

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 12-12 50 Free							
1	28.50 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025
2	28.76 L S	F	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
3	29.58 L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024	CGA Championships 2024
4	29.82 L S	F	Riley Haupt	12	CA EKU	05/12/2024	EGA Summer Championships
5	30.00 L S	F	Kaylee Watt	12	CA EKU	05/12/2024	EGA Summer Championships
6	30.26 L	F	Victoria Meyburgh	12	CA EKU	01/02/2025	EGA Last Chance Gala
7	30.63 L	F	Isabella Goncalves	12	SOUL EKU	01/02/2025	EGA Last Chance Gala
8	30.83 L	F	Amaru Mapulane	12	CA EKU	01/02/2025	EGA Last Chance Gala
9	30.85 L	F	Mienke Kok	12	INFA NMA	13/12/2024	NMBA Championships 2024
10	30.86 L S	F	Elizabeth Roth	12	PEAS NMA	17/01/2025	6th A League Gala 2025
11	30.93 L	F	Chisi Magubbwi	12	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
12	30.97 L	P	Barcelona Xaba	12	SASE JHB	29/11/2024	CGA Championships 2024
13	30.99 L S	P	Mikaela Roff	12	ROA EDD	05/12/2024	Western Cape LC-A Championship 2024
14	31.01 L	F	April Jooman	12	BEST NMA	13/12/2024	NMBA Championships 2024
15	31.06 L S	F	Shiloh Cruywagen	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
16	31.08 L S	P	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
17	31.11 L S	P	Gia Heldsinger	12	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
18	31.16 L S	P	Sophia Gullan	12	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
19	31.29 L	F	Kara De Wit	12	RFA TSH	07/12/2024	NWS Championships 2024
20	31.31 L S	P	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
21	31.33 L S	F	Sarah Mocke	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
22	31.35 L	F	Ava Constantinides	12	OEDE EKU	26/10/2024	Summer 3 Delville
23	31.39 L	F	Evie du Plessis	12	BLOT MAN	04/12/2024	Free State Champs 2024
24	31.40 L	F	Annabel Meyer	12	BULS MAN	11/10/2024	Otters Prestige Gala 2024
25	31.48 L S	F	Kayla Gerber	12	STAQ CED	05/12/2024	Western Cape LC-A Championship 2024
26	31.51 L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State Champs 2024
27*	31.58 L S	F	Grace Julies	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
27*	31.58 L	F	Pippa Roberts	12	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
29	31.68 L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	26/10/2024	Summer 3 Delville
30	31.70 L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025	uShaka Champs 2025
31	31.71 L	F	Gea March	12	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
32	31.75 L	F	Laila Christie	12	USC BUF	13/12/2024	NMBA Championships 2024
33	31.77 L	F	Carinke Wessels	12	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
34	31.79 L	F	Livia Gutter	12	BLOT MAN	04/12/2024	Free State Champs 2024
35	31.81 L	F	Johané Burger	12	ROA EDD	31/01/2025	Infinity Gala 2025
36*	31.82 L S	P	Harper Halford	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
36*	31.82 L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024	Limpopo Champs 2024
38	31.84 L	F	Zoe Thompson	12	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
39	31.87 L	F	Jasmine Woodburn	12	MDOL JHB	29/11/2024	CGA Championships 2024
40	31.92 L S	P	Georgia Sabbagha	12	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
41*	31.93 L	F	Lumka Zamisa	12	HREF BPD	07/12/2024	NWS Championships 2024
41*	31.93 L S	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
43	31.97 L S	P	Josephine Van Wyk	12	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
44	32.01 L	F	Sarah-Rose Pohlmann	12	BEST NMA	16/11/2024	5th A League Gala 2024
45	32.02 L	F	Inge Opperman	12	BLOT MAN	04/12/2024	Free State Champs 2024
46	32.03 L S	F	Olivia Meyburgh	12	CA EKU	05/12/2024	EGA Summer Championships
47	32.04 L S	P	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
48	32.05 L	F	Lia van Heerden	12	BS LLD	04/12/2024	Free State Champs 2024
49	32.10 L	F	Noa Sebastiao	12	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
50	32.20 L	F	Skylar Jack	12	PER JHB	29/11/2024	CGA Championships 2024
51*	32.22 L	F	Chloe Rautenbach	12	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
51*	32.22 L	F	Ella Kalp	12	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
53*	32.25 L S	F	Hannah Van Heerden	12	AACTA CPT	21/09/2024	CTA INVITATIONAL LC MEET
53*	32.25 L	F	Nina Oosthuizen	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
55*	32.27 L	F	Amieka Henning	12	HREF BPD	07/12/2024	NWS Championships 2024
55*	32.27 L S	P	Alexis Visser	12	MAKO EKU	05/12/2024	EGA Summer Championships
57	32.30 L S	F	Julie Olivier	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
58	32.50 L	F	Jadine Grobler	12	TKS WBD	29/11/2024	Limpopo Champs 2024

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59*	32.51 L S	P	Ruvarashe Chibharo	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
59*	32.51 L	F	Paige Schutze-Langston	12	MDOL JHB	29/11/2024	CGA Championships 2024
61	32.56 L S	P	Zibusiso Xulu	12	WSTV ETH	02/07/2024	Prestige Tournament 2024
62*	32.65 L	F	Nina Pieterse	12	DESA NMA	31/01/2025	Infinity Gala 2025
62*	32.65 L S	P	Ava Longueira	12	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
64	32.68 L	P	Christie Snyders	12	VALS FDD	04/12/2024	Free State Champs 2024
65	32.71 L	F	Angelique Kyanda-Kaboza	12	DESA NMA	13/12/2024	NMBA Championships 2024
66	32.76 L	F	Mienke Rutherford	12	POTC KKD	07/12/2024	NWS Championships 2024
67	32.77 L S	P	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
68	32.81 L S	P	Zara Jantjies	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
69	32.85 L S	P	Uma Pearson-Adams	12	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
70*	32.87 L	F	Sarah Schofield	12	SEALE ETH	25/01/2025	uShaka Champs 2025
70*	32.87 L S	P	Kara Pretorius	12	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
72	32.88 L	F	Lize De Wet	12	LSPHA MP	01/02/2025	Limpopo School Champs & Limpopo AG
73	32.89 L S	P	Mia Stilwaney	12	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
74	32.90 L S	F	Sarah-Kate Odendaal	12	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
75	32.91 L	F	Mignon Swart	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
76	32.95 L	F	Nicoline Du Preez	12	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
77	32.98 L	F	Cara Louw	12	RBOT BPD	23/11/2024	NWS Age Group 3 + 4 2024
78	33.00 L	F	Abby Mostert	12	AWIN TSH	18/10/2024	NTS Level 3+ October Age Group 2024
79	33.04 L	F	Mali Louw	12	WELL CED	09/11/2024	Winelands SL4
80	33.08 L	F	Jovanah McGluwa	12	CASC CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
81	33.11 L	P	Megan Palmer	12	AFIN JHB	29/11/2024	CGA Championships 2024
82	33.15 L	F	Tatum Van Zijl	12	OHAN ILD	25/01/2025	uShaka Champs 2025
83	33.17 L	F	Alexa Stahmer	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
84	33.23 L	F	Camryn Weber	12	AQUA BUF	25/01/2025	BCA January Age Group Gala 2025
85	33.28 L	F	Sophia Castleden	12	STAQ CED	09/11/2024	Winelands SL4
86	33.29 L S	F	Anja Boshoff	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
87	33.30 L	F	Anna Horn	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
88	33.32 L	F	Mia Vorster	12	WELA LLD	04/12/2024	Free State Champs 2024
89*	33.34 L	F	Esona Sekeleni	12	USC BUF	13/12/2024	NMBA Championships 2024
89*	33.34 L	F	Tischke Rischmuller	12	RFA TSH	07/12/2024	NWS Championships 2024
91	33.37 L S	P	Emilie Conradie	12	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
92	33.39 L	F	Kinique Stols	12	TKS WBD	29/11/2024	Limpopo Champs 2024
93	33.44 L S	P	Phillipa Williams	12	SOUL EKU	05/12/2024	EGA Summer Championships
94	33.45 L	F	Leah Du Plessis	12	PEAS NMA	31/01/2025	Infinity Gala 2025
95	33.46 L S	F	Chloe-Leigh Jurgens	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
96	33.53 L	F	Cara Mills	12	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
97	33.54 L	F	Jane Retief	12	LALE CED	09/11/2024	Winelands SL4
98	33.56 L	F	Nadelija Pillay	12	VHD ZLD	07/12/2024	Stingrays Champs 2024
99	33.57 L	F	Nobubelebesisa Zwane	12	STSC KCD	26/10/2024	Froggies Aquatics Championships 2024
100	33.70 L	F	Micah Gomes	12	TUKS TSH	13/09/2024	NTS September Age Group 2024
101	33.79 L	F	Olwenelo Ngema	12	FRA KCD	28/09/2024	KCDA Age Group 1 2024
102	33.80 L	F	Brooklyn Terwin	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
103	33.81 L	F	Shelby Schoeman	12	CA EKU	26/10/2024	Summer 3 Delville
104	33.86 L	P	Bokang Maruping	12	LINR JHB	29/11/2024	CGA Championships 2024
105	33.88 L S	P	Jamie Els	12	AQDO CPT	05/12/2024	Western Cape LC-A Championship 2024
106	33.97 L S	P	Zethembiso Mbambo	12	PSCP UMD	02/07/2024	Prestige Tournament 2024
107	33.99 L	P	Jaimey Shaw	12	MDOL JHB	29/11/2024	CGA Championships 2024
108	34.03 L	F	Lara Greyling	12	TNDER FDD	04/12/2024	Free State Champs 2024
109	34.04 L S	P	Chenique Kooi	12	TUKS TSH	05/12/2024	EGA Summer Championships
110	34.11 L	F	Saffiya Emjedi	12	SAAW CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
111	34.12 L S	P	Caitlin Barnes	12	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
112	34.16 L S	F	Jessica Arenz	12	MANT CPT	21/09/2024	CTA INVITATIONAL LC MEET
113	34.28 L S	F	Zara Lockitch	12	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
114	34.31 L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024	NMBA Championships 2024
115	34.37 L S	F	Charlotte Jones	12	SLAQ CPT	21/09/2024	CTA INVITATIONAL LC MEET
116	34.43 L S	P	Kirsten Cupido	12	CYBE CPT	05/12/2024	Western Cape LC-A Championship 2024
117	34.44 L	P	Kate Cheshire	12	MDOL JHB	29/11/2024	CGA Championships 2024

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	Time	P/F/S	Name	Age/Yr			
118	34.45 L	F	Liane Van Zyl	12	UPSK ZMD	05/10/2024	FLAMINGO GALA OCT 2024
119	34.46 L S	F	Gia Newkirk	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
120	34.50 L S	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024	EGA Summer Championships
121	34.56 L S	P	Neanè Van Zyl	12	GREY CPT	05/12/2024	Western Cape LC-A Championship 2024
122	34.57 L	P	Ayvah Jacob	12	RACE JHB	29/11/2024	CGA Championships 2024
123	34.66 L S	P	Kopano Lempe	12	MAKO EKU	05/12/2024	EGA Summer Championships
124	34.73 L	P	Lara Ainslie	12	LINR JHB	29/11/2024	CGA Championships 2024
125*	34.79 L	P	Rirhandzu Chauke	12	DORE JHB	29/11/2024	CGA Championships 2024
125*	34.79 L	P	Areli Muyaka	12	HARB BPD	07/12/2024	NWS Championships 2024
127	34.80 L	F	Inge Shaw	12	LALE CED	09/11/2024	Winelands SL4
128	34.81 L	F	Oyama Tuta	12	PELIC MAN	04/12/2024	Free State Champs 2024
129	34.83 L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
130	34.84 L	F	Cayleigh Machill	12	BARA EKU	26/10/2024	Summer 3 Delville
131	34.86 L	P	Melanie Munyoro	12	WATR JHB	29/11/2024	CGA Championships 2024
132	34.98 L	F	Mikayla Jordaan	12	CASC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
133	35.01 L	F	Miyané Kingsley	12	PEAS NMA	15/06/2024	PEA Winter Gala 2024
134*	35.07 L S	F	Vanessa Jurado	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
134*	35.07 L	P	Mia Smit	12	KSC EZD	29/11/2024	Mpumalanga Championships 2024
134*	35.07 L	F	Cailyn De Kock	12	BLSS MAN	04/12/2024	Free State Champs 2024
137	35.08 L	F	Gemma Lyon-MacGregor	12	CRSC JHB	22/01/2025	Crusaders Night Gala 2
138	35.12 L	P	Milah Allen	12	PER JHB	29/11/2024	CGA Championships 2024
139	35.13 L	F	Jeanté Bothma	12	CSA EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
140	35.15 L	F	Jenna Nieuwoudt	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
141*	35.33 L	F	Sloan Warner	12	INFA NMA	16/11/2024	5th A League Gala 2024
141*	35.33 L	F	Emihle Mnuu	12	FRA KCD	01/02/2025	KCGA Age Group 4 2024
143	35.34 L	P	Nicola Peers	12	SASE JHB	29/11/2024	CGA Championships 2024
144	35.36 L S	F	Kaitlyn Haynes-Smart	12	VINE CPT	02/11/2024	CTA A & B CHAMPS 2024
145*	35.40 L	F	Imme Wolfaardt	12	LALE CED	09/11/2024	Winelands SL4
145*	35.40 L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025	uShaka Champs 2025
145*	35.40 L S	P	Khalalelo Rathhogo	12	ESP EKU	05/12/2024	EGA Summer Championships
148*	35.43 L	F	Linda Van Niekerk	12	VHD ZLD	07/12/2024	Stingrays Champs 2024
148*	35.43 L	F	Inge Moore	12	BEST NMA	17/08/2024	Madibaz Swim Meet 2024
150	35.44 L S	P	Ella Adams	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
151	35.46 L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024	CGA Championships 2024
152*	35.48 L	F	Wilhandi Meyer	12	BULS MAN	13/09/2024	Pelicans Age Group Gala
152*	35.48 L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
154	35.52 L	F	Emily Koegelenberg	12	XCEL CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
155	35.55 L	F	Sofia de Freitas	12	MAKO EKU	12/10/2024	EGA Summer 2
156	35.58 L	F	Mia Van de Vyver	12	QSAW CED	09/11/2024	Winelands SL4
157	35.59 L S	F	Lara Rosenstrauch	12	HTSA CPT	21/09/2024	CTA INVITATIONAL LC MEET
158*	35.60 L	P	Micaela Fourie	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
158*	35.60 L	P	Gabriella Pearse	12	SASE JHB	29/11/2024	CGA Championships 2024
160	35.62 L	F	Lua Malan	12	WELL CED	09/11/2024	Winelands SL4
161	35.63 L	F	Mattae Morel	12	CA EKU	12/10/2024	EGA Summer 2
162	35.70 L S	P	Elizabeth Du Preez	12	CSC FSH	05/12/2024	EGA Summer Championships
163	35.77 L S	P	Olivia Nel	12	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024
164	35.80 L	F	Abigail Goodchild	12	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
165	35.83 L	F	Lily Hoar	12	KLOO ETH	25/01/2025	uShaka Champs 2025
166	35.84 L	F	Chanel Smit	12	ELEC FSH	13/09/2024	NTS September Age Group 2024
167	35.89 L	F	Marizelle Vermaak	12	HREF BPD	07/12/2024	NWS Championships 2024
168	35.94 L	F	Mienke Pretorius	12	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
169	35.96 L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024	CGA Championships 2024
170	36.09 L	F	Ava Grebe	12	CUHE OBD	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
171*	36.10 L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024	CGA Championships 2024
171*	36.10 L	F	Nandile Shabalala	12	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
173	36.15 L	P	Alexia Smith	12	WATR JHB	29/11/2024	CGA Championships 2024
174	36.16 L	F	Ilê Ferreira	12	VRC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
175	36.19 L	F	Zoe Kruger	12	LALE CED	09/11/2024	Winelands SL4
176*	36.25 L	F	Paballo Nkosi	12	FAC EKU	12/10/2024	EGA Summer 2

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176*	36.25	L	F	Emma Ristow	12	USC BUF	13/12/2024	NMBA Championships 2024
176*	36.25	L	F	Makanaka Makoto	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
179	36.29	L	F	Emma Grobler	12	LAD UTD	07/12/2024	Uthukela District Age Group Gala
180	36.32	L	F	Carlie van der Veen	12	VRC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
181	36.39	L	F	Katie Van den Heever	12	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
182*	36.41	L	F	Ava Nel	12	LSTZN CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
182*	36.41	L	F	Eryn Botwood	12	CA EKU	01/02/2025	EGA Last Chance Gala
184	36.42	L S	P	Paige Jansen van Vuuren	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
185	36.44	L	F	Amelia-Rose Schutler	12	USC BUF	13/12/2024	NMBA Championships 2024
186	36.45	L	P	Nobuciko Mabunda	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
187*	36.48	L	F	Ziva Filday	12	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
187*	36.48	L S	P	Katelyn Naidoo	12	CA EKU	05/12/2024	EGA Summer Championships
189	36.49	L S	F	Luniko Manise	12	WALM CPT	02/11/2024	CTA A & B CHAMPS 2024
190	36.52	L	F	Anastacia Coelho	12	CA EKU	01/02/2025	EGA Last Chance Gala
191	36.54	L	F	Janli Bester	12	LSBOS WB	02/11/2024	Limpopo LS - Top 8 skole 2024
192	36.55	L S	F	Sophie Walter	12	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
193	36.57	L	F	Annabelle Kruger	12	DESA NMA	31/01/2025	Infinity Gala 2025
194	36.62	L	F	Eumari Van den Heever	12	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
195	36.66	L	F	Holli Tait	12	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
196	36.70	L	F	Lathitha Dewavrin	12	PEAS NMA	14/09/2024	3rd A League Gala 2024
197	36.78	L	F	Riley Thompson	12	HARL BUF	22/11/2024	BCA Long Course Championships 2024
198	36.79	L	F	Esme Bowes	12	CPSC FSH	13/09/2024	NTS September Age Group 2024
199	36.80	L S	F	Mia Witbooi	12	RETR CPT	02/11/2024	CTA A & B CHAMPS 2024
200	36.88	L	F	Susanna Ellis	12	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
201	36.89	L S	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024	Prestige Tournament 2024
202	36.90	L	F	Mishay Smith	12	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
203	36.95	L S	P	Kutendaishe Dube	12	ACES ETH	02/07/2024	Prestige Tournament 2024
204	36.97	L	F	Ella Myburgh	12	INFA NMA	14/09/2024	3rd A League Gala 2024
205*	37.03	L	P	Jane Botha	12	VALS FDD	04/12/2024	Free State Champs 2024
205*	37.03	L	P	Sydney Howes	12	HREF BPD	07/12/2024	NWS Championships 2024
207	37.04	L	P	Mercy Theu	12	CRSC JHB	29/11/2024	CGA Championships 2024
208	37.15	L	F	Kristen Bell	12	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG
209	37.24	L	F	Helene de Bruyn	12	BULS MAN	13/09/2024	Pelicans Age Group Gala
210	37.28	L	F	Taylor Siebrits	12	STSC KCD	25/01/2025	uShaka Champs 2025
211	37.32	L	P	Lienke Van Wyk	12	BULS MAN	04/12/2024	Free State Champs 2024
212	37.34	L	F	Alyssa Coetzer	12	AZON ETH	25/01/2025	uShaka Champs 2025
213	37.35	L	F	Tahlia Roelofs	12	VHD ZLD	25/01/2025	uShaka Champs 2025
214	37.37	L	F	Madison Wissekerke	12	FRA KCD	07/12/2024	Stingrays Champs 2024
215	37.40	L S	F	Micah Louw	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
216	37.50	L	F	Amogelang Kutu	12	ECPS MPD	01/02/2025	Limpopo School Champs & Limpopo AG
217	37.51	L S	P	Caitlin McDowell	12	ESP EKU	05/12/2024	EGA Summer Championships
218	37.64	L S	P	Zekhethelo Radebe	12	PSCP UMD	02/07/2024	Prestige Tournament 2024
219	37.69	L	P	Cayla Fourie	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
220	37.70	L	P	Ming-Xi Tsai	12	AA JHB	29/11/2024	CGA Championships 2024
221	37.73	L S	F	Cassie Van Heerden	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
222	37.85	L	F	Michaela Hirst	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
223	37.86	L	F	Alike Emmenes	12	LSKP WB	02/11/2024	Limpopo LS - Top 8 skole 2024
224	37.88	L	F	Kenzy Barnard	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
225*	37.89	L	P	Annika Schuch	12	RBOT BPD	07/12/2024	NWS Championships 2024
225*	37.89	L	F	Ayla Bornman	12	LPTBO CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
227	37.90	L S	P	Clara Duvenage	12	CA EKU	05/12/2024	EGA Summer Championships
228	37.94	L	F	Ditebogo Tladi	12	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
229	37.97	L	P	Caroline Angius	12	STAR BPD	07/12/2024	NWS Championships 2024
230	37.99	L	P	Lea Kotzé	12	NWUC KKD	07/12/2024	NWS Championships 2024
231	38.00	L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
232	38.07	L	F	Elmane' de Wet	12	BULS MAN	11/10/2024	Otters Prestige Gala 2024
233	38.09	L	F	Jannica Swart	12	ELRAS WBD	29/11/2024	Limpopo Champs 2024
234	38.10	L	F	Mikayla Coleman	12	TCA EKU	12/10/2024	EGA Summer 2
235	38.11	L	F	Leandi Swarts	12	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
236	38.15	L	F	Mackenzie Dekker	12	RSA	04/10/2024	Curro AquaElite Gala
237	38.19	L	P	Kayleigh Brophy	12	AAS JHB	29/11/2024	CGA Championships 2024
238	38.20	L	F	Gabriella Bengell	12	BLNE MAN	09/11/2024	Bull Sharks Gala
239	38.24	L S	P	Dikgang Mokgele	12	MAKO EKU	05/12/2024	EGA Summer Championships
240	38.26	L	F	Ziyada Tekle	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
241	38.41	L	F	Mijone Beyers	12	CA EKU	01/02/2025	EGA Last Chance Gala
242	38.50	L	P	Kiara Dave	12	MDOL JHB	29/11/2024	CGA Championships 2024
243	38.51	L	F	Zené Gouws	12	TASC MPD	29/11/2024	Limpopo Champs 2024
244	38.53	L	F	Anathi Qamba	12	FAC EKU	26/10/2024	Summer 3 Delville
245	38.58	L	F	Sade Kenny	12	SRAY BUF	22/11/2024	BCA Long Course Championships 2024
246	38.60	L	F	Leah Wentzel	12	MARL CPT	09/11/2024	Swartland Prestige Gala 2024
247	38.62	L	F	Liané Van Heerden	12	SS MPD	29/11/2024	Limpopo Champs 2024
248	38.65	L	F	Lume Fourie	12	TINC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
249	38.72	L	F	Tshimologo Thombo	12	RFA TSH	13/09/2024	NTS September Age Group 2024
250	38.73	L	F	Alexianne Metzger	12	SWIFT EKU	01/02/2025	EGA Last Chance Gala
251	38.75	L	P	Noluthando Nkosi	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
252	38.78	L	F	Destheonique Julius	12	KALA	05/10/2024	FLAMINGO GALA OCT 2024
253	38.81	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
254	38.87	L	F	Adiana Van der Merwe	12	STGR XRD	05/10/2024	FLAMINGO GALA OCT 2024
255	38.91	L S	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024	EGA Summer Championships
256	39.01	L	F	Mckayla Wheeler	12	LSPHA MP	02/11/2024	Limpopo LS - Top 8 skole 2024
257	39.04	L	F	Le-May Van Zyl	12	ELRAS WBD	09/11/2024	Limpopo Age Group 5
258	39.19	L S	P	Caydence Waring	12	SOUL EKU	05/12/2024	EGA Summer Championships
259	39.24	L	F	Samantha Jones	12	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
260	39.33	L	F	Madeleine de Villiers	12	EXP TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
261	39.40	L S	F	Zara Field	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
262	39.44	L S	F	Zaarah Meyer	12	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
263*	39.47	L	F	Nielde Lombaard	12	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
263*	39.47	L	F	Alexia Dippenaar	12	BS LLD	15/11/2024	Valsrivier Gala 2024
265	39.58	L	F	Zarah Matthee	12	KHAY CPT	10/01/2025	2024 Grand Prix Invitation Swimming
266	39.65	L S	F	Anneke Paulsen	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
267	39.69	L	F	Dominic De Jager	12	USH KCD	07/12/2024	Stingrays Champs 2024
268	39.70	L	F	Shayla Quin	12	SS MPD	09/11/2024	Limpopo Age Group 5
269	39.75	L S	P	Lintle Mahao	12	FAC EKU	05/12/2024	EGA Summer Championships
270	39.94	L	F	Liané Stoltz	12	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
271	39.99	L S	F	Isabellea Dhassiah	12	RETR CPT	02/11/2024	CTA A & B CHAMPS 2024
272	40.00	L	F	Mienke Grobler	12	BULS MAN	04/12/2024	Free State Champs 2024
273	40.02	L S	P	Keziah Beukes	12	SOUL EKU	05/12/2024	EGA Summer Championships
274*	40.18	L	F	Lethabo Nyandeni	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
274*	40.18	L	F	Zizipho Ginindza	12	WWOL TSH	13/09/2024	NTS September Age Group 2024
276	40.36	L	P	Tsakile Mahumane	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
277	40.37	L S	F	Ashleigh Petersen	12	INFA NMA	17/01/2025	6th A League Gala 2025
278	40.39	L	F	Khenso Mabasa	12	SS MPD	09/11/2024	Limpopo Age Group 5
279	40.44	L	F	Caitlyn Botha	12	CA EKU	01/02/2025	EGA Last Chance Gala
280	40.50	L	P	Rebecca Manson	12	AAS JHB	29/11/2024	CGA Championships 2024
281	40.56	L	F	Kyla De Beer	12	SS MPD	09/11/2024	Limpopo Age Group 5
282	40.83	L	F	Alexis Visagie	12	BEST NMA	17/10/2024	43rd Freda Barnard Invitational Gala
283	40.95	L S	P	Reaoboka Moloi	12	MAKO EKU	05/12/2024	EGA Summer Championships
284	40.97	L	F	Unarine Mulaudzi	12	PGAC EKU	01/02/2025	EGA Last Chance Gala
285	41.02	L	F	Nyandano Madaba	12	FAC EKU	01/02/2025	EGA Last Chance Gala
286	41.03	L	F	Mila Pile	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
287	41.08	L S	P	Tenele Taole	12	SWIFT EKU	05/12/2024	EGA Summer Championships
288	41.11	L	F	Carola Noel	12	UNIC CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
289	41.17	L	F	Oratile Motaung	12	MAKO EKU	01/02/2025	EGA Last Chance Gala
290	41.26	L	F	Oarona Komote	12	WWOL TSH	13/09/2024	NTS September Age Group 2024
291	41.37	L	F	Jenna Besten	12	RFA TSH	13/09/2024	NTS September Age Group 2024
292	41.41	L	F	Taylor Kotzee	12	GAA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
293	41.52	L	F	Nicolene Filo	12	EXP TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
294	41.57	L	F	Nandri Erasmus	12	GHSK	05/10/2024	FLAMINGO GALA OCT 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
295	41.59 L	F	Mia De Esclana	12	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
296*	41.69 L	F	Simone Swanepoel	12	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
296*	41.69 L	F	Nika Smit	12	BS LLD	01/02/2025	Heidedal & Sentraal Galal
298	41.75 L	F	Thathatsi Masomba	12	THOK EKU	01/02/2025	EGA Last Chance Gala
299	41.84 L	P	LaRochelle De Beer	12	STAR BPD	07/12/2024	NWS Championships 2024
300	41.92 L	F	Millieke Ferreira	12	DDA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
301	42.21 L S	P	Morgan Roebuck	12	MAKO EKU	05/12/2024	EGA Summer Championships
302	42.30 L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS Championships 2024
303	42.44 L	F	Emma Van Loggerenberg	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
304	42.59 L	F	Lily Lucas	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
305	42.79 L	F	Lungile Ndaba	PR	VASA EKU	26/10/2024	Summer 3 Delville
306	42.88 L	F	Marion Munch	12	RBUR BPD	23/11/2024	NWS Age Group 3 + 4 2024
307	43.27 L	F	Melokuhle Hlatshwayo	12	USH KCD	09/11/2024	KCDA Age Goup 2 2024
308	43.32 L	F	Masego Monakedi	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
309	43.66 L	F	Elizabeth Gouws	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
310	43.82 L	F	Zana Richardson	12	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
311	43.83 L	P	Penelope Mullineux	12	AASC EZD	29/11/2024	Mpumalanga Championships 2024
312	44.06 L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS Age Group 1 & 2 2024
313	44.19 L	F	Menieke Rowe-Rowe	12	BULS MAN	25/10/2024	Neptunes Gala
314	44.97 L	P	Lufuno Masupa	12	WSS LLD	04/12/2024	Free State Champs 2024
315	45.25 L	F	Dané Schoeman	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
316	45.42 L	F	Hani Salie	12	LALE CED	09/11/2024	Winelands SL4
317	45.44 L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga Championships 2024
318	45.57 L	F	Miyanke Landmann	12	BETH FDD	15/11/2024	Valsrivier Gala 2024
319	45.89 L	F	Mosa Seboko	12	WSS LLD	15/11/2024	Valsrivier Gala 2024
320	46.16 L	F	Ava Rough	12	BARA EKU	26/10/2024	Summer 3 Delville
321	46.17 L	F	Mokgabo Monnana	12	TLAC BPD	09/11/2024	NWS Age Group 1 & 2 2024
322	46.49 L	P	Rebaone Mbamali	12	PELIC MAN	04/12/2024	Free State Champs 2024
323	46.58 L	F	Ikageng Moloko	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
324	46.65 L	P	Khanya Ramone	12	MATL KKD	07/12/2024	NWS Championships 2024
325	46.74 L	F	Ayola Koli	12	ESTR EKU	26/10/2024	Summer 3 Delville
326	48.03 L	F	Annemi Loots	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
327	48.60 L	F	Marlouné Pienaar	12	BLNE MAN	15/06/2024	PEA Winter Gala 2024
328	50.26 L	F	Lukhona Nsele	12	FRA KCD	26/10/2024	Froggies Aquatics Championships 2024
329	50.58 L	F	Nokubonga Buda	12	ESP EKU	01/02/2025	EGA Last Chance Gala
330	51.06 L	F	Lisa De Vos	12	NAE EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
331	51.07 L	F	Kate Riddell	12	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
332	51.68 L	P	Mosa Lephollitse	12	MAHD NMD	07/12/2024	NWS Championships 2024
333	51.98 L	F	Lehny Richmond	12	HAAG UTD	07/12/2024	Uthukela District Age Group Gala
334	52.98 L	F	Rone Putter	12	ACAQ CCD	12/10/2024	Limpopo Age Group 4
335	59.74 L	F	Gabriella Venter	12	BASS VB	09/11/2024	Limpopo Age Group 5

Women 12-12 100 Free

1	1:02.09 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025
2	1:02.32 L	F	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
3	1:04.28 L	F	Kaylee Watt	12	CA EKU	01/02/2025	EGA Last Chance Gala
4	1:04.68 L	F	Riley Haupt	12	CA EKU	05/12/2024	EGA Summer Championships
5	1:05.35 L	F	Victoria Meyburgh	12	CA EKU	05/12/2024	EGA Summer Championships
6	1:05.69 L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024	CGA Championships 2024
7	1:05.85 L	F	Shiloh Cruywagen	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
8	1:06.41 L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
9	1:06.80 L	F	Kara De Wit	12	RFA TSH	07/12/2024	NWS Championships 2024
10	1:07.27 L	F	Evie du Plessis	12	BLOT MAN	04/12/2024	Free State Champs 2024
11	1:07.33 L	F	April Jooman	12	BEST NMA	31/01/2025	Infinity Gala 2025
12	1:07.34 L	F	Mienke Kok	12	INFA NMA	13/12/2024	NMBA Championships 2024
13	1:07.41 L	F	Mia Jansen van Rensburg	12	XCEL CPT	02/11/2024	CTA A & B CHAMPS 2024
14	1:07.54 L	F	Mikaela Roff	12	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
15	1:07.81 L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA Championships 2024
16	1:07.97 L S	F	Sarah Mocke	12	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET
17	1:08.00 L	F	Chisi Magubbwi	12	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
18	1:08.08	L	F	Talia McCabe	12	WATR JHB	29/11/2024 CGA Championships 2024
19	1:08.57	L	P	Amaru Mapulane	12	CA EKU	05/12/2024 EGA Summer Championships
20	1:08.66	L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024 Free State Champs 2024
21	1:08.78	L	F	Laila Christie	12	BCA BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
22	1:08.83	L	F	Arya De Sousa	12	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
23	1:08.87	L	F	Barcelona Xaba	12	SASE JHB	29/11/2024 CGA Championships 2024
24	1:08.95	L	F	Jessica Barnard	12	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
25	1:09.05	L	P	Josephine Van Wyk	12	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
26	1:09.18	L	F	Annabel Meyer	12	BULS MAN	01/02/2025 Heidedal & Sentraal Galal
27	1:09.22	L	F	Gea March	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
28	1:09.31	L	P	Sophia Gullan	12	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
29	1:09.40	L	F	Julie Olivier	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
30	1:09.44	L	F	Livia Gutter	12	BLOT MAN	04/12/2024 Free State Champs 2024
31	1:09.48	L	F	Elizabeth Roth	12	PEAS NMA	13/12/2024 NMBA Championships 2024
32	1:09.54	L	P	Amelie Billson	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
33	1:09.64	L	F	Alexis Visser	12	MAKO EKU	01/02/2025 EGA Last Chance Gala
34	1:09.68	L	P	Zara Lockitch	12	CYBE CPT	05/12/2024 Western Cape LC-A Championship 2024
35	1:09.69	L	P	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
36	1:09.83	L	F	Taylia Smith	12	PER JHB	29/11/2024 CGA Championships 2024
37	1:10.04	L	P	Georgia Sabbagha	12	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
38	1:10.11	L	F	Pippa Roberts	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
39	1:10.21	L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	12/10/2024 EGA Summer 2
40	1:10.33	L	F	Liane Van Zyl	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
41	1:10.34	L	F	Johané Burger	12	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
42	1:10.65	L	P	Gia Heldsinger	12	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
43	1:10.68	L	F	Cara Louw	12	RBOT BPD	23/11/2024 NWS Age Group 3 + 4 2024
44	1:10.76	L	P	Chloe Rautenbach	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
45	1:10.86	L	P	Ruvarashe Chibharo	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
46	1:10.89	L	F	Zibusiso Xulu	12	WSTV ETH	25/01/2025 uShaka Champs 2025
47	1:11.09	L	F	Nina Oosthuizen	12	NSAD EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
48	1:11.13	L	F	Grace Julies	12	XCEL CPT	09/11/2024 Swartland Prestige Gala 2024
49	1:11.16	L	P	Lumka Zamisa	12	HREF BPD	07/12/2024 NWS Championships 2024
50	1:11.19	L	F	Sarah-Rose Pohlmann	12	BEST NMA	13/12/2024 NMBA Championships 2024
51*	1:11.23	L	F	Carinke Wessels	12	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
51*	1:11.23	L	F	Inge Opperman	12	BLOT MAN	04/12/2024 Free State Champs 2024
53	1:11.24	L	F	Christie Snyders	12	VALS FDD	04/12/2024 Free State Champs 2024
54	1:11.29	L	P	Ava Longueira	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
55	1:11.39	L	P	Jovanah McGluwa	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
56	1:11.47	L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
57	1:11.79	L	F	Jenna Joyce	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
58*	1:11.81	L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025 uShaka Champs 2025
58*	1:11.81	L	F	Bokang Maruping	12	LINR JHB	29/11/2024 CGA Championships 2024
60	1:11.84	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025 uShaka Champs 2025
61	1:11.88	L	F	Noa Sebastiao	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
62	1:11.99	L	F	Isabella Goncalves	12	SOUL EKU	12/10/2024 EGA Summer 2
63	1:12.12	L	P	Zara Jantjies	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
64*	1:12.19	L	F	Jadine Grobler	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
64*	1:12.19	L	P	Lara Greyling	12	TNDER FDD	04/12/2024 Free State Champs 2024
66*	1:12.24	L	F	Tischke Rischmuller	12	RFA TSH	01/02/2025 EGA Last Chance Gala
66*	1:12.24	L	P	Katherine Harrop-Allin	12	CSC TSH	05/12/2024 EGA Summer Championships
68	1:12.41	L	F	Mignon Swart	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
69	1:12.51	L	F	Skylar Jack	12	PER JHB	29/11/2024 CGA Championships 2024
70	1:12.62	L S	F	Hannah Van Heerden	12	AACTA CPT	21/09/2024 CTA INVITATIONAL LC MEET
71	1:12.76	L	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
72	1:12.78	L	F	Mikaela Lotz	12	PAC TSH	13/09/2024 NTS September Age Group 2024
73	1:12.80	L	P	Jamie Els	12	AQDO CPT	05/12/2024 Western Cape LC-A Championship 2024
74	1:12.93	L	F	Zoe Thompson	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
75	1:13.11	L	F	Nina Pieterse	12	DESA NMA	13/12/2024 NMBA Championships 2024
76*	1:13.14	L	P	Zani Van Dyk	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
76*	1:13.14	L	F	Brooklyn Terwin	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
78*	1:13.29	L	F	Anna Horn	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
78*	1:13.29	L	F	Mia Vorster	12	WELA LLD	04/12/2024 Free State Champs 2024
80	1:13.32	L	F	Emma Cullis	12	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
81	1:13.33	L	F	Ella Kalp	12	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
82	1:13.48	L	F	Cara Mills	12	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
83	1:13.56	L	F	Olivia Meyburgh	12	CA EKU	01/02/2025 EGA Last Chance Gala
84	1:13.57	L	F	Jasmine Woodburn	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
85	1:13.69	L	P	Uma Pearson-Adams	12	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
86	1:13.86	L S	F	Caitlin Barnes	12	SAAW CPT	21/09/2024 CTA INVITATIONAL LC MEET
87	1:14.02	L	P	Harper Halford	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
88	1:14.04	L	F	Alexis De Witt	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
89	1:14.15	L	F	Tatum Van Zijl	12	OHAN ILD	25/01/2025 uShaka Champs 2025
90*	1:14.26	L	P	Paige Schutze-Langston	12	MDOL JHB	29/11/2024 CGA Championships 2024
90*	1:14.26	L	F	Mienke Rutherford	12	POTC KKD	07/12/2024 NWS Championships 2024
92	1:14.29	L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025 uShaka Champs 2025
93*	1:14.39	L	P	Ayvah Jacob	12	RACE JHB	29/11/2024 CGA Championships 2024
93*	1:14.39	L	P	Emma Van Deventer	12	SGUL ETH	02/07/2024 Prestige Tournament 2024
95	1:14.41	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024 CGA Championships 2024
96	1:14.42	L	F	Sarah Schofield	12	SEALE ETH	25/01/2025 uShaka Champs 2025
97	1:14.45	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
98	1:14.46	L	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
99*	1:14.57	L	F	Olwenelo Ngema	12	FRA KCD	01/02/2025 KCDA Age Group 4 2024
99*	1:14.57	L	P	Phillipa Williams	12	SOUL EKU	05/12/2024 EGA Summer Championships
99*	1:14.57	L	F	Ziva Filday	12	AZON ETH	25/01/2025 uShaka Champs 2025
102	1:14.58	L S	F	Kirsten Cupido	12	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
103	1:14.68	L S	F	Mia Stilwaney	12	PACU CED	21/09/2024 CTA INVITATIONAL LC MEET
104	1:14.73	L	F	Kayla Kleynhans	12	ROA EDD	17/10/2024 43rd Freda Barnard Invitational Gala
105	1:14.78	L	F	Kara Pretorius	12	SSISA CPT	02/11/2024 CTA A & B CHAMPS 2024
106	1:14.89	L	F	Kate Cheshire	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
107	1:14.94	L S	F	Marli Coetzee	12	GREY CPT	21/09/2024 CTA INVITATIONAL LC MEET
108	1:15.28	L	F	Karlia Degenaar	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
109	1:15.46	L	F	Nicoline Du Preez	12	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
110	1:15.50	L	P	Megan Palmer	12	AFIN JHB	29/11/2024 CGA Championships 2024
111	1:15.55	L	P	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
112	1:15.61	L	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024 EGA Summer Championships
113	1:15.75	L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024 CGA Championships 2024
114	1:15.91	L	F	Abby Mostert	12	AWIN FSH	13/09/2024 NTS September Age Group 2024
115	1:16.01	L	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
116	1:16.03	L	F	Mikayla Oliver	12	PAC FSH	13/09/2024 NTS September Age Group 2024
117	1:16.05	L	P	Kayla Gerber	12	STAQ CED	05/12/2024 Western Cape LC-A Championship 2024
118	1:16.06	L	F	Anke Carstens	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
119	1:16.07	L S	F	Chloe-Leigh Jurgens	12	MANT CPT	21/09/2024 CTA INVITATIONAL LC MEET
120	1:16.09	L	P	Alexa Stahmer	12	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
121	1:16.13	L	F	Jane Retief	12	LALE CED	09/11/2024 Winelands SL4
122	1:16.26	L	F	Mikaela Van Heerden	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
123*	1:16.28	L	F	Jessica Arenz	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
123*	1:16.28	L S	F	Kaitlyn Haynes-Smart	12	VINE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
125	1:16.40	L	F	Zamajobe Mtetwa	12	PAC FSH	13/09/2024 NTS September Age Group 2024
126	1:16.53	L	P	Mali Louw	12	WELL CED	05/12/2024 Western Cape LC-A Championship 2024
127	1:16.56	L	F	Leah Du Plessis	12	PEAS NMA	31/01/2025 Infinity Gala 2025
128	1:16.57	L	P	Savannah Thirsk	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
129	1:16.59	L	F	Aisha Bhabha	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
130	1:16.72	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	13/12/2024 NMBA Championships 2024
131	1:16.75	L	P	Ella Adams	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
132	1:16.94	L	F	Mattae Morel	12	CA EKU	01/02/2025 EGA Last Chance Gala
133	1:17.05	L	F	Inge Shaw	12	LALE CED	09/11/2024 Winelands SL4
134	1:17.26	L	P	Isabella Vreenegoor	12	CRSC JHB	29/11/2024 CGA Championships 2024
135	1:17.35	L	P	Rirhandzu Chauke	12	DORE JHB	29/11/2024 CGA Championships 2024

Individual Top Times

Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr			
136	1:17.37	L	F	Lize De Wet	12	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
137	1:17.41	L	F	Gia Newkirk	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
138	1:17.44	L	F	Oyama Tuta	12	PELIC MAN	27/09/2024 Seals Gala 2
139	1:17.47	L S	F	Emily Koegelenberg	12	XCEL CPT	21/09/2024 CTA INVITATIONAL LC MEET
140	1:17.51	L	F	Cayleigh Machill	12	BARA EKU	12/10/2024 EGA Summer 2
141	1:17.61	L	P	Elah-Mae Budram	12	PSCP UMD	02/07/2024 Prestige Tournament 2024
142	1:17.63	L	F	Sarah-Kate Odendaal	12	QUIC CPT	17/10/2024 43rd Freda Barnard Invitational Gala
143	1:17.65	L	F	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024
144*	1:17.79	L	F	Emihle Mnunu	12	FRA KCD	01/02/2025 KCDA Age Group 4 2024
144*	1:17.79	L	P	Melanie Munyoro	12	WATR JHB	29/11/2024 CGA Championships 2024
146	1:17.86	L	P	Marizelle Vermaak	12	HREF BPD	07/12/2024 NWS Championships 2024
147	1:17.98	L	F	Dunay Zovitzkey	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
148	1:18.04	L	P	Sophia Castleden	12	STAQ CED	05/12/2024 Western Cape LC-A Championship 2024
149	1:18.07	L	F	Madison Harris	12	SOUL EKU	12/10/2024 EGA Summer 2
150	1:18.20	L S	F	Yvette Louw	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
151	1:18.28	L S	F	Mikayla Jordaan	12	GREY CPT	21/09/2024 CTA INVITATIONAL LC MEET
152	1:18.33	L	P	Zethembiso Mbambo	12	PSCP UMD	02/07/2024 Prestige Tournament 2024
153	1:18.37	L	F	Taylor Siebrits	12	STSC KCD	07/12/2024 Stingrays Champs 2024
154	1:18.45	L	P	Ava Grebe	12	CUHE OBD	05/12/2024 Western Cape LC-A Championship 2024
155	1:18.52	L	F	Ilè Ferreira	12	VRC FSH	13/09/2024 NTS September Age Group 2024
156	1:18.70	L	F	Pippa Wolmarans	12	PEAS NMA	31/01/2025 Infinity Gala 2025
157	1:18.74	L	F	Elizabeth Du Preez	12	CSC FSH	01/02/2025 EGA Last Chance Gala
158	1:18.92	L	F	Emma Gotthardt	12	ELEC FSH	13/09/2024 NTS September Age Group 2024
159	1:19.12	L	P	Olivia Nel	12	TGA WCD	05/12/2024 Western Cape LC-A Championship 2024
160	1:19.14	L	F	Alize Spangenberg	12	EXP FSH	13/09/2024 NTS September Age Group 2024
161	1:19.25	L	P	Jessica Head	12	SEALE ETH	02/07/2024 Prestige Tournament 2024
162	1:19.36	L	F	Carlie van der Veen	12	VRC FSH	13/09/2024 NTS September Age Group 2024
163	1:19.37	L	P	Gabriella Pearse	12	SASE JHB	29/11/2024 CGA Championships 2024
164	1:19.64	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
165	1:19.73	L	F	Alyssa Coetzer	12	AZON ETH	25/01/2025 uShaka Champs 2025
166	1:19.84	L	F	Shelby Schoeman	12	CA EKU	01/02/2025 EGA Last Chance Gala
167	1:19.90	L	F	Esona Sekeleni	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
168	1:19.98	L	P	Gemma Lyon-MacGregor	12	CRSC JHB	29/11/2024 CGA Championships 2024
169	1:20.00	L S	F	Charlotte Jones	12	SLAQ CPT	21/09/2024 CTA INVITATIONAL LC MEET
170	1:20.01	L	F	Ziane Drenth	12	AWIN FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
171	1:20.04	L	F	Rua De Wit	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
172	1:20.05	L	F	Inge Moore	12	BEST NMA	17/08/2024 Madibaz Swim Meet 2024
173	1:20.08	L	F	Paballo Nkosi	12	FAC EKU	12/10/2024 EGA Summer 2
174	1:20.11	L	P	Micaela Fourie	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
175	1:20.12	L	P	Jéanté Bothma	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
176*	1:20.17	L	P	Alexia Smith	12	WATR JHB	29/11/2024 CGA Championships 2024
176*	1:20.17	L	F	Nobubelebesisa Zwane	12	STSC KCD	26/10/2024 Froggies Aquatics Championships 2024
178	1:20.25	L	P	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
179	1:20.54	L	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
180	1:20.62	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
181	1:20.68	L	F	Emma Ristow	12	USC BUF	13/12/2024 NMBA Championships 2024
182	1:20.72	L	F	Leane Nel	12	EXP FSH	13/09/2024 NTS September Age Group 2024
183	1:20.84	L	P	Jaimey Shaw	12	MDOL JHB	29/11/2024 CGA Championships 2024
184	1:20.85	L	F	Beniece Mouton	12	TGA WCD	09/11/2024 Swartland Prestige Gala 2024
185	1:20.88	L	F	Amelia-Rose Schutlzler	12	USC BUF	13/12/2024 NMBA Championships 2024
186	1:20.98	L	F	Annabelle Kruger	12	DESA NMA	31/01/2025 Infinity Gala 2025
187	1:21.02	L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024 CGA Championships 2024
188	1:21.50	L	P	Madison Sanan	12	PER JHB	29/11/2024 CGA Championships 2024
189	1:21.53	L	F	Miyané Kingsley	12	PEAS NMA	15/06/2024 PEA Winter Gala 2024
190	1:21.57	L	P	Anastacia Coelho	12	CA EKU	05/12/2024 EGA Summer Championships
191	1:21.71	L	F	Sloan Warner	12	INFA NMA	13/12/2024 NMBA Championships 2024
192*	1:22.15	L	F	Mienke Gerber	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
192*	1:22.15	L	P	Mercy Theu	12	CRSC JHB	29/11/2024 CGA Championships 2024
194	1:22.19	L	P	Mikayla Coleman	12	TCA EKU	05/12/2024 EGA Summer Championships

Individual Top Times

Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr				
195	1:22.26	L S	F	Jemma Lloyd	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
196	1:22.34	L	P	Annabel Van Reenen	12	ACSA ETH	02/07/2024	Prestige Tournament 2024
197	1:22.46	L	P	Khalalelo Rathhogo	12	ESP EKU	05/12/2024	EGA Summer Championships
198	1:22.52	L	F	Neanè Van Zyl	12	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
199	1:22.55	L	F	Riley Thompson	12	HARL BUF	15/06/2024	PEA Winter Gala 2024
200	1:22.78	L	P	Kayleigh Brophy	12	AAS JHB	29/11/2024	CGA Championships 2024
201	1:22.84	L	F	Mishay Smith	12	TUKS TSH	13/09/2024	NTS September Age Group 2024
202	1:22.86	L	F	Lua Store	12	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
203	1:22.94	L	F	Emilie Conradie	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
204	1:23.15	L	F	Kristen Bell	12	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG
205	1:23.17	L	F	Zoe Lambropoulos	12	TRAZ TSH	13/09/2024	NTS September Age Group 2024
206	1:23.29	L	F	Mia Van de Vyver	12	QSAW CED	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
207	1:23.33	L	P	Ming-Xi Tsai	12	AA JHB	29/11/2024	CGA Championships 2024
208	1:23.42	L	P	Caroline Angius	12	STAR BPD	07/12/2024	NWS Championships 2024
209*	1:23.55	L	F	Susanna Ellis	12	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
209*	1:23.55	L	P	Milah Allen	12	PER JHB	29/11/2024	CGA Championships 2024
211	1:23.69	L	P	Noluthando Nkosi	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
212	1:23.79	L	P	Zekhethelo Radebe	12	PSCP UMD	02/07/2024	Prestige Tournament 2024
213	1:23.82	L	P	Cailyn De Kock	12	BLSS MAN	04/12/2024	Free State Champs 2024
214	1:23.84	L	F	Holli Tait	12	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
215	1:23.92	L	F	Lathitha Dewavrin	12	PEAS NMA	14/09/2024	3rd A League Gala 2024
216	1:24.03	L	F	Esme Bowes	12	CPSC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
217	1:24.04	L	P	Makanaka Makoto	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
218	1:24.10	L	F	Eumari Van den Heever	12	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 2024
219	1:24.16	L	F	Liane Muller	12	INFA NMA	31/01/2025	Infinity Gala 2025
220	1:24.25	L	P	Kutendaisha Dube	12	ACES ETH	02/07/2024	Prestige Tournament 2024
221	1:24.58	L	P	Lienke Van Wyk	12	BULS MAN	04/12/2024	Free State Champs 2024
222	1:24.72	L	P	Sydney Howes	12	HREF BPD	07/12/2024	NWS Championships 2024
223*	1:24.99	L	P	Mijone Beyers	12	CA EKU	05/12/2024	EGA Summer Championships
223*	1:24.99	L	F	Destheonique Julius	12	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
225*	1:25.19	L	P	Annika Schuch	12	RBOT BPD	07/12/2024	NWS Championships 2024
225*	1:25.19	L	F	Zoe Kruger	12	LALE CED	09/11/2024	Winelands SL4
227	1:25.23	L	F	Mackenzie Dekker	12	RSA	04/10/2024	Curro AquaElite Gala
228	1:25.30	L	F	Summer Fang	12	PEAS NMA	13/07/2024	1st A League Gala 2024
229	1:25.35	L	F	Ella Myburgh	12	INFA NMA	31/01/2025	Infinity Gala 2025
230	1:25.37	L S	F	Juno Bouwer	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
231	1:25.47	L	F	Sofia de Freitas	12	MAKO EKU	12/10/2024	EGA Summer 2
232	1:25.51	L	P	Caitlin McDowell	12	ESP EKU	05/12/2024	EGA Summer Championships
233	1:25.69	L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
234	1:25.93	L	F	Elmane' de Wet	12	BULS MAN	25/10/2024	Neptunes Gala
235	1:25.95	L	F	Sarah Wakefield	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
236	1:25.96	L	F	Sophie Walter	12	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
237	1:26.00	L	F	Mia Cyster	12	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
238	1:26.07	L	F	Zené Gouws	12	TASC MPD	29/11/2024	Limpopo Champs 2024
239	1:26.14	L	P	Cayla Fourie	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
240	1:26.19	L	F	Wilhandi Meyer	12	BULS MAN	13/09/2024	Pelicans Age Group Gala
241	1:26.33	L	F	Jenna Nieuwoudt	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
242*	1:26.43	L	P	Anathi Qamba	12	FAC EKU	05/12/2024	EGA Summer Championships
242*	1:26.43	L	F	Xysca Bezuidenhout	12	STSC KCD	07/12/2024	Stingrays Champs 2024
244	1:26.48	L	F	Madeleine de Villiers	12	EXP TSH	13/09/2024	NTS September Age Group 2024
245	1:26.52	L	F	Chanel Smit	12	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
246	1:26.58	L	P	Nobuciko Mabunda	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
247	1:27.06	L S	F	Leah Wentzel	12	MARL CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
248	1:27.08	L	F	Zarah Matthee	12	KHAY CPT	10/01/2025	2024 Grand Prix Invitation Swimming
249	1:27.17	L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
250	1:27.25	L	F	Kara Groenewald	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
251	1:27.31	L	F	Ava Nel	12	SS MPD	29/11/2024	Limpopo Champs 2024
252	1:27.51	L	F	Nina Koen	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
253	1:27.53	L	F	Nandile Shabalala	12	AQUA UTD	07/12/2024	Uthukela District Age Group Gala

Individual Top Times

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	Time		P/F/S	Name		Age/Yr			
254	1:27.57	L	F	Emma Grobler	12	LAD UTD	11/01/2025	Uthukela District Age Group Gala	
255	1:27.64	L	F	Mia De Esclana	12	VRC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024	
256	1:27.68	L	F	Helene de Bruyn	12	BULS MAN	11/10/2024	Otters Prestige Gala 2024	
257	1:27.80	L S	F	Amy Van der Walt	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET	
258	1:27.85	L	F	Le-May Van Zyl	12	ELRAS WBD	12/10/2024	Limpopo Age Group 4	
259	1:28.29	L	F	Kenzy Barnard	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala	
260	1:28.50	L	F	Dominic De Jager	12	USH KCD	09/11/2024	KCDA Age Goup 2 2024	
261	1:28.66	L	F	Dwala Magagula	12	TRAZ FSH	13/09/2024	NTS September Age Group 2024	
262	1:28.86	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024	
263	1:28.94	L	F	Zizipho Ginindza	12	WWOL FSH	13/09/2024	NTS September Age Group 2024	
264	1:29.02	L	F	Zara Field	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024	
265	1:29.12	L	P	Leah-Bella Budram	12	PSCP UMD	02/07/2024	Prestige Tournament 2024	
266	1:29.17	L	P	Rebecca Manson	12	AAS JHB	29/11/2024	CGA Championships 2024	
267	1:29.23	L	P	Tenele Taole	12	SWIFT ECU	05/12/2024	EGA Summer Championships	
268	1:29.40	L	F	Zaarah Meyer	12	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024	
269	1:29.50	L	F	Lonela Mpikeleli	12	PAC FSH	13/09/2024	NTS September Age Group 2024	
270	1:29.63	L	P	Lea Kotzé	12	NWUC KKD	07/12/2024	NWS Championships 2024	
271	1:29.73	L	P	Tsakile Mahumane	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024	
272	1:29.91	L	P	Lintle Mahao	12	FAC ECU	05/12/2024	EGA Summer Championships	
273	1:29.93	L	F	Madison Wissekerke	12	FRA KCD	07/12/2024	Stingrays Champs 2024	
274	1:29.95	L	F	Katie Van den Heever	12	UNIU EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024	
275*	1:30.16	L	F	Imke Swanepoel	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools	
275*	1:30.16	L	P	Alexia Dippenaar	12	BS LLD	04/12/2024	Free State Champs 2024	
277	1:30.31	L	P	Keziah Beukes	12	SOUL ECU	05/12/2024	EGA Summer Championships	
278	1:30.49	L	F	Dikgang Mokgele	12	MAKO ECU	01/02/2025	EGA Last Chance Gala	
279	1:30.96	L	F	Micah Louw	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024	
280	1:31.15	L	F	Caitlyn Botha	12	CA ECU	01/02/2025	EGA Last Chance Gala	
281	1:31.24	L	F	Anneke Paulsen	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024	
282	1:31.35	L	F	Mia Witbooi	12	RETR CPT	02/11/2024	CTA A & B CHAMPS 2024	
283	1:31.36	L	P	Katelyn Naidoo	12	CA ECU	05/12/2024	EGA Summer Championships	
284	1:31.43	L	F	Gabriella Bengell	12	BLNE MAN	01/02/2025	Heidedal & Sentraal Galal	
285	1:31.84	L	F	Luniko Manise	12	WALM CPT	02/11/2024	CTA A & B CHAMPS 2024	
286	1:32.18	L	P	Oratile Motaung	12	MAKO ECU	05/12/2024	EGA Summer Championships	
287	1:32.22	L	F	Cecile Pretorius	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024	
288	1:32.27	L	F	Aaminah Spruit	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024	
289	1:32.30	L	F	Tshimologo Thombo	12	RFA FSH	13/09/2024	NTS September Age Group 2024	
290	1:32.44	L	F	Millieke Ferreira	12	DDA FSH	13/09/2024	NTS September Age Group 2024	
291	1:32.88	L	F	Ziyada Tekle	12	USC BUF	13/12/2024	NMBA Championships 2024	
292	1:32.90	L	F	Amogelang Kutu	12	SS MPD	29/11/2024	Limpopo Champs 2024	
293	1:32.94	L	F	Nicole Jonas	12	PLAY CED	17/10/2024	43rd Freda Barnard Invitational Gala	
294	1:33.23	L	P	Liané Stoltz	12	UNIU EZD	29/11/2024	Mpumalanga Championships 2024	
295	1:33.26	L S	F	Ashleigh Petersen	12	INFA NMA	17/01/2025	6th A League Gala 2025	
296	1:33.32	L	F	Lume Fourie	12	TINC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024	
297	1:33.44	L	F	Tahlia Roelofsz	12	VHD ZLD	07/12/2024	Stingrays Champs 2024	
298	1:33.52	L	F	Unarine Mulaudzi	12	PGAC ECU	01/02/2025	EGA Last Chance Gala	
299	1:33.53	L	F	Shayla Quin	12	SS MPD	09/11/2024	Limpopo Age Group 5	
300	1:33.77	L	F	Tumisho Mojapelo	12	WWOL FSH	13/09/2024	NTS September Age Group 2024	
301	1:33.78	L S	F	Alexis Visagie	12	BEST NMA	17/01/2025	6th A League Gala 2025	
302*	1:33.80	L	F	Almmz Plaatjies	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024	
302*	1:33.80	L	F	Mila Pile	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools	
304	1:34.01	L	F	Mienke Grobler	12	BULS MAN	04/12/2024	Free State Champs 2024	
305	1:34.08	L	F	Sade Kenny	12	SRAY BUF	22/11/2024	BCA Long Course Championships 2024	
306	1:34.11	L	F	Samantha Jones	12	RFA FSH	11/10/2024	NTS Level 1+2 October Age Group 2024	
307	1:34.34	L	P	Simone Swanepoel	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024	
308	1:34.36	L	F	Kyla De Beer	12	SS MPD	29/11/2024	Limpopo Champs 2024	
309	1:34.81	L	P	Alexianne Metzger	12	SWIFT ECU	05/12/2024	EGA Summer Championships	
310	1:34.99	L	P	Dominique Birkenstock	12	JAQ ECU	05/12/2024	EGA Summer Championships	
311	1:35.10	L	P	Nyandano Madaba	12	FAC ECU	05/12/2024	EGA Summer Championships	
312	1:35.69	L S	F	Taylor Kotzee	12	GAA CPT	21/09/2024	CTA INVITATIONAL LC MEET	

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
313*	1:35.88	L	F	Isabellea Dhassiah	12	RETR	CPT	02/11/2024	CTA A & B CHAMPS 2024
313*	1:35.88	L	F	Reaboka Moloi	12	MAKO	EKU	12/10/2024	EGA Summer 2
315	1:36.42	L	F	Eryn Botwood	12	CA	EKU	01/02/2025	EGA Last Chance Gala
316	1:36.47	L	P	Zana Richardson	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
317	1:36.74	L	F	Shyla Lutchman	12	VINE	CPT	02/11/2024	CTA A & B CHAMPS 2024
318	1:37.01	L	F	Leandi Swarts	12	PSA	ZLD	26/10/2024	Froggies Aquatics Championships 2024
319	1:37.08	L	F	Nika Smit	12	BS	LLD	02/11/2024	Heidedal
320	1:37.27	L	F	Marion Münch	12	RBUR	BPD	09/11/2024	NWS Age Group 1 & 2 2024
321	1:37.63	L	F	Adiana Van der Merwe	12	STGR	XRD	05/10/2024	FLAMINGO GALA OCT 2024
322	1:38.35	L	F	Roaluswa Manenzhe	12	MATL	KKD	09/11/2024	NWS Age Group 1 & 2 2024
323*	1:39.27	L	F	Thatohatsi Masomba	12	THOK	EKU	01/02/2025	EGA Last Chance Gala
323*	1:39.27	L	P	Mia-Marie van Zyl	12	HREF	BPD	07/12/2024	NWS Championships 2024
325	1:39.82	L	F	Nandri Erasmus	12	GHSK		05/10/2024	FLAMINGO GALA OCT 2024
326	1:40.39	L	F	Mosa Seboko	12	WSS	LLD	15/11/2024	Valsrivier Gala 2024
327	1:40.54	L	P	Lufuno Masupa	12	WSS	LLD	04/12/2024	Free State Champs 2024
328	1:40.92	L	F	Melokuhle Hlatshwayo	12	USH	KCD	25/01/2025	uShaka Champs 2025
329	1:41.59	L	P	Tshiamo Mlangeni	12	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
330	1:42.05	L	F	Lily Lucas	12	KHAY	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
331	1:42.14	L	F	Madyson le Roux	12	POTC	KKD	09/11/2024	NWS Age Group 1 & 2 2024
332	1:42.43	L	F	Lungile Ndaba	PR	VASA	EKU	12/10/2024	EGA Summer 2
333	1:43.08	L	F	Milan Booysen	12	BLOT	MAN	04/12/2024	Free State Champs 2024
334	1:44.12	L	F	Annemi Loots	12	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
335	1:44.21	L	F	Elizabeth Gouws	12	KNYA	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
336	1:44.29	L	P	Khanya Ramone	12	MATL	KKD	07/12/2024	NWS Championships 2024
337	1:45.30	L	F	Tionie Groenewald	12	TGA	WCD	09/11/2024	Swartland Prestige Gala 2024
338	1:47.33	L	F	Lisa De Vos	12	NAE	EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
339	1:48.64	L	F	Anika Bester	12	STGR	XRD	05/10/2024	FLAMINGO GALA OCT 2024
340	1:49.42	L	F	Oarona Komote	12	WWOL	TSH	13/09/2024	NTS September Age Group 2024
341	1:49.65	L	F	Masego Monakedi	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
342	1:50.77	L	F	Ava Rough	12	BARA	EKU	12/10/2024	EGA Summer 2
343	1:51.94	L	P	Rebaone Mbamali	12	PELIC	MAN	04/12/2024	Free State Champs 2024
344	1:52.44	L	F	Nalin Pillay	12	WEST	CPT	09/11/2024	Swartland Prestige Gala 2024
345	1:52.94	L	F	Mokgabo Monnana	12	TLAC	BPD	09/11/2024	NWS Age Group 1 & 2 2024
346	1:54.63	L S	F	Liyla Godwin	12	CYBE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
347	1:56.63	L	F	Miyanke Landmann	12	BETH	FDD	15/11/2024	Valsrivier Gala 2024
348	1:59.18	L	F	Lehny Richmond	12	HAAG	UTD	07/12/2024	Uthukela District Age Group Gala
349	2:01.72	L	F	Madison Jacobs	12	XCEL	CPT	09/11/2024	Swartland Prestige Gala 2024
350	2:01.75	L	F	Anke Nel	12	QUIC	CPT	09/11/2024	Swartland Prestige Gala 2024
351	2:04.11	L	P	Mosa Lepholltse	12	MAHD	NMD	07/12/2024	NWS Championships 2024
352	2:06.68	L	F	Lukhona Nsele	12	FRA	KCD	26/10/2024	Froggies Aquatics Championships 2024
353	2:09.32	L	F	Elethu Maqabangqa	12	KHAY	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
354	2:21.90	L	F	Nokubonga Buda	12	ESP	EKU	12/10/2024	EGA Summer 2

Women 12-12 200 Free

1	2:15.06	L	F	Isabeau Coetsee	12	FISH	EDD	05/12/2024	Western Cape LC-A Championship 2024
2	2:16.07	L	F	Shalea Hamilton	12	BEST	NMA	31/01/2025	Infinity Gala 2025
3	2:22.37	L	P	Sarah Mocke	12	SAAW	CPT	05/12/2024	Western Cape LC-A Championship 2024
4	2:23.50	L	P	Aqeelah Williams	12	UWCA	CPT	05/12/2024	Western Cape LC-A Championship 2024
5	2:24.34	L	F	Evie du Plessis	12	BLOT	MAN	04/12/2024	Free State Champs 2024
6	2:24.36	L	F	Mikaela Roff	12	ROA	EDD	05/12/2024	Western Cape LC-A Championship 2024
7	2:24.49	L	P	Shiloh Cruywagen	12	SEAL	UMD	02/07/2024	Prestige Tournament 2024
8	2:25.09	L	F	Kaylee Watt	12	CA	EKU	15/11/2024	Summer 4 Delville
9	2:25.66	L	F	April Jooman	12	BEST	NMA	16/11/2024	5th A League Gala 2024
10	2:25.77	L	F	Talia Hill	12	HPS	TSH	18/10/2024	NTS Level 3+ October Age Group 2024
11	2:27.10	L	F	Taylia Smith	12	PER	JHB	29/11/2024	CGA Championships 2024
12	2:27.38	L	F	Talia McCabe	12	WATR	JHB	29/11/2024	CGA Championships 2024
13	2:27.72	L	F	Oyama Baqwa	12	SGUL	ETH	13/12/2024	NMBA Championships 2024
14	2:27.78	L	P	Mia Jansen van Rensburg	12	XCEL	CPT	05/12/2024	Western Cape LC-A Championship 2024
15	2:27.90	L	F	Julie Olivier	12	TYGE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
16	2:27.97	L	P	Amelie Billson	12	CASC	CPT	05/12/2024	Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
17	2:28.19	L S	F	Riley Haupt	12	CA	EKU	05/12/2024 EGA Summer Championships
18	2:28.49	L	F	Mienke Kok	12	INFA	NMA	13/12/2024 NMBA Championships 2024
19	2:29.50	L	F	Victoria Meyburgh	12	CA	EKU	18/01/2025 EGA Summer 5
20	2:30.17	L	P	Zara Lockitch	12	CYBE	CPT	05/12/2024 Western Cape LC-A Championship 2024
21	2:30.92	L	P	Ella Van Viegen	12	BLSS	MAN	04/12/2024 Free State Champs 2024
22	2:31.66	L	F	Amaru Mapulane	12	CA	EKU	01/02/2025 EGA Last Chance Gala
23	2:31.87	L	F	Johané Burger	12	ROA	EDD	31/01/2025 Infinity Gala 2025
24	2:32.12	L	P	Zibusiso Xulu	12	WSTV	ETH	02/07/2024 Prestige Tournament 2024
25	2:32.27	L	F	Nina Pieterse	12	DESA	NMA	31/01/2025 Infinity Gala 2025
26	2:32.33	L	F	Chisi Magubbwi	12	RSA		04/12/2024 XX AA Zone IV LC Championships 4-7
27	2:33.02	L	F	Layla Barber-Luna	12	MDOL	JHB	15/11/2024 Summer 4 Delville
28	2:33.24	L	F	Jenna Joyce	12	CASC	CPT	21/09/2024 CTA INVITATIONAL LC MEET
29	2:33.44	L	P	Sophia Gullan	12	VINE	CPT	05/12/2024 Western Cape LC-A Championship 2024
30	2:33.59	L	F	Kara De Wit	12	RFA	FSH	07/12/2024 NWS Championships 2024
31	2:33.63	L	F	Alexis Visser	12	MAKO	EKU	01/02/2025 EGA Last Chance Gala
32	2:33.84	L	F	Elizabeth Roth	12	PEAS	NMA	31/01/2025 Infinity Gala 2025
33	2:33.86	L	P	Ruvarashe Chibharo	12	TYGE	CPT	05/12/2024 Western Cape LC-A Championship 2024
34	2:34.00	L	P	Georgia Sabbagha	12	PAQU	GED	05/12/2024 Western Cape LC-A Championship 2024
35	2:34.11	L	P	Livia Gutter	12	BLOT	MAN	04/12/2024 Free State Champs 2024
36	2:34.24	L	F	Arya De Sousa	12	TRAZ	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
37	2:34.32	L	F	Jessica Jansen van Vuuren	12	SEAL	UMD	02/07/2024 Prestige Tournament 2024
38	2:34.47	L	F	Wilhelmina Erasmus	12	ELRAS	WBD	29/11/2024 Limpopo Champs 2024
39	2:35.33	L	F	Sarah-Rose Pohlmann	12	BEST	NMA	31/01/2025 Infinity Gala 2025
40	2:35.39	L	F	Emma Van Deventer	12	SGUL	ETH	02/07/2024 Prestige Tournament 2024
41	2:35.88	L	P	Jamie Els	12	AQDO	CPT	05/12/2024 Western Cape LC-A Championship 2024
42	2:36.46	L	F	Inge Opperman	12	BLOT	MAN	04/12/2024 Free State Champs 2024
43	2:36.48	L	F	Laila Christie	12	USC	BUF	13/12/2024 NMBA Championships 2024
44	2:36.51	L	F	Carinke Wessels	12	BLOT	MAN	04/12/2024 Free State Champs 2024
45	2:36.57	L	P	Bokang Maruping	12	LINR	JHB	29/11/2024 CGA Championships 2024
46	2:37.16	L	P	Grace Julies	12	XCEL	CPT	05/12/2024 Western Cape LC-A Championship 2024
47	2:37.60	L	F	Tischke Rischmuller	12	RFA	FSH	07/12/2024 NWS Championships 2024
48	2:37.71	L S	P	Katherine Harrop-Allin	12	CSC	FSH	05/12/2024 EGA Summer Championships
49	2:37.88	L	F	Nina Oosthuizen	12	NSAD	EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
50	2:37.95	L	F	Cara Louw	12	NWS		25/01/2025 4+1 INTERPROVINCIAL GALA 2025
51	2:38.26	L	F	Noa Sebastiao	12	TUKS	FSH	13/09/2024 NTS September Age Group 2024
52	2:38.31	L	F	Gabriella Lloyd-Swanepoel	12	MAKO	EKU	18/01/2025 EGA Summer 5
53	2:38.56	L	P	Megan Jacobs	12	WSTV	ETH	02/07/2024 Prestige Tournament 2024
54	2:38.61	L	F	Josephine Van Wyk	12	LALE	GED	09/11/2024 Winelands SL4
55	2:39.07	L	P	Zara Jantjies	12	MANT	CPT	05/12/2024 Western Cape LC-A Championship 2024
56	2:39.19	L	P	Gia Heldsinger	12	SSISA	CPT	05/12/2024 Western Cape LC-A Championship 2024
57	2:39.26	L S	F	Jovanah McGluwa	12	CASC	CPT	02/11/2024 CTA A & B CHAMPS 2024
58	2:39.33	L	F	Brooklyn Terwin	12	USC	BUF	13/12/2024 NMBA Championships 2024
59	2:39.37	L	F	Mia Stilwaney	12	PAQU	GED	09/11/2024 Winelands SL4
60	2:39.42	L	F	Olivia Meyburgh	12	CA	EKU	18/01/2025 EGA Summer 5
61	2:39.77	L	F	Jasmine Woodburn	12	MDOL	JHB	29/11/2024 CGA Championships 2024
62	2:40.17	L	P	Lara Greyling	12	TNDER	FDD	04/12/2024 Free State Champs 2024
63	2:40.34	L S	P	Ava Constantinides	12	CA	EKU	05/12/2024 EGA Summer Championships
64	2:40.42	L	P	Ava Longueira	12	ASAC	CPT	05/12/2024 Western Cape LC-A Championship 2024
65	2:40.54	L	F	Jadine Grobler	12	LSKP	WB	01/02/2025 Limpopo School Champs & Limpopo AG
66	2:41.27	L	P	Mikayla Jordaan	12	CASC	CPT	05/12/2024 Western Cape LC-A Championship 2024
67*	2:42.21	L	F	Kinique Stols	12	TKS	WBD	29/11/2024 Limpopo Champs 2024
67*	2:42.21	L	F	Liane Van Zyl	12	NC	FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
69	2:42.41	L	P	Barcelona Xaba	12	SASE	JHB	29/11/2024 CGA Championships 2024
70	2:42.67	L	P	Caitlin Barnes	12	SAAW	CPT	05/12/2024 Western Cape LC-A Championship 2024
71	2:42.69	L S	F	Emily Koegelenberg	12	XCEL	CPT	02/11/2024 CTA A & B CHAMPS 2024
72	2:43.12	L	F	Karlia Degenaar	12	TUKS	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
73	2:43.43	L	P	Christie Snyders	12	VALS	FDD	04/12/2024 Free State Champs 2024
74	2:43.47	L	F	Mignon Swart	12	CSA	EZD	10/01/2025 2024 Grand Prix Invitation Swimming
75	2:43.65	L	P	Ella Adams	12	TYGE	CPT	05/12/2024 Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
76	2:43.77	L	F	Lumka Zamisa	12	HREF BPD	07/12/2024	NWS Championships 2024
77	2:44.11	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025	uShaka Champs 2025
78	2:44.12	L	P	Ava Grebe	12	CUHE OBD	05/12/2024	Western Cape LC-A Championship 2024
79	2:44.33	L	F	Kirsten Cupido	12	CYBE CPT	21/09/2024	CTA INVITATIONAL LC MEET
80	2:44.40	L	P	Savannah Thirsk	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
81	2:44.60	L	F	Marli Coetzee	12	GREY CPT	21/09/2024	CTA INVITATIONAL LC MEET
82	2:45.08	L	F	Ziva Filday	12	AZON ETH	25/01/2025	uShaka Champs 2025
83	2:45.12	L	F	Annabel Meyer	12	BULS MAN	31/08/2024	Seals Gala
84	2:45.59	L	P	Chloe-Leigh Jurgens	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
85	2:45.64	L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024	CGA Championships 2024
86	2:45.68	L	P	Olivia Nel	12	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024
87	2:45.70	L	F	Chloe Rautenbach	12	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
88	2:45.80	L	F	Nicoline Du Preez	12	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
89	2:46.12	L	F	Anna Horn	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
90	2:46.30	L	F	Shelby Schoeman	12	CA EKU	15/11/2024	Summer 4 Delville
91	2:46.62	L	F	Mienke Rutherford	12	POTC KKD	07/12/2024	NWS Championships 2024
92	2:46.63	L	F	Paiton Van Der Merwe	12	CA EKU	01/02/2025	EGA Last Chance Gala
93	2:46.73	L	F	Amieka Henning	12	HREF BPD	07/12/2024	NWS Championships 2024
94	2:47.23	L S	F	Jessica Arenz	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
95	2:47.43	L S	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
96	2:47.48	L	F	Hlumisa Mfabe	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
97	2:47.81	L	F	Lia van Heerden	12	BS LLD	04/12/2024	Free State Champs 2024
98	2:48.03	L	P	Isabella Vreenegoor	12	CRSC JHB	29/11/2024	CGA Championships 2024
99	2:48.05	L	F	Jane Retief	12	LALE CED	09/11/2024	Winelands SL4
100	2:48.34	L	P	Kate Cheshire	12	MDOL JHB	29/11/2024	CGA Championships 2024
101	2:48.37	L	F	Kayla Kleynhans	12	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
102	2:48.47	L S	P	Phillipa Williams	12	SOUL EKU	05/12/2024	EGA Summer Championships
103	2:48.58	L	F	Aisha Bhabha	12	MDOL JHB	15/11/2024	Summer 4 Delville
104	2:48.61	L	F	Liane' Pienaar	12	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
105	2:48.88	L	P	Jessica Head	12	SEALE ETH	02/07/2024	Prestige Tournament 2024
106	2:48.93	L	P	Kara Pretorius	12	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
107	2:49.07	L	P	Ayvah Jacob	12	RACE JHB	29/11/2024	CGA Championships 2024
108	2:49.52	L	F	Ziane Drenth	12	AWIN FSH	13/09/2024	NTS September Age Group 2024
109	2:49.66	L	F	Olwenelo Ngema	12	FRA KCD	01/02/2025	KCDA Age Group 4 2024
110	2:49.90	L	F	Dunay Zovitzkey	12	TUKS FSH	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
111	2:49.91	L	F	Lily Hoar	12	KLOO ETH	25/01/2025	uShaka Champs 2025
112	2:49.98	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024	CGA Championships 2024
113	2:50.02	L	F	Esona Sekeleni	12	USC BUF	13/12/2024	NMBA Championships 2024
114	2:50.05	L	F	Camryn Weber	12	AQUA BUF	15/06/2024	PEA Winter Gala 2024
115	2:50.20	L	F	Mienke Pretorius	12	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
116	2:50.34	L	F	Ella Kalp	12	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
117	2:50.36	L S	P	Isabella Goncalves	12	SOUL EKU	05/12/2024	EGA Summer Championships
118	2:50.43	L	F	Alexis De Witt	12	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
119	2:50.70	L	P	Elah-Mae Budram	12	PSCP UMD	02/07/2024	Prestige Tournament 2024
120	2:50.90	L	F	Clarise Stadler	12	TRAZ FSH	18/10/2024	NTS Level 3+ October Age Group 2024
121	2:51.16	L	F	Annabelle Kruger	12	DESA NMA	16/11/2024	5th A League Gala 2024
122	2:51.70	L	P	Taylor Ten Napel	12	BEAV ETH	02/07/2024	Prestige Tournament 2024
123	2:52.06	L	F	Mia Vorster	12	WELA LLD	13/09/2024	Pelicans Age Group Gala
124	2:52.43	L	F	Riley Thompson	12	HARL BUF	13/12/2024	NMBA Championships 2024
125	2:52.73	L	F	Taylor Siebrits	12	STSC KCD	25/01/2025	uShaka Champs 2025
126	2:52.81	L S	P	Cayleigh Machill	12	BARA EKU	05/12/2024	EGA Summer Championships
127*	2:53.05	L	F	Rirhandzu Chauke	12	DORE JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
127*	2:53.05	L	F	Leah Du Plessis	12	PEAS NMA	13/12/2024	NMBA Championships 2024
129	2:53.07	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
130	2:53.08	L	P	Mikayla Stevenson	12	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
131	2:53.24	L	F	Sloan Warner	12	INFA NMA	13/12/2024	NMBA Championships 2024
132	2:53.26	L	F	Oyama Tuta	12	PELIC MAN	27/09/2024	Seals Gala 2
133	2:53.48	L	F	Madison Harris	12	SOUL EKU	15/11/2024	Summer 4 Delville
134	2:53.62	L	F	Carlie van der Veen	12	VRC FSH	13/09/2024	NTS September Age Group 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
135	2:53.87	L S	F	Rua De Wit	12	CASC	CPT	02/11/2024	CTA A & B CHAMPS 2024
136	2:53.92	L	F	Marizelle Vermaak	12	HREF	BP	09/11/2024	NWS Age Group 1 & 2 2024
137	2:54.01	L	P	Melanie Munyoro	12	WATR	JHB	29/11/2024	CGA Championships 2024
138	2:54.81	L S	F	Emilie Conradie	12	SAAW	CPT	02/11/2024	CTA A & B CHAMPS 2024
139	2:55.11	L	F	Zamajobe Mtetwa	12	PAC	FSH	13/09/2024	NTS September Age Group 2024
140	2:55.12	L	P	Lara Ainslie	12	LINR	JHB	29/11/2024	CGA Championships 2024
141	2:55.52	L	F	Alyssa Coetzer	12	AZON	ETH	25/01/2025	uShaka Champs 2025
142*	2:55.93	L	P	Susanna Ellis	12	NWUC	KKD	07/12/2024	NWS Championships 2024
142*	2:55.93	L S	F	Yvette Louw	12	TYGE	CPT	02/11/2024	CTA A & B CHAMPS 2024
144	2:56.59	L	F	Mikaela Van Heerden	12	TUKS	FSH	13/09/2024	NTS September Age Group 2024
145	2:56.77	L S	P	Mattae Morel	12	CA	EKU	05/12/2024	EGA Summer Championships
146	2:57.05	L	F	Alexia Smith	12	WATR	JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
147	2:57.24	L	F	Jéanté Bothma	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
148	2:57.25	L S	F	Inge Moore	12	BEST	NMA	17/01/2025	6th A League Gala 2025
149	2:57.39	L	P	Paige Schutze-Langston	12	MDOL	JHB	29/11/2024	CGA Championships 2024
150	2:57.59	L	F	Angélique Kyanda-Kaboza	12	DESA	NMA	13/12/2024	NMBA Championships 2024
151	2:57.79	L	P	Gemma Lyon-MacGregor	12	CRSC	JHB	29/11/2024	CGA Championships 2024
152	2:58.35	L	F	Kopano Lempe	12	MAKO	EKU	15/11/2024	Summer 4 Delville
153	2:58.36	L	F	Alize Spangenberg	12	EXP	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
154	2:58.62	L	F	Areli Muyaka	12	HARB	BPD	07/12/2024	NWS Championships 2024
155	2:58.79	L	F	Elizabeth Du Preez	12	CSC	FSH	13/12/2024	NMBA Championships 2024
156	2:58.85	L	F	Amelia-Rose Schutzieler	12	USC	BUF	13/12/2024	NMBA Championships 2024
157	2:58.98	L	F	Holli Tait	12	RSA		04/10/2024	Curro AquaElite Gala
158	2:59.43	L	F	Gabriella Pearse	12	SASE	JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
159	2:59.44	L	P	Annabel Van Reenen	12	ACSA	ETH	02/07/2024	Prestige Tournament 2024
160	2:59.80	L	F	Leane Nel	12	EXP	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
161*	2:59.92	L	F	Gia Newkirk	12	TYGE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
161*	2:59.92	L	P	Jane Botha	12	VALS	FDD	04/12/2024	Free State Champs 2024
163	3:00.32	L	F	Qhanyiya Sizani	12	WWOL	FSH	13/09/2024	NTS September Age Group 2024
164	3:00.78	L S	F	Mikayla Coleman	12	TCA	EKU	05/12/2024	EGA Summer Championships
165	3:00.87	L	P	Sarah Schofield	12	SEALE	ETH	02/07/2024	Prestige Tournament 2024
166	3:00.90	L	F	Ilê Ferreira	12	VRC	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
167	3:01.68	L	F	Pippa Wolmarans	12	PEAS	NMA	13/12/2024	NMBA Championships 2024
168	3:01.73	L	F	Kiarah Beukes	12	AWIN	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
169	3:01.94	L	F	Nobubelebesisa Zwane	12	STSC	KCD	26/10/2024	Froggies Aquatics Championships 2024
170	3:02.19	L	F	Elmane' de Wet	12	BLOT	MAN	04/12/2024	Free State Champs 2024
171	3:02.30	L	P	Kayleigh Brophy	12	AAS	JHB	29/11/2024	CGA Championships 2024
172	3:02.92	L	F	Mijone Beyers	12	CA	EKU	18/01/2025	EGA Summer 5
173	3:03.06	L	F	Caitlin McDowell	12	ESP	EKU	01/02/2025	EGA Last Chance Gala
174	3:03.79	L S	F	Sophie Walter	12	CASC	CPT	02/11/2024	CTA A & B CHAMPS 2024
175	3:04.09	L	P	Ming-Xi Tsai	12	AA	JHB	29/11/2024	CGA Championships 2024
176	3:04.12	L S	F	Paballo Nkosi	12	FAC	EKU	05/12/2024	EGA Summer Championships
177	3:04.43	L	F	Harper Halford	12	MANT	CPT	21/09/2024	CTA INVITATIONAL LC MEET
178	3:04.76	L	F	Sarah-Kate Odendaal	12	QUIC	CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
179	3:04.87	L	F	Lara Rosenstrauch	12	HTSA	CPT	21/09/2024	CTA INVITATIONAL LC MEET
180	3:04.88	L	F	Luah Theron	12	TUKS	FSH	13/09/2024	NTS September Age Group 2024
181	3:05.20	L	P	Cailyn De Kock	12	BLSS	MAN	04/12/2024	Free State Champs 2024
182	3:05.41	L	F	Noluthando Nkosi	12	NSAD	EZD	29/11/2024	Mpumalanga Championships 2024
183	3:05.62	L	F	Abigail Goodchild	12	TUKS	FSH	13/09/2024	NTS September Age Group 2024
184	3:05.86	L	F	Jenna Nieuwoudt	12	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
185	3:05.88	L	F	Summer Fang	12	PEAS	NMA	03/08/2024	2nd A League Gala 2024
186	3:06.32	L	F	Emihle Mnumu	12	FRA	KCD	07/12/2024	Stingrays Champs 2024
187	3:06.68	L	F	Kristen Bell	12	LSKP	WB	01/02/2025	Limpopo School Champs & Limpopo AG
188	3:07.40	L	F	Madeleine de Villiers	12	EXP	FSH	01/02/2025	EGA Last Chance Gala
189	3:07.76	L	F	Mienke Gerber	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
190	3:08.75	L	F	Mia Smit	12	KSC	EZD	29/11/2024	Mpumalanga Championships 2024
191	3:08.78	L	F	Leah Wentzel	12	MARL	CPT	09/11/2024	Swartland Prestige Gala 2024
192	3:09.11	L	P	Leah-Bella Budram	12	PSCP	UMD	02/07/2024	Prestige Tournament 2024
193	3:09.17	L S	P	Khalalelo Rathogo	12	ESP	EKU	05/12/2024	EGA Summer Championships

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
194	3:09.22	L	F	Jaimey Shaw	12	PEAS NMA	15/06/2024 PEA Winter Gala 2024
195	3:09.54	L S	F	Ella Myburgh	12	INFA NMA	17/01/2025 6th A League Gala 2025
196	3:09.58	L	F	Amy Van der Walt	12	XCEL CPT	21/09/2024 CTA INVITATIONAL LC MEET
197	3:09.62	L	F	Le-May Van Zyl	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
198	3:10.11	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
199	3:10.12	L	F	Mia Witbooi	12	RETR CPT	21/09/2024 CTA INVITATIONAL LC MEET
200	3:11.34	L	F	Esme Bowes	12	CPSC FSH	13/09/2024 NTS September Age Group 2024
201	3:11.39	L	F	Cayla Fourie	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
202	3:12.10	L S	F	Sarah Wakefield	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
203	3:12.12	L	P	Zekhethelo Radebe	12	PSCP UMD	02/07/2024 Prestige Tournament 2024
204	3:12.15	L S	P	Clara Duvenage	12	CA EKU	05/12/2024 EGA Summer Championships
205	3:12.17	L	F	Destheonique Julius	12	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
206	3:12.78	L	F	Helene de Bruyn	12	BULS MAN	04/12/2024 Free State Champs 2024
207	3:13.43	L	F	Mia De Esclana	12	VRC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
208	3:13.47	L	P	Sydney Howes	12	HREF BPD	07/12/2024 NWS Championships 2024
209	3:13.48	L S	P	Caitlyn Botha	12	CA EKU	05/12/2024 EGA Summer Championships
210	3:14.74	L	F	Kiara Dave	12	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
211	3:15.17	L	F	Dominic De Jager	12	USH KCD	26/10/2024 Froggies Aquatics Championships 2024
212	3:15.55	L	P	Milah Allen	12	PER JHB	29/11/2024 CGA Championships 2024
213	3:15.89	L	P	Mercy Theu	12	CRSC JHB	29/11/2024 CGA Championships 2024
214	3:16.13	L	F	Jade Calleemalay	12	OLDE JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
215	3:16.33	L	F	Caydence Waring	12	SOUL EKU	15/11/2024 Summer 4 Delville
216	3:16.35	L	F	Zizopho Ginindza	12	WWOL FSH	13/09/2024 NTS September Age Group 2024
217	3:16.54	L	P	Rebecca Manson	12	AAS JHB	29/11/2024 CGA Championships 2024
218	3:16.61	L	F	Alexis Visagie	12	BEST NMA	31/01/2025 Infinity Gala 2025
219	3:16.68	L	F	Annika Schuch	12	RBOT BPD	23/11/2024 NWS Age Group 3 + 4 2024
220	3:16.87	L	F	Xysca Bezuidenhout	12	BTSC KCD	26/10/2024 Froggies Aquatics Championships 2024
221	3:16.94	L	F	Gabriella Bengell	12	BLNE MAN	27/09/2024 Seals Gala 2
222	3:17.73	L	F	Karli Karstens	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
223	3:18.13	L	F	Anathi Qamba	12	FAC EKU	15/11/2024 Summer 4 Delville
224	3:18.61	L S	P	Katelyn Naidoo	12	CA EKU	05/12/2024 EGA Summer Championships
225	3:18.85	L	P	Wilhandi Meyer	12	BULS MAN	04/12/2024 Free State Champs 2024
226	3:19.00	L	F	Jane Sieberhagen	12	AWIN FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
227	3:19.98	L	F	Tsakile Mahumane	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
228	3:20.59	L S	P	Keziah Beukes	12	SOUL EKU	05/12/2024 EGA Summer Championships
229	3:21.21	L S	F	Cecile Pretorius	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
230	3:21.84	L	F	Shayla Quin	12	SS MPD	29/11/2024 Limpopo Champs 2024
231	3:22.47	L	F	Cayla Cunningham	12	TRAZ FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
232	3:22.95	L	F	Liane Muller	12	INFA NMA	16/11/2024 5th A League Gala 2024
233	3:22.97	L	F	Emma Grobler	12	KZNA ETH	12/10/2024 Uthukela District Age Group Gala
234	3:23.38	L	F	Dwala Magagula	12	TRAZ FSH	13/09/2024 NTS September Age Group 2024
235	3:24.22	L	F	Ayla Bornman	12	ACAQ CCD	12/10/2024 Limpopo Age Group 4
236	3:24.34	L S	F	Micah Louw	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
237	3:24.44	L	F	Amogelang Mamabolo	12	HARB BPD	09/11/2024 NWS Age Group 1 & 2 2024
238	3:24.66	L	F	Lethabo Nyandeni	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
239	3:24.80	L	F	Tenele Taole	12	SWIFT EKU	15/11/2024 Summer 4 Delville
240	3:25.12	L	F	Ditebogo Tladi	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
241	3:26.13	L	F	Mia Cyster	12	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
242	3:26.27	L	F	Dikgang Mokgele	12	MAKO EKU	18/01/2025 EGA Summer 5
243	3:26.60	L	F	Lintle Mahao	12	FAC EKU	15/11/2024 Summer 4 Delville
244	3:26.79	L	F	Chanel Smit	12	ELEC FSH	13/09/2024 NTS September Age Group 2024
245	3:27.09	L	F	Sofia O'Leary	12	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
246	3:27.75	L S	P	Morgan Roebuck	12	MAKO EKU	05/12/2024 EGA Summer Championships
247	3:27.79	L	F	Zoe Lambropoulos	12	TRAZ FSH	13/09/2024 NTS September Age Group 2024
248	3:27.90	L	F	Sade Kenny	12	SRAY BUF	22/11/2024 BCA Long Course Championships 2024
249	3:28.49	L	F	Imke Swanepoel	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
250	3:28.84	L	F	Linda Van Niekerk	12	VHD ZLD	07/12/2024 Stingrays Champs 2024
251	3:29.22	L	F	Zana Richardson	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
252	3:29.76	L	F	Michaela Hirst	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
253	3:29.93	L	F	Oratile Motaung	12	MAKO EKU	01/02/2025	EGA	Last Chance Gala
254	3:30.23	L	F	Cassie Van Heerden	12	TYGE CPT	09/11/2024	Winelands	SL4
255	3:30.26	L	P	Lea Kotzé	12	NWUC KKD	07/12/2024	NWS	Championships 2024
256	3:31.30	L	F	Unarine Mulaudzi	12	PGAC EKU	01/02/2025	EGA	Last Chance Gala
257	3:32.80	L	F	Simone Swanepoel	12	CSA EZD	11/10/2024	MP	AGE GROUP 2 (11-12OCT'24)
258*	3:33.08	L	F	Mienke Grobler	12	BULS MAN	04/12/2024	Free State	Champs 2024
258*	3:33.08	L S	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024	EGA	Summer Championships
260	3:33.30	L	F	Nyandano Madaba	12	FAC EKU	18/01/2025	EGA	Summer 5
261	3:34.14	L	F	Nandile Shabalala	12	AQUA UTD	11/01/2025	Uthukela	District Age Group Gala
262	3:36.01	L	F	Lize-Mari Vorster	12	WELL CED	09/11/2024	Winelands	SL4
263	3:36.07	L	F	Liané Stoltz	12	UNIU EZD	29/11/2024	Mpumalanga	Championships 2024
264	3:36.75	L	F	Millieke Ferreira	12	DDA FSH	13/09/2024	NTS	September Age Group 2024
265	3:37.21	L	F	Amogelang Kutu	12	ECPS MPD	01/02/2025	Limpopo	School Champs & Limpopo AG
266	3:37.90	L	F	Alexianne Metzger	12	SWIFT EKU	18/01/2025	EGA	Summer 5
267	3:39.05	L	F	Madison Wissekerke	12	FRA KCD	28/09/2024	KCDA	Age Group 1 2024
268	3:40.03	L	F	Reaboka Moloi	12	MAKO EKU	01/02/2025	EGA	Last Chance Gala
269	3:41.43	L	F	Taylor Kotzee	12	GAA CPT	17/10/2024	43rd Freda	Barnard Invitational Gala
270	3:42.08	L	F	Lily Lucas	12	KHAY CPT	17/10/2024	43rd Freda	Barnard Invitational Gala
271	3:42.47	L	F	Tumisho Mojapelo	12	WWOL FSH	13/09/2024	NTS	September Age Group 2024
272	3:42.74	L	F	Tahlia Roelofsz	12	VHD ZLD	07/12/2024	Stingrays	Champs 2024
273	3:43.90	L	F	Zarah Matthee	12	KHAY CPT	17/10/2024	43rd Freda	Barnard Invitational Gala
274	3:44.81	L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS	Age Group 1 & 2 2024
275	3:45.56	L	F	Nandri Erasmus	12	GHSK	05/10/2024	FLAMINGO	GALA OCT 2024
276	3:45.64	L	F	Alexia Dippenaar	12	BS LLD	15/11/2024	Valsrivier	Gala 2024
277	3:48.27	L	F	Eryn Botwood	12	CA EKU	18/01/2025	EGA	Summer 5
278	3:48.58	L	F	Nika Smit	12	BS LLD	15/11/2024	Valsrivier	Gala 2024
279	3:50.04	L	P	Khanya Ramone	12	MATL KKD	07/12/2024	NWS	Championships 2024
280	3:54.00	L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS	Championships 2024
281	3:57.94	L	F	Nokubonga Buda	12	ESP EKU	18/01/2025	EGA	Summer 5
282	4:00.38	L	F	Ava Rough	12	BARA EKU	01/02/2025	EGA	Last Chance Gala
283	4:06.22	L	P	Rebaone Mbamali	12	PELIC MAN	04/12/2024	Free State	Champs 2024
284	4:18.67	L	F	Hani Salie	12	LALE CED	09/11/2024	Winelands	SL4
285	4:19.17	L	F	Masego Monakedi	12	FISH EDD	02/11/2024	EDEN	2nd A-League Gala 2024 Schools
286	4:26.97	L	F	Madison Jacobs	12	XCEL CPT	09/11/2024	Swartland	Prestige Gala 2024
287	4:33.36	L	F	Anke Nel	12	QUIC CPT	09/11/2024	Swartland	Prestige Gala 2024
288	4:43.45	L	F	Miyanke Landmann	12	BETH FDD	15/11/2024	Valsrivier	Gala 2024
Women 12-12 400 Free									
1	4:48.13	L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity	Gala 2025
2	4:53.36	L	F	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape	LC-A Championship 2024
3	5:00.20	L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape	LC-A Championship 2024
4	5:00.28	L	F	Evie du Plessis	12	BLOT MAN	04/12/2024	Free State	Champs 2024
5	5:03.89	L	F	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape	LC-A Championship 2024
6	5:07.22	L	F	Kaylee Watt	12	CA EKU	01/02/2025	EGA	Last Chance Gala
7	5:07.73	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA	Championships 2024
8	5:08.14	L	F	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape	LC-A Championship 2024
9	5:08.33	L	F	April Jooman	12	BEST NMA	13/12/2024	NMBA	Championships 2024
10	5:09.35	L	F	Mikaela Roff	12	ROA EDD	05/12/2024	Western Cape	LC-A Championship 2024
11	5:11.05	L	F	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
12	5:12.68	L	F	Zara Lockitch	12	CYBE CPT	05/12/2024	Western Cape	LC-A Championship 2024
13	5:14.16	L	F	Nina Pieterse	12	DESA NMA	31/01/2025	Infinity	Gala 2025
14	5:14.95	L	F	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024	Western Cape	LC-A Championship 2024
15	5:16.20	L	F	Talia McCabe	12	WATR JHB	29/11/2024	CGA	Championships 2024
16	5:17.20	L	F	Taylia Smith	12	PER JHB	29/11/2024	CGA	Championships 2024
17	5:19.14	L	F	Zibusiso Xulu	12	WSTV ETH	25/01/2025	uShaka	Champs 2025
18	5:19.83	L	F	Mienke Kok	12	INFA NMA	16/11/2024	5th A	League Gala 2024
19	5:20.62	L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State	Champs 2024
20	5:21.01	L	F	Ava Bosch	12	DRGN EKU	29/11/2024	CGA	Championships 2024
21	5:21.37	L	F	Ruvarashe Chibharo	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
22	5:22.01	L S	F	Jamie Els	12	AQDO CPT	02/11/2024	CTA	A & B CHAMPS 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
23	5:22.34	L	F	Georgia Sabbagha	12	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
24	5:23.77	L	F	Johané Burger	12	ROA EDD	15/06/2024 PEA Winter Gala 2024
25	5:24.16	L	F	Bokang Maruping	12	LINR JHB	29/11/2024 CGA Championships 2024
26	5:25.14	L	F	Sarah-Rose Pohlmann	12	BEST NMA	16/11/2024 5th A League Gala 2024
27	5:26.37	L	F	Inge Opperman	12	BLOT MAN	04/12/2024 Free State Champs 2024
28	5:26.44	L	F	Livia Gutter	12	BLOT MAN	04/12/2024 Free State Champs 2024
29	5:27.17	L	F	Jane Retief	12	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
30	5:27.37	L	F	Amaru Mapulane	12	CA EKU	01/02/2025 EGA Last Chance Gala
31	5:28.50	L	F	Anja Boshoff	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
32	5:28.60	L	F	Mia Stilwaney	12	PAQU CED	09/11/2024 Winelands SL4
33	5:30.16	L	F	Chisi Magubbwi	12	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
34	5:30.57	L	F	Kara De Wit	12	RFA TSH	07/12/2024 NWS Championships 2024
35	5:30.70	L	F	Mikayla Jordaan	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
36	5:30.77	L	F	Alexis Visser	12	MAKO EKU	05/12/2024 EGA Summer Championships
37	5:31.36	L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024 CGA Championships 2024
38	5:33.46	L	F	Talia Hill	12	HPS TSH	13/09/2024 NTS September Age Group 2024
39	5:34.86	L	F	Laila Christie	12	USC BUF	13/12/2024 NMBA Championships 2024
40	5:35.72	L	F	Mignon Swart	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
41	5:37.35	L	F	Josephine Van Wyk	12	LALE CED	09/11/2024 Winelands SL4
42	5:38.79	L	F	Carinke Wessels	12	BLOT MAN	04/12/2024 Free State Champs 2024
43	5:38.84	L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
44	5:39.11	L	F	Tischke Rischmuller	12	RFA TSH	01/02/2025 EGA Last Chance Gala
45	5:41.70	L	F	Brooklyn Terwin	12	USC BUF	13/12/2024 NMBA Championships 2024
46	5:42.91	L S	F	Caitlin Barnes	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
47	5:43.07	L	F	Elizabeth Roth	12	PEAS NMA	05/10/2024 4th A League Gala 2024
48	5:44.06	L	F	Marli Coetzee	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
49	5:45.03	L	F	Paiton Van Der Merwe	12	CA EKU	01/02/2025 EGA Last Chance Gala
50	5:45.31	L	F	Cara Louw	12	RBOT BPD	23/11/2024 NWS Age Group 3 + 4 2024
51	5:46.04	L	F	Ayvah Jacob	12	RACE JHB	29/11/2024 CGA Championships 2024
52	5:47.46	L	F	Olivia Nel	12	TGA WCD	05/12/2024 Western Cape LC-A Championship 2024
53	5:47.63	L	F	Nina Oosthuizen	12	NSAD EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
54*	5:47.64	L	F	Ava Grebe	12	CUHE OBD	05/12/2024 Western Cape LC-A Championship 2024
54*	5:47.64	L S	F	Ava Longueira	12	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
56	5:47.81	L	F	Zara Jantjies	12	MANT CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
57	5:47.84	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
58*	5:48.11	L S	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
58*	5:48.11	L	F	Jasmine Woodburn	12	MDOL JHB	29/11/2024 CGA Championships 2024
60	5:48.27	L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	26/10/2024 Summer 3 Delville
61	5:50.21	L	F	Mikaela Lotz	12	PAC TSH	13/09/2024 NTS September Age Group 2024
62	5:53.06	L	F	Jazmin Anthony	12	PAQU CED	09/11/2024 Winelands SL4
63	5:53.25	L	F	Abby Mostert	12	AWIN TSH	13/09/2024 NTS September Age Group 2024
64	5:53.52	L	F	Ella Adams	12	TYGE CPT	09/11/2024 Winelands SL4
65	5:53.78	L	F	Emily Koegelenberg	12	XCEL CPT	09/11/2024 Swartland Prestige Gala 2024
66	5:54.60	L S	F	Savannah Thirsk	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
67	5:54.97	L S	F	Mikayla Stevenson	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
68	5:57.83	L	F	Kirsten Cupido	12	CYBE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
69	5:58.83	L	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
70	5:59.03	L	F	Chloe-Leigh Jurgens	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
71	5:59.04	L	F	Lumka Zamisa	12	HREF BPD	07/12/2024 NWS Championships 2024
72	5:59.88	L	F	Ziane Drenth	12	AWIN TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
73	6:00.18	L	F	Jovanah McGluwa	12	CASC CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
74	6:00.54	L	F	Mia Van de Vyver	12	QSAW CED	09/11/2024 Winelands SL4
75	6:01.12	L	F	Liane Van Zyl	12	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
76	6:01.15	L	F	Esona Sekeleni	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
77	6:01.19	L	F	Emma Ristow	12	USC BUF	13/12/2024 NMBA Championships 2024
78	6:02.56	L	F	Amelia-Rose Schutzler	12	USC BUF	13/12/2024 NMBA Championships 2024
79	6:04.39	L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024 NWS Championships 2024
80	6:05.14	L	F	Shelby Schoeman	12	CA EKU	26/10/2024 Summer 3 Delville
81	6:05.92	L	F	Rua De Wit	12	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
82	6:06.44	L	F	Mali Louw	12	WELL CED	09/11/2024	Winelands SL4
83	6:06.56	L	F	Isabella Vreenegoor	12	CRSC JHB	29/11/2024	CGA Championships 2024
84	6:07.95	L	F	Lara Greyling	12	TNDER FDD	27/09/2024	Seals Gala 2
85	6:08.91	L	F	Cayleigh Machill	12	BARA EKU	05/12/2024	EGA Summer Championships
86	6:08.96	L	F	Mienke Pretorius	12	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
87	6:10.19	L	F	Marizelle Vermaak	12	HREF BPD	07/12/2024	NWS Championships 2024
88	6:10.96	L	F	Aisha Bhabha	12	MDOL JHB	29/11/2024	CGA Championships 2024
89	6:13.73	L	F	Camryn Weber	12	AQUA BUF	15/06/2024	PEA Winter Gala 2024
90	6:15.23	L	F	Oyama Tuta	12	PELIC MAN	25/10/2024	Neptunes Gala
91	6:15.87	L	F	Taylor Siebrits	12	STSC KCD	25/01/2025	uShaka Champs 2025
92	6:16.60	L	F	Susanna Ellis	12	NWUC KKD	07/12/2024	NWS Championships 2024
93	6:18.34	L	F	Jane Botha	12	VALS FDD	04/12/2024	Free State Champs 2024
94	6:21.16	L	F	Mattae Morel	12	CA EKU	26/10/2024	Summer 3 Delville
95	6:22.38	L	F	Jeanté Bothma	12	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
96	6:26.76	L	F	Noluthando Nkosi	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
97	6:28.20	L	F	Sarah-Kate Odendaal	12	QUIC CPT	17/10/2024	43rd Freda Barnard Invitational Gala
98	6:30.92	L	F	Unathi Vuyeqaba	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
99	6:33.12	L	F	Mijone Beyers	12	CA EKU	01/02/2025	EGA Last Chance Gala
100	6:34.85	L	F	Jane Sieberhagen	12	AWIN TSH	13/09/2024	NTS September Age Group 2024
101	6:35.61	L	F	Caitlin McDowell	12	ESP EKU	01/02/2025	EGA Last Chance Gala
102	6:35.96	L	F	Qhanyiya Sizani	12	WWOL TSH	13/09/2024	NTS September Age Group 2024
103	6:37.95	L	F	Amy Van der Walt	12	XCEL CPT	09/11/2024	Swartland Prestige Gala 2024
104	6:38.45	L	F	Paballo Nkosi	12	FAC EKU	01/02/2025	EGA Last Chance Gala
105	6:38.58	L	F	Caitlyn Botha	12	CA EKU	01/02/2025	EGA Last Chance Gala
106	6:40.78	L	F	Juno Bouwer	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
107	6:44.40	L	F	Areli Muyaka	12	HARB BPD	09/11/2024	NWS Age Group 1 & 2 2024
108	6:47.02	L	F	Ming-Xi Tsai	12	AA JHB	01/02/2025	EGA Last Chance Gala
109	6:51.18	L	F	Emihle Mnunu	12	FRA KCD	26/10/2024	Froggies Aquatics Championships 2024
110	6:55.03	L	F	Sarah Wakefield	12	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
111	7:03.13	L	F	Anathi Qamba	12	FAC EKU	26/10/2024	Summer 3 Delville
112	7:03.86	L	F	Sydney Howes	12	HREF BPD	07/12/2024	NWS Championships 2024
113	7:09.20	L	F	Cassie Van Heerden	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
114	7:16.00	L	F	Amogelang Mamabolo	12	HARB BPD	09/11/2024	NWS Age Group 1 & 2 2024
115	7:44.68	L	F	Tenele Taole	12	SWIFT EKU	26/10/2024	Summer 3 Delville
116	7:50.94	L	F	Alexia Dippenaar	12	BS LLD	06/09/2024	Bull Sharks Annual Gala
Women 12-12 500 Free								
1	8:59.93	L	O	Imme Wolfaardt	12	LALE CED	18/01/2025	WC OWS Champs / Aqua Azzurra
Women 12-12 800 Free								
1	10:21.29	L	F	Evie du Plessis	12	BLOT MAN	25/10/2024	Neptunes Gala
2	10:22.62	L	F	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
3	10:23.04	L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
4	10:25.22	L	F	Shalea Hamilton	12	BEST NMA	15/06/2024	PEA Winter Gala 2024
5	10:39.13	L	F	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
6	10:40.06	L	F	Mikaela Roff	12	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
7	10:41.26	L	F	Nina Pieterse	12	DESA NMA	31/01/2025	Infinity Gala 2025
8	10:47.15	L	F	Johané Burger	12	ROA EDD	31/01/2025	Infinity Gala 2025
9	10:47.83	L	F	Bokang Maruping	12	LINR JHB	29/11/2024	CGA Championships 2024
10	10:48.97	L	F	Zibusiso Xulu	12	WSTV ETH	02/07/2024	Prestige Tournament 2024
11	10:50.77	L	F	April Jooman	12	BEST NMA	31/01/2025	Infinity Gala 2025
12	10:51.25	L	F	Taylia Smith	12	PER JHB	29/11/2024	CGA Championships 2024
13	10:52.29	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA Championships 2024
14	11:05.40	L	F	Mienke Kok	12	INFA NMA	17/10/2024	43rd Freda Barnard Invitational Gala
15	11:16.44	L	F	Ruvarashe Chibharo	12	TYGE CPT	09/11/2024	Winelands SL4
16	11:21.58	L	F	Mia Jansen van Rensburg	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
17	11:34.86	L	F	Ella Van Viegen	12	BLSS MAN	25/10/2024	Neptunes Gala
18	11:38.69	L	F	Kara De Wit	12	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 2024
19	11:44.87	L	F	Lara Greyling	12	TNDER FDD	25/10/2024	Neptunes Gala
20	11:50.68	L	F	Olivia Nel	12	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	11:54.14 L	F	Alexis Visser	12	MAKO EKU	26/10/2024	Summer 3 Delville
22	12:01.70 L	F	Grace Julies	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
23	12:03.07 L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	26/10/2024	Summer 3 Delville
24	12:08.77 L	F	Ziane Drenth	12	AWIN TSH	13/09/2024	NTS September Age Group 2024
25	12:16.42 L	F	Pippa Roberts	12	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
26	12:36.86 L	F	Esona Sekeleni	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
27	12:38.46 L	F	Paiton Van Der Merwe	12	CA EKU	26/10/2024	Summer 3 Delville
28	12:56.13 L	F	Chloe Rautenbach	12	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
29	13:03.12 L	F	Nicoline Du Preez	12	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
30	13:05.37 L	F	Marizelle Vermaak	12	HREF BPD	07/12/2024	NWS Championships 2024
31	14:54.56 L	F	Emma Grobler	12	LAD UTD	02/11/2024	Uthukela District Age Group Gala
Women 12-12 1500 Free							
1	19:58.67 L S	F	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
2	20:15.55 L	F	Evie du Plessis	12	BLOT MAN	02/11/2024	Heidedal
3	20:18.69 L S	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
4	20:18.86 L	F	Mikaela Roff	12	ROA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
5	20:30.00 L	O	Shalea Hamilton	12	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
6	21:03.77 L S	F	Jamie Els	12	AQDO CPT	05/12/2024	Western Cape LC-A Championship 2024
7	21:10.44 L	F	Zibusiso Xulu	12	WSTV ETH	25/01/2025	uShaka Champs 2025
8	21:50.70 L	F	Taylia Smith	12	PER JHB	29/11/2024	CGA Championships 2024
9	22:31.36 L	F	Mia Jansen van Rensburg	12	XCEL CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
10	22:40.77 L	F	Ella Van Viegen	12	BLSS MAN	02/11/2024	Heidedal
11	23:12.49 L	F	Laila Christie	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
12	24:08.12 L	F	Nicoline Du Preez	12	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
13	24:13.07 L	F	Esona Sekeleni	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
14	25:10.00 L	O	Sarah-Rose Pohlmann	12	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
15	25:26.09 L	O	Jovanah McGluwa	12	CASC CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
16	25:57.74 L	O	Hannah Van Heerden	12	AACTA CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
17	26:15.00 L	O	Layla Barber-Luna	12	MDOL JHB	20/10/2024	Manyaka OW Sprint 2024
18	26:53.00 L	O	Sienna Seagram	12	ELEC TSH	18/01/2025	Prime View #3 2025
19	27:58.94 L	O	Ava Grebe	12	CUHE OBD	18/01/2025	WC OWS Champs / Aqua Azzurra
20	28:49.08 L	O	Juno Bouwer	12	TYGE CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
21	29:01.00 L	O	Paiton Van Der Merwe	12	CA EKU	20/10/2024	Manyaka OW Sprint 2024
22	29:32.57 L	O	Gia Newkirk	12	TYGE CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
23	29:50.31 L	O	Beniece Mouton	12	TGA WCD	23/11/2024	Aqua Azzurra Foundation OWS - Series
24	29:57.77 L	F	Areli Muyaka	12	HARB BPD	09/11/2024	NWS Age Group 1 & 2 2024
25	31:19.00 L	O	Mishay Smith	12	TUKS TSH	20/10/2024	Manyaka OW Sprint 2024
26	31:49.65 L	O	Zara Field	12	SAAW CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
27	32:41.00 L	O	Rebecca Manson	12	AAS JHB	20/10/2024	Manyaka OW Sprint 2024
28	32:56.17 L	O	Amy Van der Walt	12	XCEL CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
29	35:48.00 L	O	Alexis Visagie	12	BEST NMA	19/01/2025	NMBA OWS Championships 2025
30	39:20.00 L	O	Mia De Esclana	12	VRC TSH	18/01/2025	Prime View #3 2025
Women 12-12 3000 Free							
1	49.32 L	F	Zibusiso Xulu	12	WSTV ETH	24/11/2024	Capital K 3km Open Water Swim
2	41:16.30 L	O	Julie Olivier	12	TYGE CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
3	42:37.00 L	O	Shalea Hamilton	12	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
4	45:04.90 L	O	Aqeelah Williams	12	UWCA CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
5	50:29.56 L	O	Savannah Thirsk	12	TYGE CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
6	50:57.00 L	O	Sarah-Rose Pohlmann	12	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
7	51:29.36 L	O	Amelie Billson	12	CASC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
8	52:10.13 L	O	Saffiya Emjedi	12	SAAW CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
9	57:15.00 L	O	Esona Sekeleni	12	AQUA BUF	27/10/2024	EC Swim Series OWS Round 1 2024
10	1:11:18.00 L	O	Ilè Ferreira	12	VRC TSH	20/10/2024	Manyaka OW Sprint 2024
11	1:18:39.00 L	O	Mia De Esclana	12	VRC TSH	18/01/2025	WC OWS Champs / Aqua Azzurra
Women 12-12 50 Back							
1	31.70 L	P	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
2	33.08 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025
3*	34.07 L	F	Elizabeth Roth	12	PEAS NMA	31/01/2025	Infinity Gala 2025

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3*	34.07	L	F	Jessica Barnard	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
5	34.11	L	F	Julie Olivier	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
6	34.20	L	F	Kaylee Watt	12	CA EKU	05/12/2024 EGA Summer Championships
7	34.22	L	P	Layla Barber-Luna	12	MDOL JHB	29/11/2024 CGA Championships 2024
8	34.30	L	P	Isabella Goncalves	12	SOUL EKU	05/12/2024 EGA Summer Championships
9	34.35	L	F	Riley Haupt	12	CA EKU	05/12/2024 EGA Summer Championships
10	34.82	L	F	Jenna-Lee Watson	12	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
11	35.16	L	F	Annabel Meyer	12	FSA FS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
12	35.17	L S	F	Anja Boshoff	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
13	35.28	L	P	Barcelona Xaba	12	SASE JHB	29/11/2024 CGA Championships 2024
14	35.32	L	F	Sarah-Kate Odendaal	12	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024
15	35.36	L	F	Victoria Meyburgh	12	CA EKU	05/12/2024 EGA Summer Championships
16	35.79	L	P	Taylia Smith	12	PER JHB	29/11/2024 CGA Championships 2024
17	35.88	L	F	Sophia Gullan	12	VINE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
18	35.93	L	P	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
19	36.33	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
20*	36.42	L	F	Amieka Henning	12	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
20*	36.42	L	F	Mienke Kok	12	INFA NMA	13/12/2024 NMBA Championships 2024
22	36.57	L	F	Mikaela Roff	12	ROA EDD	17/10/2024 43rd Freda Barnard Invitational Gala
23	36.76	L	P	Savannah Thirsk	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
24	36.94	L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025 uShaka Champs 2025
25	36.98	L S	F	Sarah Mocke	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
26	37.03	L	F	Anna Horn	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
27	37.16	L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	12/10/2024 EGA Summer 2
28	37.19	L	P	Zani Van Dyk	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
29	37.28	L	F	Laila Christie	12	USC BUF	13/12/2024 NMBA Championships 2024
30	37.38	L	F	Wilhelmina Erasmus	12	LSBOS WB	02/11/2024 Limpopo LS - Top 8 skole 2024
31	37.40	L	F	Carinke Wessels	12	BLOT MAN	06/09/2024 Bull Sharks Annual Gala
32	37.42	L	F	Rirhandzu Chauke	12	DORE JHB	29/11/2024 CGA Championships 2024
33	37.55	L	P	Shiloh Cruywagen	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
34	37.64	L	F	Megan Palmer	12	AFIN JHB	29/11/2024 CGA Championships 2024
35	37.72	L	P	Marli Coetzee	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
36	37.73	L	P	Amelie Billson	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
37	37.74	L	P	Christie Snyders	12	VALS FDD	04/12/2024 Free State Champs 2024
38	37.75	L	F	Katherine Harrop-Allin	12	CSC FSH	05/12/2024 EGA Summer Championships
39	37.83	L	F	Lumka Zamisa	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
40	37.85	L	F	April Jooman	12	BEST NMA	17/08/2024 Madibaz Swim Meet 2024
41	37.90	L	P	Cara Mills	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
42*	37.96	L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024 Free State Champs 2024
42*	37.96	L	P	Aqeelah Williams	12	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
44	38.10	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025 uShaka Champs 2025
45	38.12	L	F	Ziva Filday	12	AZON ETH	25/01/2025 uShaka Champs 2025
46	38.14	L	F	Mia Vorster	12	WELA LLD	06/09/2024 Bull Sharks Annual Gala
47	38.19	L	F	Talia Hill	12	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
48	38.34	L	P	Georgia Sabbagha	12	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
49	38.46	L	F	Jovanah McGluwa	12	CASC CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
50*	38.50	L	F	Micah Gomes	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
50*	38.50	L	F	Alyssa Coetzer	12	RSA	04/10/2024 Curro AquaElite Gala
52	38.55	L	F	Taylor Ten Napel	12	BEAV ETH	02/07/2024 Prestige Tournament 2024
53	38.60	L	P	Megan Jacobs	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
54	38.61	L	F	Grace Julies	12	XCEL CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
55	38.65	L	P	Ava Constantinides	12	CA EKU	05/12/2024 EGA Summer Championships
56	38.66	L	F	Nicoline Du Preez	12	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
57	38.67	L	P	Ava Longueira	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
58	38.69	L	P	Kayla Gerber	12	STAQ CED	05/12/2024 Western Cape LC-A Championship 2024
59*	38.71	L	P	Hannah Van Heerden	12	AACTA CPT	05/12/2024 Western Cape LC-A Championship 2024
59*	38.71	L	F	Holli Tait	12	RSA	04/10/2024 Curro AquaElite Gala
61	38.76	L	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
62	38.80	L	P	Mikayla Stevenson	12	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
63	38.88	L	P	Caitlin Barnes	12	SAAW	CPT	05/12/2024	Western Cape LC-A Championship 2024
64	38.90	L	F	Mikayla Oliver	12	PAC	FSH	13/09/2024	NTS September Age Group 2024
65	39.01	L	F	Johané Burger	12	ROA	EDD	31/01/2025	Infinity Gala 2025
66	39.07	L	F	Nina Oosthuizen	12	NSAD	EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
67	39.08	L	F	Shelby Schoeman	12	CA	EKU	26/10/2024	Summer 3 Delville
68	39.09	L	F	Camryn Weber	12	AQUA	BUF	25/01/2025	BCA January Age Group Gala 2025
69	39.11	L	F	Mignon Swart	12	CSA	EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
70	39.18	L	P	Emma Van Deventer	12	SGUL	ETH	02/07/2024	Prestige Tournament 2024
71	39.26	L	F	Karlia Degenaar	12	TUKS	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
72	39.33	L	F	Alexis De Witt	12	TUKS	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
73	39.36	L	P	Melanie Munyoro	12	WATR	JHB	29/11/2024	CGA Championships 2024
74	39.38	L	P	Phillipa Williams	12	SOUL	EKU	05/12/2024	EGA Summer Championships
75*	39.43	L	F	Lia van Heerden	12	BS	LLD	04/12/2024	Free State Champs 2024
75*	39.43	L	F	Lize De Wet	12	SS	MPD	29/11/2024	Limpopo Champs 2024
77	39.45	L	F	Abby Mostert	12	AWIN	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
78	39.46	L	F	Evie du Plessis	12	BLOT	MAN	25/10/2024	Neptunes Gala
79*	39.50	L	P	Ingamarie Griffioen	12	LINR	JHB	29/11/2024	CGA Championships 2024
79*	39.50	L	P	Talia McCabe	12	WATR	JHB	29/11/2024	CGA Championships 2024
81	39.53	L	F	Sarah-Rose Pohlmann	12	BEST	NMA	13/12/2024	NMBA Championships 2024
82	39.57	L	P	Alexis Visser	12	MAKO	EKU	05/12/2024	EGA Summer Championships
83*	39.58	L	P	Ayvah Jacob	12	RACE	JHB	29/11/2024	CGA Championships 2024
83*	39.58	L	P	Jasmine Woodburn	12	MDOL	JHB	29/11/2024	CGA Championships 2024
85	39.60	L	P	Olivia Nel	12	TGA	WCD	05/12/2024	Western Cape LC-A Championship 2024
86	39.65	L	F	Jadine Grobler	12	TKS	WBD	29/11/2024	Limpopo Champs 2024
87	39.70	L	P	Olivia Meyburgh	12	CA	EKU	05/12/2024	EGA Summer Championships
88	39.75	L S	F	Emilie Conradie	12	SAAW	CPT	02/11/2024	CTA A & B CHAMPS 2024
89*	39.80	L	P	Livia Gutter	12	BLOT	MAN	04/12/2024	Free State Champs 2024
89*	39.80	L	F	Ella Kalp	12	AZON	ETH	14/06/2024	AQZ Winter Warmer 2024
91*	39.89	L S	F	Tischke Rischmuller	12	RFA	FSH	07/12/2024	NWS Championships 2024
91*	39.89	L	F	Kara De Wit	12	RFA	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
93	39.93	L	F	Jenna Nieuwoudt	12	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
94	39.94	L	P	Milah Allen	12	PER	JHB	29/11/2024	CGA Championships 2024
95	39.96	L	F	Clarise Stadler	12	TRAZ	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
96*	40.02	L	F	Yvette Louw	12	TYGE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
96*	40.02	L	F	Dunay Zovitzkey	12	TUKS	FSH	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
96*	40.02	L	F	Cara Louw	12	RBOT	BPD	23/11/2024	NWS Age Group 3 + 4 2024
99	40.09	L	P	Jessica Head	12	SEALE	ETH	02/07/2024	Prestige Tournament 2024
100	40.16	L	P	Elizabeth Desilla	12	SASE	JHB	29/11/2024	CGA Championships 2024
101	40.30	L	F	Vanessa Jurado	12	VINE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
102	40.31	L	F	Pippa Wolmarans	12	PEAS	NMA	13/12/2024	NMBA Championships 2024
103	40.32	L	F	Ava Nel	12	LSTZN	CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
104	40.38	L	F	Oyama Baqwa	12	SGUL	ETH	13/12/2024	NMBA Championships 2024
105	40.45	L	F	Inge Shaw	12	LALE	GED	09/11/2024	Winelands SL4
106	40.53	L	P	Mikayla Jordaan	12	CASC	CPT	05/12/2024	Western Cape LC-A Championship 2024
107	40.57	L	F	Leah Du Plessis	12	PEAS	NMA	31/01/2025	Infinity Gala 2025
108	40.60	L	P	Mattae Morel	12	CA	EKU	05/12/2024	EGA Summer Championships
109	40.65	L	F	Emily Koegelenberg	12	XCEL	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
110	40.73	L	F	Lara Greyling	12	TNDER	FDD	04/12/2024	Free State Champs 2024
111	40.75	L	P	Lily Hoar	12	KLOO	ETH	02/07/2024	Prestige Tournament 2024
112	40.78	L	P	Bokang Maruping	12	LINR	JHB	29/11/2024	CGA Championships 2024
113	40.86	L	F	Mia Stilwaney	12	PAQU	GED	17/10/2024	43rd Freda Barnard Invitational Gala
114	40.88	L	F	Mikayla Coleman	12	TCA	EKU	05/12/2024	EGA Summer Championships
115*	40.92	L	P	Paige Schutze-Langston	12	MDOL	JHB	29/11/2024	CGA Championships 2024
115*	40.92	L	P	Alexia Smith	12	WATR	JHB	29/11/2024	CGA Championships 2024
117*	40.94	L	P	Kate Cheshire	12	MDOL	JHB	29/11/2024	CGA Championships 2024
117*	40.94	L	P	Kirsten Cupido	12	CYBE	CPT	05/12/2024	Western Cape LC-A Championship 2024
119	40.98	L	P	Khalalelo Ratlhogo	12	ESP	EKU	05/12/2024	EGA Summer Championships
120	40.99	L S	F	Sophie Walter	12	CASC	CPT	02/11/2024	CTA A & B CHAMPS 2024
121	41.06	L	F	Kayla Kleynhans	12	ROA	EDD	17/10/2024	43rd Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
122	41.14	L	F	Noa Sebastiao	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
123	41.16	L	F	Kristen Bell	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
124*	41.20	L	P	Gia Newkirk	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
124*	41.20	L S	F	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024
126	41.24	L	F	Nina Koen	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
127	41.31	L	F	Rua De Wit	12	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET
128*	41.33	L	P	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
128*	41.33	L	F	Ruvarashe Chibharo	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
130*	41.39	L	F	Kara Pretorius	12	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
130*	41.39	L	F	Jean� Bothma	12	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
132	41.40	L	P	Zibusiso Xulu	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
133	41.44	L	F	Jaimey Shaw	12	PEAS NMA	15/06/2024 PEA Winter Gala 2024
134	41.51	L	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
135	41.62	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	15/06/2024 PEA Winter Gala 2024
136	41.63	L	F	Jessica Arenz	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
137	41.69	L S	F	Nean� Van Zyl	12	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
138	41.79	L	F	Sarah Schofield	12	SEALE ETH	25/01/2025 uShaka Champs 2025
139	41.81	L	F	Leane Nel	12	EXP FSH	18/10/2024 NTS Level 3+ October Age Group 2024
140	41.84	L	P	Lara Ainslie	12	LINR JHB	29/11/2024 CGA Championships 2024
141	41.94	L	F	Mienke Gerber	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
142	42.04	L	F	Annabelle Kruger	12	DESA NMA	31/01/2025 Infinity Gala 2025
143	42.06	L	F	Nina Pieterse	12	DESA NMA	15/06/2024 PEA Winter Gala 2024
144	42.24	L	F	Inge Moore	12	BEST NMA	14/09/2024 3rd A League Gala 2024
145	42.28	L	F	Chloe Rautenbach	12	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
146	42.30	L	P	Mercy Theu	12	CRSC JHB	29/11/2024 CGA Championships 2024
147	42.32	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
148	42.33	L	F	Esme Bowes	12	KPSC FSH	13/09/2024 NTS September Age Group 2024
149	42.35	L	F	Summer Fang	12	PEAS NMA	16/11/2024 5th A League Gala 2024
150	42.45	L	P	Mia Smit	12	KSC EZD	29/11/2024 Mpumalanga Championships 2024
151	42.46	L	F	Mienke Rutherford	12	POTC KKD	09/11/2024 NWS Age Group 1 & 2 2024
152	42.49	L	P	Katelyn Naidoo	12	CA EKU	05/12/2024 EGA Summer Championships
153	42.55	L	F	Chloe-Leigh Jurgens	12	MANT CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
154	42.57	L	P	Gemma Lyon-MacGregor	12	CRSC JHB	29/11/2024 CGA Championships 2024
155	42.63	L	F	Brooklyn Terwin	12	USC BUF	13/12/2024 NMBA Championships 2024
156	42.67	L	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024 EGA Summer Championships
157	42.70	L	P	Isabella Vreenegoor	12	CRSC JHB	29/11/2024 CGA Championships 2024
158*	42.75	L	F	Cayla Fourie	12	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
158*	42.75	L	P	Anastacia Coelho	12	CA EKU	05/12/2024 EGA Summer Championships
160	42.76	L	F	Helene de Bruyn	12	BULS MAN	04/12/2024 Free State Champs 2024
161	42.83	L	F	Oyama Tuta	12	PELIC MAN	04/12/2024 Free State Champs 2024
162	42.85	L	F	Mikaela Van Heerden	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
163	42.87	L	P	Caitlin McDowell	12	ESP EKU	05/12/2024 EGA Summer Championships
164	42.89	L	F	Kenzy Barnard	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
165*	42.92	L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024 CGA Championships 2024
165*	42.92	L S	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
167	43.03	L	P	Gabriella Pearse	12	SASE JHB	29/11/2024 CGA Championships 2024
168	43.08	L	F	Ella Myburgh	12	INFA NMA	14/09/2024 3rd A League Gala 2024
169	43.10	L	F	Miyane Kingsley	12	PEAS NMA	15/06/2024 PEA Winter Gala 2024
170	43.13	L	F	Mienke Pretorius	12	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
171	43.14	L	F	Madison Harris	12	SOUL EKU	26/10/2024 Summer 3 Delville
172	43.16	L	F	Zoe Lambropoulos	12	TRAZ FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
173	43.23	L S	F	Liane Muller	12	INFA NMA	17/01/2025 6th A League Gala 2025
174	43.24	L	F	Khensani Mbatsane	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
175*	43.27	L	F	Esona Sekeleni	12	USC BUF	13/12/2024 NMBA Championships 2024
175*	43.27	L	F	Sloan Warner	12	INFA NMA	16/11/2024 5th A League Gala 2024
177	43.32	L	F	Eumari Van den Heever	12	RFA FSH	18/10/2024 NTS Level 3+ October Age Group 2024
178	43.36	L	F	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
179	43.41	L	P	Skylar Jack	12	PER JHB	29/11/2024 CGA Championships 2024
180	43.45	L S	F	Micah Louw	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
181	43.57 L	F	Jemma Lloyd	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
182*	43.63 L	F	Elizabeth Du Preez	12	CSC FSH	01/02/2025	EGA Last Chance Gala
182*	43.63 L	F	Luah Theron	12	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
184	43.65 L	P	Rebecca Manson	12	AAS JHB	29/11/2024	CGA Championships 2024
185	43.66 L	F	Gabriella Bengell	12	BLNE MAN	27/09/2024	Seals Gala 2
186	43.72 L	F	Nobubelebesisa Zwane	12	STSC KCD	09/11/2024	KCDA Age Goup 2 2024
187	43.99 L	F	Ava Grebe	12	CUHE OBD	17/10/2024	43rd Freda Barnard Invitational Gala
188	44.00 L	F	Susanna Ellis	12	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
189	44.12 L	F	Kiarah Beukes	12	AWIN FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
190	44.18 L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024	CGA Championships 2024
191	44.21 L	F	Lienke Van Wyk	12	BULS MAN	06/09/2024	Bull Sharks Annual Gala
192	44.26 L	F	Micaela Fourie	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
193	44.27 L	P	Nicola Peers	12	SASE JHB	29/11/2024	CGA Championships 2024
194	44.33 L	P	Kayleigh Brophy	12	AAS JHB	29/11/2024	CGA Championships 2024
195	44.34 L	P	Kutendaishe Dube	12	ACES ETH	02/07/2024	Prestige Tournament 2024
196	44.37 L	P	Cailyn De Kock	12	BLSS MAN	04/12/2024	Free State Champs 2024
197	44.38 L	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024	Prestige Tournament 2024
198	44.40 L	F	Liane Van Zyl	12	UPSK ZMD	05/10/2024	FLAMINGO GALA OCT 2024
199	44.52 L	F	Mackenzie Dekker	12	RSA	04/10/2024	Curro AquaElite Gala
200	44.66 L	F	Elmane' de Wet	12	BLOT MAN	04/12/2024	Free State Champs 2024
201	44.76 L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
202	44.83 L	F	Paballo Nkosi	12	FAC EKU	12/10/2024	EGA Summer 2
203	44.86 L S	F	Zaarah Meyer	12	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
204	45.15 L S	F	Lea Kotzé	12	NWUC KKD	07/12/2024	NWS Championships 2024
205	45.16 L	F	Lathitha Dewavrin	12	PEAS NMA	14/09/2024	3rd A League Gala 2024
206	45.18 L	F	Mishay Smith	12	TUKS FSH	13/09/2024	NTS September Age Group 2024
207	45.32 L	F	Zoe Kruger	12	LALE CED	09/11/2024	Winelands SL4
208	45.37 L	F	Chanel Smit	12	ELEC FSH	13/09/2024	NTS September Age Group 2024
209	45.42 L	F	Alexianne Metzger	12	SWIFT EKU	01/02/2025	EGA Last Chance Gala
210	45.43 L	F	Carlie van der Veen	12	VRC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
211	45.48 L S	F	LaRochelle De Beer	12	STAR BPD	07/12/2024	NWS Championships 2024
212	45.50 L	F	Marizelle Vermaak	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
213	45.52 L	F	Kiara Dave	12	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
214	45.54 L	F	Riley Thompson	12	HARL BUF	15/06/2024	PEA Winter Gala 2024
215	45.62 L S	F	Sydney Howes	12	HREF BPD	07/12/2024	NWS Championships 2024
216	45.65 L	F	Jazmin Anthony	12	PAQU CED	09/11/2024	Winelands SL4
217	45.67 L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
218	45.80 L	F	Nielde Lombaard	12	LSJM SKD	02/11/2024	Limpo LS - Top 8 skole 2024
219	45.86 L S	F	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
220	45.94 L	F	Emmalynn Strydom	12	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
221	45.98 L	F	Adiana Van der Merwe	12	STGR XRD	05/10/2024	FLAMINGO GALA OCT 2024
222	46.11 L S	F	Emily Botha	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
223	46.13 L	F	Imke Swanepoel	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
224	46.14 L	F	Mia Cyster	12	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
225	46.28 L	F	Destheonique Julius	12	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
226	46.44 L	P	Morgan Roebuck	12	MAKO EKU	05/12/2024	EGA Summer Championships
227	46.46 L	F	Dominic De Jager	12	USH KCD	28/09/2024	KCDA Age Group 1 2024
228	46.54 L S	F	Caroline Angius	12	STAR BPD	07/12/2024	NWS Championships 2024
229	46.76 L	F	Le-May Van Zyl	12	ELRAS WBD	12/10/2024	Limpo Age Group 4
230	46.81 L	F	Madyson le Roux	12	POTC KKD	09/11/2024	NWS Age Group 1 & 2 2024
231	46.83 L	F	Mijone Beyers	12	CA EKU	01/02/2025	EGA Last Chance Gala
232	47.15 L	F	Lize-Mari Vorster	12	WELL CED	09/11/2024	Winelands SL4
233	47.26 L	F	Emihle Mnuu	12	FRA KCD	09/11/2024	KCDA Age Goup 2 2024
234	47.31 L S	F	Cecile Pretorius	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
235	47.41 L S	F	Zara Field	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
236	47.49 L	F	Simone Swanepoel	12	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
237	47.54 L	P	Zana Richardson	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
238	47.63 L	F	Tenele Taole	12	SWIFT EKU	12/10/2024	EGA Summer 2
239	47.71 L	F	Isabellea Dhassiah	12	RETR CPT	21/09/2024	CTA INVITATIONAL LC MEET

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
240	47.77	L	F	Xysca Bezuidenhout	12	STSC KCD	28/09/2024	KCDA Age Group 1 2024
241	47.94	L	F	Nyandano Madaba	12	FAC EKU	12/10/2024	EGA Summer 2
242	47.95	L	F	Cassie Van Heerden	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
243	48.15	L S	F	Shyla Lutchman	12	VINE CPT	02/11/2024	CTA A & B CHAMPS 2024
244	48.23	L	F	Emma Grobler	12	LAD UTD	02/11/2024	Uthukela District Age Group Gala
245	48.26	L	F	Dominique Birkenstock	12	JAQ EKU	12/10/2024	EGA Summer 2
246	48.27	L	F	Alexis Visagie	12	BEST NMA	31/01/2025	Infinity Gala 2025
247	48.30	L	F	Alexia Dippenaar	12	BS LLD	06/09/2024	Bull Sharks Annual Gala
248	48.36	L	F	Mckayla Wheeler	12	LSPHA MP	02/11/2024	Limpopo LS - Top 8 skole 2024
249	48.44	L	F	Amogelang Kutu	12	SS MPD	12/10/2024	Limpopo Age Group 4
250	48.45	L	F	Tumisho Mojapelo	12	WWOL TSH	13/09/2024	NTS September Age Group 2024
251	48.48	L	F	Leah Wentzel	12	MARL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
252	48.51	L	F	Amy Van der Walt	12	XCEL CPT	09/11/2024	Swartland Prestige Gala 2024
253	48.56	L	F	Annika Schuch	12	RBOT BPD	09/11/2024	NWS Age Group 1 & 2 2024
254	48.63	L	F	Khensho Mabasa	12	SS MPD	09/11/2024	Limpopo Age Group 5
255	48.65	L	F	Nandile Shabalala	12	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
256	48.68	L	F	Ditebogo Tladi	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
257	48.75	L	F	Samantha Jones	12	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
258	48.83	L	F	Morgan Martins	12	UNIC CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
259	49.17	L	F	Noluthando Nkosi	12	NSAD EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
260	49.38	L	F	Caitlyn Botha	12	CA EKU	01/02/2025	EGA Last Chance Gala
261	49.48	L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga Championships 2024
262	49.51	L S	F	Luniko Manise	12	WALM CPT	02/11/2024	CTA A & B CHAMPS 2024
263	49.56	L	F	Aaminah Spruit	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
264	49.58	L	P	Oratile Motaung	12	MAKO EKU	05/12/2024	EGA Summer Championships
265	49.65	L	P	Dikgang Mokgele	12	MAKO EKU	05/12/2024	EGA Summer Championships
266	49.69	L	F	Keziah Beukes	12	SOUL EKU	12/10/2024	EGA Summer 2
267	49.86	L	F	Anathi Qamba	12	FAC EKU	26/10/2024	Summer 3 Delville
268	50.04	L	P	Lintle Mahao	12	FAC EKU	05/12/2024	EGA Summer Championships
269	50.06	L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS Age Group 1 & 2 2024
270	50.12	L	F	Dané Schoeman	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
271	50.19	L	F	Millieke Ferreira	12	DDA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
272	50.58	L	F	Mila Pile	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
273	50.89	L	F	Eryn Botwood	12	CA EKU	26/10/2024	Summer 3 Delville
274	50.90	L	F	Kyla De Beer	12	SS MPD	12/10/2024	Limpopo Age Group 4
275	51.14	L	F	Rone Putter	12	ACAO CCD	12/10/2024	Limpopo Age Group 4
276	51.17	L	F	Sade Kenny	12	SRAY BUF	22/11/2024	BCA Long Course Championships 2024
277	51.61	L	F	Lethabo Nyandeni	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
278	51.75	L	F	Tionie Groenewald	12	TGA WCD	09/11/2024	Swartland Prestige Gala 2024
279	51.98	L	F	Lungile Ndaba	PR	VASA EKU	26/10/2024	Summer 3 Delville
280	52.06	L	F	Unarine Mulaudzi	12	PGAC EKU	01/02/2025	EGA Last Chance Gala
281	52.09	L	F	Marion Münch	12	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
282	52.16	L	F	Mokgabo Monnana	12	TLAC BPD	09/11/2024	NWS Age Group 1 & 2 2024
283*	52.59	L	F	Ikageng Moloko	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
283*	52.59	L	F	Lily Lucas	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
285*	52.67	L	F	Nicolene Filo	12	EXP TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
285*	52.67	L	F	Nicole Jonas	12	PLAY CED	17/10/2024	43rd Freda Barnard Invitational Gala
287	52.73	L	P	Nobuciko Mabunda	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
288	53.19	L	F	Mienke Grobler	12	BULS MAN	25/10/2024	Neptunes Gala
289	53.52	L	F	Hani Salie	12	LALE CED	17/10/2024	43rd Freda Barnard Invitational Gala
290	53.59	L	F	Zarah Matthee	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
291	53.62	L	F	Nandri Erasmus	12	GHSK	05/10/2024	FLAMINGO GALA OCT 2024
292	53.88	L	F	Almmz Plaatjies	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
293	53.89	L	F	Jenna Bester	12	RFA TSH	13/09/2024	NTS September Age Group 2024
294	54.05	L	F	Ava Rough	12	BARA EKU	12/10/2024	EGA Summer 2
295	54.14	L S	F	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS Championships 2024
296	54.18	L	F	Tshimologo Thombo	12	RFA TSH	13/09/2024	NTS September Age Group 2024
297	54.28	L	F	Menieke Rowe-Rowe	12	BULS MAN	25/10/2024	Neptunes Gala
298	54.60	L	P	Nika Smit	12	BS LLD	04/12/2024	Free State Champs 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
299	54.82 L	P	Penelope Mullineux	12	AASC EZD	29/11/2024	Mpumalanga Championships 2024
300	54.95 L	F	Annemi Loots	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
301	55.10 L	F	Tahlia Roelofs	12	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
302	55.13 L S	F	Anneke Paulsen	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
303	55.38 L	F	Rebaone Mbamali	12	PELIC MAN	25/10/2024	Neptunes Gala
304	55.49 L	F	Lisa De Vos	12	NAE EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
305	55.67 L	F	Taylor Kotzee	12	GAA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
306	55.74 L	P	Tsakile Mahumane	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
307	55.76 L	F	Oarona Komote	12	WWOL TSH	13/09/2024	NTS September Age Group 2024
308	55.77 L	F	Gia Zeeman	12	LPTBO CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
309	56.33 L	F	Kate Riddell	12	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
310	56.52 L	F	Mosa Lephalletse	12	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
311	56.70 L	F	Masego Monakedi	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
312	56.79 L S	F	Khanya Ramone	12	MATL KKD	07/12/2024	NWS Championships 2024
313	56.97 L	F	Madison Jacobs	12	XCEL CPT	09/11/2024	Swartland Prestige Gala 2024
314	57.42 L	F	Miyanke Landmann	12	BETH FDD	04/12/2024	Free State Champs 2024
315	57.83 L	F	Mosa Seboko	12	WSS LLD	15/11/2024	Valsrivier Gala 2024
316	57.97 L	F	Lufuno Masupa	12	WSS LLD	24/08/2024	Kovsie Gala 2
317	58.42 L	F	Elizabeth Gouws	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
318	58.44 L	F	Reaoboka Moloi	12	MAKO EKU	12/10/2024	EGA Summer 2
319	58.85 L	F	Lilya Godwin	12	CYBE CPT	21/09/2024	CTA INVITATIONAL LC MEET
320	59.64 L	F	Ashleigh Petersen	12	INFA NMA	14/09/2024	3rd A League Gala 2024
321	1:00.84 L	F	Lehny Richmond	12	HAAG UTD	07/12/2024	Uthukela District Age Group Gala
322	1:00.90 L	F	Elethu Maqabangqa	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
323	1:01.04 L	F	Anke Nel	12	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024
324	1:01.29 L	F	Nokubonga Buda	12	ESP EKU	12/10/2024	EGA Summer 2
325	1:02.57 L	F	Nalin Pillay	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
326	1:04.24 L	F	Melokuhle Hlatshwayo	12	USH KCD	25/01/2025	uShaka Champs 2025
327	1:10.23 L	F	Femke Nieuwenhuizen	12	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024
328	1:10.44 L	F	Marloune' Pienaar	12	BLNE MAN	15/06/2024	PEA Winter Gala 2024
329	1:11.28 L	F	Thatohatsi Masomba	12	THOK EKU	26/10/2024	Summer 3 Delville
330	1:11.93 L	F	Gabriella Venter	12	BASS VB	09/11/2024	Limpopo Age Group 5
Women 12-12 100 Back							
1	1:08.32 L	F	Isabeau Coetsee	12	FISH EDD	31/01/2025	Infinity Gala 2025
2	1:11.40 L	F	Shalea Hamilton	12	BEST NMA	03/08/2024	2nd A League Gala 2024
3	1:14.20 L	F	Victoria Meyburgh	12	CA EKU	01/02/2025	EGA Last Chance Gala
4	1:14.35 L	F	Layla Barber-Luna	12	MDOL JHB	15/11/2024	Summer 4 Delville
5	1:14.59 L	F	Kaylee Watt	12	CA EKU	15/11/2024	Summer 4 Delville
6	1:15.30 L	F	Taylia Smith	12	PER JHB	29/11/2024	CGA Championships 2024
7	1:15.61 L	F	Jenna-Lee Watson	12	HPS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
8	1:15.62 L	F	Jessica Barnard	12	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
9	1:15.91 L	F	Anja Boshoff	12	CTA CPT	11/01/2025	EDEN INTER DISTRICT PRESTIGE
10	1:15.94 L	F	Julie Olivier	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
11	1:16.06 L	F	Riley Haupt	12	CA EKU	01/02/2025	EGA Last Chance Gala
12	1:16.30 L	P	Sarah Mocke	12	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
13	1:16.97 L	F	Annabel Meyer	12	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
14	1:17.36 L	F	Elizabeth Roth	12	PEAS NMA	31/01/2025	Infinity Gala 2025
15	1:17.58 L	P	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
16	1:17.86 L	F	Sarah-Kate Odendaal	12	QUIC CPT	17/10/2024	43rd Freda Barnard Invitational Gala
17	1:18.48 L	F	Mikaela Roff	12	ROA EDD	31/01/2025	Infinity Gala 2025
18	1:18.69 L	F	Ava Bosch	12	DRGN EKU	29/11/2024	CGA Championships 2024
19	1:18.71 L	F	Savannah Thirsk	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
20	1:18.91 L	F	Sophia Gullan	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
21	1:19.13 L	F	Emma Cullis	12	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
22	1:19.28 L	F	April Jooman	12	BEST NMA	13/12/2024	NMBA Championships 2024
23	1:19.61 L	P	Barcelona Xaba	12	SASE JHB	29/11/2024	CGA Championships 2024
24	1:19.69 L	F	Laila Christie	12	USC BUF	13/12/2024	NMBA Championships 2024
25	1:19.97 L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State Champs 2024
26	1:20.10 L	F	Mienke Kok	12	INFA NMA	31/01/2025	Infinity Gala 2025

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	1:20.20	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
28	1:20.24	L	F	Evie du Plessis	12	BLOT MAN	04/12/2024 Free State Champs 2024
29	1:20.39	L	P	Uma Pearson-Adams	12	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
30	1:20.61	L S	P	Isabella Goncalves	12	SOUL EKU	05/12/2024 EGA Summer Championships
31	1:20.64	L	F	Carinke Wessels	12	BLOT MAN	04/12/2024 Free State Champs 2024
32	1:20.70	L	P	Amelie Billson	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
33	1:20.81	L	F	Tischke Rischmuller	12	RFA FSH	01/02/2025 EGA Last Chance Gala
34	1:21.38	L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
35	1:21.60	L	F	Rirhandzu Chauke	12	DORE JHB	29/11/2024 CGA Championships 2024
36	1:21.65	L	F	Zani Van Dyk	12	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
37	1:21.79	L	F	Ziva Filday	12	AZON ETH	25/01/2025 uShaka Champs 2025
38	1:22.00	L	F	Zara Jantjies	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
39	1:22.02	L S	P	Gabriella Lloyd-Swanepoel	12	MAKO EKU	05/12/2024 EGA Summer Championships
40	1:22.40	L	P	Mikayla Stevenson	12	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024
41	1:22.46	L	F	Zoe Thompson	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
42	1:22.48	L	P	Johané Burger	12	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
43	1:22.54	L	P	Lumka Zamisa	12	HREF BPD	07/12/2024 NWS Championships 2024
44	1:22.62	L	F	Zara Lockitch	12	CYBE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
45	1:22.67	L	F	Anna Horn	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
46	1:22.89	L	F	Talia McCabe	12	WATR JHB	29/11/2024 CGA Championships 2024
47	1:23.10	L	F	Nina Pieterse	12	DESA NMA	31/01/2025 Infinity Gala 2025
48	1:23.16	L	F	Inge Opperman	12	BLOT MAN	04/12/2024 Free State Champs 2024
49*	1:23.31	L	F	Mignon Swart	12	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
49*	1:23.31	L	F	Caitlin Barnes	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
51	1:23.33	L	F	Georgia Sabbagha	12	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
52	1:23.36	L	P	Marli Coetzee	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
53	1:23.37	L	P	Jovanah McGluwa	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
54	1:23.43	L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025 uShaka Champs 2025
55	1:23.52	L	F	Talia Hill	12	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
56*	1:23.81	L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025 uShaka Champs 2025
56*	1:23.81	L S	P	Katherine Harrop-Allin	12	CSC FSH	05/12/2024 EGA Summer Championships
58	1:23.83	L	P	Grace Julies	12	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
59	1:23.92	L	F	Christie Snyders	12	VALS FDD	04/12/2024 Free State Champs 2024
60	1:23.93	L	P	Ava Longueira	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
61	1:24.18	L	F	Aqeelah Williams	12	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
62	1:24.32	L	F	Megan Jacobs	12	RSA	04/10/2024 Curro AquaElite Gala
63	1:24.35	L	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
64	1:24.37	L	F	Micah Gomes	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
65	1:24.39	L	F	Abby Mostert	12	AWIN FSH	13/09/2024 NTS September Age Group 2024
66	1:24.45	L	F	Mikayla Oliver	12	PAC FSH	13/09/2024 NTS September Age Group 2024
67	1:24.47	L	F	Emily Koegelenberg	12	XCEL CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
68	1:24.68	L	F	Mia Vorster	12	WELA LLD	15/11/2024 Valsrivier Gala 2024
69	1:24.79	L	F	Megan Palmer	12	AFIN JHB	29/11/2024 CGA Championships 2024
70	1:24.97	L	P	Shiloh Cruywagen	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
71	1:25.15	L S	P	Alexis Visser	12	MAKO EKU	05/12/2024 EGA Summer Championships
72	1:25.22	L	P	Olivia Nel	12	TGA WCD	05/12/2024 Western Cape LC-A Championship 2024
73	1:25.23	L	F	Ella Kalp	12	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
74	1:25.56	L S	F	Olivia Meyburgh	12	CA EKU	05/12/2024 EGA Summer Championships
75	1:25.59	L	F	Kara De Wit	12	RFA FSH	01/02/2025 EGA Last Chance Gala
76	1:25.62	L	F	Livia Gutter	12	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
77	1:26.00	L	F	Anke Carstens	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
78	1:26.03	L	F	Ava Constantinides	12	CA EKU	15/11/2024 Summer 4 Delville
79	1:26.08	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025 uShaka Champs 2025
80	1:26.14	L	F	Lia van Heerden	12	BS LLD	11/10/2024 Otters Prestige Gala 2024
81*	1:26.32	L	F	Sienna Seagram	12	ELEC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
81*	1:26.32	L S	P	Shelby Schoeman	12	CA EKU	05/12/2024 EGA Summer Championships
83*	1:26.62	L	F	Karlia Degenaar	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
83*	1:26.62	L	P	Gia Heldsinger	12	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
85	1:26.63	L S	P	Phillipa Williams	12	SOUL EKU	05/12/2024 EGA Summer Championships

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
86	1:26.68	L	F	Yvette Louw	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
87	1:26.69	L	P	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
88	1:26.71	L	F	Lua Malan	12	WELL CED	09/11/2024 Winelands SL4
89*	1:26.72	L	F	Inge Shaw	12	LALE CED	09/11/2024 Winelands SL4
89*	1:26.72	L	F	Cara Louw	12	RBOT BPD	10/01/2025 2024 Grand Prix Invitation Swimming
91	1:26.81	L	F	Jadine Grobler	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
92	1:26.91	L	F	Gea March	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
93	1:27.01	L	F	Nina Oosthuizen	12	NSAD EZD	10/01/2025 2024 Grand Prix Invitation Swimming
94	1:27.06	L	F	Alyssa Coetzer	12	AZON ETH	25/01/2025 uShaka Champs 2025
95	1:27.17	L	F	Jasmine Woodburn	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
96	1:27.41	L	F	Holli Tait	12	RSA	04/10/2024 Curro AquaElite Gala
97	1:27.65	L	F	Emilie Conradie	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
98	1:27.81	L	F	Hannah Van Heerden	12	AACTA CPT	21/09/2024 CTA INVITATIONAL LC MEET
99	1:27.84	L S	F	Mattae Morel	12	CA EKU	05/12/2024 EGA Summer Championships
100	1:27.91	L	P	Kayla Gerber	12	STAQ CED	05/12/2024 Western Cape LC-A Championship 2024
101	1:27.92	L	F	Sarah-Rose Pohlmann	12	BEST NMA	05/10/2024 4th A League Gala 2024
102	1:27.95	L	F	Jemma Lloyd	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
103	1:28.06	L	F	Mia Stilwaney	12	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
104	1:28.20	L	F	Noa Sebastiao	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
105	1:28.24	L	F	Sophie Walter	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
106	1:28.36	L	F	Mikayla Jordaan	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
107	1:28.44	L	F	Rua De Wit	12	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET
108	1:28.83	L	F	Cara Mills	12	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
109	1:28.97	L	F	Mikaela Lotz	12	PAC FSH	13/09/2024 NTS September Age Group 2024
110	1:28.98	L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024 CGA Championships 2024
111*	1:29.08	L	F	Mikayla Coleman	12	TCA EKU	12/10/2024 EGA Summer 2
111*	1:29.08	L	F	Clarise Stadler	12	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
113	1:29.12	L	F	Kate Cheshire	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
114*	1:29.14	L	F	Chisi Magubbwi	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
114*	1:29.14	L	F	Ruvarashe Chibharo	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
116	1:29.20	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024 CGA Championships 2024
117	1:29.36	L	P	Melanie Munyoro	12	WATR JHB	29/11/2024 CGA Championships 2024
118	1:29.40	L S	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024 EGA Summer Championships
119	1:29.55	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	31/01/2025 Infinity Gala 2025
120*	1:29.58	L	P	Mienke Rutherford	12	POTC KKD	07/12/2024 NWS Championships 2024
120*	1:29.58	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
122	1:29.61	L	F	Oyama Baqwa	12	SGUL ETH	02/07/2024 Prestige Tournament 2024
123	1:29.62	L	F	Kopano Lempe	12	MAKO EKU	15/11/2024 Summer 4 Delville
124	1:29.79	L	F	Brooklyn Terwin	12	USC BUF	13/12/2024 NMBA Championships 2024
125	1:30.02	L	F	Khalalelo Rathhogo	12	ESP EKU	01/02/2025 EGA Last Chance Gala
126	1:30.11	L	F	Pippa Roberts	12	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
127	1:30.13	L S	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
128	1:30.31	L	F	Vanessa Jurado	12	VINE CPT	21/09/2024 CTA INVITATIONAL LC MEET
129	1:30.33	L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024 NWS Championships 2024
130	1:30.37	L	F	Jessica Arenz	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
131	1:30.43	L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024 NMBA Championships 2024
132*	1:30.46	L	F	Leah Du Plessis	12	PEAS NMA	13/12/2024 NMBA Championships 2024
132*	1:30.46	L	F	Chloe-Leigh Jurgens	12	MANT CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
134	1:30.51	L	P	Paige Schutze-Langston	12	MDOL JHB	29/11/2024 CGA Championships 2024
135	1:30.64	L	F	Kirsten Cupido	12	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
136	1:30.78	L	F	Esona Sekeleni	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
137	1:30.94	L	P	Lily Hoar	12	KLOO ETH	02/07/2024 Prestige Tournament 2024
138	1:31.19	L	F	Leane Nel	12	EXP FSH	13/09/2024 NTS September Age Group 2024
139	1:31.25	L	F	Kristen Bell	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
140	1:31.26	L	P	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024
141	1:31.33	L	P	Cayla Fourie	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
142	1:31.42	L S	P	Elizabeth Du Preez	12	CSC FSH	05/12/2024 EGA Summer Championships
143	1:31.43	L	F	Khensani Mbatsane	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
144	1:31.84	L	F	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
145	1:31.85	L	F	Esme Bowes	12	CPSC	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
146	1:32.08	L	F	Annabelle Kruger	12	DESA	NMA	16/11/2024	5th A League Gala 2024
147	1:32.14	L S	P	Anastacia Coelho	12	CA	EKU	05/12/2024	EGA Summer Championships
148	1:32.17	L	F	Gia Newkirk	12	TYGE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
149*	1:32.52	L	P	Alexia Smith	12	WATR	JHB	29/11/2024	CGA Championships 2024
149*	1:32.52	L	F	Isabella Vreenegoor	12	CRSC	JHB	22/01/2025	Crusaders Night Gala 2
151	1:32.73	L	F	Nina Koen	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
152	1:32.87	L	P	Milah Allen	12	PER	JHB	29/11/2024	CGA Championships 2024
153	1:32.92	L	F	Jaimey Shaw	12	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
154	1:32.93	L	F	Jenna Nieuwoudt	12	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
155	1:33.06	L	F	Liane' Pienaar	12	TUKS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
156	1:33.43	L	P	Jean'té Bothma	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
157	1:33.44	L	P	Kayleigh Brophy	12	AAS	JHB	29/11/2024	CGA Championships 2024
158	1:33.47	L	F	Oyama Tuta	12	PELIC	MAN	04/12/2024	Free State Champs 2024
159	1:33.54	L	F	Emmalynn Strydom	12	TUKS	FSH	13/09/2024	NTS September Age Group 2024
160	1:33.60	L	F	Inge Moore	12	BEST	NMA	13/12/2024	NMBA Championships 2024
161	1:33.76	L	P	Lara Ainslie	12	LINR	JHB	29/11/2024	CGA Championships 2024
162	1:33.88	L	F	Zibusiso Xulu	12	WSTV	ETH	25/01/2025	uShaka Champs 2025
163	1:33.94	L	F	Jamie Els	12	AQDO	CPT	21/09/2024	CTA INVITATIONAL LC MEET
164	1:33.96	L	F	Liane Van Zyl	12	UPSK	ZMD	05/10/2024	FLAMINGO GALA OCT 2024
165	1:34.41	L	F	Beniece Mouton	12	TGA	WCD	09/11/2024	Swartland Prestige Gala 2024
166	1:34.46	L	F	Mia Van de Vyver	12	QSAW	GED	09/11/2024	Winelands SL4
167	1:34.50	L	P	Gemma Lyon-MacGregor	12	CRSC	JHB	29/11/2024	CGA Championships 2024
168	1:34.71	L	F	Micah Louw	12	MANT	CPT	02/11/2024	CTA A & B CHAMPS 2024
169	1:34.74	L	F	Mienie Gerber	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
170	1:35.07	L	F	Elmane' de Wet	12	BULS	MAN	11/10/2024	Otters Prestige Gala 2024
171	1:35.13	L	F	Sydney Howes	12	HREF	BPD	07/12/2024	NWS Championships 2024
172	1:35.14	L	F	Susanna Ellis	12	NWUC	KKD	23/11/2024	NWS Age Group 3 + 4 2024
173	1:35.18	L	F	Luah Theron	12	TUKS	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
174	1:35.20	L	P	Annabel Van Reenen	12	ACSA	ETH	02/07/2024	Prestige Tournament 2024
175	1:35.62	L	F	Aisha Bhabha	12	MDOL	JHB	15/11/2024	Summer 4 Delville
176	1:35.71	L	F	Emma Ristow	12	USC	BUF	13/12/2024	NMBA Championships 2024
177	1:35.78	L	P	Rebecca Manson	12	AAS	JHB	29/11/2024	CGA Championships 2024
178	1:35.97	L	F	Ava Grebe	12	CUHE	QBD	09/11/2024	Swartland Prestige Gala 2024
179	1:36.18	L	F	Ilè Ferreira	12	VRC	FSH	13/09/2024	NTS September Age Group 2024
180	1:36.33	L	F	Karli Karstens	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
181	1:36.37	L	F	Imme Wolfaardt	12	LALE	GED	09/11/2024	Winelands SL4
182	1:36.52	L S	P	Caitlin McDowell	12	ESP	EKU	05/12/2024	EGA Summer Championships
183	1:36.68	L	F	Cailyn De Kock	12	BLSS	MAN	04/12/2024	Free State Champs 2024
184	1:36.86	L	F	Kaitlyn Haynes-Smart	12	VINE	CPT	02/11/2024	CTA A & B CHAMPS 2024
185	1:36.95	L	P	Madison Sanan	12	PER	JHB	29/11/2024	CGA Championships 2024
186	1:37.04	L	F	Sofia de Freitas	12	MAKO	EKU	12/10/2024	EGA Summer 2
187	1:37.05	L	F	Ella Adams	12	TYGE	CPT	21/09/2024	CTA INVITATIONAL LC MEET
188	1:37.21	L	F	Livia Vancoillie	12	QUIC	CPT	02/11/2024	CTA A & B CHAMPS 2024
189	1:37.32	L	F	Kenzy Barnard	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
190	1:37.38	L	F	Lara Greyling	12	TNDER	FDD	27/09/2024	Seals Gala 2
191	1:37.57	L	F	Hlumisa Mfabe	12	USC	BUF	13/07/2024	1st A League Gala 2024
192	1:37.96	L	P	Nicola Peers	12	SASE	JHB	29/11/2024	CGA Championships 2024
193	1:38.10	L	F	Chloe Rautenbach	12	UNIUI	EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
194	1:38.24	L	F	Amelia-Rose Schutzieler	12	USC	BUF	13/12/2024	NMBA Championships 2024
195	1:38.38	L	F	Nobubelebesisa Zwane	12	STSC	KCD	25/01/2025	uShaka Champs 2025
196	1:38.56	L	F	Taylor Siebrits	12	STSC	KCD	25/01/2025	uShaka Champs 2025
197	1:38.80	L	F	Qhanyiya Sizani	12	WWOL	FSH	13/09/2024	NTS September Age Group 2024
198	1:39.37	L	F	Lienke Van Wyk	12	BULS	MAN	04/12/2024	Free State Champs 2024
199	1:39.94	L	F	Ava Nel	12	SS	MPD	29/11/2024	Limpopo Champs 2024
200	1:40.07	L	F	Katie Van den Heever	12	UNIUI	EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
201	1:40.23	L	P	Wilhandi Meyer	12	BULS	MAN	04/12/2024	Free State Champs 2024
202	1:40.24	L	P	Micaela Fourie	12	NSAD	EZD	29/11/2024	Mpumalanga Championships 2024
203	1:40.35	L	F	Kara Groenewald	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
204	1:40.44	L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024	CGA Championships 2024
205	1:40.84	L	F	Clara Duvenage	12	CA EKU	12/10/2024	EGA Summer 2
206	1:41.38	L	P	Leah-Bella Budram	12	PSCP UMD	02/07/2024	Prestige Tournament 2024
207	1:41.54	L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
208	1:41.79	L	P	Lea Kotzé	12	NWUC KKD	07/12/2024	NWS Championships 2024
209	1:42.06	L	F	Emma Grobler	12	LAD UTD	11/01/2025	Uthukela District Age Group Gala
210	1:42.20	L	F	Imke Swanepoel	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
211	1:42.63	L	F	Emily Botha	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
212	1:42.74	L	F	Cecile Pretorius	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
213	1:42.79	L	F	Helene de Bruyn	12	BULS MAN	11/10/2024	Otters Prestige Gala 2024
214	1:42.83	L	F	Michaela Hirst	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
215	1:43.06	L	F	Marizelle Vermaak	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
216	1:43.18	L	F	Le-May Van Zyl	12	ELRAS WBD	09/11/2024	Limpopo Age Group 5
217	1:43.28	L	F	Zaarah Meyer	12	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
218*	1:43.34	L S	P	Tenele Taole	12	SWIFT EKU	05/12/2024	EGA Summer Championships
218*	1:43.34	L	P	LaRochelle De Beer	12	STAR BPD	07/12/2024	NWS Championships 2024
220	1:43.35	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
221	1:43.90	L	F	Sarah Wakefield	12	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
222	1:44.53	L	F	Cassie Van Heerden	12	TYGE CPT	09/11/2024	Winelands SL4
223	1:45.11	L	F	Isabellea Dhassiah	12	RETR CPT	21/09/2024	CTA INVITATIONAL LC MEET
224	1:45.14	L	F	Emma Gerber	12	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
225	1:45.18	L S	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024	EGA Summer Championships
226	1:45.22	L	F	Leah Wentzel	12	MARL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
227	1:45.28	L	P	Gabriella Bengell	12	BLNE MAN	04/12/2024	Free State Champs 2024
228	1:45.58	L	F	Xysca Bezuidenhout	12	STSC KCD	01/02/2025	KCDA Age Group 4 2024
229	1:46.42	L S	P	Paballo Nkosi	12	FAC EKU	05/12/2024	EGA Summer Championships
230	1:46.62	L	F	Zarah Matthee	12	KHAY CPT	10/01/2025	2024 Grand Prix Invitation Swimming
231	1:46.67	L S	F	Alexis Visagie	12	BEST NMA	17/01/2025	6th A League Gala 2025
232	1:46.90	L S	P	Nyandano Madaba	12	FAC EKU	05/12/2024	EGA Summer Championships
233	1:47.12	L	F	Dominic De Jager	12	USH KCD	25/01/2025	uShaka Champs 2025
234	1:47.39	L	F	Amy Van der Walt	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
235	1:48.31	L	F	Lonela Mpikeleli	12	PAC TSH	13/09/2024	NTS September Age Group 2024
236	1:48.42	L	F	Alexia Dippenaar	12	BS LLD	06/09/2024	Bull Sharks Annual Gala
237	1:48.57	L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS Age Group 1 & 2 2024
238	1:48.76	L	F	Lize-Mari Vorster	12	WELL CED	09/11/2024	Winelands SL4
239	1:48.79	L	F	Lungile Ndaba	PR	VASA EKU	12/10/2024	EGA Summer 2
240	1:49.29	L	F	Millieke Ferreira	12	DDA TSH	13/09/2024	NTS September Age Group 2024
241	1:49.57	L	F	Caitlyn Botha	12	CA EKU	15/11/2024	Summer 4 Delville
242	1:49.71	L S	P	Keziah Beukes	12	SOUL EKU	05/12/2024	EGA Summer Championships
243	1:50.46	L	F	Alexianne Metzger	12	SWIFT EKU	12/10/2024	EGA Summer 2
244	1:51.73	L	F	Lintle Mahao	12	FAC EKU	15/11/2024	Summer 4 Delville
245	1:52.27	L	F	Madeleine de Villiers	12	EXP TSH	13/09/2024	NTS September Age Group 2024
246	1:52.54	L S	P	Anathi Qamba	12	FAC EKU	05/12/2024	EGA Summer Championships
247	1:52.73	L	F	Dané Schoeman	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
248	1:54.50	L	P	Zana Richardson	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
249	1:56.23	L	F	Aaminah Spruit	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
250	1:56.89	L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga Championships 2024
251	1:56.98	L	P	Noluthando Nkosi	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
252	1:57.16	L	P	Simone Swanepoel	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
253	1:57.56	L	F	Marion Münch	12	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
254	1:58.64	L	P	Nika Smit	12	BS LLD	04/12/2024	Free State Champs 2024
255	1:58.93	L	F	Tshimologo Thombo	12	RFA TSH	13/09/2024	NTS September Age Group 2024
256	2:00.15	L	F	Annemi Loots	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
257	2:00.51	L	F	Sade Kenny	12	SRAY BUF	22/11/2024	BCA Long Course Championships 2024
258	2:00.75	L	F	Khenso Mabasa	12	SS MPD	29/11/2024	Limpopo Champs 2024
259	2:00.93	L	F	Nandri Erasmus	12	GHSK	05/10/2024	FLAMINGO GALA OCT 2024
260	2:01.83	L	P	Khanya Ramone	12	MATL KKD	07/12/2024	NWS Championships 2024
261	2:02.36	L	F	Hani Salie	12	LALE CED	17/10/2024	43rd Freda Barnard Invitational Gala
262	2:03.09	L	F	Mienke Grobler	12	BULS MAN	11/10/2024	Otters Prestige Gala 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
263	2:03.13	L	F	Reaoboka Moloi	12	MAKO EKU	01/02/2025	EGA	Last Chance Gala
264	2:03.29	L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS	Championships 2024
265	2:04.04	L	F	Ava Rough	12	BARA EKU	12/10/2024	EGA	Summer 2
266	2:04.61	L	F	Rebaone Mbamali	12	PELIC MAN	11/10/2024	Otters	Prestige Gala 2024
267	2:06.24	L	F	Anneke Paulsen	12	ASAC CPT	02/11/2024	CTA	A & B CHAMPS 2024
268	2:07.59	L	F	Lehny Richmond	12	HAAG UTD	07/12/2024	Uthukela	District Age Group Gala
269	2:07.77	L	F	Lisa De Vos	12	NAE EZD	11/10/2024	MP AGE	GROUP 2 (11-12OCT'24)
270	2:10.85	L	F	Nokubonga Buda	12	ESP EKU	01/02/2025	EGA	Last Chance Gala
271	2:12.62	L	F	Lilya Godwin	12	CYBE CPT	21/09/2024	CTA	INVITATIONAL LC MEET
272	2:14.08	L	F	Tsakile Mahumane	12	NSAD EZD	11/10/2024	MP AGE	GROUP 2 (11-12OCT'24)
273	2:17.91	L	F	Lufuno Masupa	12	WSS LLD	25/10/2024	Neptunes	Gala
274	2:21.88	L	F	Marloune' Pienaar	12	BLNE MAN	15/06/2024	PEA	Winter Gala 2024
275	2:24.30	L	F	Nalin Pillay	12	WEST CPT	09/11/2024	Swartland	Prestige Gala 2024
276	2:27.09	L	F	Melokuhle Hlatshwayo	12	USH KCD	23/11/2024	KCDA	Age Group Gala 3
Women 12-12 200 Back									
1	2:37.56	L	F	Shalea Hamilton	12	BEST NMA	17/08/2024	Madibaz	Swim Meet 2024
2	2:40.46	L	F	Anja Boshoff	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
3	2:40.72	L	F	Taylia Smith	12	PER JHB	29/11/2024	CGA	Championships 2024
4	2:42.85	L	F	Victoria Meyburgh	12	CA EKU	01/02/2025	EGA	Last Chance Gala
5	2:43.66	L	F	Kaylee Watt	12	CA EKU	01/02/2025	EGA	Last Chance Gala
6	2:43.96	L	P	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
7	2:45.28	L	F	Jessica Barnard	12	TUKS TSH	13/09/2024	NTS	September Age Group 2024
8	2:45.88	L	P	Mikaela Roff	12	ROA EDD	05/12/2024	Western Cape	LC-A Championship 2024
9	2:47.18	L	F	Elizabeth Roth	12	PEAS NMA	13/12/2024	NMBA	Championships 2024
10	2:48.23	L	F	Riley Haupt	12	CA EKU	01/02/2025	EGA	Last Chance Gala
11	2:48.47	L	P	Savannah Thirsk	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
12	2:48.80	L S	F	Sarah Mocke	12	SAAW CPT	02/11/2024	CTA	A & B CHAMPS 2024
13	2:48.88	L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024	CGA	Championships 2024
14	2:49.56	L	F	Sarah-Kate Odendaal	12	QUIC CPT	05/12/2024	Western Cape	LC-A Championship 2024
15	2:50.33	L	F	Annabel Meyer	12	FSA FS	25/01/2025	4+1	INTERPROVINCIAL GALA 2025
16	2:50.56	L	F	Laila Christie	12	USC BUF	13/12/2024	NMBA	Championships 2024
17	2:50.75	L	F	Talia McCabe	12	WATR JHB	29/11/2024	CGA	Championships 2024
18	2:50.77	L	F	Mia Jansen van Rensburg	12	XCEL CPT	17/10/2024	43rd Freda	Barnard Invitational Gala
19	2:51.18	L	P	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape	LC-A Championship 2024
20	2:51.23	L	F	Kinique Stols	12	TKS WBD	29/11/2024	Limpopo	Champs 2024
21	2:51.50	L	P	Ava Bosch	12	DRGN EKU	29/11/2024	CGA	Championships 2024
22	2:52.27	L S	F	Jenna Joyce	12	CASC CPT	21/09/2024	CTA	INVITATIONAL LC MEET
23	2:52.52	L	P	Zara Lockitch	12	CYBE CPT	05/12/2024	Western Cape	LC-A Championship 2024
24	2:52.76	L	P	Isabella Goncalves	12	SOUL EKU	05/12/2024	EGA	Summer Championships
25	2:54.11	L	P	Georgia Sabbagha	12	PAQU CED	05/12/2024	Western Cape	LC-A Championship 2024
26	2:54.26	L	F	Johané Burger	12	ROA EDD	17/10/2024	43rd Freda	Barnard Invitational Gala
27	2:54.47	L	P	Tischke Rischmuller	12	RFA TSH	07/12/2024	NWS	Championships 2024
28	2:54.97	L	F	Nina Pieterse	12	DESA NMA	13/12/2024	NMBA	Championships 2024
29	2:55.25	L	F	Arya De Sousa	12	TRAZ TSH	18/10/2024	NTS	Level 3+ October Age Group 2024
30	2:55.87	L	F	Evie du Plessis	12	BLOT MAN	13/09/2024	Pelicans	Age Group Gala
31	2:56.35	L	F	Olivia Nel	12	TGA WCD	05/12/2024	Western Cape	LC-A Championship 2024
32*	2:56.65	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA	Championships 2024
32*	2:56.65	L S	F	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State	Champs 2024
34	2:57.09	L S	F	Mikayla Stevenson	12	QUIC CPT	02/11/2024	CTA	A & B CHAMPS 2024
35	2:57.15	L	F	Anna Horn	12	XCEL CPT	17/10/2024	43rd Freda	Barnard Invitational Gala
36	2:57.17	L	F	Megan Els	12	BAS EKU	12/10/2024	EGA	Summer 2
37	2:57.43	L S	F	Sophia Gullan	12	VINE CPT	21/09/2024	CTA	INVITATIONAL LC MEET
38	2:57.53	L S	F	Zara Jantjies	12	MANT CPT	21/09/2024	CTA	INVITATIONAL LC MEET
39	2:58.13	L	F	Rirhandzu Chauke	12	DORE JHB	29/11/2024	CGA	Championships 2024
40	2:58.16	L	F	Alexis De Witt	12	TUKS TSH	18/10/2024	NTS	Level 3+ October Age Group 2024
41	2:58.42	L	F	Marli Coetzee	12	CASC CPT	05/10/2024	CTA	Qualifying Meet 5 - (L2 & above)
42	2:58.47	L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	12/10/2024	EGA	Summer 2
43	2:58.71	L	F	Grace Julies	12	XCEL CPT	05/12/2024	Western Cape	LC-A Championship 2024
44	2:58.80	L	F	Talia Hill	12	HPS TSH	13/09/2024	NTS	September Age Group 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
45	2:59.18	L	F	Ziva Filday	12	AZON ETH	25/01/2025 uShaka Champs 2025
46	2:59.43	L	F	Aqeelah Williams	12	UWCA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
47	2:59.47	L S	F	Carinke Wessels	12	BLOT MAN	04/12/2024 Free State Champs 2024
48	2:59.54	L S	F	Emily Koegelenberg	12	XCEL CPT	21/09/2024 CTA INVITATIONAL LC MEET
49	2:59.77	L S	F	Jovanah McGluwa	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
50	2:59.82	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025 uShaka Champs 2025
51	3:00.50	L	P	Uma Pearson-Adams	12	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
52	3:01.28	L	F	Lumka Zamisa	12	HREF BPD	07/12/2024 NWS Championships 2024
53	3:01.44	L	P	Mikayla Jordaan	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
54	3:01.64	L	P	Alexis Visser	12	MAKO EKU	05/12/2024 EGA Summer Championships
55	3:02.45	L	F	Karlia Degenaar	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
56	3:02.89	L	P	Ava Constantinides	12	CA EKU	05/12/2024 EGA Summer Championships
57	3:03.65	L	F	Mattae Morel	12	CA EKU	05/12/2024 EGA Summer Championships
58	3:03.70	L	F	Lua Malan	12	WELL CED	09/11/2024 Winelands SL4
59	3:03.73	L	P	Emilie Conradie	12	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
60	3:04.21	L	F	Saffiya Emjedi	12	SAAW CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
61	3:04.26	L	F	Wilhelmina Erasmus	12	LSBOS WB	01/02/2025 Limpopo School Champs & Limpopo AG
62	3:04.96	L	F	Mikayla Coleman	12	TCA EKU	05/12/2024 EGA Summer Championships
63	3:05.04	L S	F	Rua De Wit	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
64	3:06.63	L	F	Nina Oosthuizen	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
65	3:06.66	L	P	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
66	3:06.89	L	F	Paige Schutze-Langston	12	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
67	3:07.40	L S	F	Jemma Lloyd	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
68	3:07.64	L	F	Olivia Meyburgh	12	CA EKU	18/01/2025 EGA Summer 5
69	3:07.68	L	F	Liane Van Zyl	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
70	3:07.71	L	F	Paiton Van Der Merwe	12	CA EKU	01/02/2025 EGA Last Chance Gala
71	3:07.74	L	F	Jadine Grobler	12	TKS WBD	12/10/2024 Limpopo Age Group 4
72	3:09.04	L	F	Noa Sebastiao	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
73	3:09.07	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	13/12/2024 NMBA Championships 2024
74	3:09.13	L	F	Alyssa Coetzer	12	AZON ETH	25/01/2025 uShaka Champs 2025
75	3:09.89	L	P	Phillipa Williams	12	SOUL EKU	05/12/2024 EGA Summer Championships
76	3:10.24	L S	F	Caitlin Barnes	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
77	3:10.67	L S	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
78	3:10.69	L	P	Melanie Munyoro	12	WATR JHB	29/11/2024 CGA Championships 2024
79	3:11.13	L	F	Livia Gutter	12	BLOT MAN	13/09/2024 Pelicans Age Group Gala
80	3:11.23	L	F	Ziane Drenth	12	AWIN TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
81	3:11.31	L	F	Ruvarashe Chibharo	12	TYGE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
82	3:11.65	L	P	Zibusiso Xulu	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
83	3:11.67	L	F	Annabelle Kruger	12	DESA NMA	31/01/2025 Infinity Gala 2025
84	3:12.20	L	F	Shelby Schoeman	12	CA EKU	18/01/2025 EGA Summer 5
85	3:12.21	L S	F	Ava Longueira	12	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
86	3:12.63	L	F	Mia Stilwaney	12	PAQU CED	09/11/2024 Winelands SL4
87	3:12.73	L	P	Taylor Ten Napel	12	BEAV ETH	02/07/2024 Prestige Tournament 2024
88	3:12.77	L	F	Mikaela Lotz	12	PAC TSH	13/09/2024 NTS September Age Group 2024
89	3:12.94	L	F	Esona Sekeleni	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
90	3:13.10	L	P	Kate Cheshire	12	MDOL JHB	29/11/2024 CGA Championships 2024
91	3:13.33	L	F	Zamajobe Mtetwa	12	PAC TSH	13/09/2024 NTS September Age Group 2024
92	3:13.84	L	F	Kayla Kleynhans	12	ROA EDD	17/10/2024 43rd Freda Barnard Invitational Gala
93	3:13.85	L	P	Elizabeth Desilla	12	SAFE JHB	29/11/2024 CGA Championships 2024
94	3:14.16	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024 CGA Championships 2024
95	3:14.60	L	F	Leane Nel	12	EXP TSH	18/10/2024 NTS Level 3+ October Age Group 2024
96	3:15.55	L	P	Lily Hoar	12	KLOO ETH	02/07/2024 Prestige Tournament 2024
97	3:15.59	L	F	Alexia Smith	12	WATR JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
98	3:16.05	L	F	Khalalelo Rathhogo	12	ESP EKU	01/02/2025 EGA Last Chance Gala
99	3:16.58	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
100	3:16.62	L	P	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
101	3:16.81	L S	F	Kirsten Cupido	12	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
102	3:17.14	L	F	Liane' Pienaar	12	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
103	3:17.30	L	P	Jasmine Woodburn	12	MDOL JHB	29/11/2024 CGA Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
104	3:17.74	L S	F	Gia Newkirk	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
105	3:18.06	L	F	Mercy Theu	12	CRSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
106	3:18.24	L	P	Jessica Arenz	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
107	3:18.67	L	P	Gemma Lyon-MacGregor	12	CRSC JHB	29/11/2024 CGA Championships 2024
108	3:18.76	L	F	Esme Bowes	12	CPSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
109	3:18.86	L S	F	Oyama Tuta	12	PELIC MAN	04/12/2024 Free State Champs 2024
110	3:19.05	L	P	Susanna Ellis	12	NWUC KKD	07/12/2024 NWS Championships 2024
111	3:19.14	L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024 NWS Championships 2024
112	3:19.44	L	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
113	3:19.79	L	F	Kristen Bell	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
114	3:19.88	L	F	Arelí Muyaka	12	HARB BPD	09/11/2024 NWS Age Group 1 & 2 2024
115	3:20.22	L S	F	Juno Bouwer	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
116	3:20.43	L	P	Kayleigh Brophy	12	AAS JHB	29/11/2024 CGA Championships 2024
117	3:22.50	L	P	Caitlin McDowell	12	ESP EKU	05/12/2024 EGA Summer Championships
118	3:23.11	L	F	Qhanyiya Sizani	12	WWOL TSH	13/09/2024 NTS September Age Group 2024
119	3:24.08	L	F	Imme Wolfaardt	12	LALE CED	09/11/2024 Winelands SL4
120	3:24.79	L S	F	Kaitlyn Haynes-Smart	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
121	3:25.57	L	F	Beniece Mouton	12	TGA WCD	09/11/2024 Swartland Prestige Gala 2024
122	3:25.70	L	F	Emma Gotthardt	12	ELEC TSH	13/09/2024 NTS September Age Group 2024
123	3:26.13	L	F	Lara Greyling	12	TNDER FDD	25/10/2024 Neptunes Gala
124	3:26.41	L	F	Anastacia Coelho	12	CA EKU	18/01/2025 EGA Summer 5
125	3:26.66	L	F	Daniela Kleb	12	ELEC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
126	3:26.87	L	F	Luah Theron	12	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
127	3:26.98	L	F	Jéanté Bothma	12	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
128	3:27.29	L S	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
129	3:27.55	L	F	Megan Palmer	12	AFIN JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
130	3:29.24	L	F	Ilê Ferreira	12	VRC TSH	13/09/2024 NTS September Age Group 2024
131	3:29.28	L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024 CGA Championships 2024
132	3:29.50	L S	F	Ella Adams	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
133	3:29.53	L	F	Marizelle Vermaak	12	HREF BPD	07/12/2024 NWS Championships 2024
134	3:29.96	L	F	Summer Fang	12	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
135	3:30.86	L S	F	Livia Vancoillie	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
136	3:30.87	L	F	Unathi Vuyeqaba	12	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
137	3:31.01	L	F	Ming-Xi Tsai	12	AA JHB	01/02/2025 EGA Last Chance Gala
138	3:31.42	L	F	Alexis Visagie	12	BEST NMA	31/01/2025 Infinity Gala 2025
139	3:32.08	L S	F	Cassie Van Heerden	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
140	x3:32.51	L	F	Lore Hoek	12	THOK EKU	18/01/2025 EGA Summer 5
141	3:33.22	L	F	Inge Moore	12	BEST NMA	03/08/2024 2nd A League Gala 2024
142	3:34.51	L	P	Sydney Howes	12	HREF BPD	07/12/2024 NWS Championships 2024
143	3:35.74	L S	F	Elmane' de Wet	12	BLOT MAN	04/12/2024 Free State Champs 2024
144	3:36.83	L	F	Karli Karstens	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
145	3:37.04	L	F	Micah Louw	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
146	3:37.69	L	F	Sofia de Freitas	12	MAKO EKU	12/10/2024 EGA Summer 2
147	3:40.23	L	F	Adiana Van der Merwe	12	STGR XRD	05/10/2024 FLAMINGO GALA OCT 2024
148	3:40.51	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
149	3:41.57	L	F	Alexianne Metzger	12	SWIFT EKU	18/01/2025 EGA Summer 5
150	3:42.18	L	P	Lea Kotzé	12	NWUC KKD	07/12/2024 NWS Championships 2024
151	3:43.63	L	F	Zoe Lambropoulos	12	TRAZ TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
152	3:46.70	L	F	Leah Wentzel	12	MARL CPT	09/11/2024 Swartland Prestige Gala 2024
153	3:46.99	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024 NWS Championships 2024
154	3:49.75	L	P	Keziah Beukes	12	SOUL EKU	05/12/2024 EGA Summer Championships
155	3:50.27	L	F	Paballo Nkosi	12	FAC EKU	12/10/2024 EGA Summer 2
156	3:52.60	L	F	Dané Schoeman	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
157	3:54.06	L	F	Dominic De Jager	12	USH KCD	26/10/2024 Froggies Aquatics Championships 2024
158	4:01.93	L	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024 EGA Summer Championships
159	4:02.19	L	F	Alexia Dippenaar	12	BS LLD	15/11/2024 Valsrivier Gala 2024
160	4:02.64	L	F	Lintle Mahao	12	FAC EKU	01/02/2025 EGA Last Chance Gala
161	4:04.37	L	F	Nyandano Madaba	12	FAC EKU	18/01/2025 EGA Summer 5
162	4:08.52	L	P	Tenele Taole	12	SWIFT EKU	05/12/2024 EGA Summer Championships

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
163	4:10.93	L	F	Anathi Qamba	12	FAC EKU	18/01/2025 EGA Summer 5
164	4:17.60	L	P	Khanya Ramone	12	MATL KKD	07/12/2024 NWS Championships 2024
165	4:20.63	L	F	Nandri Erasmus	12	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
166	4:34.18	L	F	Rebaone Mbamali	12	PELIC MAN	25/10/2024 Neptunes Gala
167	4:39.37	L	F	Madison Jacobs	12	XCEL CPT	09/11/2024 Swartland Prestige Gala 2024
168	4:43.48	L	F	Ava Rough	12	BARA EKU	18/01/2025 EGA Summer 5
169	4:48.13	L	F	Nokubonga Buda	12	ESP EKU	01/02/2025 EGA Last Chance Gala
170	5:28.67	L	F	Anke Nel	12	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
Women 12-12 50 Breast							
1	36.01	L	F	Anna Horn	12	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
2	36.74	L	F	Jenna-Lee Watson	12	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
3	37.31	L	P	Jenna Joyce	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
4	37.61	L S	F	Isabella Goncalves	12	SOUL EKU	05/12/2024 EGA Summer Championships
5	37.70	L	F	Megan Jacobs	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
6	38.52	L	F	Shalea Hamilton	12	BEST NMA	31/01/2025 Infinity Gala 2025
7	38.60	L S	F	Grace Julies	12	XCEL CPT	21/09/2024 CTA INVITATIONAL LC MEET
8	38.75	L	F	Talia McCabe	12	WATR JHB	29/11/2024 CGA Championships 2024
9	38.86	L	F	Kara Pretorius	12	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
10	39.16	L	F	Sarah-Rose Pohlmann	12	BEST NMA	31/01/2025 Infinity Gala 2025
11	39.33	L	F	Kaylee Watt	12	CA EKU	12/10/2024 EGA Summer 2
12	39.59	L	F	Carinke Wessels	12	BLOT MAN	06/09/2024 Bull Sharks Annual Gala
13	39.61	L	F	Ava Constantinides	12	CA EKU	01/02/2025 EGA Last Chance Gala
14	39.70	L	F	Tatum Van Zijl	12	OHAN ILD	25/01/2025 uShaka Champs 2025
15	39.80	L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025 uShaka Champs 2025
16	39.86	L S	F	Chenique Kooi	12	TUKS FSH	05/12/2024 EGA Summer Championships
17*	39.98	L	F	Talia Hill	12	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
17*	39.98	L	P	Rania Marnewick	12	LINR JHB	29/11/2024 CGA Championships 2024
19	40.35	L	F	Isabeau Coetsee	12	FISH EDD	31/01/2025 Infinity Gala 2025
20	40.41	L	F	Mali Louw	12	WELL CED	09/11/2024 Winelands SL4
21	40.49	L S	P	Amaru Mapulane	12	CA EKU	05/12/2024 EGA Summer Championships
22	40.62	L	F	Mignon Swart	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
23*	40.99	L	F	Evie du Plessis	12	BLOT MAN	09/11/2024 Bull Sharks Gala
23*	40.99	L	F	Barcelona Xaba	12	SASE JHB	29/11/2024 CGA Championships 2024
25	41.14	L	F	Nina Pieterse	12	NMBA NM	11/01/2025 EDEN INTER DISTRICT PRESTIGE
26	41.16	L	F	Annabel Meyer	12	BULS MAN	25/10/2024 Neptunes Gala
27	41.17	L	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
28	41.18	L	F	Livia Gutter	12	BLOT MAN	04/12/2024 Free State Champs 2024
29	41.22	L	F	Lize De Wet	12	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
30*	41.31	L	F	Harper Halford	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
30*	41.31	L	P	Aqeelah Williams	12	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
32	41.45	L	F	Kayla Gerber	12	STAQ CED	05/12/2024 Western Cape LC-A Championship 2024
33	41.50	L	F	Chloe-Leigh Jurgens	12	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
34	41.56	L S	F	Katherine Harrop-Allin	12	CSC FSH	05/12/2024 EGA Summer Championships
35	41.64	L	F	Micah Gomes	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
36	41.66	L	F	Paige Schutze-Langston	12	MDOL JHB	29/11/2024 CGA Championships 2024
37	41.73	L	F	Pippa Roberts	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
38	41.98	L	F	Jane Retief	12	LALE CED	09/11/2024 Winelands SL4
39	42.02	L	P	Mia Stilwaney	12	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
40	42.03	L	F	Alexis De Witt	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
41	42.08	L	F	Cara Louw	12	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
42*	42.10	L	F	Chisi Magubbwi	12	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
42*	42.10	L	P	Ava Grebe	12	CUHE OBD	05/12/2024 Western Cape LC-A Championship 2024
44	42.15	L	P	Milah Allen	12	PER JHB	29/11/2024 CGA Championships 2024
45	42.16	L	F	Isabella Vreenegoor	12	CRSC JHB	29/11/2024 CGA Championships 2024
46	42.28	L	P	Ruvarashe Chibharo	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
47	42.31	L	F	Clarise Stadler	12	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
48	42.34	L	P	Madison Sanan	12	PER JHB	29/11/2024 CGA Championships 2024
49	42.47	L	P	Layla Barber-Luna	12	MDOL JHB	29/11/2024 CGA Championships 2024
50	42.53	L	F	Christie Snyders	12	VALS FDD	04/12/2024 Free State Champs 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
51	42.56 L	F	Lumka Zamisa	12	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
52	42.63 L	P	Zani Van Dyk	12	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
53	42.96 L	F	Xysca Bezuidenhout	12	STSC KCD	07/12/2024	Stingrays Champs 2024
54	42.99 L	F	Josephine Van Wyk	12	LALE CED	09/11/2024	Winelands SL4
55	43.01 L	F	Taylor Siebrits	12	STSC KCD	28/09/2024	KCDA Age Group 1 2024
56	43.03 L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025	uShaka Champs 2025
57	43.10 L	F	Noa Sebastiao	12	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
58	43.17 L	P	Wilhandi Meyer	12	BULS MAN	04/12/2024	Free State Champs 2024
59	43.19 L	F	Lara Greyling	12	TNDER FDD	04/12/2024	Free State Champs 2024
60	43.33 L S	P	Alexis Visser	12	MAKO EKU	05/12/2024	EGA Summer Championships
61	43.37 L	F	Gia Stedall	12	WWOL FSH	18/10/2024	NTS Level 3+ October Age Group 2024
62	43.47 L	P	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
63	43.55 L	F	Neanè Van Zyl	12	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
64	43.57 L	F	Kinique Stols	12	LSKP WB	02/11/2024	Limpopo LS - Top 8 skole 2024
65	43.68 L	F	Ayla Bornman	12	LPTBO CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
66	43.70 L	F	Mia Jansen van Rensburg	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
67	43.72 L	F	Ankin Van Niekerk	12	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
68	43.78 L S	F	Emilie Conradie	12	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET
69	43.88 L	F	Ella Kalp	12	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
70	43.89 L	F	Abigail Goodchild	12	TUKS FSH	13/09/2024	NTS September Age Group 2024
71	43.95 L	P	Mikayla Stevenson	12	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
72	44.08 L	F	Mienke Rutherford	12	POTC KKD	07/12/2024	NWS Championships 2024
73	44.18 L	P	Skylar Jack	12	PER JHB	29/11/2024	CGA Championships 2024
74	44.22 L	F	Julie Olivier	12	TYGE CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
75	44.24 L	F	Leah Du Plessis	12	PEAS NMA	31/01/2025	Infinity Gala 2025
76	44.29 L S	P	Caitlin McDowell	12	ESP EKU	05/12/2024	EGA Summer Championships
77	44.51 L	F	Emma Cullis	12	VINE CPT	02/11/2024	CTA A & B CHAMPS 2024
78	44.53 L	F	Vanessa Jurado	12	VINE CPT	02/11/2024	CTA A & B CHAMPS 2024
79	44.63 L S	P	Mattae Morel	12	CA EKU	05/12/2024	EGA Summer Championships
80	44.72 L	F	Khalalelo Rathhogo	12	ESP EKU	01/02/2025	EGA Last Chance Gala
81	44.75 L	F	Kara De Wit	12	RFA FSH	01/02/2025	EGA Last Chance Gala
82	44.82 L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024	NMBA Championships 2024
83	44.87 L	P	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State Champs 2024
84	44.88 L	F	Gia Newkirk	12	TYGE CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
85	44.91 L	F	Micaela Fourie	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
86	44.92 L	F	April Jooman	12	BEST NMA	17/08/2024	Madibaz Swim Meet 2024
87	44.94 L	P	Zibusiso Xulu	12	WSTV ETH	02/07/2024	Prestige Tournament 2024
88	44.96 L	F	Lienke Van Wyk	12	BULS MAN	02/11/2024	Heidedal
89	44.98 L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024	CGA Championships 2024
90*	45.01 L	F	Jadine Grobler	12	LSKP WB	02/11/2024	Limpopo LS - Top 8 skole 2024
90*	45.01 L	F	Camryn Weber	12	BCA BUF	11/01/2025	EDEN INTER DISTRICT PRESTIGE
92	45.04 L	P	Ayvah Jacob	12	RACE JHB	29/11/2024	CGA Championships 2024
93	45.05 L	F	Emma Ristow	12	USC BUF	13/12/2024	NMBA Championships 2024
94*	45.18 L	F	Liané Van Heerden	12	LSTZN CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
94*	45.18 L	F	Jazmin Anthony	12	PAQU CED	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
94*	45.18 L	F	Emmalynn Strydom	12	TUKS FSH	13/09/2024	NTS September Age Group 2024
97*	45.22 L	F	Tischke Rischmuller	12	RFA FSH	01/02/2025	EGA Last Chance Gala
97*	45.22 L	F	Chloe Rautenbach	12	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
99*	45.24 L	F	Mikaela Roff	12	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
99*	45.24 L	F	Chanel Smit	12	ELEC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
101	45.27 L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024	Limpopo Champs 2024
102	45.36 L	F	Mikaela Van Heerden	12	TUKS FSH	13/09/2024	NTS September Age Group 2024
103	45.45 L	F	Ziyada Tekle	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
104*	45.49 L S	P	Gabriella Lloyd-Swanepoel	12	MAKO EKU	05/12/2024	EGA Summer Championships
104*	45.49 L	F	Elmane' de Wet	12	BLOT MAN	04/12/2024	Free State Champs 2024
106	45.58 L	F	Leandi Swarts	12	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024
107	45.62 L	P	Jasmine Woodburn	12	MDOL JHB	29/11/2024	CGA Championships 2024
108	45.64 L	F	Cayleigh Machill	12	BARA EKU	01/02/2025	EGA Last Chance Gala
109	45.81 L	F	Annabelle Kruger	12	DESA NMA	16/11/2024	5th A League Gala 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
110	45.85	L	F	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024
111	45.88	L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024 CGA Championships 2024
112	45.89	L	F	Nina Koen	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
113	45.93	L	P	Paige Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
114	45.95	L	F	Amelia-Rose Schutlzler	12	USC BUF	13/12/2024 NMBA Championships 2024
115	45.99	L	F	Imme Wolfaardt	12	LALE CED	09/11/2024 Winelands SL4
116	46.13	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024 NMBA Championships 2024
117	46.14	L	F	Mia Vorster	12	WELA LLD	25/10/2024 Neptunes Gala
118	46.19	L	F	Laila Christie	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
119	46.21	L	P	Gabriella Pearse	12	SASE JHB	29/11/2024 CGA Championships 2024
120	46.29	L	F	Abby Mostert	12	AWIN FSH	18/10/2024 NTS Level 3+ October Age Group 2024
121	46.34	L S	F	Yvette Louw	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
122	46.46	L	F	Susanna Ellis	12	NWUC KKD	07/12/2024 NWS Championships 2024
123	46.47	L	F	Zara Lockitch	12	CYBE CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
124	46.48	L	P	Alexa Stahmer	12	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
125	46.54	L	F	Katie Van den Heever	12	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
126	46.56	L	F	Elizabeth Roth	12	PEAS NMA	13/12/2024 NMBA Championships 2024
127	46.65	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024 CGA Championships 2024
128	46.78	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
129	46.81	L	F	Khensani Mbatsane	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
130	46.84	L	F	Mijone Beyers	12	CA EKU	01/02/2025 EGA Last Chance Gala
131	46.85	L	F	Dunay Zovitzkey	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
132	46.88	L	P	Ming-Xi Tsai	12	AA JHB	29/11/2024 CGA Championships 2024
133	46.93	L	F	Emma Gotthardt	12	ELEC FSH	13/09/2024 NTS September Age Group 2024
134	46.94	L	P	Alexia Smith	12	WATR JHB	29/11/2024 CGA Championships 2024
135	47.05	L S	P	Katelyn Naidoo	12	CA EKU	05/12/2024 EGA Summer Championships
136	47.16	L	F	Khensho Mabasa	12	SS MPD	09/11/2024 Limpopo Age Group 5
137*	47.23	L	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
137*	47.23	L	F	Zoe Kruger	12	LALE CED	09/11/2024 Winelands SL4
139	47.40	L	F	Mienke Kok	12	INFA NMA	31/01/2025 Infinity Gala 2025
140	47.44	L	F	Mikayla Coleman	12	TCA EKU	12/10/2024 EGA Summer 2
141	47.47	L	F	Nicoline Du Preez	12	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
142	47.49	L S	F	Marli Coetzee	12	GREY CPT	21/09/2024 CTA INVITATIONAL LC MEET
143	47.57	L	F	Lua Store	12	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
144	47.63	L	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024 Prestige Tournament 2024
145	47.69	L	F	Jane Botha	12	VALS FDD	25/10/2024 Neptunes Gala
146	47.73	L	F	Sarah-Kate Odendaal	12	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
147	47.76	L	F	Nina Oosthuizen	12	NSAD EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
148*	47.79	L	F	Caelyn Kempgem	12	HERO JHB	20/11/2024 Crusaders Night Gala 1
148*	47.79	L	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
150	47.84	L	F	Holli Tait	12	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
151	47.87	L	F	Oyama Tuta	12	PELIC MAN	04/12/2024 Free State Champs 2024
152	47.89	L	P	Jessica Arenz	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
153	48.10	L	F	Zara Jantjies	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
154	48.16	L	F	Sarah Schofield	12	SEALE ETH	25/01/2025 uShaka Champs 2025
155	48.31	L	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
156	48.34	L	F	Luah Theron	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
157	48.39	L	F	Jemma Lloyd	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
158	48.40	L	F	Anye Brink	12	QSAW CED	09/11/2024 Winelands SL4
159	48.45	L	P	Gabriella Bengell	12	BLNE MAN	04/12/2024 Free State Champs 2024
160	48.53	L	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
161	48.56	L	P	Gemma Lyon-MacGregor	12	CRSC JHB	29/11/2024 CGA Championships 2024
162*	48.66	L	F	Emily Koegelenberg	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
162*	48.66	L	F	Zaarah Meyer	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
164	48.69	L	P	Rebecca Manson	12	AAS JHB	29/11/2024 CGA Championships 2024
165	48.75	L S	P	Caydence Waring	12	SOUL EKU	05/12/2024 EGA Summer Championships
166	48.81	L	P	Melanie Munyoro	12	WATR JHB	29/11/2024 CGA Championships 2024
167	48.88	L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024 CGA Championships 2024
168	48.92	L	F	Kaitlyn Haynes-Smart	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
169	48.93	L	F	Elizabeth Du Preez	12	CSC	TSH	01/02/2025	EGA Last Chance Gala
170	48.96	L	F	Jannica Swart	12	ELRAS	WBD	29/11/2024	Limpopo Champs 2024
171	48.98	L	F	Jaimey Shaw	12	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
172	48.99	L S	F	Jamie Els	12	AQDO	CPT	21/09/2024	CTA INVITATIONAL LC MEET
173	49.05	L S	F	Charlotte Jones	12	SLAQ	CPT	21/09/2024	CTA INVITATIONAL LC MEET
174	49.06	L	F	Nobubelebesisa Zwane	12	STSC	KCD	25/01/2025	uShaka Champs 2025
175	49.13	L	F	Marjoné Maclachlan	12	NC	FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
176	49.16	L	F	Sloan Warner	12	INFA	NMA	16/11/2024	5th A League Gala 2024
177	49.17	L	F	Olwenelo Ngema	12	FRA	KCD	25/01/2025	uShaka Champs 2025
178*	49.22	L	F	Makanaka Makoto	12	NSAD	EZD	29/11/2024	Mpumalanga Championships 2024
178*	49.22	L	F	Jane Sieberhagen	12	AWIN	TSH	13/09/2024	NTS September Age Group 2024
180*	49.25	L S	P	Dominique Birkenstock	12	JAQ	EKU	05/12/2024	EGA Summer Championships
180*	49.25	L	F	Angelique Kyanda-Kaboza	12	DESA	NMA	13/12/2024	NMBA Championships 2024
182	49.42	L	F	Emma Gerber	12	QUIC	CPT	02/11/2024	CTA A & B CHAMPS 2024
183	49.45	L	F	Phillipa Williams	12	SOUL	EKU	12/10/2024	EGA Summer 2
184*	49.52	L	F	Madison Wissekerke	12	FRA	KCD	07/12/2024	Stingrays Champs 2024
184*	49.52	L	F	Ziva Filday	12	AZON	ETH	14/06/2024	AQZ Winter Warmer 2024
186	49.57	L	P	Kiara Dave	12	MDOL	JHB	29/11/2024	CGA Championships 2024
187	49.67	L	F	Miyané Kingsley	12	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
188	49.68	L S	P	Dikgang Mokgele	12	MAKO	EKU	05/12/2024	EGA Summer Championships
189	49.72	L	F	Tahlia Roelofsz	12	VHD	ZLD	25/01/2025	uShaka Champs 2025
190	49.74	L	P	Kate Cheshire	12	MDOL	JHB	29/11/2024	CGA Championships 2024
191	49.79	L	F	Le-May Van Zyl	12	ELRAS	WBD	29/11/2024	Limpopo Champs 2024
192*	49.82	L	F	Helena Calitz	12	LALE	CED	09/11/2024	Winelands SL4
192*	49.82	L	F	Kirsten Cupido	12	CYBE	CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
194	49.88	L	F	Zené Gouws	12	TASC	MPD	29/11/2024	Limpopo Champs 2024
195	49.92	L	P	Mercy Theu	12	CRSC	JHB	29/11/2024	CGA Championships 2024
196*	49.94	L	F	Alize Spangenberg	12	EXP	TSH	13/09/2024	NTS September Age Group 2024
196*	49.94	L	F	Mienke Grobler	12	BULS	MAN	25/10/2024	Neptunes Gala
198	50.09	L	F	Nandile Shabalala	12	AQUA	UTD	02/11/2024	Uthukela District Age Group Gala
199	50.14	L	F	Shayla Quin	12	SS	MPD	29/11/2024	Limpopo Champs 2024
200	50.18	L	F	Anastacia Coelho	12	CA	EKU	01/02/2025	EGA Last Chance Gala
201	50.28	L	F	Reabetswe Pabalinga	12	KLOO	ETH	25/01/2025	uShaka Champs 2025
202*	50.53	L	P	Helene de Bruyn	12	BULS	MAN	04/12/2024	Free State Champs 2024
202*	50.53	L	F	Karliá Degenaar	12	TUKS	TSH	13/09/2024	NTS September Age Group 2024
204	50.59	L	F	Alexianne Metzger	12	SWIFT	EKU	01/02/2025	EGA Last Chance Gala
205	50.91	L S	F	Ashleigh Petersen	12	INFA	NMA	17/01/2025	6th A League Gala 2025
206	50.92	L	F	Sophie Walter	12	CASC	CPT	02/11/2024	CTA A & B CHAMPS 2024
207	51.05	L	F	Mila Pile	12	FISH	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
208	51.07	L	F	Jenna Nieuwoudt	12	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
209	51.12	L	F	Alyssa Coetzer	12	AZON	ETH	14/06/2024	AQZ Winter Warmer 2024
210	51.18	L	F	Lungile Ndaba	PR	VASA	EKU	12/10/2024	EGA Summer 2
211	51.27	L	P	Kutendaishe Dube	12	ACES	ETH	02/07/2024	Prestige Tournament 2024
212	51.32	L	P	Jéanté Bothma	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
213	51.40	L	F	Emma Van Loggerenberg	12	TUKS	TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
214	51.65	L	F	Hani Salie	12	LALE	CED	09/11/2024	Winelands SL4
215	51.72	L	F	Mienke Gerber	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
216	51.81	L	F	Caitlyn Botha	12	CA	EKU	01/02/2025	EGA Last Chance Gala
217	51.85	L	F	Lume Fourie	12	TINC	TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
218	51.86	L	F	Dwala Magagula	12	TRAZ	TSH	13/09/2024	NTS September Age Group 2024
219	51.87	L	F	Anathi Qamba	12	FAC	EKU	01/02/2025	EGA Last Chance Gala
220	51.93	L	F	Lintle Mahao	12	FAC	EKU	12/10/2024	EGA Summer 2
221	51.95	L	F	Luniko Manise	12	WALM	CPT	02/11/2024	CTA A & B CHAMPS 2024
222	51.97	L	F	Alexia Dippenaar	12	BS	LLD	06/09/2024	Bull Sharks Annual Gala
223	52.07	L	F	Cailyn De Kock	12	BLSS	MAN	19/10/2024	Pelicans Gala 2
224	52.25	L	F	Leane Nel	12	EXP	TSH	13/09/2024	NTS September Age Group 2024
225	52.36	L	F	Emihle Mnumu	12	FRA	KCD	26/10/2024	Froggies Aquatics Championships 2024
226	52.40	L S	P	Clara Duvenage	12	CA	EKU	05/12/2024	EGA Summer Championships
227	52.41	L	F	Amogelang Kutu	12	ECPS	MPD	01/02/2025	Limpopo School Champs & Limpopo AG

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
228	52.42 L	F	Inge Moore	12	BEST NMA	14/09/2024	3rd A League Gala 2024
229	52.49 L	F	Oratile Motaung	12	MAKO EKU	01/02/2025	EGA Last Chance Gala
230	52.50 L	P	Kayleigh Brophy	12	AAS JHB	29/11/2024	CGA Championships 2024
231	52.54 L	F	Anneke Paulsen	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
232	52.69 L	F	Michaela Hirst	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
233	52.78 L	F	Mackenzie Dekker	12	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
234	52.98 L S	F	Shyla Lutchman	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
235	52.99 L	F	Kenzy Barnard	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
236	53.03 L	F	Emily Botha	12	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
237	53.14 L	F	Cayla Fourie	12	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
238	53.28 L	F	Anika Bester	12	STGR XRD	05/10/2024	FLAMINGO GALA OCT 2024
239	53.31 L	F	Ella Myburgh	12	INFA NMA	14/09/2024	3rd A League Gala 2024
240	53.33 L	F	Summer Fang	12	PEAS NMA	14/09/2024	3rd A League Gala 2024
241	53.36 L	P	Tsakile Mahumane	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
242	53.38 L	F	Annika Schuch	12	RBOT BPD	07/12/2024	NWS Championships 2024
243	53.43 L	F	Emma Grobler	12	LAD UTD	07/12/2024	Uthukela District Age Group Gala
244	53.45 L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS Age Group 1 & 2 2024
245	53.46 L	F	Dominic De Jager	12	USH KCD	25/01/2025	uShaka Champs 2025
246	53.63 L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
247	53.73 L	F	Nobuciko Mabunda	12	NSAD EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
248	53.98 L	F	Lufuno Masupa	12	WSS LLD	25/10/2024	Neptunes Gala
249	54.00 L	F	Kara Groenewald	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
250	54.05 L	P	Khanya Ramone	12	MATL KKD	07/12/2024	NWS Championships 2024
251	54.37 L	F	Kate Riddell	12	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
252	54.52 L	F	Mosa Seboko	12	WSS LLD	15/11/2024	Valsrivier Gala 2024
253	54.83 L	F	Marizelle Vermaak	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
254	54.94 L S	P	Tenele Taole	12	SWIFT EKU	05/12/2024	EGA Summer Championships
255	55.04 L	F	Zara Field	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
256	55.18 L	P	Sydney Howes	12	HREF BPD	07/12/2024	NWS Championships 2024
257	55.53 L	F	Rebaone Mbamali	12	PELIC MAN	25/10/2024	Neptunes Gala
258	55.67 L	F	Leah Wentzel	12	MARL CPT	09/11/2024	Swartland Prestige Gala 2024
259	55.74 L	F	Cecile Pretorius	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
260	56.00 L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS Championships 2024
261	56.24 L	F	Mia Cyster	12	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
262	56.43 L	F	Marion Münch	12	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
263	56.45 L	P	Zana Richardson	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
264	56.49 L	F	Nyandano Madaba	12	FAC EKU	01/02/2025	EGA Last Chance Gala
265	56.99 L	F	Unarine Mulaudzi	12	PGAC EKU	01/02/2025	EGA Last Chance Gala
266	57.02 L	F	Janli Bester	12	LSBOS WB	02/11/2024	Limpopo LS - Top 8 skole 2024
267	57.05 L	F	Nicolene Filo	12	EXP TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
268	57.06 L S	F	Amy Van der Walt	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
269	57.26 L	F	Sade Kenny	12	SRAY BUF	22/11/2024	BCA Long Course Championships 2024
270	57.32 L	F	Rone Putter	12	ACAQ CCD	12/10/2024	Limpopo Age Group 4
271	57.40 L	F	Nicole Jonas	12	PLAY CED	09/11/2024	Swartland Prestige Gala 2024
272	57.45 L	F	Keziah Beukes	12	SOUL EKU	12/10/2024	EGA Summer 2
273	57.72 L	F	Kyla De Beer	12	SS MPD	29/11/2024	Limpopo Champs 2024
274	57.92 L	P	Simone Swanepoel	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
275	58.35 L	P	Penelope Mullineux	12	AASC EZD	29/11/2024	Mpumalanga Championships 2024
276	58.39 L	F	Taylor Kotzee	12	GAA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
277	58.54 L	F	Destheonique Julius	12	KALA	05/10/2024	FLAMINGO GALA OCT 2024
278	58.55 L	P	Liané Stoltz	12	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
279	58.61 L	F	Mia De Esclana	12	VRC TSH	13/09/2024	NTS September Age Group 2024
280	58.70 L	F	Dané Schoeman	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
281	58.76 L	F	Zarah Matthee	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
282	59.16 L	F	Annemi Loots	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
283	59.28 L	F	Lea Kotzé	12	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
284	59.58 L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
285	59.60 L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
286	59.65 L	F	Milan Booysen	12	BLOT MAN	19/10/2024	Pelicans Gala 2

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
287	59.68 L	F	Kristen Bell	12	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG	
288	59.71 L	F	Thatohatsi Masomba	12	THOK EKU	01/02/2025	EGA Last Chance Gala	
289	59.91 L	F	Nika Smit	12	BS LLD	01/02/2025	Heidedal & Sentraal Galal	
290	1:00.72 L	F	Tionie Groenewald	12	TGA WCD	09/11/2024	Swartland Prestige Gala 2024	
291	1:02.31 L	F	Alexis Visagie	12	BEST NMA	13/12/2024	NMBA Championships 2024	
292	1:02.49 L S	P	Reaoboka Moloji	12	MAKO EKU	05/12/2024	EGA Summer Championships	
293	1:03.98 L S	F	Liyila Godwin	12	CYBE CPT	21/09/2024	CTA INVITATIONAL LC MEET	
294	1:04.85 L	F	Elizabeth Gouws	12	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools	
295	1:04.96 L	F	Madison Jacobs	12	XCEL CPT	09/11/2024	Swartland Prestige Gala 2024	
296	1:05.05 L	F	Lily Lucas	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala	
297	1:05.06 L	F	Noluthando Nkosi	12	NSAD EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024	
298	1:05.95 L	F	Mokgabo Monnana	12	TLAC BPD	09/11/2024	NWS Age Group 1 & 2 2024	
299	1:06.04 L	F	Ava Rough	12	BARA EKU	01/02/2025	EGA Last Chance Gala	
300	1:06.65 L	F	Miyanke Landmann	12	BETH FDD	15/11/2024	Valsrivier Gala 2024	
301	1:07.69 L	F	Tshimologo Thombo	12	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024	
302	1:09.23 L	F	Masego Monakedi	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools	
303	1:10.60 L	F	Ikageng Moloko	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024	
304	1:11.81 L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
305	1:12.50 L	F	Anke Nel	12	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024	
306	1:13.11 L	F	Nalin Pillay	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024	
307	1:13.22 L	F	Lisa De Vos	12	NAE EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)	
308	1:17.80 L	F	Elethu Maqabangqa	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala	
309	1:18.19 L	F	Almmz Plaatjies	12	WEST CPT	09/11/2024	Swartland Prestige Gala 2024	
310	1:18.74 L	F	Gabriella Venter	12	BASS VB	09/11/2024	Limpopo Age Group 5	
311	1:19.84 L	F	Nokubonga Buda	12	ESP EKU	12/10/2024	EGA Summer 2	
312	1:19.90 L S	F	Aaminah Spruit	12	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET	
313	1:28.34 L	F	Lehny Richmond	12	HAAG UTD	07/12/2024	Uthukela District Age Group Gala	
314	1:31.23 L	F	Marloune' Pienaar	12	BLNE MAN	15/06/2024	PEA Winter Gala 2024	
Women 12-12 100 Breast								
1	1:19.26 L	F	Anna Horn	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024	
2	1:20.78 L	F	Jenna-Lee Watson	12	HPS TSH	18/10/2024	NTS Level 3+ October Age Group 2024	
3	1:22.46 L	F	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024	
4	1:22.96 L	F	Megan Jacobs	12	WSTV ETH	02/07/2024	Prestige Tournament 2024	
5	1:24.16 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025	
6	1:24.52 L	F	Talia McCabe	12	WATR JHB	29/11/2024	CGA Championships 2024	
7	1:25.73 L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025	uShaka Champs 2025	
8	1:26.10 L	P	Ava Constantinides	12	CA EKU	05/12/2024	EGA Summer Championships	
9	1:26.11 L	F	Sarah-Rose Pohlmann	12	BEST NMA	13/12/2024	NMBA Championships 2024	
10	1:26.39 L S	F	Grace Julies	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET	
11	1:27.48 L	F	Mignon Swart	12	BSA EZD	29/11/2024	Mpumalanga Championships 2024	
12	1:28.11 L	F	Carinke Wessels	12	BLOT MAN	04/12/2024	Free State Champs 2024	
13	1:28.32 L	F	Kara Pretorius	12	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024	
14	1:28.75 L	F	Evie du Plessis	12	BLOT MAN	06/09/2024	Bull Sharks Annual Gala	
15	1:28.77 L	F	Kaylee Watt	12	CA EKU	05/12/2024	EGA Summer Championships	
16	1:29.42 L	F	Barcelona Xaba	12	SASE JHB	29/11/2024	CGA Championships 2024	
17	1:29.71 L	F	Zoe Thompson	12	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming	
18	1:29.72 L	F	Chenique Kooi	12	TUKS TSH	05/12/2024	EGA Summer Championships	
19	1:29.98 L	F	Nina Pieterse	12	DESA NMA	31/01/2025	Infinity Gala 2025	
20	1:30.40 L	F	Tatum Van Zijl	12	OHAN ILD	25/01/2025	uShaka Champs 2025	
21	1:30.49 L	F	Isabeau Coetsee	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala	
22	1:30.79 L	F	Talia Hill	12	HPS TSH	18/10/2024	NTS Level 3+ October Age Group 2024	
23	1:30.81 L	F	Rania Marnewick	12	LINR JHB	29/11/2024	CGA Championships 2024	
24	1:30.88 L	F	Annabel Meyer	12	BULS MAN	09/11/2024	Bull Sharks Gala	
25	1:31.02 L	P	Katherine Harrop-Allin	12	CSC TSH	05/12/2024	EGA Summer Championships	
26	1:31.15 L	P	Chloe-Leigh Jurgens	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024	
27	1:31.16 L	P	Jane Retief	12	LALE CED	05/12/2024	Western Cape LC-A Championship 2024	
28	1:31.18 L	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024	Prestige Tournament 2024	
29	1:31.19 L S	F	Harper Halford	12	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024	
30	1:31.38 L	F	Paige Schutze-Langston	12	MDOL JHB	29/11/2024	CGA Championships 2024	

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
31	1:31.50	L	P	Josephine Van Wyk	12	LALE	GED	05/12/2024 Western Cape LC-A Championship 2024
32	1:31.51	L	F	Ruvarashe Chibharo	12	TYGE	CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
33	1:31.65	L	F	Livia Gutter	12	BLOT	MAN	09/11/2024 Bull Sharks Gala
34	1:31.78	L	F	Isabella Vreenegoor	12	CRSC	JHB	29/11/2024 CGA Championships 2024
35	1:31.97	L	F	Mali Louw	12	WELL	GED	09/11/2024 Winelands SL4
36	1:32.31	L	F	Gia Newkirk	12	TYGE	CPT	05/12/2024 Western Cape LC-A Championship 2024
37	1:32.35	L	P	Ava Grebe	12	CUHE	QBD	05/12/2024 Western Cape LC-A Championship 2024
38	1:32.53	L	P	Aqeelah Williams	12	UWCA	CPT	05/12/2024 Western Cape LC-A Championship 2024
39	1:32.60	L	F	Cara Louw	12	NWS		25/01/2025 4+1 INTERPROVINCIAL GALA 2025
40	1:33.16	L	F	Layla Barber-Luna	12	MDOL	JHB	10/01/2025 2024 Grand Prix Invitation Swimming
41	1:33.18	L	F	Emma Van Deventer	12	SGUL	ETH	02/07/2024 Prestige Tournament 2024
42	1:33.47	L	P	Amaru Mapulane	12	CA	EKU	05/12/2024 EGA Summer Championships
43	1:33.65	L	F	Lize De Wet	12	LSPHA	MP	01/02/2025 Limpopo School Champs & Limpopo AG
44	1:33.69	L	F	Ayvah Jacob	12	RACE	JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
45	1:33.83	L	P	Ava Bosch	12	DRGN	EKU	29/11/2024 CGA Championships 2024
46	1:34.12	L S	F	Mia Stilwaney	12	PAQU	GED	21/09/2024 CTA INVITATIONAL LC MEET
47	1:34.37	L	F	Clarise Stadler	12	TRAZ	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
48	1:34.50	L	F	Chisi Magubbwi	12	MDOL	JHB	10/01/2025 2024 Grand Prix Invitation Swimming
49	1:34.71	L	F	Pippa Roberts	12	UNIU	EZD	29/11/2024 Mpumalanga Championships 2024
50	1:34.72	L	F	Emma Cullis	12	VINE	CPT	05/12/2024 Western Cape LC-A Championship 2024
51	1:34.75	L	F	Lumka Zamisa	12	HREF	BPD	07/12/2024 NWS Championships 2024
52	1:34.94	L	P	Gia Heldsinger	12	SSISA	CPT	05/12/2024 Western Cape LC-A Championship 2024
53	1:35.16	L	F	Jasmine Woodburn	12	MDOL	JHB	10/01/2025 2024 Grand Prix Invitation Swimming
54	1:35.17	L	P	Christie Snyders	12	VALS	FDD	04/12/2024 Free State Champs 2024
55	1:35.54	L	P	Madison Sanan	12	PER	JHB	29/11/2024 CGA Championships 2024
56	1:35.64	L	F	Emma Ristow	12	USC	BUF	13/12/2024 NMBA Championships 2024
57*	1:35.66	L	F	Tatum Van der Merwe	12	OHAN	ILD	25/01/2025 uShaka Champs 2025
57*	1:35.66	L	P	Emilie Conradie	12	SAAW	CPT	05/12/2024 Western Cape LC-A Championship 2024
59	1:35.75	L	P	Alexis Visser	12	MAKO	EKU	05/12/2024 EGA Summer Championships
60	1:35.77	L	F	Kinique Stols	12	TKS	WBD	29/11/2024 Limpopo Champs 2024
61	1:36.07	L	P	Zani Van Dyk	12	ASAC	CPT	05/12/2024 Western Cape LC-A Championship 2024
62	1:36.18	L	F	Isabella Goncalves	12	SOUL	EKU	01/02/2025 EGA Last Chance Gala
63	1:36.33	L	F	Taylor Siebrits	12	STSC	KCD	28/09/2024 KCDA Age Group 1 2024
64	1:36.62	L	F	Kara De Wit	12	RFA	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
65	1:36.81	L	F	Arya De Sousa	12	TRAZ	FSH	13/09/2024 NTS September Age Group 2024
66	1:37.04	L	F	Ella Kalp	12	RSA		04/10/2024 Curro AquaElite Gala
67	1:37.07	L	F	Abigail Goodchild	12	TUKS	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
68	1:37.37	L	F	Megan Els	12	BAS	EKU	18/01/2025 EGA Summer 5
69	1:37.66	L S	F	Neanè Van Zyl	12	GREY	CPT	02/11/2024 CTA A & B CHAMPS 2024
70	1:37.67	L	F	Caitlin McDowell	12	ESP	EKU	26/10/2024 Summer 3 Delville
71	1:37.78	L	F	April Jooman	12	BEST	NMA	17/08/2024 Madibaz Swim Meet 2024
72	1:37.95	L	F	Jazmin Anthony	12	PAQU	GED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
73	1:38.02	L	P	Jessica Head	12	SEALE	ETH	02/07/2024 Prestige Tournament 2024
74	1:38.08	L	P	Elizabeth Desilla	12	SASE	JHB	29/11/2024 CGA Championships 2024
75	1:38.13	L	F	Ella Van Viegen	12	BLSS	MAN	04/12/2024 Free State Champs 2024
76	1:38.21	L S	F	Marli Coetzee	12	GREY	CPT	21/09/2024 CTA INVITATIONAL LC MEET
77	1:38.33	L	P	Kayla Gerber	12	STAQ	GED	05/12/2024 Western Cape LC-A Championship 2024
78	1:38.37	L	F	Ayla Bornman	12	ACAQ	CCD	09/11/2024 Limpopo Age Group 5
79	1:38.51	L	F	Mattae Morel	12	CA	EKU	05/12/2024 EGA Summer Championships
80	1:38.61	L	F	Dunay Zovitzkey	12	TUKS	FSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
81	1:38.62	L S	F	Sophia Castleden	12	STAQ	GED	21/09/2024 CTA INVITATIONAL LC MEET
82	1:38.65	L	F	Noa Sebastiao	12	TUKS	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
83	1:38.67	L S	F	Mikayla Stevenson	12	QUIC	CPT	02/11/2024 CTA A & B CHAMPS 2024
84	1:38.70	L	F	Rirhandzu Chauke	12	DORE	JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
85	1:38.90	L	F	Leah Du Plessis	12	PEAS	NMA	13/12/2024 NMBA Championships 2024
86	1:38.97	L	F	Chanel Smit	12	ELEC	FSH	13/09/2024 NTS September Age Group 2024
87	1:39.00	L	F	Camryn Weber	12	BCA	BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
88	1:39.03	L	F	Inge Opperman	12	BLOT	MAN	04/12/2024 Free State Champs 2024
89	1:39.18	L	F	Gia Stedall	12	WWOL	FSH	18/10/2024 NTS Level 3+ October Age Group 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
90	1:39.42 L	P	Skylar Jack	12	PER JHB	29/11/2024	CGA Championships 2024
91	1:39.46 L	F	Mienke Pretorius	12	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
92	1:39.63 L	F	Zara Lockitch	12	CYBE CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
93	1:39.64 L	F	Mikaela Roff	12	ROA EDD	31/01/2025	Infinity Gala 2025
94	1:39.88 L	F	Xysca Bezuidenhout	12	STSC KCD	07/12/2024	Stingrays Champs 2024
95	1:39.97 L	F	Chloe Rautenbach	12	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
96	1:40.12 L	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024	EGA Summer Championships
97	1:40.14 L	F	Mia Jansen van Rensburg	12	XCEL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
98*	1:40.36 L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025	uShaka Champs 2025
98*	1:40.36 L	F	Daniela Kleb	12	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
100	1:40.40 L	F	Micaela Fourie	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
101	1:40.59 L	F	Mienke Rutherford	12	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
102	1:40.70 L S	F	Caitlin Barnes	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
103	1:40.72 L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	18/01/2025	EGA Summer 5
104	1:40.89 L	F	Amelia-Rose Schutlzler	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
105	1:40.91 L	F	Imme Wolfaardt	12	LALE CED	09/11/2024	Winelands SL4
106	1:41.08 L	P	Cayleigh Machill	12	BARA EKU	05/12/2024	EGA Summer Championships
107	1:41.18 L	F	Anja Boshoff	12	TYGE CPT	09/11/2024	Winelands SL4
108	1:41.31 L	F	Zibusiso Xulu	12	WSTV ETH	25/01/2025	uShaka Champs 2025
109	1:41.56 L	F	Khalalelo Ratlhogo	12	ESP EKU	01/02/2025	EGA Last Chance Gala
110	1:41.78 L	F	Madison Harris	12	SOUL EKU	12/10/2024	EGA Summer 2
111	1:41.84 L	F	Annabelle Kruger	12	DESA NMA	31/01/2025	Infinity Gala 2025
112	1:41.93 L	F	Jadine Grobler	12	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG
113	1:41.97 L	F	Zoe Kruger	12	LALE CED	09/11/2024	Winelands SL4
114	1:42.00 L	F	Lua Malan	12	WELL CED	09/11/2024	Winelands SL4
115	1:42.24 L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024	Limpopo Champs 2024
116	1:42.30 L	F	Elmane' de Wet	12	BLOT MAN	04/12/2024	Free State Champs 2024
117	1:42.36 L	F	Ziva Filday	12	AZON ETH	25/01/2025	uShaka Champs 2025
118	1:42.38 L	F	Brooklyn Terwin	12	USC BUF	13/12/2024	NMBA Championships 2024
119	1:42.43 L	F	Aisha Bhabha	12	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
120	1:42.44 L	P	Alexia Smith	12	WATR JHB	29/11/2024	CGA Championships 2024
121	1:42.48 L S	F	Kaitlyn Haynes-Smart	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
122	1:42.57 L	P	Paige Jansen van Vuuren	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
123	1:42.59 L	P	Kopano Lempe	12	MAKO EKU	05/12/2024	EGA Summer Championships
124	1:42.84 L	F	Mikaela Van Heerden	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
125*	1:42.95 L	P	Lara Greyling	12	TNDER FDD	04/12/2024	Free State Champs 2024
125*	1:42.95 L	F	Susanna Ellis	12	NWUC KKD	07/12/2024	NWS Championships 2024
127	1:43.05 L S	F	Yvette Louw	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
128	1:43.25 L	F	Gabriella Pearse	12	SASE JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
129	1:43.45 L S	F	Jemma Lloyd	12	VINE CPT	21/09/2024	CTA INVITATIONAL LC MEET
130	1:43.54 L	F	Lua Store	12	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
131	1:43.60 L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024	NMBA Championships 2024
132	1:43.63 L	P	Mikayla Coleman	12	TCA EKU	05/12/2024	EGA Summer Championships
133	1:43.65 L	F	Luah Theron	12	TUKS TSH	13/09/2024	NTS September Age Group 2024
134	1:43.90 L	F	Nina Koen	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
135	1:44.11 L S	F	Charlotte Jones	12	SLAQ CPT	21/09/2024	CTA INVITATIONAL LC MEET
136	1:44.16 L S	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
137*	1:44.26 L	F	Ziyada Tekle	12	USC BUF	22/11/2024	BCA Long Course Championships 2024
137*	1:44.26 L S	F	Lara Rosenstrauch	12	HTSA CPT	21/09/2024	CTA INVITATIONAL LC MEET
139	1:44.47 L	P	Oyama Baqwa	12	SGUL ETH	02/07/2024	Prestige Tournament 2024
140	1:44.51 L	P	Jessica Arenz	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
141	1:44.54 L	P	Jaimey Shaw	12	MDOL JHB	29/11/2024	CGA Championships 2024
142	1:44.64 L	F	Alize Spangenberg	12	EXP TSH	13/09/2024	NTS September Age Group 2024
143	1:44.78 L	F	Lia van Heerden	12	BS LLD	19/10/2024	Pelicans Gala 2
144	1:44.80 L	F	Areli Muyaka	12	HARB BPD	07/12/2024	NWS Championships 2024
145	1:44.83 L	P	Jade Calleemalay	12	OLDE JHB	29/11/2024	CGA Championships 2024
146	1:44.93 L	F	Zara Jantjies	12	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
147	1:44.98 L	P	Rebecca Manson	12	AAS JHB	29/11/2024	CGA Championships 2024
148	1:45.03 L	F	Mijone Beyers	12	CA EKU	01/02/2025	EGA Last Chance Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
149	1:45.16	L	P	Wilhandi Meyer	12	BULS MAN	04/12/2024	Free State Champs 2024
150	1:45.20	L	P	Phillipa Williams	12	SOUL EKU	05/12/2024	EGA Summer Championships
151	1:45.23	L	F	Katelyn Naidoo	12	CA EKU	26/10/2024	Summer 3 Delville
152	1:45.26	L	F	Emmalynn Strydom	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
153	1:45.27	L	P	Milah Allen	12	PER JHB	29/11/2024	CGA Championships 2024
154	1:45.39	L	F	Oyama Tuta	12	PELIC MAN	04/12/2024	Free State Champs 2024
155	1:45.48	L	P	Ming-Xi Tsai	12	AA JHB	29/11/2024	CGA Championships 2024
156	1:45.57	L	P	Lienke Van Wyk	12	BULS MAN	04/12/2024	Free State Champs 2024
157	1:45.60	L	F	Emily Koegelenberg	12	XCEL CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
158	1:45.71	L	F	Caydence Waring	12	SOUL EKU	26/10/2024	Summer 3 Delville
159	1:45.80	L	F	Savannah Thirsk	12	TYGE CPT	15/06/2024	PEA Winter Gala 2024
160	1:45.84	L	F	Jane Sieberhagen	12	AWIN TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
161	1:45.87	L	F	Elizabeth Roth	12	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
162	1:45.94	L	F	Helena Calitz	12	LALE CED	09/11/2024	Winelands SL4
163	1:45.98	L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024	NWS Championships 2024
164*	1:46.07	L	P	Gemma Lyon-MacGregor	12	CRSC JHB	29/11/2024	CGA Championships 2024
164*	1:46.07	L S	F	Jamie Els	12	AQDO CPT	21/09/2024	CTA INVITATIONAL LC MEET
166	1:46.29	L	F	Holli Tait	12	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
167	1:46.63	L	F	Jenna Bester	12	RFA TSH	13/09/2024	NTS September Age Group 2024
168*	1:46.69	L	F	Amieka Henning	12	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
168*	1:46.69	L	F	Kirsten Cupido	12	CYBE CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
170	1:46.83	L S	F	Sarah-Kate Odendaal	12	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
171*	1:47.12	L	F	Anastacia Coelho	12	CA EKU	01/02/2025	EGA Last Chance Gala
171*	1:47.12	L	F	Liané Van Heerden	12	SS MPD	29/11/2024	Limpopo Champs 2024
173	1:47.27	L	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024	Prestige Tournament 2024
174	1:47.51	L	F	Sofia de Freitas	12	MAKO EKU	12/10/2024	EGA Summer 2
175	1:47.61	L S	F	Juno Bouwer	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
176	1:48.08	L	F	Alyssa Coetzer	12	AZON ETH	25/01/2025	uShaka Champs 2025
177	1:48.09	L	F	Cailyn De Kock	12	BLSS MAN	04/12/2024	Free State Champs 2024
178	1:48.10	L	F	Kate Cheshire	12	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
179	1:48.17	L	P	Nicola Peers	12	SASE JHB	29/11/2024	CGA Championships 2024
180	1:48.41	L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
181	1:48.61	L	F	Lungile Ndaba	PR	VASA EKU	26/10/2024	Summer 3 Delville
182	1:48.84	L	F	Liane Van Zyl	12	UPSK ZMD	05/10/2024	FLAMINGO GALA OCT 2024
183	1:49.08	L	F	Makanaka Makoto	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
184	1:49.10	L	F	Madison Wissekerke	12	FRA KCD	26/10/2024	Froggies Aquatics Championships 2024
185	1:49.37	L S	F	Zaarah Meyer	12	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
186	1:49.47	L	P	Shelby Schoeman	12	CA EKU	05/12/2024	EGA Summer Championships
187	1:49.55	L	F	Ilê Ferreira	12	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
188	1:49.64	L	F	Nandile Shabalala	12	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
189*	1:49.67	L	F	Sloan Warner	12	INFA NMA	13/12/2024	NMBA Championships 2024
189*	1:49.67	L	F	Zené Gouws	12	TASC MPD	29/11/2024	Limpopo Champs 2024
191	1:49.86	L	F	Le-May Van Zyl	12	ELRAS WBD	01/02/2025	Limpopo School Champs & Limpopo AG
192	1:50.05	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	13/12/2024	NMBA Championships 2024
193	1:50.34	L	F	Jane Botha	12	VALS FDD	25/10/2024	Neptunes Gala
194	1:50.36	L	P	Jéanté Bothma	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
195	1:50.49	L	F	Ella Myburgh	12	INFA NMA	31/01/2025	Infinity Gala 2025
196	1:50.65	L	F	Caroline Angius	12	STAR BPD	07/12/2024	NWS Championships 2024
197	1:50.79	L	F	Shayla Quin	12	SS MPD	29/11/2024	Limpopo Champs 2024
198	1:51.32	L	F	Cayla Cunningham	12	TRAZ TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
199	1:51.44	L	P	Alexia Dippenaar	12	BS LLD	04/12/2024	Free State Champs 2024
200	1:52.02	L	F	Cassie Van Heerden	12	TYGE CPT	09/11/2024	Winelands SL4
201	1:52.50	L	P	Kutendaishe Dube	12	ACES ETH	02/07/2024	Prestige Tournament 2024
202	1:52.56	L	F	Dominique Birkenstock	12	JAQ EKU	26/10/2024	Summer 3 Delville
203	1:52.97	L	F	Kiara Dave	12	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
204	1:53.02	L	F	Elizabeth Du Preez	12	CSC TSH	13/12/2024	NMBA Championships 2024
205	1:53.03	L	F	Mishay Smith	12	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
206	1:53.07	L	P	Dikgang Mokgele	12	MAKO EKU	05/12/2024	EGA Summer Championships
207	1:53.14	L	F	Alexianne Metzger	12	SWIFT EKU	01/02/2025	EGA Last Chance Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
208	1:53.41	L	F	Lize-Mari Vorster	12	WELL	GED	09/11/2024	Winelands SL4
209	1:53.71	L	F	Clara Duvenage	12	CA	EKU	26/10/2024	Summer 3 Delville
210	1:53.98	L S	F	Mia Wittbooi	12	RETR	CPT	21/09/2024	CTA INVITATIONAL LC MEET
211	1:54.16	L	F	Emma Van Loggerenberg	12	TUKS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
212	1:54.27	L	P	Mia Smit	12	KSC	EZD	29/11/2024	Mpumalanga Championships 2024
213	1:54.65	L	F	Leane Nel	12	EXP	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
214	1:54.75	L	F	Katie Van den Heever	12	UNIU	EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
215	1:54.94	L	F	Mila Pile	12	FISH	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
216	1:55.12	L	P	Mercy Theu	12	CRSC	JHB	29/11/2024	CGA Championships 2024
217	1:55.39	L	F	Mienke Grobler	12	BULS	MAN	06/09/2024	Bull Sharks Annual Gala
218	1:55.40	L	P	Lintle Mahao	12	FAC	EKU	05/12/2024	EGA Summer Championships
219	1:55.52	L	P	Marizelle Vermaak	12	HREF	BPD	07/12/2024	NWS Championships 2024
220	1:55.56	L	F	Madyson le Roux	12	POTC	KKD	09/11/2024	NWS Age Group 1 & 2 2024
221	1:55.75	L	F	Inge Moore	12	BEST	NMA	14/09/2024	3rd A League Gala 2024
222	1:55.84	L	F	Zarah Matthee	12	KHAY	CPT	10/01/2025	2024 Grand Prix Invitation Swimming
223*	1:55.89	L	F	Ashleigh Petersen	12	INFA	NMA	31/01/2025	Infinity Gala 2025
223*	1:55.89	L	P	Tenele Taole	12	SWIFT	EKU	05/12/2024	EGA Summer Championships
225	1:55.96	L S	F	Emily Botha	12	ASAC	CPT	02/11/2024	CTA A & B CHAMPS 2024
226	1:56.18	L	F	Kenzy Barnard	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
227	1:56.19	L S	F	Sarah Wakefield	12	MANT	CPT	02/11/2024	CTA A & B CHAMPS 2024
228	1:56.33	L	F	Caitlyn Botha	12	CA	EKU	12/10/2024	EGA Summer 2
229	1:56.61	L	F	Millieke Ferreira	12	DDA	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
230	1:56.62	L	F	Hani Salie	12	LALE	GED	09/11/2024	Winelands SL4
231	1:56.70	L	P	Kayleigh Brophy	12	AAS	JHB	29/11/2024	CGA Championships 2024
232	1:56.88	L S	F	Shyla Lutchman	12	VINE	CPT	02/11/2024	CTA A & B CHAMPS 2024
233	1:57.39	L	F	Anathi Qamba	12	FAC	EKU	01/02/2025	EGA Last Chance Gala
234	1:57.69	L	P	Helene de Bruyn	12	BULS	MAN	04/12/2024	Free State Champs 2024
235	1:57.75	L	P	Gabriella Bengell	12	BLNE	MAN	04/12/2024	Free State Champs 2024
236	1:57.85	L	F	Annika Schuch	12	RBOT	BPD	09/11/2024	NWS Age Group 1 & 2 2024
237	1:57.92	L	F	Emihle Mnumu	12	FRA	KCD	25/01/2025	uShaka Champs 2025
238	1:58.19	L	F	Mosa Seboko	12	WSS	LLD	15/11/2024	Valsrivier Gala 2024
239	1:58.39	L	F	Kate Riddell	12	CUHE	QBD	09/11/2024	Swartland Prestige Gala 2024
240	1:58.46	L	F	Dominic De Jager	12	USH	KCD	23/11/2024	KCDA Age Group Gala 3
241	1:58.47	L S	F	Anneke Paulsen	12	ASAC	CPT	02/11/2024	CTA A & B CHAMPS 2024
242	1:58.63	L	P	Cayla Fourie	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
243	1:58.89	L	F	Roaluswa Manenzhe	12	MATL	KKD	09/11/2024	NWS Age Group 1 & 2 2024
244	1:59.99	L	F	Summer Fang	12	PEAS	NMA	17/08/2024	Madibaz Swim Meet 2024
245	2:00.07	L	F	Sade Kenny	12	SRAY	BUF	22/11/2024	BCA Long Course Championships 2024
246	2:00.11	L S	F	Cecile Pretorius	12	TYGE	CPT	02/11/2024	CTA A & B CHAMPS 2024
247*	2:00.12	L S	F	Amy Van der Walt	12	XCEL	CPT	21/09/2024	CTA INVITATIONAL LC MEET
247*	2:00.12	L	F	Rebaone Mbamali	12	PELIC	MAN	19/10/2024	Pelicans Gala 2
249	2:00.29	L S	F	Livia Vancoillie	12	QUIC	CPT	02/11/2024	CTA A & B CHAMPS 2024
250	2:00.60	L	F	Mienke Gerber	12	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
251	2:00.70	L	P	Sydney Howes	12	HREF	BPD	07/12/2024	NWS Championships 2024
252	2:00.83	L	F	Tsakile Mahumane	12	NSAD	EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
253	2:01.12	L	F	Rone Putter	12	ACAQ	CCD	12/10/2024	Limpopo Age Group 4
254	2:01.37	L	P	Lufuno Masupa	12	WSS	LLD	04/12/2024	Free State Champs 2024
255	2:01.49	L	F	Dané Schoeman	12	FISH	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
256	2:01.94	L	F	Mia De Esclana	12	VRC	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
257	2:02.05	L	F	Oratile Motaung	12	MAKO	EKU	12/10/2024	EGA Summer 2
258	2:02.60	L	F	Nobuciko Mabunda	12	NSAD	EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
259	2:02.65	L	F	Destheonique Julius	12	KALA		05/10/2024	FLAMINGO GALA OCT 2024
260	2:03.10	L	F	Nicole Jonas	12	PLAY	GED	09/11/2024	Swartland Prestige Gala 2024
261	2:03.18	L	F	Madeleine de Villiers	12	EXP	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
262	2:03.38	L	F	Amogelang Kutu	12	SS	MPD	09/11/2024	Limpopo Age Group 5
263	2:03.59	L	F	Khanya Ramone	12	MATL	KKD	09/11/2024	NWS Age Group 1 & 2 2024
264	2:03.72	L	P	Zana Richardson	12	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
265	2:03.96	L S	F	Leah Wentzel	12	MARL	CPT	02/11/2024	CTA A & B CHAMPS 2024
266	2:04.11	L	F	Lethabo Nyandeni	12	TUKS	FSH	13/09/2024	NTS September Age Group 2024

Individual Top Times

Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr				
267	2:04.16	L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS Championships 2024
268	2:04.49	L	F	Paballo Nkosi	12	FAC EKU	26/10/2024	Summer 3 Delville
269	2:04.81	L	F	Imke Swanepoel	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
270	2:05.02	L	F	Annemi Loots	12	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
271	2:05.03	L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
272	2:06.93	L	P	Simone Swanepoel	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
273	2:07.09	L	F	Anika Bester	12	STGR XRD	05/10/2024	FLAMINGO GALA OCT 2024
274	2:07.72	L	P	Morgan Roebuck	12	MAKO EKU	05/12/2024	EGA Summer Championships
275	2:07.73	L	F	Marion Münch	12	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
276	2:08.77	L	F	Eryn Botwood	12	CA EKU	18/01/2025	EGA Summer 5
277	2:10.09	L	P	Nyandano Madaba	12	FAC EKU	05/12/2024	EGA Summer Championships
278	2:11.37	L	F	Thatohatsi Masomba	12	THOK EKU	12/10/2024	EGA Summer 2
279	2:12.52	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
280	2:13.00	L	F	Unarine Mulaudzi	12	PGAC EKU	18/01/2025	EGA Summer 5
281	2:13.94	L	F	Milan Booysen	12	BLOT MAN	04/12/2024	Free State Champs 2024
282	2:14.04	L	F	Tionie Groenewald	12	TGA WCD	09/11/2024	Swartland Prestige Gala 2024
283	2:14.70	L	F	Taylor Kotzee	12	GAA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
284	2:15.25	L	F	Ayola Koli	12	ESTR EKU	26/10/2024	Summer 3 Delville
285	2:16.38	L	P	Reaoboka Moloji	12	MAKO EKU	05/12/2024	EGA Summer Championships
286	2:18.63	L	F	Alexis Visagie	12	BEST NMA	31/01/2025	Infinity Gala 2025
287	2:19.40	L	F	Nika Smit	12	BS LLD	01/02/2025	Heidedal & Sentraal Galal
288	2:20.68	L	F	Madison Jacobs	12	XCEL CPT	09/11/2024	Swartland Prestige Gala 2024
289	2:23.48	L S	F	Liyla Godwin	12	CYBE CPT	21/09/2024	CTA INVITATIONAL LC MEET
290	2:26.11	L	F	Mokgabo Monnana	12	TLAC BPD	09/11/2024	NWS Age Group 1 & 2 2024
291	2:26.23	L	F	Lily Lucas	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
292	2:27.64	L	F	Ava Rough	12	BARA EKU	26/10/2024	Summer 3 Delville
293	2:28.64	L	F	Miyanke Landmann	12	BETH FDD	15/11/2024	Valsrivier Gala 2024
294	2:29.82	L	F	Femke Nieuwenhuizen	12	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024
295	2:30.89	L	F	Nokubonga Buda	12	ESP EKU	01/02/2025	EGA Last Chance Gala
296	2:37.36	L	F	Masego Monakedi	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
297	2:39.42	L	F	Elethu Maqabangqa	12	KHAY CPT	17/10/2024	43rd Freda Barnard Invitational Gala
298	2:41.31	L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga Championships 2024
Women 12-12 200 Breast								
1	2:51.62	L	F	Anna Horn	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
2	2:56.60	L	F	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
3	2:58.23	L	F	Jenna-Lee Watson	12	HPS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
4	3:00.79	L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025
5	3:03.54	L S	F	Megan Jacobs	12	WSTV ETH	02/07/2024	Prestige Tournament 2024
6	3:05.79	L	F	Talia McCabe	12	WATR JHB	29/11/2024	CGA Championships 2024
7	3:06.50	L	F	Chenique Kooi	12	TUKS TSH	05/12/2024	EGA Summer Championships
8	3:06.63	L	F	Evie du Plessis	12	BLOT MAN	31/08/2024	Seals Gala
9	3:07.18	L	F	Ava Constantinides	12	CA EKU	05/12/2024	EGA Summer Championships
10	3:08.77	L	F	Nina Pieterse	12	DESA NMA	31/01/2025	Infinity Gala 2025
11	3:09.04	L	F	Katherine Harrop-Allin	12	CSC TSH	05/12/2024	EGA Summer Championships
12	3:09.54	L	F	Grace Julies	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
13	3:10.69	L	F	Mignon Swart	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
14	3:11.04	L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
15	3:11.13	L	F	Josephine Van Wyk	12	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
16	3:11.89	L	F	Kaylee Watt	12	CA EKU	05/12/2024	EGA Summer Championships
17	3:12.57	L	F	Sarah-Rose Pohlmann	12	BEST NMA	16/11/2024	5th A League Gala 2024
18	3:13.95	L	F	Tatum Van Zijl	12	OHAN ILD	25/01/2025	uShaka Champs 2025
19	3:14.31	L	F	Chloe-Leigh Jurgens	12	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
20	3:14.52	L S	F	Taylor Ten Napel	12	BEAV ETH	02/07/2024	Prestige Tournament 2024
21	3:15.28	L S	F	Livia Gutter	12	BLOT MAN	04/12/2024	Free State Champs 2024
22	3:15.72	L	F	Jane Retief	12	LALE CED	09/11/2024	Winelands SL4
23	3:15.73	L	F	Carinke Wessels	12	BLOT MAN	13/09/2024	Pelicans Age Group Gala
24	3:16.60	L	F	Sienna Seagram	12	ELEC TSH	18/10/2024	NTS Level 3+ October Age Group 2024
25	3:16.86	L	F	Ava Bosch	12	DRGN EKU	29/11/2024	CGA Championships 2024
26	3:16.89	L	F	Ruvarashe Chibharo	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	3:18.41	L	F	Kara Pretorius	12	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
28	3:19.73	L	F	Mali Louw	12	WELL CED	09/11/2024 Winelands SL4
29	3:20.39	L	F	Rania Marnewick	12	LINR JHB	29/11/2024 CGA Championships 2024
30	3:22.22	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
31	3:23.15	L	F	Abigail Goodchild	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
32	3:23.16	L	F	Isabella Vreenegoor	12	CRSC JHB	29/11/2024 CGA Championships 2024
33	3:23.19	L	F	Taylor Siebrits	12	STSC KCD	01/02/2025 KCDA Age Group 4 2024
34	3:23.35	L	F	Layla Barber-Luna	12	MDOL JHB	15/11/2024 Summer 4 Delville
35	3:23.45	L	F	Annabel Meyer	12	BULS MAN	31/08/2024 Seals Gala
36	3:24.21	L	F	Lize De Wet	12	SS MPD	29/11/2024 Limpopo Champs 2024
37	3:24.24	L	P	Ava Grebe	12	CUHE OBD	05/12/2024 Western Cape LC-A Championship 2024
38	3:24.31	L	F	Emma Ristow	12	USC BUF	13/12/2024 NMBA Championships 2024
39	3:24.36	L S	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
40	3:24.42	L S	F	Cara Louw	12	RBOT BPD	07/12/2024 NWS Championships 2024
41	3:24.58	L	F	Noa Sebastiao	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
42	3:24.68	L	F	Gia Newkirk	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
43	3:25.22	L	F	Pippa Roberts	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
44	3:26.05	L	P	Harper Halford	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
45	3:26.20	L	F	Emilie Conradie	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
46	3:26.32	L	F	Ella Van Viegen	12	BLSS MAN	27/09/2024 Seals Gala 2
47	3:27.73	L	P	Mia Stilwaney	12	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
48	3:27.96	L	F	April Jooman	12	BEST NMA	05/10/2024 4th A League Gala 2024
49	3:28.10	L	F	Jazmin Anthony	12	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
50	3:28.81	L	F	Imme Wolfaardt	12	LALE CED	09/11/2024 Winelands SL4
51	3:28.88	L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024 CGA Championships 2024
52	3:29.21	L	F	Alexis De Witt	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
53	3:29.40	L	F	Mikayla Stevenson	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
54	3:30.37	L	F	Alexis Visser	12	MAKO EKU	15/11/2024 Summer 4 Delville
55	3:30.47	L	P	Isabella Goncalves	12	SOUL EKU	05/12/2024 EGA Summer Championships
56	3:30.54	L	P	Paige Schutze-Langston	12	MDOL JHB	29/11/2024 CGA Championships 2024
57	3:30.70	L	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
58	3:31.13	L	P	Ayvah Jacob	12	RACE JHB	29/11/2024 CGA Championships 2024
59	3:31.32	L	P	Amaru Mapulane	12	CA EKU	05/12/2024 EGA Summer Championships
60	3:32.00	L	F	Leah Du Plessis	12	PEAS NMA	13/12/2024 NMBA Championships 2024
61	3:32.75	L	F	Neanè Van Zyl	12	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
62	3:33.05	L	F	Chanel Smit	12	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
63	3:33.66	L	F	Jadine Grobler	12	TKS WBD	29/11/2024 Limpopo Champs 2024
64	3:33.75	L	F	Camryn Weber	12	AQUA BUF	25/01/2025 BCA January Age Group Gala 2025
65*	3:34.27	L	P	Caitlin McDowell	12	ESP EKU	05/12/2024 EGA Summer Championships
65*	3:34.27	L	P	Mattae Morel	12	CA EKU	05/12/2024 EGA Summer Championships
67	3:34.56	L	F	Sophia Castleden	12	STAQ CED	09/11/2024 Winelands SL4
68	3:34.82	L	F	Jasmine Woodburn	12	MDOL JHB	15/11/2024 Summer 4 Delville
69	3:35.31	L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024 NMBA Championships 2024
70	3:35.34	L	P	Khalalelo Ratlhogo	12	ESP EKU	05/12/2024 EGA Summer Championships
71	3:35.45	L	F	Jemma Lloyd	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
72	3:35.93	L S	F	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
73	3:36.05	L	P	Madison Sanan	12	PER JHB	29/11/2024 CGA Championships 2024
74	3:36.12	L	F	Amelia-Rose Schutzler	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
75	3:36.33	L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025 uShaka Champs 2025
76	3:36.38	L	F	Luah Theron	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
77	3:36.60	L	F	Gia Stedall	12	WWOL FSH	18/10/2024 NTS Level 3+ October Age Group 2024
78	3:36.67	L	F	Annabelle Kruger	12	DESA NMA	16/11/2024 5th A League Gala 2024
79	3:36.97	L	P	Rirhandzu Chauke	12	DORE JHB	29/11/2024 CGA Championships 2024
80	3:36.99	L S	F	Paige Jansen van Vuuren	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
81	3:37.06	L S	P	Zibusiso Xulu	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
82	3:37.21	L	F	Emmalynn Strydom	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
83*	3:38.17	L	F	Alize Spangenberg	12	EXP FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
83*	3:38.17	L	F	Mikaela Van Heerden	12	TUKS FSH	13/09/2024 NTS September Age Group 2024
85	3:39.12	L	P	Gabriella Pearse	12	SASE JHB	29/11/2024 CGA Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
86	3:39.47	L	F	Mienie Pretorius	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
87	3:39.69	L	F	Lumka Zamisa	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
88	3:39.91	L S	F	Elmane' de Wet	12	BLOT MAN	04/12/2024 Free State Champs 2024
89	3:40.65	L	F	Xysca Bezuidenhout	12	STSC KCD	26/10/2024 Froggies Aquatics Championships 2024
90	3:40.69	L	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
91	3:41.06	L	F	Emily Koegelenberg	12	XCEL CPT	02/11/2024 CTA A & B CHAMPS 2024
92	3:41.31	L	F	Mia Jansen van Rensburg	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
93	3:41.36	L	F	Emma Gotthardt	12	ELEC TSH	13/09/2024 NTS September Age Group 2024
94	3:41.91	L	F	Megan Els	12	BAS ECU	15/11/2024 Summer 4 Delville
95	3:42.79	L	F	Mijone Beyers	12	CA ECU	05/12/2024 EGA Summer Championships
96	3:43.10	L	P	Rebecca Manson	12	AAS JHB	29/11/2024 CGA Championships 2024
97	3:44.28	L	P	Alexia Smith	12	WATR JHB	29/11/2024 CGA Championships 2024
98	3:44.56	L	P	Ming-Xi Tsai	12	AA JHB	29/11/2024 CGA Championships 2024
99	3:44.89	L	P	Cayleigh Machill	12	BARA ECU	05/12/2024 EGA Summer Championships
100	3:45.80	L	F	Lara Greyling	12	TNDER FDD	25/10/2024 Neptunes Gala
101	3:46.38	L	P	Milah Allen	12	PER JHB	29/11/2024 CGA Championships 2024
102	3:46.48	L	F	Jane Sieberhagen	12	AWIN TSH	13/09/2024 NTS September Age Group 2024
103	3:47.32	L	P	Caydence Waring	12	SOUL ECU	05/12/2024 EGA Summer Championships
104	3:47.49	L S	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024 NWS Championships 2024
105	3:47.79	L	F	Anastacia Coelho	12	CA ECU	01/02/2025 EGA Last Chance Gala
106	3:47.82	L	F	Kaitlyn Haynes-Smart	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
107	3:47.86	L	F	Susanna Ellis	12	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
108	3:48.73	L	F	Juno Bouwer	12	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
109	3:49.80	L	F	Nina Oosthuizen	12	NSAD EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
110	3:50.84	L	F	Ayla Bornman	12	ACAQ CCD	09/11/2024 Limpopo Age Group 5
111	3:52.44	L S	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
112	3:52.84	L	F	Sarah-Kate Odendaal	12	QUIC CPT	17/10/2024 43rd Freda Barnard Invitational Gala
113	3:52.88	L S	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
114	3:52.89	L	F	Ziyada Tekle	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
115	3:53.01	L	F	Jaimey Shaw	12	PEAS NMA	15/06/2024 PEA Winter Gala 2024
116	3:53.75	L	F	Nina Koen	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
117	3:54.42	L	F	Le-May Van Zyl	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
118	3:55.11	L	F	Makanaka Makoto	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
119	3:55.13	L S	F	Alexia Dippenaar	12	BS LLD	04/12/2024 Free State Champs 2024
120	3:55.22	L	F	Yvette Louw	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
121	3:55.28	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
122	3:55.60	L	F	Ella Myburgh	12	INFA NMA	31/01/2025 Infinity Gala 2025
123	3:55.66	L	F	Ilê Ferreira	12	VRC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
124	3:56.39	L	F	Ziane Drenth	12	AWIN TSH	13/09/2024 NTS September Age Group 2024
125	3:56.59	L	F	Mia Smit	12	KSC EZD	29/11/2024 Mpumalanga Championships 2024
126	3:56.99	L	F	Leandi Swarts	12	PSA ZLD	26/10/2024 Froggies Aquatics Championships 2024
127	3:57.26	L	F	Emma Gerber	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
128	3:57.67	L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024 CGA Championships 2024
129	3:57.81	L	F	Wilhandi Meyer	12	BULS MAN	13/09/2024 Pelicans Age Group Gala
130	3:58.22	L	F	Angelique Kyanda-Kaboza	12	DESA NMA	15/06/2024 PEA Winter Gala 2024
131	3:58.27	L	F	Shyla Lutchman	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
132	3:58.34	L	P	Caitlyn Botha	12	CA ECU	05/12/2024 EGA Summer Championships
133	3:58.75	L	P	Katelyn Naidoo	12	CA ECU	05/12/2024 EGA Summer Championships
134	3:58.84	L	F	Kate Riddell	12	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
135	3:59.05	L	F	Shelby Schoeman	12	CA ECU	15/11/2024 Summer 4 Delville
136	3:59.59	L	F	Alexianne Metzger	12	SWIFT ECU	01/02/2025 EGA Last Chance Gala
137	4:00.36	L	F	Madison Wissekerke	12	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
138	4:01.21	L	F	Kopano Lempe	12	MAKO ECU	15/11/2024 Summer 4 Delville
139	4:02.00	L	F	Zaarah Meyer	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
140	4:03.27	L S	F	Menieke Rowe-Rowe	12	BULS MAN	04/12/2024 Free State Champs 2024
141	4:04.45	L	F	Dikgang Mokgele	12	MAKO ECU	15/11/2024 Summer 4 Delville
142	4:05.47	L	F	Clara Duvenage	12	CA ECU	15/11/2024 Summer 4 Delville
143	4:05.70	L S	F	Sydney Howes	12	HREF BPD	07/12/2024 NWS Championships 2024
144	4:05.93	L	F	Kara Groenewald	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
145	4:06.45	L	F	Mila Pile	12	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
146	4:06.49	L	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024 EGA Summer Championships
147	4:06.71	L	F	Marizelle Vermaak	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
148	4:06.89	L S	F	Caroline Angius	12	STAR BPD	07/12/2024 NWS Championships 2024
149	4:07.16	L	F	Madison Harris	12	SOUL EKU	15/11/2024 Summer 4 Delville
150	4:07.60	L	P	Lintle Mahao	12	FAC EKU	05/12/2024 EGA Summer Championships
151	4:08.00	L	F	Tsakile Mahumane	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
152	4:08.35	L	F	Cassie Van Heerden	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
153	4:09.14	L	F	Emily Botha	12	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
154	4:09.16	L	P	Anathi Qamba	12	FAC EKU	05/12/2024 EGA Summer Championships
155	4:09.28	L S	F	Mienke Grobler	12	BULS MAN	04/12/2024 Free State Champs 2024
156	4:10.33	L S	F	Rebaone Mbamali	12	PELIC MAN	04/12/2024 Free State Champs 2024
157	4:10.46	L	F	Dominic De Jager	12	USH KCD	25/01/2025 uShaka Champs 2025
158	4:10.84	L S	F	Annika Schuch	12	RBOT BPD	07/12/2024 NWS Championships 2024
159	4:11.46	L	F	Livia Vancoillie	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
160	4:12.85	L S	F	Gabriella Bengell	12	BLNE MAN	04/12/2024 Free State Champs 2024
161	4:15.16	L	F	Cayla Fourie	12	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
162	4:15.26	L	F	Hani Salie	12	LALE CED	17/10/2024 43rd Freda Barnard Invitational Gala
163	4:15.74	L	P	Tenele Taole	12	SWIFT EKU	05/12/2024 EGA Summer Championships
164	4:16.51	L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024 NWS Age Group 1 & 2 2024
165	4:17.51	L	F	Nandile Shabalala	12	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
166	4:17.96	L	F	Leah Wentzel	12	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
167	4:21.60	L	F	Michaela Hirst	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
168	4:25.20	L	F	Amogelang Kutu	12	SS MPD	29/11/2024 Limpopo Champs 2024
169	4:25.59	L S	F	Khanya Ramone	12	MATL KKD	07/12/2024 NWS Championships 2024
170	4:30.44	L	F	Eryn Botwood	12	CA EKU	01/02/2025 EGA Last Chance Gala
171	4:30.47	L	F	Simone Swanepoel	12	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
172	4:33.49	L	F	Dané Schoeman	12	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
173	4:33.85	L	F	Mia-Marie van Zyl	12	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
174	4:34.12	L	P	Paballo Nkosi	12	FAC EKU	05/12/2024 EGA Summer Championships
175	4:34.53	L	F	Sade Kenny	12	SRAY BUF	22/11/2024 BCA Long Course Championships 2024
176	4:35.82	L	F	Zarah Matthee	12	KHAY CPT	17/10/2024 43rd Freda Barnard Invitational Gala
177	4:41.04	L	P	Nyandano Madaba	12	FAC EKU	05/12/2024 EGA Summer Championships
178	4:58.92	L	F	Nika Smit	12	BS LLD	15/11/2024 Valsrivier Gala 2024
Women 12-12 50 Fly							
1	29.78	L	P	Isabeau Coetsee	12	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
2	30.55	L	F	Shalea Hamilton	12	BEST NMA	31/01/2025 Infinity Gala 2025
3	31.83	L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024 CGA Championships 2024
4	32.12	L	F	Riley Haupt	12	CA EKU	05/12/2024 EGA Summer Championships
5	32.25	L	F	Emma Van Deventer	12	RSA	04/10/2024 Curro AquaElite Gala
6	32.52	L	F	Mia Jansen van Rensburg	12	XCEL CPT	02/11/2024 CTA A & B CHAMPS 2024
7	33.12	L	F	Anna Horn	12	CTA CPT	11/01/2025 EDEN INTER DISTRICT PRESTIGE
8	33.33	L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024 Limpopo Champs 2024
9	33.43	L	F	Kaylee Watt	12	CA EKU	05/12/2024 EGA Summer Championships
10	33.44	L	F	Jessica Barnard	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
11	33.51	L	F	Talia Hill	12	HPS TSH	13/09/2024 NTS September Age Group 2024
12	33.55	L	F	Aqeelah Williams	12	CTA CPT	11/01/2025 EDEN INTER DISTRICT PRESTIGE
13	33.62	L	F	Chisi Magubbwi	12	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
14	33.70	L	F	Arya De Sousa	12	TRAZ TSH	13/09/2024 NTS September Age Group 2024
15	33.75	L	F	Ava Bosch	12	DRGN EKU	29/11/2024 CGA Championships 2024
16	33.76	L	P	Jenna Joyce	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
17	33.95	L S	F	Grace Julies	12	XCEL CPT	21/09/2024 CTA INVITATIONAL LC MEET
18	33.97	L	F	Isabella Goncalves	12	SOUL EKU	01/02/2025 EGA Last Chance Gala
19	33.99	L	P	Mikaela Roff	12	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
20	34.13	L	P	Alexis Visser	12	MAKO EKU	05/12/2024 EGA Summer Championships
21	34.20	L	F	Mienke Kok	12	INFA NMA	31/01/2025 Infinity Gala 2025
22	34.22	L	F	Gea March	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
23	34.26	L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025 uShaka Champs 2025
24	34.33	L	F	Kara De Wit	12	RFA TSH	07/12/2024 NWS Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
25	34.43	L	F	Pippa Roberts	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
26	34.65	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024 NMBA Championships 2024
27	34.71	L	F	Elizabeth Roth	12	PEAS NMA	31/01/2025 Infinity Gala 2025
28	34.73	L	F	Sarah Mocke	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
29	34.84	L	F	Christie Snyders	12	VALS FDD	04/12/2024 Free State Champs 2024
30	34.86	L	F	Jadine Grobler	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
31*	34.98	L	F	Sophia Castleden	12	STAQ CED	09/11/2024 Winelands SL4
31*	34.98	L	P	Zara Jantjies	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
31*	34.98	L	F	April Jooman	12	BEST NMA	13/12/2024 NMBA Championships 2024
34	35.05	L	F	Micah Gomes	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
35	35.19	L	F	Lumka Zamisa	12	HREF BPD	07/12/2024 NWS Championships 2024
36	35.25	L	F	Olivia Meyburgh	12	CA EKU	05/12/2024 EGA Summer Championships
37*	35.28	L	P	Johané Burger	12	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
37*	35.28	L	F	Carinke Wessels	12	BLOT MAN	04/12/2024 Free State Champs 2024
39	35.30	L	P	Hannah Van Heerden	12	AACTA CPT	05/12/2024 Western Cape LC-A Championship 2024
40	35.34	L	F	Mia Vorster	12	WELA LLD	04/12/2024 Free State Champs 2024
41	35.63	L	F	Mia Stilwaney	12	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
42	35.66	L	P	Sophia Gullan	12	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
43	35.67	L	F	Jovanah McGluwa	12	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
44	35.90	L	P	Mikayla Jordaan	12	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
45	35.91	L	P	Shiloh Cruywagen	12	SEAL UMD	02/07/2024 Prestige Tournament 2024
46*	35.95	L	F	Victoria Meyburgh	12	CA EKU	05/12/2024 EGA Summer Championships
46*	35.95	L	F	Amaru Mapulane	12	CA EKU	01/02/2025 EGA Last Chance Gala
48	35.98	L	P	Anja Boshoff	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
49	35.99	L S	F	Julie Olivier	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
50	36.06	L	F	Zibusiso Xulu	12	WSTV ETH	02/07/2024 Prestige Tournament 2024
51	36.08	L	P	Gia Heldsinger	12	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
52	36.12	L	P	Paige Schutze-Langston	12	MDOL JHB	29/11/2024 CGA Championships 2024
53	36.32	L S	F	Ruvarashe Chibharo	12	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
54	36.35	L	P	Mikayla Stevenson	12	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024
55	36.36	L	F	Lize De Wet	12	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
56*	36.37	L	F	Brooklyn Terwin	12	USC BUF	13/12/2024 NMBA Championships 2024
56*	36.37	L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024 Free State Champs 2024
58	36.40	L	F	Megan Els	12	BAS EKU	18/01/2025 EGA Summer 5
59	36.49	L	F	Ava Constantinides	CR	VASA EKU	12/10/2024 EGA Summer 2
60	36.51	L	F	Chenique Kooi	12	TUKS TSH	05/12/2024 EGA Summer Championships
61	36.57	L	P	Ava Longueira	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
62	36.60	L	F	Mignon Swart	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
63	36.65	L	F	Gabriella Lloyd-Swanepoel	12	MAKO EKU	18/01/2025 EGA Summer 5
64*	36.75	L	F	Annabel Meyer	12	BULS MAN	11/10/2024 Otters Prestige Gala 2024
64*	36.75	L	F	Ayvah Jacob	12	RACE JHB	29/11/2024 CGA Championships 2024
66	36.89	L	F	Hlumisa Mfabe	12	BCA BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
67	37.00	L	F	Cara Mills	12	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
68	37.02	L	P	Kirsten Cupido	12	CYBE CPT	05/12/2024 Western Cape LC-A Championship 2024
69	37.08	L	F	Clarise Stadler	12	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
70	37.13	L	F	Nina Oosthuizen	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
71	37.22	L	F	Alexis De Witt	12	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
72	37.27	L	F	Zara Lockitch	12	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
73*	37.31	L	F	Zani Van Dyk	12	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
73*	37.31	L	P	Kara Pretorius	12	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
75	37.44	L	P	Bokang Maruping	12	LINR JHB	29/11/2024 CGA Championships 2024
76	37.51	L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025 uShaka Champs 2025
77	37.55	L	P	Emma Cullis	12	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
78	37.60	L	F	Jessica Head	12	SEALE ETH	02/07/2024 Prestige Tournament 2024
79	37.80	L	P	Mali Louw	12	WELL CED	05/12/2024 Western Cape LC-A Championship 2024
80	37.83	L	F	Liane Van Zyl	12	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
81	37.85	L	F	Susanna Ellis	12	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
82	37.86	L	P	Harper Halford	12	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
83	37.92	L	F	Leah Du Plessis	12	PEAS NMA	31/01/2025 Infinity Gala 2025

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
84	37.93	L	F	Nina Pieterse	12	DESA NMA	31/01/2025 Infinity Gala 2025
85	38.07	L	F	Helene de Bruyn	12	BULS MAN	04/12/2024 Free State Champs 2024
86	38.14	L	P	Evie du Plessis	12	BLOT MAN	04/12/2024 Free State Champs 2024
87	38.17	L	F	Nadelija Pillay	12	VHD ZLD	25/01/2025 uShaka Champs 2025
88	38.26	L	F	Sarah Schofield	12	SEALE ETH	25/01/2025 uShaka Champs 2025
89	38.27	L	F	Zoe Lambropoulos	12	TRAZ TSH	13/09/2024 NTS September Age Group 2024
90	38.35	L	P	Gia Newkirk	12	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
91	38.36	L	F	Emma Ristow	12	USC BUF	13/12/2024 NMBA Championships 2024
92	38.37	L	F	Chloe-Leigh Jurgens	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
93*	38.44	L	P	Elah-Mae Budram	12	PSCP UMD	02/07/2024 Prestige Tournament 2024
93*	38.44	L	F	Nobubelebesisa Zwane	12	STSC KCD	25/01/2025 uShaka Champs 2025
95	38.49	L	F	Nicoline Du Preez	12	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
96	38.55	L	P	Elizabeth Desilla	12	SASE JHB	29/11/2024 CGA Championships 2024
97	38.56	L	F	Mattae Morel	12	CA EKU	05/12/2024 EGA Summer Championships
98	38.60	L	F	Vanessa Jurado	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
99	38.63	L	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
100	38.71	L	F	Sarah-Kate Odendaal	12	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
101	38.76	L	F	Jazmin Anthony	12	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
102	38.80	L	F	Esona Sekeleni	12	USC BUF	13/12/2024 NMBA Championships 2024
103	38.83	L	F	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
104	38.84	L	F	Mienke Rutherford	12	POTC KKD	07/12/2024 NWS Championships 2024
105	38.88	L	F	Tischke Rischmuller	12	RFA TSH	01/02/2025 EGA Last Chance Gala
106	38.98	L	F	Mienke Gerber	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
107	38.99	L	F	Kinique Stols	12	TKS WBD	29/11/2024 Limpopo Champs 2024
108	39.02	L	F	Georgia Sabbagha	12	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
109	39.05	L	F	Saffiya Emjedi	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
110	39.07	L	F	Kristen Bell	12	LSKP WB	01/02/2025 Limpopo School Champs & Limpopo AG
111*	39.11	L	F	Gabriella Pearse	12	SASE JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
111*	39.11	L S	F	Sarah-Rose Pohlmann	12	BEST NMA	17/01/2025 6th A League Gala 2025
113	39.27	L	F	Abby Mostert	12	AWIN TSH	18/10/2024 NTS Level 3+ October Age Group 2024
114	39.29	L	F	Laila Christie	12	USC BUF	13/12/2024 NMBA Championships 2024
115*	39.35	L	P	Khalalelo Ratlhogo	12	ESP EKU	05/12/2024 EGA Summer Championships
115*	39.35	L	P	Rania Marnewick	12	LINR JHB	29/11/2024 CGA Championships 2024
117	39.48	L	F	Camryn Weber	12	AQUA BUF	15/06/2024 PEA Winter Gala 2024
118*	39.55	L	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
118*	39.55	L	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
120	39.64	L	F	Ziva Filday	12	RSA	04/10/2024 Curro AquaElite Gala
121	39.75	L	P	Isabella Vreenegoor	12	CRSC JHB	29/11/2024 CGA Championships 2024
122	39.77	L	F	Chloe Rautenbach	12	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
123	39.91	L	F	Cara Louw	12	RBOT BPD	23/11/2024 NWS Age Group 3 + 4 2024
124	39.94	L	F	Nobuciko Mabunda	12	NSAD EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
125	40.04	L	F	Ella Kalp	12	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
126	40.07	L	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024 Prestige Tournament 2024
127	40.11	L	P	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
128	40.28	L	P	Lily Hoar	12	KLOO ETH	02/07/2024 Prestige Tournament 2024
129	40.34	L	F	Eumari Van den Heever	12	RFA TSH	18/10/2024 NTS Level 3+ October Age Group 2024
130	40.37	L	F	Jenna Nieuwoudt	12	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
131	40.39	L	F	Jasmine Woodburn	12	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
132	40.42	L	F	Caitlin Barnes	12	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
133	40.45	L	F	Inge Opperman	12	BLOT MAN	13/09/2024 Pelicans Age Group Gala
134	40.46	L	P	Skylar Jack	12	PER JHB	29/11/2024 CGA Championships 2024
135	x40.56	L	F	Lore Hoek	12	THOK EKU	18/01/2025 EGA Summer 5
136	40.56	L	F	Lara Rosenstrauch	12	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
137	40.57	L	P	Zethembiso Mbambo	12	PSCP UMD	02/07/2024 Prestige Tournament 2024
138	40.60	L	P	Livia Gutter	12	BLOT MAN	04/12/2024 Free State Champs 2024
139	40.66	L	F	Karlia Degenaar	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
140	40.77	L	F	Shelby Schoeman	12	CA EKU	01/02/2025 EGA Last Chance Gala
141	40.80	L	F	Emily Koegelenberg	12	XCEL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
142	40.95	L	F	Jéanté Bothma	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
143	41.08	L	F	Mia Van de Vyver	12	QSAW	GED 07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
144	41.15	L	P	Melanie Munyoro	12	WATR	JHB 29/11/2024 CGA Championships 2024
145*	41.17	L	F	Alexia Smith	12	WATR	JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
145*	41.17	L	F	Elizabeth Du Preez	12	CSC	FSH 01/02/2025 EGA Last Chance Gala
147	41.34	L	F	Oyama Tuta	12	PELIC	MAN 13/09/2024 Pelicans Age Group Gala
148	41.35	L	F	Sloan Warner	12	INFA	NMA 16/11/2024 5th A League Gala 2024
149	41.37	L	F	Mercy Theu	12	CRSC	JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
150	41.41	L	F	Wilhandi Meyer	12	BULS	MAN 04/12/2024 Free State Champs 2024
151	41.47	L	P	Rirhandzu Chauke	12	DORE	JHB 29/11/2024 CGA Championships 2024
152	41.54	L	F	Caitlin McDowell	12	ESP	EKU 01/02/2025 EGA Last Chance Gala
153*	41.58	L	F	Mikaela Van Heerden	12	TUKS	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
153*	41.58	L	P	Kate Cheshire	12	MDOL	JHB 29/11/2024 CGA Championships 2024
155	41.85	L	F	Mia Smit	12	KSC	EZD 29/11/2024 Mpumalanga Championships 2024
156	41.89	L	P	Katelyn Naidoo	12	CA	EKU 05/12/2024 EGA Summer Championships
157	41.90	L	P	Aisha Bhabha	12	MDOL	JHB 29/11/2024 CGA Championships 2024
158	41.91	L	F	Liané Van Heerden	12	LSTZN	CCD 02/11/2024 Limpopo LS - Top 8 skole 2024
159	42.08	L	P	Annabel Van Reenen	12	ACSA	ETH 02/07/2024 Prestige Tournament 2024
160	42.12	L	F	Gabriella Bengell	12	BLNE	MAN 27/09/2024 Seals Gala 2
161	42.23	L	F	Anastacia Coelho	12	CA	EKU 18/01/2025 EGA Summer 5
162	42.51	L	F	Areli Muyaka	12	HARB	BPD 09/11/2024 NWS Age Group 1 & 2 2024
163	42.70	L	P	Micaela Fourie	12	NSAD	EZD 29/11/2024 Mpumalanga Championships 2024
164	42.71	L	F	Kayla Kleynhans	12	ROA	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
165	42.74	L	F	Olwenelo Ngema	12	FRA	KCD 28/09/2024 KCDA Age Group 1 2024
166	42.76	L	P	Kayleigh Brophy	12	AAS	JHB 29/11/2024 CGA Championships 2024
167	42.99	L	F	Beniece Mouton	12	TGA	WCD 09/11/2024 Swartland Prestige Gala 2024
168	43.04	L	F	Jessica Arenz	12	MANT	CPT 07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
169*	43.35	L	F	Angelique Kyanda-Kaboza	12	DESA	NMA 15/06/2024 PEA Winter Gala 2024
169*	43.35	L	P	Ella Adams	12	TYGE	CPT 05/12/2024 Western Cape LC-A Championship 2024
171	43.46	L	F	Tatum Van der Merwe	12	OHAN	ILD 25/01/2025 uShaka Champs 2025
172	43.47	L	P	Lauren Kleinhans	12	AA	JHB 29/11/2024 CGA Championships 2024
173	43.53	L	F	Sofia de Freitas	12	MAKO	EKU 12/10/2024 EGA Summer 2
174	43.85	L	P	Jaimey Shaw	12	MDOL	JHB 29/11/2024 CGA Championships 2024
175	43.86	L	P	Clara Duvenage	12	CA	EKU 05/12/2024 EGA Summer Championships
176	44.03	L	F	Alyssa Coetzer	12	AZON	ETH 14/06/2024 AQZ Winter Warmer 2024
177	44.05	L	F	Mia Witbooi	12	RETR	CPT 02/11/2024 CTA A & B CHAMPS 2024
178*	44.13	L	F	Ava Grebe	12	CUHE	QBD 09/11/2024 Swartland Prestige Gala 2024
178*	44.13	L	P	Makanaka Makoto	12	NSAD	EZD 29/11/2024 Mpumalanga Championships 2024
180	44.17	L	F	Jannica Swart	12	ELRAS	WBD 29/11/2024 Limpopo Champs 2024
181	44.23	L	F	Isabellea Dhassiah	12	RETR	CPT 02/11/2024 CTA A & B CHAMPS 2024
182	44.39	L	F	Cayla Fourie	12	CSA	EZD 11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
183	44.49	L	P	Ingamarie Griffioen	12	LINR	JHB 29/11/2024 CGA Championships 2024
184	44.58	L	F	Riley Thompson	12	HARL	BUF 22/11/2024 BCA Long Course Championships 2024
185*	44.63	L	F	Linda Van Niekerk	12	VHD	ZLD 07/12/2024 Stingrays Champs 2024
185*	44.63	L	F	Madison Harris	12	SOUL	EKU 26/10/2024 Summer 3 Delville
187	44.66	L	P	Jade Calleemalay	12	OLDE	JHB 29/11/2024 CGA Championships 2024
188	44.72	L	F	Alike Emmenes	12	LSKP	WB 02/11/2024 Limpopo LS - Top 8 skole 2024
189*	44.79	L	P	Gemma Lyon-MacGregor	12	CRSC	JHB 29/11/2024 CGA Championships 2024
189*	44.79	L	F	Leah Wentzel	12	MARL	CPT 09/11/2024 Swartland Prestige Gala 2024
191	45.37	L	F	Ankin Van Niekerk	12	LSJM	SKD 02/11/2024 Limpopo LS - Top 8 skole 2024
192	45.42	L	F	Zoe Kruger	12	LALE	GED 09/11/2024 Winelands SL4
193	45.47	L	F	Mijone Beyers	12	CA	EKU 18/01/2025 EGA Summer 5
194	45.48	L	F	Destheonique Julius	12	KALA	05/10/2024 FLAMINGO GALA OCT 2024
195	45.49	L	P	Tenele Taole	12	SWIFT	EKU 05/12/2024 EGA Summer Championships
196	45.55	L	F	Pippa Wolmarans	12	PEAS	NMA 31/01/2025 Infinity Gala 2025
197	45.74	L	F	Zaarah Meyer	12	HTSA	CPT 02/11/2024 CTA A & B CHAMPS 2024
198	45.75	L	P	Olivia Nel	12	TGA	WCD 05/12/2024 Western Cape LC-A Championship 2024
199*	45.77	L	F	Rua De Wit	12	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
199*	45.77	L	F	Anye Brink	12	QSAW	GED 09/11/2024 Winelands SL4
201	45.85	L	F	Annabelle Kruger	12	DESA	NMA 31/01/2025 Infinity Gala 2025

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
202	46.17	L	P	Megan Palmer	12	AFIN JHB	29/11/2024 CGA Championships 2024
203	46.20	L S	F	Charlotte Jones	12	SLAQ CPT	21/09/2024 CTA INVITATIONAL LC MEET
204	46.28	L	P	Noluthando Nkosi	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
205	46.40	L	P	Lienke Van Wyk	12	BULS MAN	04/12/2024 Free State Champs 2024
206	46.69	L	F	Emma Grobler	12	LAD UTD	02/11/2024 Uthukela District Age Group Gala
207	46.94	L	F	Le-May Van Zyl	12	ELRAS WBD	12/10/2024 Limpopo Age Group 4
208	47.23	L	F	Nina Koen	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
209	47.45	L	F	Nokutenda Tembo	12	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
210	47.48	L	P	Paballo Nkosi	12	FAC EKU	05/12/2024 EGA Summer Championships
211*	47.57	L	F	Lara Greyling	12	TNDER FDD	27/09/2024 Seals Gala 2
211*	47.57	L	F	Elmane' de Wet	12	BLOT MAN	04/12/2024 Free State Champs 2024
213	48.39	L	F	Sydney Howes	12	HREF BPD	07/12/2024 NWS Championships 2024
214	48.41	L	F	Carlie van der Veen	12	VRC TSH	13/09/2024 NTS September Age Group 2024
215	48.42	L	F	Inge Moore	12	BEST NMA	14/09/2024 3rd A League Gala 2024
216*	48.49	L	F	Dikgang Mokgele	12	MAKO EKU	18/01/2025 EGA Summer 5
216*	48.49	L	P	Nicola Peers	12	SASE JHB	29/11/2024 CGA Championships 2024
218*	48.85	L	F	Mishay Smith	12	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
218*	48.85	L	F	Ziyada Tekle	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
220	49.08	L	F	Annika Schuch	12	RBOT BPD	07/12/2024 NWS Championships 2024
221	49.22	L	F	Zizipho Ginindza	12	WWOL TSH	13/09/2024 NTS September Age Group 2024
222	49.26	L	P	Milah Allen	12	PER JHB	29/11/2024 CGA Championships 2024
223	49.34	L	F	Dunay Zovitzkey	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
224	49.37	L	F	Amogelang Mamabolo	12	HARB BPD	09/11/2024 NWS Age Group 1 & 2 2024
225	49.87	L	F	Marizelle Vermaak	12	HREF BPD	07/12/2024 NWS Championships 2024
226	49.98	L	F	Lily Lucas	12	KHAY CPT	17/10/2024 43rd Freda Barnard Invitational Gala
227	50.34	L	F	Sarah Wakefield	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
228	50.35	L	F	Taylor Kotzee	12	GAA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
229	50.47	L	F	Simone Swanepoel	12	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
230	50.62	L	F	Lonela Mpokeleli	12	PAC TSH	13/09/2024 NTS September Age Group 2024
231	51.12	L	F	Amogelang Kutu	12	SS MPD	29/11/2024 Limpopo Champs 2024
232*	51.19	L	P	Lintle Mahao	12	FAC EKU	05/12/2024 EGA Summer Championships
232*	51.19	L	F	Karli Karstens	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
234	51.27	L	F	Sofia O'Leary	12	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
235	51.35	L	F	Carola Noel	12	UNIC CCD	02/11/2024 Limpopo LS - Top 8 skole 2024
236	51.39	L	F	Alexia Dippenaar	12	BS LLD	15/11/2024 Valsrivier Gala 2024
237	51.46	L	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024 EGA Summer Championships
238	51.87	L	F	Liané Stoltz	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
239	52.40	L	F	Lea Kotzé	12	NWUC KKD	07/12/2024 NWS Championships 2024
240	52.46	L	F	Nika Smit	12	BS LLD	02/11/2024 Heidedal
241	53.28	L	F	Ashleigh Petersen	12	INFA NMA	31/01/2025 Infinity Gala 2025
242	53.32	L	F	Mienke Pretorius	12	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
243	53.42	L	F	Anathi Qamba	12	FAC EKU	18/01/2025 EGA Summer 5
244	53.49	L	P	Reaoboka Moloi	12	MAKO EKU	05/12/2024 EGA Summer Championships
245	53.54	L	F	Dominic De Jager	12	USH KCD	25/01/2025 uShaka Champs 2025
246	53.61	L	F	Zarah Mathee	12	KHAY CPT	17/10/2024 43rd Freda Barnard Invitational Gala
247	53.91	L	F	Unarine Mulaudzi	12	PGAC EKU	18/01/2025 EGA Summer 5
248	54.48	L	F	Masego Monakedi	12	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
249	54.52	L	P	Oratile Motaung	12	MAKO EKU	05/12/2024 EGA Summer Championships
250	54.61	L	F	Mila Pile	12	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
251	54.72	L	F	Alexis Visagie	12	BEST NMA	31/01/2025 Infinity Gala 2025
252	55.03	L	F	Mienke Grobler	12	BULS MAN	04/12/2024 Free State Champs 2024
253	55.30	L	P	Zana Richardson	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
254	55.65	L	F	Nicolene Filo	12	EXP TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
255	56.07	L	F	Mosa Seboko	12	WSS LLD	15/11/2024 Valsrivier Gala 2024
256	57.31	L	F	Khensani Mbatsane	12	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
257*	57.75	L	P	Lufuno Masupa	12	WSS LLD	04/12/2024 Free State Champs 2024
257*	57.75	L	F	Marion Münch	12	RBUR BPD	23/11/2024 NWS Age Group 3 + 4 2024
259	58.07	L	F	Nandri Erasmus	12	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
260	58.31	L	F	Nyandano Madaba	12	FAC EKU	01/02/2025 EGA Last Chance Gala

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
261	58.94 L	F	Ava Rough	12	BARA EKU	01/02/2025	EGA	Last Chance Gala	
262	59.29 L	F	Rebaone Mbamali	12	PELIC MAN	19/10/2024	Pelicans	Gala 2	
263	59.82 L	F	Nokubonga Buda	12	ESP EKU	12/10/2024	EGA	Summer 2	
264	1:00.40 L	F	Khanya Ramone	12	MATL KKD	09/11/2024	NWS	Age Group 1 & 2 2024	
265	1:01.15 L	F	Shayla Quin	12	LSPHA MP	02/11/2024	Limpopo	LS - Top 8 skole 2024	
266	1:01.37 L	F	Hani Salie	12	LALE CED	17/10/2024	43rd Freda Barnard	Invitational Gala	
267	1:01.74 L	P	Tshiamo Mlangeni	12	UNI EZD	29/11/2024	Mpumalanga	Championships 2024	
268	1:03.78 L	P	Tsakile Mahumane	12	NSAD EZD	29/11/2024	Mpumalanga	Championships 2024	
269	1:05.12 L	F	Ikageng Moloko	12	TUKS TSH	11/10/2024	NTS	Level 1+2 October Age Group 2024	
270	1:05.57 L	F	Millieke Ferreira	12	DDA TSH	13/09/2024	NTS	September Age Group 2024	
271	1:07.25 L	F	Lungile Ndaba	PR	VASA EKU	12/10/2024	EGA	Summer 2	
272	1:08.52 L	F	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS	Championships 2024	
273	1:34.26 L	F	Elethu Maqabangqa	12	KHAY CPT	17/10/2024	43rd Freda Barnard	Invitational Gala	
Women 12-12 100 Fly									
1	1:08.44 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity	Gala 2025	
2	1:08.77 L S	F	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape	LC-A Championship 2024	
3	1:13.94 L S	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape	LC-A Championship 2024	
4	1:14.97 L S	F	Mia Jansen van Rensburg	12	XCEL CPT	02/11/2024	CTA	A & B CHAMPS 2024	
5	1:16.07 L	F	Emma Van Deventer	12	RSA	04/10/2024	Curro	AquaElite Gala	
6	1:16.24 L	F	Riley Haupt	12	CA EKU	05/12/2024	EGA	Summer Championships	
7	1:16.41 L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024	Limpopo	Champs 2024	
8	1:17.07 L	F	Mienke Kok	12	INFA NMA	31/01/2025	Infinity	Gala 2025	
9	1:17.31 L	F	Ava Bosch	12	DRGN EKU	29/11/2024	CGA	Championships 2024	
10	1:17.46 L	F	Kaylee Watt	12	CA EKU	05/12/2024	EGA	Summer Championships	
11	1:17.52 L	F	Layla Barber-Luna	12	MDOL JHB	15/11/2024	Summer 4	Delville	
12	1:17.62 L	F	April Jooman	12	BEST NMA	13/12/2024	NMBA	Championships 2024	
13	1:18.21 L S	P	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape	LC-A Championship 2024	
14	1:18.27 L	F	Gea March	12	NC FB	25/01/2025	4+1	INTERPROVINCIAL GALA 2025	
15	1:18.61 L	F	Alexis Visser	12	MAKO EKU	05/12/2024	EGA	Summer Championships	
16	1:19.22 L S	F	Anna Horn	12	XCEL CPT	21/09/2024	CTA	INVITATIONAL LC MEET	
17	1:20.60 L	F	Cara Mills	12	UNIU EZD	29/11/2024	Mpumalanga	Championships 2024	
18	1:20.93 L S	P	Zara Jantjies	12	MANT CPT	05/12/2024	Western Cape	LC-A Championship 2024	
19	1:20.95 L S	P	Mikayla Jordaan	12	CASC CPT	05/12/2024	Western Cape	LC-A Championship 2024	
20	1:21.07 L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA	Championships 2024	
21	1:21.32 L	F	Jenna-Lee Watson	12	HPS TSH	13/09/2024	NTS	September Age Group 2024	
22	1:21.48 L	P	Shiloh Cruywagen	12	SEAL UMD	02/07/2024	Prestige	Tournament 2024	
23	1:21.50 L	F	Mia Stilwaney	12	PAQU CED	07/09/2024	CTA	Qualifying Meet 4 (L3 & Above)	
24	1:22.25 L	F	Jadine Grobler	12	LSKP WB	01/02/2025	Limpopo	School Champs & Limpopo AG	
25	1:23.20 L S	P	Zara Lockitch	12	CYBE CPT	05/12/2024	Western Cape	LC-A Championship 2024	
26	1:23.25 L S	F	Julie Olivier	12	TYGE CPT	21/09/2024	CTA	INVITATIONAL LC MEET	
27	1:23.61 L	F	Mikayla Oliver	12	PAC TSH	13/09/2024	NTS	September Age Group 2024	
28	1:23.82 L	F	Jasmine Woodburn	12	MDOL JHB	10/01/2025	2024 Grand Prix	Invitation Swimming	
29	1:23.98 L S	F	Carinke Wessels	12	BLOT MAN	04/12/2024	Free State	Champs 2024	
30	1:24.60 L	F	Chisi Magubbwi	12	MDOL JHB	10/01/2025	2024 Grand Prix	Invitation Swimming	
31	1:24.91 L	F	Bokang Maruping	12	LINR JHB	29/11/2024	CGA	Championships 2024	
32	1:25.05 L S	P	Mikaela Roff	12	ROA EDD	05/12/2024	Western Cape	LC-A Championship 2024	
33	1:25.12 L S	P	Ruvarashe Chibharo	12	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024	
34	1:25.67 L	F	Liane Van Zyl	12	NC FB	25/01/2025	4+1	INTERPROVINCIAL GALA 2025	
35	1:26.02 L	F	Ayvah Jacob	12	RACE JHB	29/11/2024	CGA	Championships 2024	
36	1:26.05 L	F	Lumka Zamisa	12	NWS	25/01/2025	4+1	INTERPROVINCIAL GALA 2025	
37	1:26.09 L	F	Zibusiso Xulu	12	WSTV ETH	25/01/2025	uShaka	Champs 2025	
38	1:26.85 L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025	uShaka	Champs 2025	
39	1:27.08 L S	F	Christie Snyders	12	VALS FDD	04/12/2024	Free State	Champs 2024	
40	1:27.24 L	F	Alexis De Witt	12	TUKS TSH	13/09/2024	NTS	September Age Group 2024	
41	1:27.41 L	F	Jazmin Anthony	12	PAQU CED	09/11/2024	Winelands	SL4	
42	1:27.65 L S	F	Inge Opperman	12	BLOT MAN	04/12/2024	Free State	Champs 2024	
43	1:27.71 L	F	Reabetswe Pabalinga	12	KLOO ETH	25/01/2025	uShaka	Champs 2025	
44	1:27.80 L	F	Olivia Meyburgh	12	CA EKU	05/12/2024	EGA	Summer Championships	
45	1:28.00 L	F	Susanna Ellis	12	NWUC KKD	09/11/2024	NWS	Age Group 1 & 2 2024	

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
46	1:28.54	L	F	Jovanah McGluwa	12	CASC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
47	1:28.55	L S	P	Ava Longueira	12	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
48	1:28.69	L	F	Elizabeth Desilla	12	SASE JHB	29/11/2024 CGA Championships 2024
49	1:28.75	L	F	Johané Burger	12	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
50	1:29.43	L	F	Georgia Sabbagha	12	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
51	1:29.49	L	F	Pippa Roberts	12	UNIU EZD	10/01/2025 2024 Grand Prix Invitation Swimming
52	1:29.56	L	F	Hlumisa Mfabe	12	BCA BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
53	1:30.19	L	F	Khalalelo Ratlhogo	12	ESP EKU	05/12/2024 EGA Summer Championships
54	1:30.52	L	F	Mikayla Stevenson	12	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
55	1:30.82	L	F	Brooklyn Terwin	12	USC BUF	13/12/2024 NMBA Championships 2024
56	1:31.53	L	F	Chenique Kooi	12	TUKS FSH	05/12/2024 EGA Summer Championships
57	1:31.79	L	F	Annabel Meyer	12	BULS MAN	06/09/2024 Bull Sharks Annual Gala
58	1:31.85	L	F	Grace Julies	12	XCEL CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
59	1:32.40	L	F	Ella Van Viegen	12	BLSS MAN	19/10/2024 Pelicans Gala 2
60	1:32.58	L	F	Riley Thompson	12	HARL BUF	13/12/2024 NMBA Championships 2024
61	1:32.69	L	F	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
62	1:32.72	L	F	Emma Ristow	12	USC BUF	13/12/2024 NMBA Championships 2024
63	1:33.20	L	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
64	1:33.67	L	F	Oyama Tuta	12	PELIC MAN	25/10/2024 Neptunes Gala
65	1:34.94	L	F	Annabel Van Reenen	12	ACSA ETH	02/07/2024 Prestige Tournament 2024
66	1:35.46	L	F	Harper Halford	12	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
67	1:35.48	L	F	Zoe Thompson	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
68	1:35.82	L S	F	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
69	1:36.13	L	F	Micah Gomes	12	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
70	1:37.92	L S	F	Emily Koegelenberg	12	XCEL CPT	02/11/2024 CTA A & B CHAMPS 2024
71	1:38.14	L	F	Nina Oosthuizen	12	NSAD EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
72	1:38.28	L	F	Nina Pieterse	12	DESA NMA	16/11/2024 5th A League Gala 2024
73	1:38.45	L S	F	Kirsten Cupido	12	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
74	1:39.34	L	F	Kate Cheshire	12	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
75	1:39.50	L	P	Lily Hoar	12	KLOO ETH	02/07/2024 Prestige Tournament 2024
76	1:39.57	L	F	Nicoline Du Preez	12	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
77	1:39.62	L	F	Mia Van de Vyver	12	QSAW CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
78	1:40.31	L	F	Caitlin McDowell	12	ESP EKU	01/02/2025 EGA Last Chance Gala
79	1:40.39	L	F	Esona Sekeleni	12	USC BUF	13/12/2024 NMBA Championships 2024
80	1:40.61	L	F	Camryn Weber	12	AQUA BUF	25/01/2025 BCA January Age Group Gala 2025
81	1:41.31	L	P	Sarah Schofield	12	SEALE ETH	02/07/2024 Prestige Tournament 2024
82	1:41.36	L	F	Ziane Drenth	12	AWIN FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
83	1:43.32	L	F	Amelia-Rose Schutler	12	USC BUF	13/12/2024 NMBA Championships 2024
84	1:43.73	L	F	Makanaka Makoto	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
85	1:44.71	L S	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
86	1:45.23	L S	F	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024
87	1:47.06	L	F	Helene de Bruyn	12	BULS MAN	19/10/2024 Pelicans Gala 2
88	1:47.42	L	F	Jéanté Bothma	12	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
89	1:48.10	L	F	Gabriella Bengell	12	BLNE MAN	27/09/2024 Seals Gala 2
90	1:49.51	L	P	Anastacia Coelho	12	CA EKU	05/12/2024 EGA Summer Championships
91	1:49.71	L	F	Alexia Smith	12	WATR JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
92	1:50.61	L	F	Esme Bowes	12	CPSC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
93	1:51.01	L S	F	Mia Witbooi	12	RETR CPT	02/11/2024 CTA A & B CHAMPS 2024
94	1:54.40	L	F	Paballo Nkosi	12	FAC EKU	05/12/2024 EGA Summer Championships
95	1:56.17	L	F	Lethabo Nyandeni	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
96	1:58.40	L	P	Katelyn Naidoo	12	CA EKU	05/12/2024 EGA Summer Championships
97	2:02.18	L	F	Noluthando Nkosi	12	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
98	2:02.51	L S	F	Amogelang Mamabolo	12	HARB BPD	07/12/2024 NWS Championships 2024
99	2:04.96	L	F	Ditebogo Tladi	12	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
100	2:05.17	L	F	Dikgang Mokgele	12	MAKO EKU	01/02/2025 EGA Last Chance Gala
101	2:05.48	L	P	Reaoboka Moloi	12	MAKO EKU	05/12/2024 EGA Summer Championships
102	2:09.40	L	F	Anathi Qamba	12	FAC EKU	12/10/2024 EGA Summer 2
103	2:09.50	L	F	Alexia Dippenaar	12	BS LLD	06/09/2024 Bull Sharks Annual Gala
104	2:10.48	L S	F	Sydney Howes	12	HREF BPD	07/12/2024 NWS Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
105	2:16.38 L	F	Masego Monakedi	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
106	2:18.21 L	P	Oratile Motaung	12	MAKO ECU	05/12/2024	EGA Summer Championships
107	2:21.66 L	F	Nandri Erasmus	12	GHSK	05/10/2024	FLAMINGO GALA OCT 2024
Women 12-12 200 Fly							
1	2:47.31 L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
2	2:50.21 L	F	Shalea Hamilton	12	BEST NMA	13/12/2024	NMBA Championships 2024
3	2:52.36 L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA Championships 2024
4	3:00.52 L	F	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
5	3:04.13 L	F	Zara Lockitch	12	CYBE CPT	05/12/2024	Western Cape LC-A Championship 2024
6	3:04.18 L	F	Mia Stilwaney	12	PAQU CED	17/10/2024	43rd Freda Barnard Invitational Gala
7	3:08.81 L	F	Mienke Kok	12	INFA NMA	13/12/2024	NMBA Championships 2024
8	3:10.16 L	F	Wilhelmina Erasmus	12	LSBOS WB	01/02/2025	Limpopo School Champs & Limpopo AG
9	3:19.43 L	F	Liane Van Zyl	12	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
10	3:30.91 L	F	Bokang Maruping	12	LINR JHB	29/11/2024	CGA Championships 2024
11	3:30.95 L	F	Ayvah Jacob	12	RACE JHB	29/11/2024	CGA Championships 2024
12	3:37.44 L	F	Riley Thompson	12	HARL BUF	22/11/2024	BCA Long Course Championships 2024
13	4:36.48 L	F	Katelyn Naidoo	12	CA ECU	01/02/2025	EGA Last Chance Gala
Women 12-12 200 IM							
1	2:33.09 L	F	Shalea Hamilton	12	BEST NMA	31/01/2025	Infinity Gala 2025
2	2:36.81 L	F	Isabeau Coetsee	12	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
3	2:43.63 L	F	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
4	2:43.65 L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
5	2:43.91 L	F	Kaylee Watt	12	CA ECU	05/12/2024	EGA Summer Championships
6	2:46.28 L	F	Ava Bosch	12	DRGN ECU	29/11/2024	CGA Championships 2024
7	2:47.12 L	F	April Jooman	12	BEST NMA	31/01/2025	Infinity Gala 2025
8	2:48.05 L	F	Jenna Joyce	12	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
9	2:48.55 L	F	Layla Barber-Luna	12	MDOL JHB	29/11/2024	CGA Championships 2024
10	2:48.59 L	F	Evie du Plessis	12	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
11	2:49.45 L S	F	Grace Julies	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
12	2:50.37 L S	F	Anna Horn	12	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
13	2:52.24 L	F	Emma Van Deventer	12	RSA	04/10/2024	Curro AquaElite Gala
14	2:52.32 L	F	Emma Cullis	12	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
15	2:52.59 L	P	Amelie Billson	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
16	2:52.61 L	F	Talia Hill	12	HPS TSH	13/09/2024	NTS September Age Group 2024
17	2:52.95 L	F	Ava Constantinides	12	CA ECU	05/12/2024	EGA Summer Championships
18	2:53.24 L	P	Mia Jansen van Rensburg	12	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
19	2:53.54 L	F	Laila Christie	12	USC BUF	13/12/2024	NMBA Championships 2024
20	2:53.78 L	F	Annabel Meyer	12	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
21	2:54.01 L	F	Wilhelmina Erasmus	12	ELRAS WBD	29/11/2024	Limpopo Champs 2024
22	2:54.23 L	F	Carinke Wessels	12	RSA	04/10/2024	Curro AquaElite Gala
23	2:54.33 L	F	Nina Pieterse	12	DESA NMA	13/12/2024	NMBA Championships 2024
24	2:54.34 L	F	Shiloh Cruywagen	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
25	2:54.40 L	F	Barcelona Xaba	12	SASE JHB	29/11/2024	CGA Championships 2024
26	2:54.41 L	F	Alexis Visser	12	MAKO ECU	05/12/2024	EGA Summer Championships
27	2:54.48 L	P	Anja Boshoff	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
28	2:54.56 L	F	Sarah Mocke	12	SAAW CPT	02/11/2024	CTA A & B CHAMPS 2024
29	2:55.95 L	F	Megan Jacobs	12	WSTV ETH	02/07/2024	Prestige Tournament 2024
30	2:56.00 L	F	Elizabeth Roth	12	PEAS NMA	13/12/2024	NMBA Championships 2024
31	2:56.20 L	F	Zara Lockitch	12	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
32	2:56.55 L	F	Jessica Jansen van Vuuren	12	SEAL UMD	02/07/2024	Prestige Tournament 2024
33	2:56.70 L	F	Taylor Ten Napel	12	BEAV ETH	25/01/2025	uShaka Champs 2025
34	2:56.90 L	F	Mikaela Roff	12	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
35	2:56.95 L S	F	Gia Heldsinger	12	SSISA CPT	21/09/2024	CTA INVITATIONAL LC MEET
36	2:56.97 L	F	Ella Van Viegen	12	BLSS MAN	04/12/2024	Free State Champs 2024
37	2:57.10 L	P	Savannah Thirsk	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
38	2:57.15 L	F	Zoe Thompson	12	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
39	2:57.22 L	F	Ruvarashe Chibharo	12	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
40	2:57.43 L	P	Caitlin Barnes	12	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
41	2:57.69	L	F	Mia Stilwaney	12	PAQU	GED 07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
42	2:57.91	L	F	Jasmine Woodburn	12	MDOL	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
43	2:58.11	L	F	Livia Gutter	12	BLOT	MAN 11/10/2024 Otters Prestige Gala 2024
44	2:58.19	L	P	Katherine Harrop-Allin	12	CSC	FSH 05/12/2024 EGA Summer Championships
45	2:58.61	L	F	Chisi Magubbwi	12	MDOL	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
46	2:58.79	L	F	Inge Opperman	12	BLOT	MAN 04/12/2024 Free State Champs 2024
47	2:59.21	L	P	Georgia Sabbagha	12	PAQU	GED 05/12/2024 Western Cape LC-A Championship 2024
48	2:59.40	L	P	Kara De Wit	12	RFA	FSH 07/12/2024 NWS Championships 2024
49	2:59.53	L	P	Talia McCabe	12	WATR	JHB 29/11/2024 CGA Championships 2024
50	2:59.68	L	F	Megan Els	12	BAS	EKU 18/01/2025 EGA Summer 5
51	2:59.74	L	F	Sarah-Rose Pohlmann	12	BEST	NMA 05/10/2024 4th A League Gala 2024
52	2:59.82	L	P	Zara Jantjies	12	MANT	CPT 05/12/2024 Western Cape LC-A Championship 2024
53	2:59.89	L	F	Mienke Kok	12	INFA	NMA 31/01/2025 Infinity Gala 2025
54	3:00.05	L	P	Oyama Baqwa	12	SGUL	ETH 02/07/2024 Prestige Tournament 2024
55	3:00.75	L	F	Mignon Swart	12	CSA	EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER
56	3:00.79	L	F	Cara Louw	12	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
57	3:00.97	L	F	Pippa Roberts	12	UNIU	EZD 29/11/2024 Mpumalanga Championships 2024
58	3:01.02	L	F	Jadine Grobler	12	LSKP	WB 01/02/2025 Limpopo School Champs & Limpopo AG
59	3:01.19	L	F	Kinique Stols	12	TKS	WBD 29/11/2024 Limpopo Champs 2024
60	3:01.29	L	F	Zibusiso Xulu	12	WSTV	ETH 25/01/2025 uShaka Champs 2025
61	3:01.46	L	F	Alexis De Witt	12	TUKS	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
62	3:01.48	L	F	Gabriella Lloyd-Swanepoel	12	MAKO	EKU 26/10/2024 Summer 3 Delville
63	3:02.66	L	F	Johané Burger	12	ROA	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
64	3:02.92	L	F	Christie Snyders	12	VALS	FDD 04/12/2024 Free State Champs 2024
65	3:03.48	L	F	Mia Vorster	12	WELA	LLD 04/12/2024 Free State Champs 2024
66	3:03.59	L	P	Hannah Van Heerden	12	AACTA	CPT 05/12/2024 Western Cape LC-A Championship 2024
67	3:03.60	L	F	Chloe-Leigh Jurgens	12	MANT	CPT 09/11/2024 Swartland Prestige Gala 2024
68	3:03.80	L	F	Lumka Zamisa	12	HREF	BPD 07/12/2024 NWS Championships 2024
69	3:04.95	L	F	Noa Sebastiao	12	TUKS	FSH 13/09/2024 NTS September Age Group 2024
70	3:05.39	L	F	Sienna Seagram	12	ELEC	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
71	3:05.48	L	P	Kara Pretorius	12	SSISA	CPT 05/12/2024 Western Cape LC-A Championship 2024
72	3:05.65	L	F	Ayvah Jacob	12	RACE	JHB 29/11/2024 CGA Championships 2024
73	3:06.65	L	P	Bokang Maruping	12	LINR	JHB 29/11/2024 CGA Championships 2024
74	3:06.69	L	F	Isabella Vreenegoor	12	CRSC	JHB 22/01/2025 Crusaders Night Gala 2
75	3:06.96	L	F	Nina Oosthuizen	12	NSAD	EZD 10/01/2025 2024 Grand Prix Invitation Swimming
76	3:07.33	L	F	Mikayla Stevenson	12	QUIC	CPT 02/11/2024 CTA A & B CHAMPS 2024
77	3:07.36	L	F	Jane Retief	12	LALE	GED 09/11/2024 Winelands SL4
78	3:07.82	L	F	Jovanah McGluwa	12	CASC	CPT 05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
79	3:07.88	L	F	Emily Koegelenberg	12	XCEL	CPT 09/11/2024 Swartland Prestige Gala 2024
80	3:08.07	L	F	Ziva Filday	12	AZON	ETH 25/01/2025 uShaka Champs 2025
81	3:08.21	L	F	Tatum Van Zijl	12	OHAN	ILD 25/01/2025 uShaka Champs 2025
82	3:08.54	L	P	Elizabeth Desilla	12	SASE	JHB 29/11/2024 CGA Championships 2024
83	3:08.66	L	F	Ava Longueira	12	ASAC	CPT 02/11/2024 CTA A & B CHAMPS 2024
84	3:08.68	L	F	Emma Ristow	12	USC	BUF 13/12/2024 NMBA Championships 2024
85	3:08.77	L	F	Marli Coetzee	12	CASC	CPT 05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
86	3:08.90	L	F	Jamie Els	12	AQDO	CPT 02/11/2024 CTA A & B CHAMPS 2024
87	3:08.93	L	F	Chenique Kooi	12	TUKS	FSH 05/12/2024 EGA Summer Championships
88	3:09.00	L	F	Brooklyn Terwin	12	USC	BUF 22/11/2024 BCA Long Course Championships 2024
89	3:09.04	L	P	Elah-Mae Budram	12	PSCP	UMD 02/07/2024 Prestige Tournament 2024
90	3:09.32	L	F	Lua Malan	12	WELL	GED 09/11/2024 Winelands SL4
91	3:10.27	L	P	Phillipa Williams	12	SOUL	EKU 05/12/2024 EGA Summer Championships
92	3:10.29	L	F	Abby Mostert	12	AWIN	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
93	3:10.31	L	F	Imme Wolfaardt	12	LALE	GED 09/11/2024 Winelands SL4
94	3:10.52	L	F	Annabelle Kruger	12	DESA	NMA 31/01/2025 Infinity Gala 2025
95	3:10.66	L S	F	Emilie Conradie	12	SAAW	CPT 21/09/2024 CTA INVITATIONAL LC MEET
96	3:10.78	L	P	Olivia Nel	12	TGA	WCD 05/12/2024 Western Cape LC-A Championship 2024
97	3:11.35	L	P	Gia Newkirk	12	TYGE	CPT 05/12/2024 Western Cape LC-A Championship 2024
98	3:11.38	L	P	Victoria Meyburgh	12	CA	EKU 05/12/2024 EGA Summer Championships
99	3:11.60	L	F	Camryn Weber	12	BCA	BUF 11/01/2025 EDEN INTER DISTRICT PRESTIGE

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
100	3:11.94	L	P	Mienke Rutherford	12	POTC KKD	07/12/2024 NWS Championships 2024
101	3:12.01	L	F	Lia van Heerden	12	BS LLD	04/12/2024 Free State Champs 2024
102	3:12.02	L	F	Sloan Warner	12	INFA NMA	13/12/2024 NMBA Championships 2024
103	3:12.88	L	F	Mikayla Jordaan	12	CASC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
104	3:12.99	L	F	Mattae Morel	12	CA EKU	26/10/2024 Summer 3 Delville
105	3:13.06	L	F	Ava Grebe	12	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
106	3:13.40	L	F	Sarah-Kate Odendaal	12	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
107	3:13.62	L	P	Jessica Head	12	SEALE ETH	02/07/2024 Prestige Tournament 2024
108	3:13.86	L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024 NWS Championships 2024
109	3:13.93	L	F	Lize De Wet	12	SS MPD	29/11/2024 Limpopo Champs 2024
110	3:14.17	L	P	Paiton Van Der Merwe	12	CA EKU	05/12/2024 EGA Summer Championships
111	3:14.18	L	F	Taylor Siebrits	12	STSC KCD	01/02/2025 KCDA Age Group 4 2024
112	3:14.47	L	P	Jane Botha	12	VALS FDD	04/12/2024 Free State Champs 2024
113	3:14.56	L	F	Esona Sekeleni	12	USC BUF	22/11/2024 BCA Long Course Championships 2024
114	3:14.58	L	P	Kirsten Cupido	12	CYBE CPT	05/12/2024 Western Cape LC-A Championship 2024
115	3:15.17	L	F	Isabella Goncalves	12	SOUL EKU	18/01/2025 EGA Summer 5
116	3:15.18	L	P	Kopano Lempe	12	MAKO EKU	05/12/2024 EGA Summer Championships
117	3:15.36	L	P	Susanna Ellis	12	NWUC KKD	07/12/2024 NWS Championships 2024
118	3:15.49	L	F	Zamajobe Mtetwa	12	PAC TSH	13/09/2024 NTS September Age Group 2024
119	3:15.56	L	F	Abigail Goodchild	12	TUKS TSH	13/09/2024 NTS September Age Group 2024
120	3:15.86	L	P	Melanie Munyoro	12	WATR JHB	29/11/2024 CGA Championships 2024
121	3:15.89	L	F	Leah Du Plessis	12	PEAS NMA	13/12/2024 NMBA Championships 2024
122	3:15.96	L	P	Cayleigh Machill	12	BARA EKU	05/12/2024 EGA Summer Championships
123	3:16.01	L	F	Jemma Lloyd	12	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
124	3:16.12	L	F	Amieka Henning	12	HREF BPD	07/12/2024 NWS Championships 2024
125	3:16.20	L	F	Khalalelo Ratlhogo	12	ESP EKU	18/01/2025 EGA Summer 5
126	3:16.21	L	P	Kate Cheshire	12	MDOL JHB	29/11/2024 CGA Championships 2024
127	3:16.56	L	F	Chloe Rautenbach	12	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
128	3:17.80	L	F	Caitlin McDowell	12	ESP EKU	26/10/2024 Summer 3 Delville
129	3:17.83	L	P	Mikayla Coleman	12	TCA EKU	05/12/2024 EGA Summer Championships
130	3:18.15	L	F	Shelby Schoeman	12	CA EKU	18/01/2025 EGA Summer 5
131	3:18.33	L	F	Holli Tait	12	RSA	04/10/2024 Curro AquaElite Gala
132	3:19.21	L	F	Karlia Degenaar	12	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
133	3:19.23	L	F	Ziane Drenth	12	AWIN TSH	13/09/2024 NTS September Age Group 2024
134	3:19.55	L	F	Riley Thompson	12	BCA BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
135	3:19.60	L	F	Olivia Meyburgh	12	CA EKU	05/12/2024 EGA Summer Championships
136	3:20.97	L	P	Ingamarie Griffioen	12	LINR JHB	29/11/2024 CGA Championships 2024
137	3:21.51	L	F	Kayla Kleynhans	12	ROA EDD	17/10/2024 43rd Freda Barnard Invitational Gala
138	3:21.93	L	F	Amelia-Rose Schutzler	12	USC BUF	13/12/2024 NMBA Championships 2024
139	3:22.33	L	F	Oyama Tuta	12	PELIC MAN	04/12/2024 Free State Champs 2024
140	3:22.50	L	F	Tatum Van der Merwe	12	OHAN ILD	25/01/2025 uShaka Champs 2025
141	3:22.56	L	F	Jéanté Bothma	12	CSA EZD	29/11/2024 Mpumalanga Championships 2024
142	3:22.61	L	P	Aisha Bhabha	12	MDOL JHB	29/11/2024 CGA Championships 2024
143	3:22.66	L	F	Lara Greyling	12	TNDER FDD	27/09/2024 Seals Gala 2
144	3:22.70	L	F	Nadelija Pillay	12	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
145	3:23.24	L	F	Lua Store	12	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
146	3:23.37	L	P	Annabel Van Reenen	12	ACSA ETH	02/07/2024 Prestige Tournament 2024
147	3:23.54	L	F	Alyssa Coetzer	12	RSA	04/10/2024 Curro AquaElite Gala
148	3:23.77	L	F	Hlumisa Mfabe	12	USC BUF	13/07/2024 1st A League Gala 2024
149	3:24.09	L	P	Skylar Jack	12	PER JHB	29/11/2024 CGA Championships 2024
150	3:24.30	L	F	Gemma Lyon-MacGregor	12	CRSC JHB	20/11/2024 Crusaders Night Gala 1
151	3:24.56	L	P	Gabriella Pearse	12	SASE JHB	29/11/2024 CGA Championships 2024
152	3:24.63	L	F	Mia Smit	12	KSC EZD	29/11/2024 Mpumalanga Championships 2024
153	3:26.23	L	P	Lara Ainslie	12	LINR JHB	29/11/2024 CGA Championships 2024
154	3:26.28	L	F	Jessica Arenz	12	MANT CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
155	3:26.54	L	F	Mienke Pretorius	12	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
156	3:26.57	L	P	Jisthi Maharaj	12	ACSA ETH	02/07/2024 Prestige Tournament 2024
157	3:26.80	L	F	Pippa Wolmarans	12	PEAS NMA	13/12/2024 NMBA Championships 2024
158	3:26.86	L	P	Areli Muyaka	12	HARB BPD	07/12/2024 NWS Championships 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
159	3:27.28	L	F	Daniela Kleb	12	ELEC	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
160	3:28.66	L	P	Alexia Smith	12	WATR	JHB 29/11/2024 CGA Championships 2024
161	3:28.71	L	F	Sarah Schofield	12	SEALE	ETH 25/01/2025 uShaka Champs 2025
162	3:29.10	L S	F	Kaitlyn Haynes-Smart	12	VINE	CPT 21/09/2024 CTA INVITATIONAL LC MEET
163	3:29.16	L	P	Kayleigh Brophy	12	AAS	JHB 29/11/2024 CGA Championships 2024
164	3:29.19	L	F	Elmane' de Wet	12	BLOT	MAN 04/12/2024 Free State Champs 2024
165	3:29.50	L	P	Marizelle Vermaak	12	HREF	BPD 07/12/2024 NWS Championships 2024
166	3:29.73	L S	F	Charlotte Jones	12	SLAQ	CPT 21/09/2024 CTA INVITATIONAL LC MEET
167	3:29.99	L	P	Cailyn De Kock	12	BLSS	MAN 04/12/2024 Free State Champs 2024
168	3:30.32	L	F	Nobubelebesisa Zwane	12	STSC	KCD 26/10/2024 Froggies Aquatics Championships 2024
169	3:31.50	L	F	Clara Duvenage	12	CA	EKU 26/10/2024 Summer 3 Delville
170	3:31.52	L	F	Carlie van der Veen	12	VRC	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
171	3:32.01	L	F	Cayla Cunningham	12	TRAZ	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
172	3:32.85	L	P	Zethembiso Mbambo	12	PSCP	UMD 02/07/2024 Prestige Tournament 2024
173	3:32.94	L	F	Leah Wentzel	12	MARL	CPT 17/10/2024 43rd Freda Barnard Invitational Gala
174	3:33.43	L S	F	Inge Moore	12	BEST	NMA 17/01/2025 6th A League Gala 2025
175	3:33.46	L	F	Mienke Gerber	12	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
176	3:33.51	L	F	Ayla Bornman	12	ACAO	CCD 09/11/2024 Limpopo Age Group 5
177	3:33.82	L	F	Angelique Kyanda-Kaboza	12	DESA	NMA 16/11/2024 5th A League Gala 2024
178	3:33.88	L	P	Leah-Bella Budram	12	PSCP	UMD 02/07/2024 Prestige Tournament 2024
179	3:34.21	L	F	Nina Koen	12	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
180	3:34.56	L	F	Mijone Beyers	12	CA	EKU 26/10/2024 Summer 3 Delville
181	3:36.18	L	P	Wilhandi Meyer	12	BULS	MAN 04/12/2024 Free State Champs 2024
182	3:36.21	L	F	Liane Muller	12	INFA	NMA 31/01/2025 Infinity Gala 2025
183	3:36.26	L	F	Katelyn Naidoo	12	CA	EKU 26/10/2024 Summer 3 Delville
184	3:36.42	L	F	Esme Bowes	12	CPSC	FSH 13/09/2024 NTS September Age Group 2024
185	3:36.52	L	F	Mishay Smith	12	TUKS	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
186	3:36.60	L	F	Lienke Van Wyk	12	BULS	MAN 06/09/2024 Bull Sharks Annual Gala
187	3:36.70	L	F	Helene de Bruyn	12	BULS	MAN 02/11/2024 Heidedal
188	3:37.12	L	F	Makanaka Makoto	12	NSAD	EZD 29/11/2024 Mpumalanga Championships 2024
189	3:37.53	L	F	Ella Myburgh	12	INFA	NMA 31/01/2025 Infinity Gala 2025
190	3:37.63	L	F	Madison Harris	12	SOUL	EKU 26/10/2024 Summer 3 Delville
191	3:37.73	L	F	Micaela Fourie	12	NSAD	EZD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
192	3:37.90	L	P	Mercy Theu	12	CRSC	JHB 29/11/2024 CGA Championships 2024
193	3:38.03	L	P	Nicola Peers	12	SASE	JHB 29/11/2024 CGA Championships 2024
194	3:38.51	L	F	Le-May Van Zyl	12	ELRAS	WBD 29/11/2024 Limpopo Champs 2024
195*	3:39.41	L	F	Unathi Vuyeqaba	12	TUKS	FSH 13/09/2024 NTS September Age Group 2024
195*	3:39.41	L	F	Livia Vancoillie	12	QUIC	CPT 02/11/2024 CTA A & B CHAMPS 2024
197	3:39.49	L	F	Caydence Waring	12	SOUL	EKU 26/10/2024 Summer 3 Delville
198	3:39.78	L	F	Alexia Dippenaar	12	BS	LLD 04/12/2024 Free State Champs 2024
199	3:40.02	L	P	Annika Schuch	12	RBOT	BPD 07/12/2024 NWS Championships 2024
200	3:40.21	L	F	Emihle Mnunu	12	FRA	KCD 01/02/2025 KCDA Age Group 4 2024
201	3:40.46	L	F	Jaimey Shaw	12	PEAS	NMA 15/06/2024 PEA Winter Gala 2024
202	3:40.55	L	F	Jane Sieberhagen	12	AWIN	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
203	3:40.82	L	F	Mia Witbooi	12	RETR	CPT 02/11/2024 CTA A & B CHAMPS 2024
204	3:41.53	L	P	Sydney Howes	12	HREF	BPD 07/12/2024 NWS Championships 2024
205	3:41.68	L	F	Zoe Lambropoulos	12	TRAZ	FSH 13/09/2024 NTS September Age Group 2024
206	3:42.18	L	F	Katie Van den Heever	12	UNIU	EZD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
207	3:42.38	L	F	Summer Fang	12	PEAS	NMA 14/09/2024 3rd A League Gala 2024
208	3:42.93	L	F	Zarah Matthee	12	KHAY	CPT 10/01/2025 2024 Grand Prix Invitation Swimming
209	3:43.25	L	F	Xysca Bezuidenhout	12	STSC	KCD 28/09/2024 KCDA Age Group 1 2024
210	3:44.08	L	F	Dikgang Mokgele	12	MAKO	EKU 18/01/2025 EGA Summer 5
211	3:44.69	L S	F	Zaarah Meyer	12	HTSA	CPT 21/09/2024 CTA INVITATIONAL LC MEET
212	3:45.35	L	F	Emma Grobler	12	LAD	UTD 02/11/2024 Uthukela District Age Group Gala
213	3:46.30	L	F	Cecile Pretorius	12	TYGE	CPT 02/11/2024 CTA A & B CHAMPS 2024
214	3:48.63	L	F	Paballo Nkosi	12	FAC	EKU 26/10/2024 Summer 3 Delville
215	3:49.03	L	F	Sarah Wakefield	12	MANT	CPT 09/11/2024 Swartland Prestige Gala 2024
216	3:49.13	L	P	Tenele Taole	12	SWIFT	EKU 05/12/2024 EGA Summer Championships
217	3:49.82	L	F	Lethabo Nyandeni	12	TUKS	FSH 11/10/2024 NTS Level 1+2 October Age Group 2024

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
218	3:50.90	L	F	Morgan Roebuck	12	MAKO EKU	18/01/2025	EGA Summer 5
219	3:52.22	L	F	Madeleine de Villiers	12	EXP FSH	01/02/2025	EGA Last Chance Gala
220	3:52.25	L	F	Olwenelo Ngema	12	FRA KCD	28/09/2024	KCDA Age Group 1 2024
221	3:52.34	L	P	Gabriella Bengell	12	BLNE MAN	04/12/2024	Free State Champs 2024
222	3:53.57	L	F	Karli Karstens	12	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
223	3:53.79	L	F	Linda Van Niekerk	12	VHD ZLD	07/12/2024	Stingrays Champs 2024
224	3:53.94	L	P	Lintle Mahao	12	FAC EKU	05/12/2024	EGA Summer Championships
225	3:54.11	L	P	Dominique Birkenstock	12	JAQ EKU	05/12/2024	EGA Summer Championships
226	3:54.48	L	F	Dwala Magagula	12	TRAZ FSH	13/09/2024	NTS September Age Group 2024
227	3:54.64	L	P	Anathi Qamba	12	FAC EKU	05/12/2024	EGA Summer Championships
228	3:54.72	L	F	Leandi Swarts	12	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024
229	3:55.47	L	F	Dominic De Jager	12	USH KCD	28/09/2024	KCDA Age Group 1 2024
230	3:55.53	L	F	Zana Richardson	12	CSA EZD	29/11/2024	Mpumalanga Championships 2024
231	3:57.42	L	F	Noluthando Nkosi	12	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
232	3:58.13	L	F	Madison Wissekerke	12	FRA KCD	26/10/2024	Froggies Aquatics Championships 2024
233	4:00.07	L	P	Amogelang Mamabolo	12	HARB BPD	07/12/2024	NWS Championships 2024
234	4:00.44	L	F	Mila Pile	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
235	4:00.83	L	F	Caroline Angius	12	STAR BPD	09/11/2024	NWS Age Group 1 & 2 2024
236	4:00.89	L	F	Keziah Beukes	12	SOUL EKU	18/01/2025	EGA Summer 5
237	4:02.78	L	P	Lauren Kleinhans	12	AA JHB	29/11/2024	CGA Championships 2024
238	4:04.17	L	F	Caitlyn Botha	12	CA EKU	18/01/2025	EGA Summer 5
239	4:04.35	L	F	Alexis Visagie	12	BEST NMA	31/01/2025	Infinity Gala 2025
240	4:07.33	L	F	Lonela Mpikeleli	12	PAC FSH	13/09/2024	NTS September Age Group 2024
241	4:08.62	L	F	Roaluswa Manenzhe	12	MATL KKD	09/11/2024	NWS Age Group 1 & 2 2024
242	4:09.13	L	P	Nyandano Madaba	12	FAC EKU	05/12/2024	EGA Summer Championships
243	4:09.18	L	F	Emma Van Loggerenberg	12	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
244	4:09.96	L	F	Imke Swanepoel	12	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
245	4:09.97	L	F	Shayla Quin	12	SS MPD	29/11/2024	Limpopo Champs 2024
246	4:10.62	L	F	Tahlia Roelofsz	12	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
247	4:13.40	L	F	Reaoboka Moloi	12	MAKO EKU	01/02/2025	EGA Last Chance Gala
248	4:13.60	L	P	Oratile Motaung	12	MAKO EKU	05/12/2024	EGA Summer Championships
249	4:15.25	L	P	Lufuno Masupa	12	WSS LLD	04/12/2024	Free State Champs 2024
250	4:15.94	L	F	Mienke Grobler	12	BULS MAN	25/10/2024	Neptunes Gala
251	4:16.05	L	F	Unarine Mulaudzi	12	PGAC EKU	01/02/2025	EGA Last Chance Gala
252	4:17.32	L	P	Khanya Ramone	12	MATL KKD	07/12/2024	NWS Championships 2024
253	4:18.91	L	F	Menieke Rowe-Rowe	12	BULS MAN	25/10/2024	Neptunes Gala
254	4:24.25	L	F	Mandile Shabalala	12	AQUA UTD	02/11/2024	Uthukela District Age Group Gala
255	4:24.60	L	F	Milan Booysen	12	BLOT MAN	02/11/2024	Heidedal
256	4:25.66	L	F	Nika Smit	12	BS LLD	15/11/2024	Valsrivier Gala 2024
257	4:26.70	L	F	Rebaone Mbamali	12	PELIC MAN	25/10/2024	Neptunes Gala
258	4:32.11	L	F	Sade Kenny	12	SRAY BUF	25/01/2025	BCA January Age Group Gala 2025
259	4:38.96	L	P	Mia-Marie van Zyl	12	HREF BPD	07/12/2024	NWS Championships 2024
260	4:39.27	L	F	Hani Salie	12	LALE CED	17/10/2024	43rd Freda Barnard Invitational Gala
261	4:39.98	L	F	Ava Rough	12	BARA EKU	18/01/2025	EGA Summer 5
262	4:40.36	L	F	Nokubonga Buda	12	ESP EKU	18/01/2025	EGA Summer 5
263	4:43.38	L	F	Anika Bester	12	STGR XRD	05/10/2024	FLAMINGO GALA OCT 2024
264	4:45.81	L	F	Ayola Koli	12	ESTR EKU	26/10/2024	Summer 3 Delville
265	4:51.28	L	F	Eryn Botwood	12	CA EKU	18/01/2025	EGA Summer 5
Women 12-12 400 IM								
1	5:44.14	L	F	Shalea Hamilton	12	BEST NMA	16/11/2024	5th A League Gala 2024
2	5:51.34	L	F	Julie Olivier	12	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
3	5:54.84	L	F	Jenna Joyce	12	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
4	5:56.43	L	F	April Jooman	12	BEST NMA	13/12/2024	NMBA Championships 2024
5	5:56.51	L	F	Aqeelah Williams	12	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
6	6:06.36	L	F	Oyama Baqwa	12	SGUL ETH	13/12/2024	NMBA Championships 2024
7	6:07.74	L	F	Zara Lockitch	12	CYBE CPT	05/12/2024	Western Cape LC-A Championship 2024
8	6:11.92	L	F	Jenna-Lee Watson	12	HPS FSH	13/09/2024	NTS September Age Group 2024
9	6:18.26	L	F	Ruvarashe Chibharo	12	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
10	6:20.96	L	F	Ava Constantinides	12	CA EKU	05/12/2024	EGA Summer Championships

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
11	6:24.16 L	F	Mia Stilwaney	12	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
12	7:04.12 L	F	Caitlin McDowell	12	ESP ECU	05/12/2024	EGA Summer Championships
13	7:15.67 L	F	Christie Snyders	12	VALS FDD	15/11/2024	Valsrivier Gala 2024
14	7:18.37 L	F	Nicoline Du Preez	12	NWUC KKD	07/12/2024	NWS Championships 2024
15	7:20.03 L	F	Khalalelo Ratlhogo	12	ESP ECU	05/12/2024	EGA Summer Championships
16	7:46.67 L	F	Areli Muyaka	12	HARB BPD	07/12/2024	NWS Championships 2024
17	8:22.92 L	F	Dikgang Mokgele	12	MAKO ECU	15/11/2024	Summer 4 Delville