14	JAQ EKU	08/12/2022 EGA Summer Champs 2022
65	2:49.50	L	F	Jade O'Connor	14	AWIN TSH	09/12/2022 NTS Championships 2022
66	2:50.03	L	P	Jessica Sardinha	14	BAS EKU	08/12/2022 EGA Summer Champs 2022
67	2:50.21	L	F	Amy Brown	14	SEAL UMD	28/01/2023 EDA January Gala 2023
68	2:50.47	L	P	Lara Smith	14	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group
69	2:50.69	L	F	Zoë Goebel	14	TYGE CPT	28/01/2023 Winelands SL Final
70	2:50.86	L	P	Tshenolo Ntsie	14	TUKS TSH	21/03/2023 SA National Junior Age Group
71	2:50.90	L	F	Cathrijn Davel	14	MSC NGD	02/12/2022 Mpumalanga Championships 2022
72	2:50.98	L	F	Ruby Gaines	14	SEAL UMD	01/07/2022 Prestige Tournament 2022
73	2:51.18	L	F	Elizabeth Victor	14	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22
74	2:51.37	L	P	Amy Botha	14	PGAC EKU	08/12/2022 EGA Summer Champs 2022
75	2:51.44	L	P	Peta Mazery	14	SGUL ETH	16/12/2022 KZNA Premier Provincial Championship
76	2:51.64	L	F	Robyn Barbour	14	ESP EKU	31/03/2023 SA Level 3 Regional Age Group
77	2:51.75	L	P	Wilmien Verbeek	14	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group
78	2:51.86	L	P	Zandri Knoetze	14	INFA NMA	31/03/2023 SA Level 3 Regional Age Group
79	2:51.95	L	P	Zine Mostert	14	WATR JHB	21/03/2023 SA National Junior Age Group
80	2:52.37	L	F	Kiara Banks	14	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
81	2:52.61	L	P	Emma Rossouw	14	QUIC CPT	31/03/2023 SA Level 3 Regional Age Group
82	2:52.68	L	F	Leeya Amon	14	JVR CPT	04/11/2022 CTA A CHAMPS 2022
83	2:52.69	L	P	Mikayla Smit	14	CRSC JHB	21/03/2023 SA National Junior Age Group
84	2:52.79	L	P	Christi Serfontein	14	QUIC CPT	31/03/2023 SA Level 3 Regional Age Group
85	2:52.81	L	F	Lily Ogden	14	PEAS NMA	10/02/2023 Infinity Gala 2023
86	2:53.18	L	F	Ilanze du Plessis	14	BLSS MAN	31/03/2023 SA Level 3 Regional Age Group
87	2:53.32	L	F	Sunny Huang	14	WATR JHB	01/12/2022 CGA LC Summer Championships Level
88	2:53.34	L	F	Vera Chen	14	BLSS MAN	31/03/2023 SA Level 3 Regional Age Group
89	2:53.48	L	F	Keira Holland	14	CRSC JHB	01/12/2022 CGA LC Summer Championships Level
90	2:53.61	L	P	Caitlyn Dube	14	MDOL EKU	31/03/2023 SA Level 3 Regional Age Group
91	2:53.91	L	F	Naledi Thobeha	14	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
92	2:53.96	L	F	Kayla Vosloo	AR	BLOT MAN	06/12/2022 Free State Champs 2022
93	2:54.21	L	P	Shanna-Leigh Zeelie	14	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group
94	2:54.45	L	P	Simonè Schonken	14	TASC MPD	31/03/2023 SA Level 3 Regional Age Group
95	2:54.49	L	F	Chanel Veldsman	14	PSCP UMD	05/11/2022 KZN Junior Championships 2022
96	2:54.63	L	F	Anne Marais	14	TKS WBD	02/12/2022 Limpopo Champs

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
97	2:54.66	L	P	Mia Wellsted	14	HASC	JHB	31/03/2023	SA Level 3 Regional Age Group
98	2:55.11	L	P	Kaylie Groenewald	14	LP	CC	21/04/2023	SA Schools Swimming Championship
99	2:55.21	L	P	Megan Augustyn	14	ONYX	EKU	08/12/2022	EGA Summer Champs 2022
100	2:55.48	L	F	Lumka Ntaka	14	UMSH	ETH	01/07/2022	Prestige Tournament 2022
101	2:55.55	L	P	Mari Wium	14	QSAW	CED	09/12/2022	Western Cape LC-A Championship 2022
102	2:55.73	L	P	Vera Chen	14	FSS	FS	21/04/2023	SA Schools Swimming Championship
103	2:56.06	L	P	Giselle Kemper	14	CYBE	CPT	24/02/2023	Western Cape Elite Gala
104	2:56.15	L	F	Emily Shand	14	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
105	2:56.20	L	F	Zianè Jantzen	14	QUIC	CPT	07/10/2022	41st Freda Barnard Invitational Gala
106	2:56.33	L	F	Leané Gouws	14	TUKS	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
107	2:56.42	L	F	Isabella Havemann	14	MATI	CED	28/01/2023	Winelands SL Final
108	2:56.47	L	F	Leia Braithwaite	14	SGUL	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
109	2:56.58	L	F	Hannah Naidoo	ER	BAYV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
110	2:57.01	L	F	Paige Jacobs	14	NCASA		28/01/2023	4 + 1 Inter Provincial Gala 2023
111	2:57.06	L	P	Caibella Oliver	14	AQDO	CPT	09/12/2022	Western Cape LC-A Championship 2022
112	2:57.08	L	P	Carine Röntgen	14	ASAW	CED	09/12/2022	Western Cape LC-A Championship 2022
113	2:57.38	L	F	Milri-Ann Summerton	14	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
114	2:57.61	L	P	Mia Johnson	14	AAS	JHB	31/03/2023	SA Level 3 Regional Age Group
115	2:57.66	L	P	Kemantha Ayair	ER	BAYV	ETH	31/03/2023	SA Level 3 Regional Age Group
116	2:57.84	L	F	Nicole Van Zyl	14	CA	EKU	10/09/2022	Adrian Grafe Gala 2022
117	2:57.86	L	P	Charnè Landman	14	GSA	CPT	09/12/2022	Western Cape LC-A Championship 2022
118	2:57.91	L	P	Jemma Park	14	CRSC	JHB	01/12/2022	CGA LC Summer Championships Level
119	2:57.94	L	F	Asia Kleinhans	14	RSA		04/12/2022	AUSC-Region 5 Under 20 YTH Games
120	2:58.76	L	P	Ava-Loren Van Galen	14	BIOS	CED	09/12/2022	Western Cape LC-A Championship 2022
121	2:58.81	L	F	Jessica Bosman	14	QUIC	CPT	11/02/2023	WCA-B Champs - 2023
122	2:58.83	L	P	Esti Mouton	14	SWAR	WCD	03/03/2023	SA Level 2 Regional Age Group Champs
123	2:58.93	L	F	Imke Els	14	QSAW	CED	15/10/2022	CTA Qualifying Meet #6
124	2:59.20	L	F	Araya de Waal	14	PGAC	EKU	20/01/2023	EGA Last Chance Galal
125	2:59.27	L	P	Storme Badenhorst	14	MARL	CPT	31/03/2023	SA Level 3 Regional Age Group
126	2:59.75	L	P	Lienke Van OS	14	BLSS	MAN	06/12/2022	Free State Champs 2022
127	2:59.79	L	F	Abby Novos	14	RSA		12/07/2022	Maccabiah 2022
128	2:59.81	L	F	Taylor-Blake Van Tonder	14	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
129	2:59.91	L	F	Kailey Joubert	14	AZON	ETH	05/11/2022	KZN Junior Championships 2022
130	3:00.24	L	P	Ella Bradshaw	14	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
131	3:00.28	L	P	Emily Tsai	14	BLMA	CPT	31/03/2023	SA Level 3 Regional Age Group
132	3:00.32	L	F	Amy Gerber	14	SEAL	UMD	01/07/2022	Prestige Tournament 2022
133	3:00.38	L	F	Joslyn Botha	14	SOUL	EKU	23/09/2022	EGA Summer 1 2022
134	3:00.42	L	F	Summer Ascielli	14	CYBE	CPT	04/11/2022	CTA A CHAMPS 2022
135	3:00.66	L	P	Madisynn Elliott	14	LINR	JHB	01/12/2022	CGA LC Summer Championships Level
136	3:00.95	L	F	Janca Hattingh	14	CSA	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
137	3:00.98	L	F	Simone Cussons	14	NAE	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
138	3:01.00	L	F	Jessica Smith	14	AA	JHB	01/12/2022	CGA LC Summer Championships Level
139	3:01.13	L	F	Donne Bruyns	14	CSA	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
140	3:01.15	L	P	Emma Lategan	14	CUDU	CPT	09/12/2022	Western Cape LC-A Championship 2022
141	3:01.70	L	P	Chrystil Raymond	14	CSA	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
142	3:01.87	L	F	Catherine Desilla	14	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
143	3:01.91	L	F	Mila Petrak	14	ELEC	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
144	3:02.13	L	F	Danielle Van Vuuren	14	DDA	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
145*	3:02.23	L	F	Tayla Dowie	14	QUES	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
145*	3:02.23	L	F	Yvonne Pretorius	14	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
147	3:02.46	L	F	Katia Jacob	14	HASC	JHB	25/02/2023	CGA Level 3+ Last Chance gala
148	3:02.72	L	P	Megan Webster	14	RFA	TSH	31/03/2023	SA Level 3 Regional Age Group
149	3:02.84	L	F	Natania Komakech	14	ELEC	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
150	3:02.87	L	P	Amy-Lee Jones	14	CA	EKU	08/12/2022	EGA Summer Champs 2022
151	3:02.91	L	P	Megan Van den Heever	14	UNI	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
152	3:03.08	L	P	Sandri Visser	14	PLAY	CED	09/12/2022	Western Cape LC-A Championship 2022
153	3:03.84	L	P	Siobhan Evans	14	CA	EKU	08/12/2022	EGA Summer Champs 2022
154	3:04.09	L	F	Mieke Vd Walt	14	FISH	EDD	19/11/2022	Eden LC Champs 2022
155	3:04.16	L	F	Keera De Esclana	14	VRC	TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
156	3:04.41	L	F	Lara Verhoef	14	ASAC CPT	21/01/2023	CTA Qualifying Meet #7
157	3:04.48	L	F	Anzelle van Rooyen	14	DRGN JHB	23/09/2022	EGA Summer 1 2022
158	3:05.21	L	P	Chanè Grobbelaar	14	SWAR WCD	03/03/2023	SA Level 2 Regional Age Group Champs
159*	3:05.79	L	P	Mea Harding	14	BAS ECU	02/03/2023	SA Level 2 Regional Age Group Champs
159*	3:05.79	L	F	Liza Schoeman	14	RBOT BPD	07/12/2022	NWS Championships 2022/2023
161	3:06.00	L	F	Kelci Leech	14	BLSS MAN	05/11/2022	Seals Heidedal Gala
162	3:06.09	L	F	Judy Stevens	14	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
163	3:06.14	L	P	Mia Vd Merwe	14	GSA CPT	09/12/2022	Western Cape LC-A Championship 2022
164	3:06.21	L	F	Deoné Borstlap	14	POTC KKD	03/03/2023	SA Level 2 Regional Age Group Champs
165	3:06.33	L	P	Amy Calogridis	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
166	3:06.37	L	F	Makula Kyabayinze	14	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
167	3:06.38	L	F	Emma Neethling	14	FISH EDD	19/11/2022	Eden LC Champs 2022
168	3:06.69	L	F	Mia De Klerk	14	CSA EZD	02/12/2022	Mpumalanga Championships 2022
169	3:06.77	L	F	Nakita Snyman	14	FLOD JHB	02/03/2023	SA Level 2 Regional Age Group Champs
170	3:07.13	L	F	Megan Neizel	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
171	3:07.33	L	F	Katey Nel	14	SOUL ECU	23/09/2022	EGA Summer 1 2022
172	3:07.44	L	F	Cait Da Cunha	14	BON ECU	20/01/2023	EGA Last Chance Galal
173	3:07.49	L	F	Leigh Pijoo	14	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
174	3:07.59	L	F	Miela Smit	14	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
175	3:07.80	L	F	Chloe Petersen	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
176*	3:07.88	L	F	Kuzingca Siramza	14	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
176*	3:07.88	L	F	Skyla Perumal	14	TRAZ TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
178	3:07.97	L	F	Johané Jv Rensburg	14	TUKS TSH	01/07/2022	Prestige Tournament 2022
179	3:08.23	L	F	Ella Bruyns	14	ASA ILD	05/11/2022	KZN Junior Championships 2022
180	3:08.37	L	F	Leah Crozier	14	FAAC FBD	19/11/2022	AGE GROUP 3 KBY 2022
181	3:08.70	L	P	Dorethe Meyer	AR	BLOT MAN	06/12/2022	Free State Champs 2022
182	3:08.81	L	F	Anne Steyl	14	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
183	3:08.87	L	F	Chloe Pieterse	14	QSAW CED	28/01/2023	Winelands SL Final
184	3:08.91	L	P	Kendra Matthysen	14	WCA CPT	21/04/2023	SA Schools Swimming Championship
185	3:09.13	L	F	Lelanie Buhr	14	SWAR WCD	11/02/2023	WCA-B Champs - 2023
186	3:09.34	L	F	Zia Petersen	14	XSAQ CPT	21/01/2023	CTA Qualifying Meet #7
187	3:09.60	L	F	Zante Young	14	RBUR BPD	07/12/2022	NWS Championships 2022/2023
188	3:09.76	L	P	Helena Pretorius	14	TKS WBD	02/03/2023	SA Level 2 Regional Age Group Champs
189	3:10.57	L	P	Taylor Ririe	14	BLSS MAN	06/12/2022	Free State Champs 2022
190	3:11.08	L	P	Raquel Cairns	14	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
191	3:11.11	L	P	Micaela Mutooni	14	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
192	3:11.16	L	F	Buhle Mahlalela	14	UNI EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
193	3:11.26	L	P	Larissa Visagie	14	ASAC CPT	09/12/2022	Western Cape LC-A Championship 2022
194	3:11.40	L	F	Ivana Vyncke	14	KZNA ETH	21/04/2023	SA Schools Swimming Championship
195	3:11.70	L	F	Esther Sullivan	14	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
196	3:11.72	L	F	Jaimee Marais	14	ELRAS WBD	02/12/2022	Limpopo Champs
197	3:11.78	L	F	Kellen McLaren	14	CA ECU	10/09/2022	Adrian Grafe Gala 2022
198	3:12.37	L	P	Chloe Byrne	14	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs
199	3:12.61	L	F	Leigh-Anne Mackey	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
200	3:12.64	L	F	Hannah van der Veen	14	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
201	3:12.83	L	P	Alexandra Santos	14	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Champs
202	3:12.90	L	F	Mignon Burger	14	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
203	3:13.21	L S	P	Chloe Jewell	14	PEAS NMA	25/06/2022	PEA Winter Gala 2022
204	3:13.27	L	P	Emma Davies	14	BAS ECU	16/12/2022	KZNA Premier Provincial Championship
205*	3:13.45	L	F	Hannah Coert	14	MANT CPT	11/02/2023	WCA-B Champs - 2023
205*	3:13.45	L	F	Chrisley Barnard	14	BS ILL	03/03/2023	SA Level 2 Regional Age Group Champs
207	3:13.49	L	P	Lara Louw	14	BLNE MAN	06/12/2022	Free State Champs 2022
208	3:13.75	L	F	Taima Telford	14	GREY CPT	04/11/2022	CTA A CHAMPS 2022
209	3:14.14	L	F	Emma Jansen van Rensburg	14	QSAW CED	11/02/2023	WCA-B Champs - 2023
210	3:14.29	L	F	Danika Van Zyl	14	FRA KCD	10/12/2022	KCDA December Age Goup Gala 2022
211	3:14.49	L	F	Anneke Stassen	14	CUDU CPT	21/01/2023	CTA Qualifying Meet #7
212	3:14.78	L	F	Jamie Turner	14	MDOL ECU	10/09/2022	Adrian Grafe Gala 2022
213	3:15.03	L	F	Jessica Carrol	14	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
214	3:15.28	L	F	Ayalakha Mokoena	14	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
215	3:15.50	L	P	Michaela Clegg	14	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
216	3:15.71	L	F	Sadie Jelley	14	PAC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
217	3:16.13	L	F	Izolde Lombard	14	ASAC	CPT	21/01/2023	CTA Qualifying Meet #7
218	3:16.24	L	F	Amylee Holtzhausen	14	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
219	3:16.37	L	P	Kailyn Roopchand	14	PSCP	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
220	3:16.47	L	F	Mia Crookham	14	TYGE	CPT	11/02/2023	WCA-B Champs - 2023
221	3:16.65	L	F	Maya Ndegwa	14	ELEC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
222	3:16.67	L	F	Nisa Da Silva	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
223	3:16.73	L	P	Kaylin Bezuidenhoud	14	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
224	3:17.07	L	F	Kara Du Preez	14	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
225	3:17.09	L	F	Antonella Del Fabbro	14	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
226	3:17.31	L	P	Esther Sauls	14	PGAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
227	3:17.52	L	F	Jaimee-Lee Wenham	14	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
228	3:17.75	L	F	Bea Van der Merwe	14	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
229	3:18.68	L	P	Esmarie Terblanche	14	HTSA	CPT	03/03/2023	SA Level 2 Regional Age Group Champs
230	3:18.96	L	F	Ingrid Van Loggerenberg	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
231	3:19.21	L	F	Anè Cloete	14	QUIC	CPT	04/11/2022	CTA A CHAMPS 2022
232	3:19.40	L	F	Shyenne Laubscher	14	WELA	LLD	22/10/2022	Otters Prestige Gala 2022
233	3:19.73	L	F	Ashley Seymour	14	WELA	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
234	3:20.08	L	F	Elizabeth Opperman	BR	BLOT	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
235	3:20.18	L	F	Taegon Gunkel	14	BEAV	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
236	3:20.19	L	F	Miane Steyn	14	MHS	NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22
237	3:20.38	L	F	Michaela Blaine	14	PEAS	NMA	17/09/2022	3rd A League Gala-Newton Park Pool
238	3:20.42	L	F	Mia Bruwer	14	SS	MPD	22/10/2022	Limpopo Age Group 4
239	3:20.47	L	F	Djeneba Coulibaly	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
240	3:20.63	L	F	Ilze Hendriks	14	TOTIS	ETH	05/11/2022	KZN Junior Championships 2022
241	3:20.95	L	F	Rienke Blignaut	14	BLSS	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
242	3:21.00	L	F	Maria Dos Santos	14	HREF	BPD	10/09/2022	Adrian Grafe Gala 2022
243	3:21.02	L	P	Tanesha Barnes	14	DRGN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
244	3:21.03	L	F	Anè Kemp	14	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
245	3:21.32	L	P	Ebenette Van Niekerk	14	FISH	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
246	3:21.53	L	F	Emma Ralfe	14	PSCP	UMD	28/01/2023	EDA January Gala 2023
247	3:21.56	L	F	Nanika Langenegger	14	SAAW	CPT	15/10/2022	CTA Qualifying Meet #6
248*	3:21.92	L	F	Tatum Sanderson	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
248*	3:21.92	L	P	Aeryn Kuhnert	14	DORE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
250	3:22.00	L	F	Mariel Van Der Net	14	JAQ	EKU	20/01/2023	EGA Last Chance Galal
251	3:22.17	L	F	Keira Taylor	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
252	3:22.54	L	F	Aimee' Heydricks	14	BLUO	UGD	05/11/2022	KZN Junior Championships 2022
253	3:22.67	L	F	Catherine O'Grady	14	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
254	3:22.86	L	F	Carli Dippenaar	14	ROA	EDD	07/10/2022	41st Freda Barnard Invitational Gala
255	3:23.22	L	F	Zadie Van Wyk	14	TRAZ	FSH	18/03/2023	Level 1 Intra-Provincial 2023
256	3:23.24	L	F	Shannon Rautenbach	14	UNI	EZD	24/02/2023	MP AGE GROUP 6 GALA
257	3:24.49	L	F	Andria Le Roux	14	XSAQ	CPT	29/10/2022	OR TAMBO Soncini 2022
258	3:24.84	L	P	Georgia Knight	14	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
259	3:24.88	L	F	Logan Francke	14	RBOT	BPD	07/12/2022	NWS Championships 2022/2023
260	3:25.19	L	F	Kate-Lynn Kruger	14	DESA	NMA	22/10/2022	4th A League Gala
261	3:25.69	L	F	Mekayla Pretorius	14	HWSK		07/12/2022	NCASA CHAMPS 2022
262	3:25.78	L	F	Tatiana Ioannides	14	BLSS	MAN	29/10/2022	Neptune Gala
263	3:25.83	L	F	Charlee Davis	14	RAV	EKU	10/09/2022	Adrian Grafe Gala 2022
264	3:26.01	L	F	Meg Wentzel	14	INFA	NMA	22/10/2022	4th A League Gala
265*	3:26.41	L	F	Ogalaletseng Khosana	14	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
265*	3:26.41	L	F	Zara Carrie	14	LINR	JHB	25/02/2023	CGA Level 3+ Last Chance gala
267	3:26.42	L	F	Anmi Slabbert	14	PAQU	GED	11/02/2023	WCA-B Champs - 2023
268	3:27.06	L	F	Maya McCollum	14	AQDO	CPT	07/10/2022	41st Freda Barnard Invitational Gala
269	3:27.96	L	P	Wilona Erasmus	14	NWUC	KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
270	3:28.13	L	F	Richelle Rothmann	14	AQU	ADJ	24/09/2022	Amajuba District Age Group Gala 3
271	3:28.24	L	P	Skye Rautenbach	14	AFIN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
272	3:29.80	L	F	Tenè Louw	14	BLMA	CPT	28/01/2023	Winelands SL Final
273	3:29.86	L	F	Dahlia Cassar	14	VINE	CPT	04/11/2022	CTA A CHAMPS 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
274	3:30.45	L	F	Nina Van Tonder	14	WOAQ CED	28/01/2023	Winelands SL Final
275	3:31.54	L	F	Aria Pitham	14	SEAL UMD	01/07/2022	Prestige Tournament 2022
276	3:32.01	L	F	Chrisna Du Plessis	14	KALA	07/12/2022	NCASA CHAMPS 2022
277	3:32.11	L	F	Kate Allwood	14	GREY CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
278	3:32.46	L	F	Carme Louw	14	TASC MPD	22/10/2022	Limpopo Age Group 4
279	3:34.06	L	F	Onkaribile Molamu	14	MATL KKD	06/01/2023	2023 Grand Prix Invitation Swimming
280	3:34.19	L	F	Cleo May	14	MARL CPT	18/02/2023	Swartland Invitational Gala 2023
281	3:34.22	L	P	Alaynah Bhamjee	14	ATLA JHB	02/03/2023	SA Level 2 Regional Age Group Champs
282	3:34.57	L	F	Mikayla Bester	14	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
283	3:35.42	L S	P	Shaelyn Lawson	14	AQUA BUF	25/06/2022	PEA Winter Gala 2022
284	3:35.51	L	F	Cara Francis	14	TUKS TSH	01/10/2022	2022 AG Swim Stars&OR Tambo
285	3:35.81	L	F	Veera Khusal	14	BON EKU	20/01/2023	EGA Last Chance Galal
286	3:35.85	L	F	Eireann De Witte	14	TCA EKU	11/06/2022	EGA Winter 1 2022
287	3:36.12	L	F	Imaan Velloo	14	MANT CPT	18/02/2023	Swartland Invitational Gala 2023
288	3:36.58	L	F	Lerize Du Toit	14	ACAQ CCD	02/12/2022	Limpopo Champs
289	3:37.38	L	F	Paula Van Zyl	14	WOAQ CED	28/01/2023	Winelands SL Final
290	3:37.67	L	F	Emma Thompson	14	TUKS TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
291	3:38.28	L	F	Leanke Voigt	14	JAQ EKU	11/06/2022	EGA Winter 1 2022
292	3:38.29	L	F	Carla Carolus	14	XSAQ CPT	21/01/2023	CTA Qualifying Meet #7
293	3:38.60	L	F	Jocke Coetzee	14	KALAH	25/02/2023	FLAMINGO GALA 2023
294	3:38.65	L	F	Anchen Human	14	TASC MPD	02/12/2022	Limpopo Champs
295	3:40.46	L	F	Jorja Turner	14	VINE CPT	15/10/2022	CTA Qualifying Meet #6
296	3:40.76	L	F	Lehanra Greeff	14	HARB BPD	10/09/2022	Adrian Grafe Gala 2022
297	3:41.79	L	F	Riley Barrett	14	HTSA CPT	12/11/2022	CTA B CHAMPS
298	3:42.32	L	F	Isabè Van Dyk	14	CUHE OBD	07/10/2022	41st Freda Barnard Invitational Gala
299	3:43.79	L	P	Marize Fourie	14	WELA LLD	06/12/2022	Free State Champs 2022
300	3:45.73	L	F	Helena Van Vuuren	14	KALA	07/10/2022	FLAMINGO GALA OCT 2022
301	3:45.83	L	F	Brooklyn-Taylor Sunker	14	BON EKU	17/02/2023	EGA Let's Race 2023
302	3:45.98	L	P	Nickela Van der Berg	14	NWUC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
303	3:47.47	L	P	Mikaela Joubert	14	ESTR EKU	08/12/2022	EGA Summer Champs 2022
304	3:47.72	L	P	Lisa van der Westhuizen	14	POTC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
305	3:47.97	L	F	Ashleigh Davies	14	WELA LLD	27/08/2022	Kovsie Gala
306	3:49.12	L	F	Megan Lee Lotter	14	CPSC TSH	18/03/2023	Level 1 Intra-Provincial 2023
307	3:49.13	L	F	Kholofelo Seabi	14	SWIFT EKU	18/03/2023	Level 1 Intra-Provincial 2023
308	3:49.95	L	F	Chelsea Snyman	14	SS MPD	02/12/2022	Limpopo Champs
309	3:50.55	L	F	Gabriella Oaten	14	CYBE CPT	12/11/2022	CTA B CHAMPS
310	3:51.45	L	F	Kara Fourie	14	BLNE MAN	05/11/2022	Seals Heidedal Gala
311	3:51.93	L	F	Nazley Jacobs	14	ISSC NMD	06/01/2023	2023 Grand Prix Invitation Swimming
312	3:53.31	L	F	Olivia Van der Nest	14	KSC EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
313	3:55.56	L	P	Abigail Cullen	14	WELA LLD	06/12/2022	Free State Champs 2022
314	3:56.14	L	F	Gemma van der Merwe	14	PGAC EKU	23/09/2022	EGA Summer 1 2022
315	3:56.20	L	P	Larissa Lombard	14	MAKO EKU	08/12/2022	EGA Summer Champs 2022
316	4:05.40	L	F	Kayla Welgemoed	14	VALS FDD	12/11/2022	Kroonstad Age Group
317	4:11.34	L	F	Lwazi Mqeke	14	WELA LLD	05/11/2022	Seals Heidedal Gala
318	4:12.76	L	P	Lesedi-Lere Themba	14	ESP EKU	08/12/2022	EGA Summer Champs 2022
319	4:16.11	L	F	Zoë Pierce	14	ESTR EKU	18/03/2023	Level 1 Intra-Provincial 2023
320	4:16.86	L	F	Thandolwenkosi Mabaso	14	FRA KCD	04/02/2023	KCDA February Age Group Gala 2023
321	4:31.92	L	F	Micke De Jager	RR	PSA ZLD	04/02/2023	KCDA February Age Group Gala 2023
322	4:34.77	L	F	Autumn Alexander	14	CUDU CPT	12/11/2022	CTA B CHAMPS
323	4:39.22	L	F	Amy Klink	14	JAQ EKU	20/01/2023	EGA Last Chance Galal
Women -14 400 IM								
1	5:11.97	L	F	Lara Gouws	14	TUKS TSH	21/03/2023	SA National Junior Age Group
2	5:13.08	L	F	Karla Myburgh	14	TUKS TSH	21/03/2023	SA National Junior Age Group
3	5:17.12	L	F	Jenna Coetzee	14	INFA NMA	21/03/2023	SA National Junior Age Group
4	5:19.78	L	F	Madison du Plessis	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championship
5	5:20.92	L	F	Danielle Samoei	14	TUKS TSH	21/03/2023	SA National Junior Age Group
6	5:35.06	L	F	Hannah Sandilands	14	CA EKU	21/03/2023	SA National Junior Age Group
7	5:39.26	L	F	Maria Steyn	14	BLSS MAN	21/03/2023	SA National Junior Age Group
8	5:45.38	L	F	Mareze Frylinck	14	BLSS MAN	06/12/2022	Free State Champs 2022

Individual Top Times

Times since: 01-May-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
9	5:45.66 L	F	Leila Yazbek	14	BLNE MAN	09/09/2022	MA Long Distance Gala 1	
10	5:50.42 L	F	René Kotzé	14	POTC KKD	07/12/2022	NWS Championships 2022/2023	
11	5:50.53 L	F	Mieke Vd Wal	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022	
12	5:51.95 L	F	Georgia Gouws	14	BEST NMA	16/07/2022	1st A League Gala 2022 NMA	
13	5:54.34 L	F	Alika Vd Merwe	14	TUKS TSH	09/12/2022	NTS Championships 2022	
14	6:01.33 L	F	Kayleigh Hahn	14	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala	
15	6:03.53 L	F	Corli Liversage	14	BLSS MAN	06/12/2022	Free State Champs 2022	
16	6:07.39 L	F	Anastasia Sequeira	14	CA EKU	21/10/2022	EGA Summer 2 2022	
17	6:08.54 L	F	Karmen Van Rensburg	14	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5	
18	6:12.91 L	F	Jessica Sardinha	14	BAS EKU	20/01/2023	EGA Last Chance Galal	
19	6:12.95 L	F	Robyn Barbour	14	ESP EKU	08/12/2022	EGA Summer Champs 2022	
20	6:12.97 L	F	Kelly Stork	14	MAC EKU	08/12/2022	EGA Summer Champs 2022	
21	6:14.20 L	F	Emily Liebenberg	14	SWAR WCD	09/12/2022	Western Cape LC-A Championship 2022	
22	6:15.95 L	F	Caibella Oliver	14	AQDO CPT	09/12/2022	Western Cape LC-A Championship 2022	
23	6:23.28 L	F	Wilmien Verbeek	14	CUDU CPT	25/06/2022	PEA Winter Gala 2022	
24	6:24.87 L	F	Chamè Landman	14	GSA CPT	09/12/2022	Western Cape LC-A Championship 2022	
25	6:30.41 L	F	Asia Kleinhans	14	AQDO CPT	24/09/2022	CTA Qualifying Meet #5	
26	6:31.94 L	F	Amy Botha	14	PGAC EKU	21/10/2022	EGA Summer 2 2022	
27	7:01.35 L	F	Jaimee Marais	14	ELRAS WBD	12/11/2022	Limpopo Age Group 5	
28	7:07.38 L	F	Hannah van der Veen	14	AQUA BUF	02/12/2022	BCA Long Course Championships 2022	