

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 50 Free							
1	25.97 L	S	Prinsloo, Karin	21	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
2	26.34 L	F	Mohr, Vanessa	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
3	26.36 L	F	Elphick, Natalie B	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
4	26.39 L	F	Maree, Trudi	22	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
5	26.66 L	F	Kemp, Lehesta	20	PASC NT	14/12/2010	The SwimShop KZN Provincial Char
6	26.70 L	P	Van Wyk, Chanelle	21	PASC NT	13/09/2010	10th African Swimming Championshi
7	27.00 L	S	Neethling, Jean-Marie	20	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
8	27.04 L	F	Erasmus, Marne	15	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
9	27.07 L	F	Van Zyl, Jo-Mari	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
10	27.09 L	P	Crafford, Tamlin	15	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
11	27.11 L	S	Ashley-Cooper, Jessica L	18	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
12	27.16 L	F	Van Dongen, Tiffany C	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
13	27.32 L	F	Scott, Megan	19	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
14	27.34 L	F	De Wet, Suanne	17	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
15	27.37 L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011	Telkom SA Level 3 National Champs
16	27.38 L	F	Sher, Robyn	16	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
17	27.39 L	F	Ferreira, Kayla M	16	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
18	27.40 L	F	Muller, Kristy S	16	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
19	27.48 L	F	Barnes, Michaela	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
20	27.51 L	F	Stones, Tarryn	22	BLFI FS	21/02/2011	Liga1
21	27.52 L	F	Kirkby, Nicola J	15	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
22	27.54 L	F	Roscher, Ene-Mari	17	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
23*	27.56 L	F	Charter, Robyn J	17	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
23*	27.56 L	F	Reynolds, Jamie H	13	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
25	27.58 L	F	Roper, Ronwyn	23	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
26*	27.59 L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
26*	27.59 L	F	Marais, Marizen	14	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
28	27.60 L	S	Forbes-Milne, Emma J	18	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
29*	27.63 L	F	De Villiers, Peggy	17	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
29*	27.63 L	S	Stephens, Megan K	20	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
31	27.65 L	F	Wessels, Michelle	18	BLOT FS	21/02/2011	Liga1
32	27.66 L	F	Mattheus, Lauren	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
33	27.69 L	F	Wessels, Carmen	18	BLOT FS	21/02/2011	Liga1
34	27.70 L	F	Lapham, Kirsten A	21	TUKS NT	04/12/2010	NTS Championships 2010
35	27.71 L	F	Price, Tamlyn T	15	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
36	27.84 L	P	Kouzas, Alexandra K	16	SASE CG	22/07/2010	Irish Junior/Youth/Open Championsh
37	27.85 L	F	Nicholas, Tara-Lynn	15	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
38	27.92 L	P	Lategan, Christy-Leigh	20	SGUL KZ	29/01/2011	SA International Invitation Swim Mee
39*	27.98 L	F	Chelius, Emma	14	BEAV KZ	18/03/2011	Telkom SA Level 3 National Champs
39*	27.98 L L	F	Bartram, Jessica K	16	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
41	27.99 L	P	Graham, Erin J	15	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
42	28.00 L	P	Brown, Terianne N	17	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
43	28.07 L	F	Gallagher, Erin P	12	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
44	28.08 L	F	Marsay, Fabienne	17	TUKS NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
45	28.09 L	F	Perrett, Courtney	14	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
46	28.10 L	F	Vlaskova, Michelle	27	CENS NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
47	28.15 L L	F	Malan, Beatrix J	15	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
48	28.16 L L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010	EP Aquabear Spring Gala 2010
49*	28.24 L	F	McWilliam, Danica	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
49*	28.24 L L	F	Tammadge, Roxanne	19	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
51	28.27 L	F	De Lange, Claire	16	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
52*	28.28 L	F	Crow, Caitlin A	13	PFSC CG	18/03/2011	Telkom SA Level 3 National Champs
52*	28.28 L	P	Du Plessis, Heloise	16	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
54	28.33 L	F	De Vos, Natasha	17	TUKS NT	04/12/2010	NTS Championships 2010
55	28.34 L L	F	Addinall, Chantel	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
56	28.35 L	F	Burger, Liezl-Mari	23	MATI WP	10/12/2010	WP Sasko Championships
57	28.37 L	F	Kotze, Nadene G	16	DDA NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
58	28.38 L	F	Howard, Jade A	15	TUKS NT	04/12/2010	NTS Championships 2010
59*	28.40 L	F	Stevenson, Rachel K	13	PFSC CG	18/03/2011	Telkom SA Level 3 National Champs
59*	28.40 L	P	Taylor, Nicole	17	SASE CG	22/07/2010	Irish Junior/Youth/Open Championsh
61	28.41 L	F	Smerdon, Jett	14	ACSA KZ	18/03/2011	Telkom SA Level 3 National Champs
62	28.43 L	P	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
63*	28.46 L	F	Van Niekerk, Stefane	16	BARR WP	18/03/2011	Telkom SA Level 3 National Champs
63*	28.46 L	F	Plumstead, Hayley P	18	NMMU EP	24/09/2010	EP Aquabear Spring Gala 2010

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Times since: 01-May-10 Times until: 30-Apr-11
Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
65	28.48	L	P	Peens, Amy N	17	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
66*	28.50	L	F	Martin, Danielle	14	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
66*	28.50	L	F	De Lange, Bronwyn E	16	PASC NT	27/08/2010 NTS August SD lev 2+Over Age Gro
66*	28.50	L	P	Lushington, Daniella A	19	SASE CG	08/12/2010 CGA Open Champs
69	28.54	L	P	Nieuwstad, Michelle	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
70*	28.56	L	P	Cooper, Oneida	17	VINE WP	09/06/2010 Mare Nostrum Barcelona 2010
70*	28.56	L	F	Austin, Shannon	17	PASC NT	24/09/2010 2010 NTS Sept Lev 2&O SD Age Gr
70*	28.56	L	P	Lotter, Katherine M	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
73*	28.58	L	P	Pistorius, Michelle	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
73*	28.58	L	P	Kennedy, Carmen H	17	MDOL CG	08/12/2010 CGA Open Champs
75	28.59	L	P	Oliver, Mikayla	15	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
76	28.61	L	F	Dauvellier, Odile	17	MDOL CG	08/12/2010 CGA Open Champs
77	28.62	L	P	Vd Walt, Natasha Z	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
78*	28.63	L	F	Viljoen, Chenique	15	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
78*	28.63	L	P	Noble, Sian	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
80	28.64	L	P	Louwrens, Maria J	14	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
81	28.65	L	P	Goosen, Jade D	15	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
82	28.68	L	P	Allison, Greer B	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
83	28.71	L	F	Palframan, Justine	17	ZULU KZ	20/02/2011 Kwazulu Natal High School Trials 20
84	28.74	L	P	Billson, Lauren T	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
85	28.75	L	F	Combrinck, Tiffany A	14	UWCA WP	18/03/2011 Telkom SA Level 3 National Champs
86*	28.77	L	P	Wong, Tina T	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
86*	28.77	L L	F	Billson, Carmel B	18	PEAS EP	10/12/2010 EP Championships 2010
86*	28.77	L	P	Botha, Mikal E	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
86*	28.77	L	F	Todd, Meghan	17	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
90*	28.78	L	F	Kotze, Taryn C	15	DDA NT	21/08/2010 Adrian Grafe Memorial Gala
90*	28.78	L	F	Van Niekerk, Michaela	13	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
92	28.81	L	P	Lambrechts, Barbara	16	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
93*	28.82	L L	F	Spyropoulos, Artemis	15	MDOL CG	19/02/2011 CGA Level 2Champs 2011
93*	28.82	L	P	Du Toit, Jeanie	18	MDOL CG	08/12/2010 CGA Open Champs
93*	28.82	L	F	Loubser, Marcé	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
93*	28.82	L	P	Shepherd, Ashleigh M	14	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
97*	28.83	L	F	Naude, Rita	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
97*	28.83	L	P	Graham, Kaleigh L	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
99*	28.84	L	F	Toye, Megan	14	RRVS VT	29/10/2010 2010 NTS Oct Short Distance Lev 2-
99*	28.84	L	P	Graham, Syanne E	17	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
99*	28.84	L	F	Warnes, Rene' D	18	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
Women 100 Free							
1	55.97	L L	F	Prinsloo, Karin	21	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
2	56.75	L	F	Vorster, Leone	23	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
3	56.93	L L	F	Elphick, Natalie B	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	57.36	L	F	Mohr, Vanessa	16	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
5	57.99	L	S	Ferreira, Kayla M	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
6	58.11	L	F	Neethling, Jean-Marie	20	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
7	58.16	L	F	Kemp, Lehesta	20	PASC NT	14/12/2010 The SwimShop KZN Provincial Char
8	58.32	L	F	Maree, Trudi	22	MATI WP	10/12/2010 WP Sasko Championships
9	58.40	L	P	Stephens, Megan K	20	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
10	58.44	L	F	De Vos, Natasha	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
11	58.47	L	F	Van Zyl, Jo-Mari	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
12	58.59	L	F	Weber, Michelle	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
13	58.63	L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
14	58.75	L	S	Crafford, Tamlin	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
15	58.94	L	F	Erasmus, Marne	15	HARL BO	18/03/2011 Telkom SA Level 3 National Champs
16	58.95	L	S	Roper, Ronwyn	23	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
17	59.01	L	P	Van Dongen, Tiffany C	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
18	59.06	L	F	Lategan, Christy-Leigh	20	SGUL KZ	26/02/2011 KZN Swim Program 12
19	59.26	L	F	Ashley-Cooper, Jessica L	18	TYGE WP	10/12/2010 WP Sasko Championships
20	59.38	L	F	Muller, Kristy S	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
21	59.49	L	F	Warnes, Rene' D	18	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
22	59.51	L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
23	59.55	L	F	Brown, Terianne N	17	HARL BO	18/03/2011 Telkom SA Level 3 National Champs
24	59.58	L	F	Lapham, Kirsten A	21	TUKS NT	04/12/2010 NTS Championships 2010
25	59.60	L	F	Van Wyk, Chanelle	21	PASC NT	29/10/2010 2010 NTS Oct Short Distance Lev 2-
26	59.63	L	F	McLeod, Lindsay M	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
27	59.65	L	P	Kirkby, Nicola J	15	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
28	59.72	L L	F	Cooper, Oneida	18	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
29	59.80	L	F	Peens, Amy N	17	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
30	59.82	L	P	Charter, Robyn J	17	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
31	59.90	L L	F	Stones, Tarryn	22	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
32	59.94	L	P	Barnes, Michaela	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
33	59.98	L	F	De Wet, Suanne	17	TUKS NT	06/11/2010	CGA Level 2/3 #3
34	1:00.02	L L	F	Sher, Robyn	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
35	1:00.03	L	F	Kouzas, Alexandra K	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
36	1:00.10	L	F	Du Plessis, Juane	15	BLOT FS	21/02/2011	Liga1
37	1:00.19	L	F	Marais, Marizen	14	BLOT FS	21/02/2011	Liga1
38*	1:00.24	L S	F	Tammadge, Roxanne	18	WSTV KZ	05/05/2010	Best Times LCM
38*	1:00.24	L	F	Vlaskova, Michelle	27	CENS NT	04/12/2010	NTS Championships 2010
40	1:00.29	L	F	Hauzer, Bianca N	16	MDOL CG	22/07/2010	Irish Junior/Youth/Open Championsf
41	1:00.50	L	F	Scott, Megan	19	TUKS NT	04/12/2010	NTS Championships 2010
42	1:00.51	L	F	Meaklim, Kathryn A	21	SGUL KZ	26/11/2010	KZN TYR Westville Sprints Champs
43	1:00.59	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
44	1:00.74	L	P	McWilliam, Danica	15	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
45*	1:00.75	L	P	Du Toit, Natalie	26	MDOL CG	09/06/2010	Mare Nostrum Barcelona 2010
45*	1:00.75	L	F	Malan, Beatrix J	15	WHFC WP	10/12/2010	WP Sasko Championships
47	1:00.76	L L	F	Meerholz, Danielle G	18	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
48	1:00.79	L	P	Van Heerden, Jennifer K	15	CADO WP	18/03/2011	Telkom SA Level 3 National Champs
49	1:00.82	L	P	Bartram, Jessica K	16	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
50*	1:00.85	L	P	Graham, Erin J	15	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
50*	1:00.85	L	F	Marsay, Fabienne	17	TUKS NT	04/12/2010	NTS Championships 2010
52	1:00.88	L	F	Kat, Caitlin	17	MATI WP	10/12/2010	WP Sasko Championships
53	1:00.96	L	P	Price, Tamlyn T	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
54	1:00.99	L	P	Venter, Zoe	15	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
55	1:01.07	L	P	Lambrechts, Barbara	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
56	1:01.12	L	F	Kruger, Anika	15	PASC NT	04/12/2010	NTS Championships 2010
57	1:01.17	L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010	EP Aquabear Spring Gala 2010
58	1:01.18	L	F	Austin, Shannon	17	PASC NT	04/12/2010	NTS Championships 2010
59	1:01.19	L L	F	Du Plessis, Heloise	16	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
60	1:01.22	L	F	Billson, Lauren T	15	PEAS EP	24/09/2010	EP Aquabear Spring Gala 2010
61*	1:01.23	L	P	Billson, Carmel B	18	PEAS EP	29/01/2011	SA International Invitation Swim Mee
61*	1:01.23	L	F	Cameron, Brittney O	18	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
63	1:01.24	L	P	Johnston, Chanel A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
64	1:01.28	L	F	Reynolds, Jamie H	13	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
65	1:01.34	L L	F	McCulloch, Laura J	17	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
66	1:01.35	L	F	Nicholas, Tara-Lynn	15	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
67	1:01.36	L	P	Loubser, Marcé	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
68	1:01.38	L	P	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
69	1:01.40	L	F	Gallagher, Erin P	12	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
70	1:01.43	L	F	De Villiers, Peggy	17	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
71*	1:01.52	L L	F	Terblanche, Carike	18	PASC NT	24/09/2010	EP Aquabear Spring Gala 2010
71*	1:01.52	L	F	Lushington, Daniella A	19	SASE CG	08/12/2010	CGA Open Champs
73	1:01.56	L	P	Roscher, Ene-Mari	17	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
74	1:01.60	L	P	Nicholas, Nina	18	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
75	1:01.61	L	F	Addinall, Chantel	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
76	1:01.63	L	P	Hauptfleisch, Kira	17	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
77	1:01.66	L	F	Mattheus, Lauren	17	MDOL CG	28/01/2011	Gauteng Championships 2011
78*	1:01.69	L	P	Kennedy, Carmen H	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
78*	1:01.69	L	P	Louwrens, Maria J	14	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
80	1:01.70	L	P	Quenet, Alexandra G	15	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
81	1:01.75	L	P	Kelsey, Jessica P	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
82*	1:01.79	L	F	Wessels, Michelle	17	BLOT FS	19/11/2010	FSA Open Championships 2010
82*	1:01.79	L	P	Pistorius, Michelle	18	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
84	1:01.80	L	F	Kotze, Nadene G	16	DDA NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
85	1:01.81	L	F	Botha, Mikal E	13	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
86	1:01.84	L	P	Chelius, Emma	14	BEAV KZ	18/03/2011	Telkom SA Level 3 National Champs
87	1:01.86	L	P	Lotter, Katherine M	13	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
88	1:01.89	L	P	Forbes-Milne, Emma J	18	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
89	1:01.94	L	P	Graham, Syanne E	17	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
90	1:01.95	L	P	Taylor, Nicole	18	SASE CG	18/03/2011	Telkom SA Level 3 National Champs
91*	1:01.96	L	P	Ross, Marlies	13	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
91*	1:01.96	L	P	Graham, Kaleigh L	15	EP EP	11/04/2011	Telkom Sa National Aquatic Champs

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	Time	P/F/S	Name	Age/Yr			
93	1:02.00 L	F	Snyman, Kamilla R	16	PASC NT	04/12/2010	NTS Championships 2010
94	1:02.02 L	F	Combrinck, Tiffany A	14	UWCA WP	18/03/2011	Telkom SA Level 3 National Champs
95	1:02.04 L	F	Goosen, Jade D	15	WSTV KZ	14/12/2010	The SwimShop KZN Provincial Char
96	1:02.06 L	P	Howard, Jade A	15	TUKS NT	04/12/2010	NTS Championships 2010
97	1:02.10 L	F	Martin, Danielle	14	PFSC CG	18/03/2011	Telkom SA Level 3 National Champs
98*	1:02.11 L	P	Wessels, Carmen	18	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
98*	1:02.11 L	P	Allison, Greer B	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
100	1:02.13 L	P	Gardiner, Caitlin A	17	CADO WP	18/03/2011	Telkom SA Level 3 National Champs
Women 200 Free							
1	2:00.89 L	F	Prinsloo, Karin	21	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
2	2:01.18 L L	F	Vorster, Leone	23	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
3	2:02.86 L L	F	Trott, Wendy A	21	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
4	2:03.65 L	F	Elphick, Natalie B	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
5	2:03.67 L	F	Weber, Michelle	14	ACSA KZ	18/03/2011	Telkom SA Level 3 National Champs
6	2:03.69 L	F	Tammadge, Roxanne	19	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
7	2:04.39 L	F	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
8	2:04.61 L	F	Pengelly, Jessica E	19	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
9	2:04.63 L	F	De Vos, Natasha	18	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
10	2:04.78 L	P	Lategan, Christy-Leigh	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
11	2:04.95 L	F	Warnes, Rene' D	18	SGUL KZ	13/09/2010	10th African Swimming Championsh
12	2:05.37 L	F	McLeod, Lindsay M	16	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
13	2:05.61 L	F	Stephens, Megan K	20	WATR CG	29/01/2011	SA International Invitation Swim Mee
14	2:05.68 L	F	Mohr, Vanessa	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
15	2:06.41 L	F	Ferreira, Kayla M	16	PASC NT	29/01/2011	SA International Invitation Swim Mee
16	2:06.82 L	F	Kat, Caitlin	18	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
17	2:06.96 L	F	Van Zyl, Jo-Mari	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
18	2:06.98 L	P	Neethling, Jean-Marie	20	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
19	2:07.46 L	F	Brown, Terianne N	17	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
20	2:07.53 L	F	Lapham, Kirsten A	21	TUKS NT	04/12/2010	NTS Championships 2010
21	2:07.56 L	F	Hauzer, Bianca N	16	MDOL CG	22/07/2010	Irish Junior/Youth/Open Championsf
22	2:07.80 L	F	Ashley-Cooper, Jessica L	18	TYGE WP	10/12/2010	WP Sasko Championships
23	2:07.86 L	P	Van Dongen, Tiffany C	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
24	2:08.30 L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011	Telkom SA Level 3 National Champs
25	2:08.36 L	F	Kaszechki, Sabrina	14	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
26	2:08.58 L	P	Billson, Carmel B	18	PEAS EP	18/03/2011	Telkom SA Level 3 National Champs
27	2:08.66 L	F	Nicholas, Nina	17	CADO WP	29/10/2010	WP Barracudas Aquarama Summer
28	2:08.68 L	F	Venter, Zoe	15	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
29	2:08.82 L	P	Cooper, Oneida	18	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
30	2:08.83 L	F	Van Heerden, Jennifer K	15	CADO WP	18/03/2011	Telkom SA Level 3 National Champs
31	2:09.14 L	P	Hauptfleisch, Kira	17	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
32	2:09.40 L	F	Crafford, Tamiin	15	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
33	2:09.42 L	F	McCulloch, Laura J	17	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
34	2:09.59 L	F	Barnes, Michaela	15	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
35	2:09.86 L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
36	2:09.90 L	P	Macfarlane, Justine A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
37	2:10.00 L	F	Johnston, Chanel A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
38	2:10.19 L	F	Meerholz, Danielle G	18	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
39	2:10.57 L	F	Lambrechts, Barbara	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
40	2:11.14 L	P	Kemp, Lehesta	21	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
41	2:11.33 L	F	Austin, Shannon	17	PASC NT	04/12/2010	NTS Championships 2010
42	2:11.46 L S	F	Du Toit, Natalie	27	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
43	2:11.48 L	F	Cameron, Brittney O	18	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
44	2:11.54 L	P	Muller, Kristy S	16	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
45	2:11.55 L	F	Loubser, Marcé	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
46	2:11.88 L	F	Du Plessis, Juane	15	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
47	2:12.07 L	F	Snyman, Kamilla R	16	PASC NT	04/12/2010	NTS Championships 2010
48	2:12.19 L	P	Kouzas, Alexandra K	17	SASE CG	18/03/2011	Telkom SA Level 3 National Champs
49	2:12.20 L	F	Gardiner, Caitlin A	17	CADO WP	10/12/2010	WP Sasko Championships
50	2:12.21 L	F	Van Zyl, Marguerite	18	WATR CG	22/07/2010	Irish Junior/Youth/Open Championsf
51*	2:12.30 L	F	Ross, Marlies	13	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
51*	2:12.30 L	P	Dryding, Dominique A	18	CADO WP	29/01/2011	SA International Invitation Swim Mee
53	2:12.38 L	F	Dicks, Sharne	16	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
54	2:12.39 L	F	Billson, Lauren T	15	PEAS EP	18/03/2011	Telkom SA Level 3 National Champs
55	2:12.61 L	P	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
56	2:12.87 L	F	Nel, Amore	16	TUKS NT	04/12/2010	NTS Championships 2010

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
57	2:12.90	L	F	Roper, Ronwyn	23	SEAL KZ	26/11/2010 KZN TYR Westville Sprints Champs
58	2:13.33	L	F	Terblanche, Carike	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
59	2:13.42	L	P	Charter, Robyn J	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
60	2:13.51	L	P	McWilliam, Danica	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
61	2:13.53	L	F	Els, Johanna C	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
62	2:13.65	L	F	Graham, Kaleigh L	14	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
63	2:13.79	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
64	2:13.82	L	F	Van Heerden, Karlien	20	TUKS NT	04/12/2010 NTS Championships 2010
65	2:13.95	L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010 EP Aquabear Spring Gala 2010
66	2:13.98	L	F	Kruger, Anika	15	PASC NT	04/12/2010 NTS Championships 2010
67	2:13.99	L	F	Quenet, Alexandra G	15	WHFC WP	10/12/2010 WP Sasko Championships
68	2:14.05	L	F	Bartram, Jessica K	16	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
69	2:14.17	L	F	De Waal, Olivia	14	VINE WP	10/12/2010 WP Sasko Championships
70	2:14.27	L	F	Lotter, Katherine M	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
71	2:14.36	L	F	Lopes, Demi F	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
72	2:14.43	L	P	Bauristhene, Nikita R	12	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
73	2:14.47	L	F	Greevelink, Genna	16	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
74	2:14.61	L	P	Graham, Syanne E	17	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
75	2:14.67	L	F	Jv Rensburg, Suzanne J	18	PSA LP	26/11/2010 Limpopo Champs 26-27th Novembe
76	2:14.68	L	P	Sher, Robyn	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
77	2:14.95	L	P	Addinall, Chantel	14	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
78	2:14.96	L	P	Bester, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
79	2:15.05	L	P	De Jongh, Louisa	15	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
80	2:15.07	L	F	Scott, Megan	19	TUKS NT	04/12/2010 NTS Championships 2010
81	2:15.09	L	P	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
82	2:15.42	L	P	Harris, Nicole E	18	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
83	2:15.47	L	P	Allison, Greer B	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
84*	2:15.54	L	F	Franklin, Sharne	20	BLFI FS	24/09/2010 EP Aquabear Spring Gala 2010
84*	2:15.54	L	F	Richards, Catherine A	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
86	2:15.64	L	P	Dance, Michal E	15	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
87	2:15.69	L	P	Kidd, Tanique P	14	KLOO KZ	18/03/2011 Telkom SA Level 3 National Champs
88	2:15.83	L	F	Brown, Ashleigh A	15	WATR CG	08/12/2010 CGA Open Champs
89*	2:15.87	L	F	Louwrens, Maria J	14	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
89*	2:15.87	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
91	2:15.88	L	F	Cleworth, Jodi L	14	UCTA WP	24/09/2010 EP Aquabear Spring Gala 2010
92	2:15.90	L	P	Marais, Marizen	14	BLOT FS	18/03/2011 Telkom SA Level 3 National Champs
93	2:15.93	L	F	Botha, Mikal E	13	PASC NT	04/12/2010 NTS Championships 2010
94	2:15.97	L S	F	Brits, Nicole J	16	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
95	2:16.03	L	F	Terblanche, Zandeele	12	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
96	2:16.14	L	F	Bosma, Caitlin B	12	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
97	2:16.16	L	F	Van Wyk, Tammy	14	AQUB EP	10/12/2010 EP Championships 2010
98	2:16.22	L	F	Wheals, Camryn	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
99	2:16.31	L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
100	2:16.34	L	F	Fryer, Che' K	18	ACSA KZ	09/10/2010 KZN Winter Swim Program 5 & 6
Women 400 Free							
1	4:10.19	L	F	Trott, Wendy A	20	VINE WP	12/06/2010 Mare Nostrum Canet 2010
2	4:15.83	L	F	Weber, Michelle	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
3	4:18.47	L	F	Tammadge, Roxanne	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	4:18.80	L	F	Vorster, Leone	22	PASC NT	13/09/2010 10th African Swimming Championshi
5	4:19.22	L	F	Warnes, Rene' D	18	SGUL KZ	13/09/2010 10th African Swimming Championshi
6	4:20.95	L	F	De Vos, Natasha	18	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
7	4:20.99	L	P	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
8	4:22.35	L	F	Kat, Caitlin	17	MATI WP	29/01/2011 SA International Invitation Swim Mee
9	4:25.10	L	F	McLeod, Lindsay M	16	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
10	4:25.90	L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
11	4:25.94	L	F	Van Heerden, Jennifer K	15	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
12	4:26.24	L	F	Lapham, Kirsten A	21	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
13	4:27.65	L	F	Nicholas, Nina	17	CADO WP	16/10/2010 WP Summer League 3
14	4:28.08	L	P	Hauptfleisch, Kira	17	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
15*	4:28.09	L	F	Stephens, Megan K	20	WATR CG	24/09/2010 EP Aquabear Spring Gala 2010
15*	4:28.09	L	F	Lategan, Christy-Leigh	20	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
17	4:28.39	L	F	Venter, Zoe	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
18	4:28.44	L	P	Hauzer, Bianca N	17	MDOL CG	29/01/2011 SA International Invitation Swim Mee
19	4:29.07	L S	F	Du Toit, Natalie	27	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
20	4:29.74	L	F	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	4:29.84	L	F	Austin, Shannon	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
22	4:30.07	L	F	Billson, Carmel B	18	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
23	4:32.22	L	F	Ferreira, Kayla M	16	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
24*	4:32.69	L	F	Johnston, Chanel A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
24*	4:32.69	L	F	Du Plessis, Juane	15	BLOT FS	18/03/2011 Telkom SA Level 3 National Champs
26	4:33.10	L	F	Barnes, Michaela	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
27	4:33.72	L	F	Dicks, Sharne	16	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
28	4:33.74	L	F	Dryding, Dominique A	18	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
29	4:35.13	L	F	Brits, Nicole J	16	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
30	4:35.20	L	F	Cooper, Oneida	18	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
31	4:35.64	L	F	Neethling, Jean-Marie	20	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
32	4:35.94	L	F	Macfarlane, Justine A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
33	4:36.22	L	P	Brown, Terianne N	17	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
34	4:36.56	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
35	4:36.77	L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
36	4:36.81	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
37	4:36.82	L	F	Meerholz, Danielle G	18	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
38	4:37.11	L	F	McCulloch, Laura J	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
39	4:38.38	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
40	4:38.73	L	F	Lambrechts, Barbara	16	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
41	4:39.29	L	F	Billson, Lauren T	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
42	4:39.31	L	F	Liss, Jessica S	15	AQUB EP	14/01/2011 EPA 5th SASKO A League Gala
43	4:39.33	L	F	Graham, Kaleigh L	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
44	4:39.55	L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
45	4:39.61	L	F	Fryer, Che' K	18	ACSA KZ	18/09/2010 KZN Winter Swim Program 3 & 4
46	4:39.72	L	F	Loubser, Marcé	14	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
47	4:40.45	L	F	Roux, Jessica S	18	SCAT EP	18/03/2011 Telkom SA Level 3 National Champs
48	4:40.54	L	P	Greevelink, Genna	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
49	4:41.46	L	F	Bauristhene, Nikita R	12	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
50	4:41.96	L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
51	4:42.01	L	P	Le Roux, Carmen	13	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
52	4:42.06	L	F	Coetzee, Roh-Anne L	13	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
53	4:42.10	L	F	Lopes, Demi F	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
54	4:42.53	L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010 EP Aquabear Spring Gala 2010
55	4:42.95	L	P	Cowling, Lisa	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
56	4:43.26	L	F	De Jongh, Louisa	15	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
57	4:43.36	L	F	Van Niekerk, Nathania	12	PSA LP	18/03/2011 Telkom SA Level 3 National Champs
58	4:43.45	L	F	Quenet, Alexandra G	15	WHFC WP	10/12/2010 WP Sasko Championships
59	4:44.64	L	F	Franklin, Sharne	20	BLFI FS	24/09/2010 EP Aquabear Spring Gala 2010
60	4:44.71	L	F	Goosen, Lise-Mari	15	KASA EP	18/03/2011 Telkom SA Level 3 National Champs
61	4:44.83	L	F	Vaughan, Christie	13	AQUB EP	10/12/2010 EP Championships 2010
62	4:44.90	L	F	Van Heerden, Karlien	20	TUKS NT	17/09/2010 2010 NTS Sept LD Age Grp
63	4:45.11	L	F	Els, Johanna C	14	BLSS FS	19/11/2010 FSA Open Championships 2010
64	4:45.14	L	F	Terblanche, Carike	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
65	4:45.58	L	F	Baptiste, Kira S	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
66	4:45.91	L	F	Lotter, Katherine M	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
67	4:45.97	L	F	Bouwer, Sarah-Ann	16	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
68	4:46.09	L	F	Addinall, Chantel	14	PASC NT	04/12/2010 NTS Championships 2010
69	4:46.20	L	F	Van Wyk, Megan	13	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
70	4:46.22	L	F	Kruger, Anika	15	PASC NT	04/12/2010 NTS Championships 2010
71	4:46.46	L	F	Fish, Giverny A	16	AQUB EP	10/12/2010 EP Championships 2010
72*	4:46.52	L	F	Oelofse, Louise M	15	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
72*	4:46.52	L	F	Gericke, Anja	14	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
74	4:46.82	L	F	Cleworth, Jodi L	14	UCTA WP	24/09/2010 EP Aquabear Spring Gala 2010
75	4:47.44	L	F	Randle, Samantha C	12	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
76	4:47.64	L	P	Le Roux, Clarice	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
77	4:47.73	L	F	Van Zyl, Marguerite	18	WATR CG	16/10/2010 CGA Level 2/3 #2
78*	4:47.89	L	F	Hunter, Kerry A	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
78*	4:47.89	L	P	Botha, Mikal E	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
80	4:47.98	L	F	Van Niekerk, Michaela	13	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
81	4:47.99	L	F	Baumann, Kathryn A	18	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
82	4:48.13	L	F	Els, Johanre J	13	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
83	4:48.45	L	F	Vd Westhuizen, Ianthé	12	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
84	4:48.65	L	F	Grobelaar, Nelrike M	15	TYGE WP	10/12/2010 WP Sasko Championships
85	4:48.88	L	F	Payn, Caitlyn	16	MATI WP	18/03/2011 Telkom SA Level 3 National Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
86	4:48.96	L	F	Kinghorn, Emma F	14	ETHEK KZ	20/02/2011 Kwazulu Natal High School Trials 20
87	4:49.36	L	F	Snyman, Kamilla R	17	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
88	4:49.54	L	F	Bellingan, Kristin L	13	CYBE WP	18/03/2011 Telkom SA Level 3 National Champs
89	4:49.82	L	F	Herman, Hildè	17	MATI WP	10/12/2010 WP Sasko Championships
90	4:49.98	L	F	Van Niekerk, Caitlin	15	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
91	4:50.45	L	F	Gray, Bianca A	11	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
92	4:50.62	L	F	Nel, Amore	16	TUKS NT	17/09/2010 2010 NTS Sept LD Age Grp
93	4:51.02	L	F	Els, Tarryn C	13	PEAS EP	10/12/2010 EP Championships 2010
94	4:51.25	L	F	Schlemmer, Jamie-Lee	14	KASA EP	14/01/2011 EPA 5th SASKO A League Gala
95	4:51.93	L	F	Fourie, Lisa C	12	TYGE WP	18/03/2011 Telkom SA Level 3 National Champs
96	4:52.20	L	F	Moore, Jessie E	14	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
97	4:52.27	L	F	Gallagher, Erin P	12	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
98	4:52.33	L	P	Graham, Syanne E	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
99	4:52.74	L	F	Terblanche, Zandeele	12	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
100	4:52.84	L	F	Jorgensen, Sarah J	14	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
Women 800 Free							
1	8:26.96	L	F	Trott, Wendy A	20	RSA ZZ	04/10/2010 Common Wealth Games Delhi 2010
2	8:44.89	L	F	Tammadge, Roxanne	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	8:46.16	L	F	Pengelly, Jessica E	19	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
4	8:46.30	L	F	Weber, Michelle	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
5	8:52.74	L	F	Meaklim, Kathryn A	21	SGUL KZ	29/01/2011 SA International Invitation Swim Mee
6	8:57.42	L	F	Warnes, Rene' D	18	SGUL KZ	13/09/2010 10th African Swimming Championshi
7	8:58.47	L	F	Kat, Caitlin	17	MATI WP	29/01/2011 SA International Invitation Swim Mee
8	9:03.39	L	F	Hauptfleisch, Kira	17	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
9	9:03.69	L	P	Du Toit, Natalie	27	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
10	9:04.19	L	F	McLeod, Lindsay M	15	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
11	9:05.65	L	F	Pereira, Kyna	14	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
12	9:06.65	L	F	Van Heerden, Jennifer K	15	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
13	9:09.00	L	F	Nicholas, Nina	17	CADO WP	29/10/2010 WP Barracudas Aquarama Summer
14	9:09.43	L	F	Hauzer, Bianca N	17	MDOL CG	29/01/2011 SA International Invitation Swim Mee
15	9:14.01	L	F	Venter, Zoe	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
16	9:16.78	L S	F	Brits, Nicole J	16	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
17	9:23.74	L	F	Liss, Jessica S	15	AQUB EP	14/01/2011 EPA 5th SASKO A League Gala
18	9:25.60	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
19	9:25.65	L	F	Dryding, Dominique A	18	CADO WP	05/02/2011 WP Qualifying Gala
20	9:26.74	L	P	Dicks, Sharne	16	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
21	9:27.83	L	F	Jv Rensburg, Suzanne J	18	PSA LP	26/11/2010 Limpopo Champs 26-27th Novembe
22	9:28.36	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
23	9:29.15	L	F	Roux, Jessica S	17	SCAT EP	08/10/2010 EPA 3rd SASKO A League Gala
24	9:32.24	L	F	Austin, Shannon	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
25	9:32.74	L	F	Ferreira, Kayla M	16	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
26	9:32.92	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
27	9:34.56	L	F	Fryer, Che' K	18	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
28	9:35.11	L	P	Le Roux, Carmen	13	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
29	9:35.35	L	F	McCulloch, Laura J	17	WSTV KZ	09/10/2010 KZN Winter Swim Program 5 & 6
30	9:39.44	L	P	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
31	9:43.56	L S	F	Cowling, Lisa	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
32*	9:43.68	L	F	Du Plessis, Juane	15	BLOT FS	22/10/2010 Otters Prestige Gala 2010
32*	9:43.68	L	F	Els, Johanna C	14	BLSS FS	22/10/2010 Otters Prestige Gala 2010
34	9:44.38	L	F	Cooper, Oneida	17	BISH CG	05/02/2011 CGA Level 2/3 # 5
35	9:46.67	L	F	Hunter, Kerry A	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
36	9:46.74	L	P	Gericke, Anja	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
37	9:46.77	L	F	Le Roux, Clarice	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
38	9:48.40	L	P	Fish, Giverny A	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
39	9:48.54	L	P	Els, Johanre J	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
40	9:48.62	L	F	Neethling, Jean-Marie	20	PASC NT	17/09/2010 2010 NTS Sept LD Age Grp
41	9:49.25	L	F	Oelofse, Louise M	15	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
42	9:49.26	L	F	Franklin, Sharne	20	BLFI FS	19/11/2010 FSA Open Championships 2010
43	9:51.17	L	F	Mohr, Vanessa	15	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
44	9:51.53	L	P	Lopes, Demi F	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
45	9:53.14	L	F	Cleworth, Jodi L	14	UCTA WP	13/11/2010 WP Summer League 4
46	9:53.55	L	F	Grobbelaar, Nelrike M	15	TYGE WP	10/12/2010 WP Sasko Championships
47	9:55.03	L	F	Lapham, Kirsten A	20	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
48	9:55.74	L	F	Addinall, Chantel	14	PASC NT	17/09/2010 2010 NTS Sept LD Age Grp
49	9:56.23	L	F	Schlemmer, Jamie-Lee	14	KASA EP	11/02/2011 EPA 6th SASKO A League Gala

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
50	9:56.30	L	F	Walker, Sarah-Jane	14	WSTV KZ	09/10/2010 KZN Winter Swim Program 5 & 6
51	9:57.27	L	F	Loubser, Marcé	14	BLSS FS	19/11/2010 FSA Open Championships 2010
52	9:58.99	L	F	Lambrechts, Barbara	16	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
53	9:59.19	L	F	Kinghorn, Emma F	13	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
54	9:59.94	L	F	Geugis, Silke M	17	TYGE WP	10/12/2010 WP Sasko Championships
55	10:00.18	L	F	Hattingh, Jade	13	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
56	10:00.79	L	F	Bellingan, Kristin L	13	CYBE WP	18/03/2011 Telkom SA Level 3 National Champs
57	10:00.91	L	F	Bauristhene, Nikita R	12	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
58	10:01.04	L	F	Terblanche, Zandeele	12	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
59	10:01.70	L	F	Nel, Amore	16	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
60	10:01.92	L	F	Wienand, Kirsty	23	BLOT FS	22/10/2010 Otters Prestige Gala 2010
61	10:02.14	L	F	Bester, Lizani	13	TUKS NT	17/09/2010 2010 NTS Sept LD Age Grp
62	10:07.57	L	F	Goosen, Lise-Mari	15	KASA EP	12/11/2010 EPA 4th SASKO A League Gala
63	10:08.45	L	F	Pullen, Casey R	16	BISH CG	05/02/2011 CGA Level 2/3 # 5
64	10:08.65	L S	F	Brown, Terianne N	17	HARL BO	14/01/2011 BO-January Age Group Gala 2011
65	10:08.97	L	T	Napier-Jameson, Rebekah	18	MDOL CG	05/02/2011 CGA Level 2/3 # 5
66	10:09.75	L	F	Smerdon, Jett	13	ACSA KZ	09/10/2010 KZN Winter Swim Program 5 & 6
67	10:10.82	L	F	Myhill, Jaime K	13	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
68	10:11.64	L	F	Mechanicos, Geena I	17	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
69	10:11.73	L	F	De Jager, Alida C	12	KASA EP	18/03/2011 Telkom SA Level 3 National Champs
70	10:13.12	L	F	Delpport, Emma	16	BLSS FS	22/10/2010 Otters Prestige Gala 2010
71	10:13.54	L	F	Du Preez, Nadine	16	BLSS FS	19/11/2010 FSA Open Championships 2010
72	10:13.89	L	F	Purchase, Kyeta	12	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
73	10:14.09	L	F	Wessels, Carmen	17	BLOT FS	19/11/2010 FSA Open Championships 2010
74	10:14.26	L	F	Wessels, Michelle	17	BLOT FS	19/11/2010 FSA Open Championships 2010
75	10:14.43	L	F	Botha, Mikal E	13	PASC NT	04/12/2010 NTS Championships 2010
76	10:14.55	L	F	Herman, Hildè	17	MATI WP	13/11/2010 WP Summer League 4
77	10:15.13	L	F	Leech, Seonaid	14	ONY ES	18/03/2011 Telkom SA Level 3 National Champs
78	10:15.26	L	F	Cilliers, Chaneri M	15	BLOT FS	24/09/2010 EP Aquabear Spring Gala 2010
79	10:15.44	L	F	Payn, Caitlyn	16	MATI WP	13/11/2010 WP Summer League 4
80	10:16.21	L	F	Weber, Melissa	16	ACSA KZ	24/09/2010 EP Aquabear Spring Gala 2010
81	10:18.07	L	F	Edward, Lara E	13	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
82	10:19.34	L	F	Richards, Catherine A	18	PASC NT	17/09/2010 2010 NTS Sept LD Age Grp
83	10:19.82	L	F	Barnes, Amy	14	TYGE WP	10/12/2010 WP Sasko Championships
84	10:20.22	L	F	Smith, Chantel C	16	BLSS FS	19/11/2010 FSA Open Championships 2010
85	10:20.43	L	F	Oosthuizen, Elsa L	14	BLSS FS	19/11/2010 FSA Open Championships 2010
86	10:20.54	L	F	Hugo, Megan P	13	BLFI FS	19/11/2010 FSA Open Championships 2010
87	10:22.72	L	F	Prinsloo, Leah	15	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
88	10:23.23	L	F	Haines, Rebecca	13	CADO WP	29/10/2010 WP Barracudas Aquarama Summer
89	10:25.01	L	F	Kemp, Lehesta	20	BLSS FS	14/06/2010 Sasol National Winter Championship
90	10:26.31	L	F	Singh, Megan	15	ETHEK KZ	20/02/2011 Kwazulu Natal High School Trials 20
91	10:27.45	L	F	Van Niekerk, Suzanne	16	LION NT	20/08/2010 2010 August Long Distance Age Gro
92	10:27.98	L	F	Baptiste, Kira S	13	PASC NT	21/01/2011 2011 NTS January Lev 2+O SD+LD.
93	10:28.22	L	F	Fourie, Lisa C	12	TYGE WP	29/10/2010 WP Barracudas Aquarama Summer
94	10:28.34	L	F	Jagga, Justine N	13	CADO WP	29/10/2010 WP Barracudas Aquarama Summer
95	10:29.31	L	F	Marais, Marizen	14	BLOT FS	19/11/2010 FSA Open Championships 2010
96	10:29.33	L	F	Wightman, Francesca M	15	CYBE WP	05/02/2011 WP Qualifying Gala
97	10:29.69	L	F	du Plessis, Marelie	17	BLSS FS	22/10/2010 Otters Prestige Gala 2010
98	10:29.72	L	F	Vd Linde, Charlene	17	SASO VT	14/06/2010 Sasol National Winter Championship
99	10:29.91	L	F	Botha, Kayla	16	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
100	10:30.11	L	F	Cilliers, Ilne J	13	BLOT FS	19/11/2010 FSA Open Championships 2010
Women 1000 Free							
1	13:44.15	L	O	Nieuwstad, Michelle	16	TYGE WP	29/01/2011 WP Open Water Challenge 3
2	13:46.77	L	O	Jagga, Justine N	13	CADO WP	29/01/2011 WP Open Water Challenge 3
3	13:51.72	L	O	Van Niekerk, Caitlin	15	VINE WP	29/01/2011 WP Open Water Challenge 3
4	13:59.63	L	O	Barnes, Amy	14	TYGE WP	29/01/2011 WP Open Water Challenge 3
5	14:01.07	L	O	Broad, Nicole	16	VINE WP	06/11/2010 WP Open Water Challenge 1
6	14:03.10	L	O	Dicks, Sharne	16	VINE WP	16/12/2010 WP Open Water Champs
7	14:34.29	L	O	Van Niekerk, Michaela	13	VINE WP	29/01/2011 WP Open Water Challenge 3
8	14:35.67	L	O	Erasmus, Cassandra	11	VINE WP	29/01/2011 WP Open Water Challenge 3
9	14:41.29	L	O	Van Zyl, Rina	16	VINE WP	29/01/2011 WP Open Water Challenge 3
10	14:56.42	L	O	Nicholas, Nina	17	CADO WP	16/12/2010 WP Open Water Champs
11	14:57.60	L	O	La Cock, Simon S	13	BARR WP	06/11/2010 WP Open Water Challenge 1
12	15:04.18	L	O	Anderson, Julia K	13	VINE WP	29/01/2011 WP Open Water Challenge 3
13	15:07.56	L	O	Marais, BIANCA	35	TYGE WP	29/01/2011 WP Open Water Challenge 3

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
14	15:11.44	L	O	Dorland, Ifke	14	VINE WP	29/01/2011 WP Open Water Challenge 3
15	15:14.54	L	O	Wightman, Francesca M	15	CYBE WP	29/01/2011 WP Open Water Challenge 3
16	15:19.07	L	O	Van Rensburg, Chelsea M	13	TYGE WP	29/01/2011 WP Open Water Challenge 3
17	15:26.58	L	O	Ahmed, Rashieda	14	WEST WP	06/11/2010 WP Open Water Challenge 1
18	15:27.43	L	O	Hawarden, Caitlin	15	TYGE WP	29/01/2011 WP Open Water Challenge 3
19	15:29.99	L	O	Edwards, Elaine	15	VINE WP	27/11/2010 WP Open Water Challenge 2
20	15:31.28	L	O	Steyn, Kari	10	CADO WP	06/11/2010 WP Open Water Challenge 1
21	15:45.90	L	O	Crawford, Jenna B	14	BARR WP	27/11/2010 WP Open Water Challenge 2
22	16:05.57	L	O	Rossouw, Jandri	13	CADO WP	06/11/2010 WP Open Water Challenge 1
23	16:09.81	L	O	Kreft, Megan E	11	MATI WP	29/01/2011 WP Open Water Challenge 3
24	16:41.57	L	O	Roux, Lischa A	12	VINE WP	06/11/2010 WP Open Water Challenge 1
25	16:43.11	L	O	Abrahams, Faith	12	VINE WP	29/01/2011 WP Open Water Challenge 3
26	17:02.80	L	O	Blom, Marcelle	16	VINE WP	29/01/2011 WP Open Water Challenge 3
27	17:06.47	L	O	Redelinghuys, Tia-Mae	15	VINE WP	16/12/2010 WP Open Water Champs
28	17:24.64	L	O	Shand, Nicole A	13	VINE WP	06/11/2010 WP Open Water Challenge 1
29	17:35.19	L	O	Lopes Stuart, Stephanie	14	VINE WP	29/01/2011 WP Open Water Challenge 3
30	17:37.77	L	O	De Waal, Monique	15	TYGE WP	27/11/2010 WP Open Water Challenge 2
31	17:40.95	L	O	McAvinchey, Cara	17	TYGE WP	16/12/2010 WP Open Water Champs
32	17:41.21	L	O	Dryding, Dominique A	18	CADO WP	16/12/2010 WP Open Water Champs
33	17:44.87	L	O	Coates, Holly A	11	TYGE WP	29/01/2011 WP Open Water Challenge 3
34	17:46.36	L	O	Knapp, Aneeka	13	CADO WP	27/11/2010 WP Open Water Challenge 2
35	17:49.12	L	O	Hawarden, Kelly	13	TYGE WP	29/01/2011 WP Open Water Challenge 3
36	18:10.22	L	O	Moreby, Nicole-Ann	12	VINE WP	27/11/2010 WP Open Water Challenge 2
37	18:19.78	L	O	Van Rensburg, Nasha	12	TYGE WP	29/01/2011 WP Open Water Challenge 3
38	18:31.29	L	O	Eagles, Mikayla J	10	TYGE WP	27/11/2010 WP Open Water Challenge 2
39	18:33.78	L	O	Antonopoulos, Carla T	9	TYGE WP	06/11/2010 WP Open Water Challenge 1
40	18:44.11	L	O	Klopstra, Sarah-Jane	11	VINE WP	27/11/2010 WP Open Water Challenge 2
41	19:26.08	L	O	Labuschagne, Tami M	10	VINE WP	06/11/2010 WP Open Water Challenge 1
42	20:02.56	L	O	Teixeira, Daniella	14	VINE WP	16/12/2010 WP Open Water Champs
43	20:38.35	L	O	Lourens, Gina	47	UWCA WP	27/11/2010 WP Open Water Challenge 2
44	20:52.29	L	O	Steyn, Jessica	11	VINE WP	27/11/2010 WP Open Water Challenge 2
45	23:50.28	L	O	Van Eyssen, Michelle	10	VINE WP	06/11/2010 WP Open Water Challenge 1
46	23:56.88	L	O	Lourens, Islay S	10	MATI WP	29/01/2011 WP Open Water Challenge 3
47	26:04.48	L	O	Marx, Liza-Anne	23	UNAT	29/01/2011 WP Open Water Challenge 3
48	27:47.73	L	O	Steyn, Ronel L	41	UNAT	29/01/2011 WP Open Water Challenge 3
Women 1500 Free							
1	16:22.57	L	F	Trott, Wendy A	21	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
2	16:36.76	L	F	Weber, Michelle	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	16:51.32	L	F	Tammadge, Roxanne	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	17:14.21	L	F	Kat, Caitlin	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
5	17:19.44	L	F	Du Toit, Natalie	27	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
6	17:23.64	L	F	Hauptfleisch, Kira	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
7	17:34.17	L	F	Brits, Nicole J	16	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
8	17:34.75	L	F	Venter, Zoe	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
9	17:41.14	L	F	Pereira, Kyna	14	NDSA KZ	09/10/2010 KZN Winter Swim Program 5 & 6
10	17:45.52	L	F	McLeod, Lindsay M	15	ACSA KZ	09/10/2010 KZN Winter Swim Program 5 & 6
11	17:50.60	L	F	Nicholas, Nina	17	CADO WP	21/08/2010 WP Summer League 1
12	17:51.68	L	F	Hauzer, Bianca N	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
13	17:53.09	L	F	Roux, Jessica S	17	SCAT EP	08/10/2010 EPA 3rd SASKO A League Gala
14	17:56.29	L	F	Van Heerden, Jennifer K	14	CADO WP	21/08/2010 WP Summer League 1
15	17:57.51	L	F	Dryding, Dominique A	18	CADO WP	05/02/2011 WP Qualifying Gala
16	18:07.00	L	F	Jv Rensburg, Suzanne J	18	PSA LP	14/06/2010 Sasol National Winter Championship
17	18:09.67	L	F	Ferreira, Kayla M	16	PASC NT	22/10/2010 2010 NTS October Long Distance Aq
18	18:19.83	L	F	Fryer, Che' K	18	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
19	18:23.38	L	F	Cowling, Lisa	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
20	18:24.00	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
21	18:38.16	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
22	18:38.35	L	F	Els, Johanre J	13	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
23	18:40.50	L	F	Neethling, Jean-Marie	20	PASC NT	22/10/2010 2010 NTS October Long Distance Aq
24	18:42.65	L	F	Franklin, Shame	20	BLFI FS	19/11/2010 FSA Open Championships 2010
25	18:51.31	L	F	Du Plessis, Juane	15	BLOT FS	19/11/2010 FSA Open Championships 2010
26	18:55.27	L	F	Els, Johanna C	14	BLSS FS	19/11/2010 FSA Open Championships 2010
27	19:00.81	L	F	Fish, Giverny A	16	KASA EP	08/10/2010 EPA 3rd SASKO A League Gala
28	19:02.69	L	F	Kemp, Lehesta	20	PASC NT	22/10/2010 2010 NTS October Long Distance Aq
29	19:04.63	L	F	Cleworth, Jodi L	14	UCTA WP	10/12/2010 WP Sasko Championships

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

Time	P/F/S	Name	Age/Yr
30	19:08.30 L	F Stephens, Megan K	20 WATR CG 08/12/2010 CGA Open Champs
31	19:09.06 L	F Brown, Terianne N	17 HARL BO 14/01/2011 BO-January Age Group Gala 2011
32	19:13.52 L	F Goosen, Lise-Mari	15 KASA EP 11/02/2011 EPA 6th SASKO A League Gala
33	19:15.79 L	F Oelofse, Louise M	15 TUKS NT 22/10/2010 2010 NTS October Long Distance Aq
34	19:16.00 L	F Loubser, Marcé	14 BLSS FS 19/11/2010 FSA Open Championships 2010
35	19:20.29 L	F Addinall, Chantel	14 PASC NT 22/10/2010 2010 NTS October Long Distance Aq
36	19:26.98 L	F Payn, Caitlyn	16 MATI WP 16/10/2010 WP Summer League 3
37	19:28.85 L	F Schlemmer, Jamie-Lee	14 KASA EP 10/12/2010 EP Championships 2010
38	19:33.69 L	F Wienand, Kirsty	23 BLOT FS 19/11/2010 FSA Open Championships 2010
39	19:34.48 L	F Newman, Rebecca J	18 SCAT EP 10/12/2010 EP Championships 2010
40	19:35.57 L	F Delpport, Emma	16 BLSS FS 19/11/2010 FSA Open Championships 2010
41	19:35.61 L	F Napier-Jameson, Rebekah	18 MDOL CG 05/02/2011 CGA Level 2/3 # 5
42	19:36.29 L	F Du Preez, Nadine	16 BLSS FS 19/11/2010 FSA Open Championships 2010
43	19:42.79 L	F Gericke, Anja	14 BLSS FS 14/12/2010 The SwimShop KZN Provincial Char
44	19:44.89 L	F Barnes, Amy	14 TYGE WP 19/11/2010 WP Vineyard Spring Gala
45	19:45.27 L	F Bauristhene, Nikita R	12 WSTV KZ 09/10/2010 KZN Winter Swim Program 5 & 6
46	19:47.07 L	F Wessels, Michelle	17 BLOT FS 19/11/2010 FSA Open Championships 2010
47	19:47.38 L	F Bellingan, Kristin L	12 CYBE WP 10/12/2010 WP Sasko Championships
48	19:47.97 L	F Niehaus, Chrislie-Thandi	14 KASA EP 10/12/2010 EP Championships 2010
49	19:48.33 L	F Botha, Mikal E	13 PASC NT 04/12/2010 NTS Championships 2010
50	19:48.92 L	F Wessels, Carmen	17 BLOT FS 19/11/2010 FSA Open Championships 2010
51	19:50.55 L	F Mechanicos, Geena I	17 ACSA KZ 09/10/2010 KZN Winter Swim Program 5 & 6
52	19:50.74 L	F Coetzee, Roh-Anne L	13 BISH CG 06/11/2010 CGA Level 2/3 #3
53	19:54.10 L	F Pullen, Casey R	16 BISH CG 08/12/2010 CGA Open Champs
54	19:54.84 L	F Smith, Chantel C	16 BLSS FS 19/11/2010 FSA Open Championships 2010
55	19:56.25 L	F Leech, Seonaid	14 ONY ES 04/12/2010 EGA Champs Dec 2010
56	20:01.54 L	F Fourie, Lisa C	12 TYGE WP 19/11/2010 WP Vineyard Spring Gala
57	20:03.79 L	F Ryder, Megan A	15 MDOL CG 05/02/2011 CGA Level 2/3 # 5
58	20:08.30 L	F Kinghorn, Emma F	13 NDSA KZ 09/10/2010 KZN Winter Swim Program 5 & 6
59	20:09.75 L	F Badenhorst, Leané	17 BLSS FS 19/11/2010 FSA Open Championships 2010
60	20:09.96 L	F Cilliers, Chaneri M	15 BLOT FS 19/11/2010 FSA Open Championships 2010
61	20:23.38 L	F Oosthuizen, Inge	17 BLOT FS 19/11/2010 FSA Open Championships 2010
62	20:28.22 L	F Lotter, Katherine M	13 PASC NT 21/01/2011 2011 NTS January Lev 2+O SD+LD
63	20:32.90 L	F Vd Linde, Charlene	17 SASO VT 04/12/2010 Vaal Triangle Summer Championship
64	20:33.49 L	F Botha, Michelle B	17 BLOT FS 19/11/2010 FSA Open Championships 2010
65	20:35.20 L	F Hugo, Laura-Ann	15 BLFI FS 19/11/2010 FSA Open Championships 2010
66	20:38.25 L	F Van Zyl, Rina	16 VINE WP 21/08/2010 WP Summer League 1
67	20:39.26 L	F Young, Samantha J	15 WATR CG 08/12/2010 CGA Open Champs
68	20:41.78 L	F Massey, Chane	14 BLSS FS 14/06/2010 Sasol National Winter Championship
69	20:44.86 L	F Cilliers, Ilne J	13 BLOT FS 19/11/2010 FSA Open Championships 2010
70	20:46.08 L	F Beukes, Pamelyn D	21 BLSS FS 19/11/2010 FSA Open Championships 2010
71	20:46.35 L	F Scholtz, Renelda	13 BARR WP 10/12/2010 WP Sasko Championships
72	20:53.20 L	F Van Breda, Keelyn R	20 UCTA WP 19/11/2010 WP Vineyard Spring Gala
73	20:53.42 L	F Lombaard, Melissa N	14 BOKS ES 04/12/2010 EGA Champs Dec 2010
74	20:55.15 L	F Haines, Rebecca	13 CADO WP 21/08/2010 WP Summer League 1
75	20:57.36 L	F Marais, Marizen	14 BLOT FS 19/11/2010 FSA Open Championships 2010
76	20:59.07 L	F Nortjé, Jamie	16 FISH SW 13/11/2010 3de A-League 2010
77	21:01.46 L	F Vd Heever, Ashley	15 BLAC ES 04/12/2010 EGA Champs Dec 2010
78	21:03.67 L	F Crawford, Jenna B	14 BARR WP 21/08/2010 WP Summer League 1
79	21:04.09 L	F Zeelie, Anze	17 SCAT EP 11/02/2011 EPA 6th SASKO A League Gala
80	21:05.04 L	F Anderson, Julia K	13 VINE WP 10/12/2010 WP Sasko Championships
81	21:09.81 L	F Swanepoel, Christin	12 CENS NT 22/10/2010 2010 NTS October Long Distance Aq
82	21:14.81 L	F Fraser, Amy	15 NEWS NN 10/12/2010 N-KZN LONG COURSE CHAMPION
83	21:15.83 L	F Saunders, Tayla	15 UNIQ CG 08/10/2010 EGA Age Group 1 2010
84	21:16.50 L	F du Toit, Leresia	16 BLOT FS 19/11/2010 FSA Open Championships 2010
85	21:33.00 L	F Myers, Amy	19 BLSS FS 14/06/2010 Sasol National Winter Championship
86	21:36.40 L	F Maritz, Kirsty	13 BOKS ES 08/10/2010 EGA Age Group 1 2010
87	21:40.87 L	F Thormahlen, Heike	11 MAND MP 26/11/2010 Mpumalanga Champs 2010
88	21:47.00 L	F Kasa, Michelle	12 MAND MP 26/11/2010 Mpumalanga Champs 2010
89	21:51.12 L	F Steenkamp, Suezette	12 UPTS NC 12/01/2011 Nocasa Champs 2011
90	21:51.56 L	F Holicki, Kathrine R	13 LINR CG 06/11/2010 CGA Level 2/3 #3
91	21:57.62 L	F Schutte, Petra F	15 BLOT FS 19/11/2010 FSA Open Championships 2010
92	22:00.90 L	F Kleynhans, Aletia	17 BLOT FS 19/11/2010 FSA Open Championships 2010
93	22:02.12 L	F Payne, Phia-Marie T	15 HART NC 12/01/2011 Nocasa Champs 2011
94	22:04.25 L	F Muller, Cassidy C	13 LAD NN 30/10/2010 N-KZN NOVEM. AGE GROUP GAL

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
95	22:05.28	L	F	Lewis, Nicole J	15	IMP MP	26/11/2010 Mpumalanga Champs 2010
96	22:13.19	L	F	Blom, Susan A	15	BLSS FS	19/11/2010 FSA Open Championships 2010
97	22:18.87	L	F	Rademeyer, Katy R	15	MDOL CG	14/06/2010 Sasol National Winter Championship
98	22:23.18	L	F	Kloppers, J'Mari	14	BLOT FS	19/11/2010 FSA Open Championships 2010
99	22:23.59	L	F	Maurer, Kira c	20	CADO WP	21/08/2010 WP Summer League 1
100	22:28.59	L	F	Swanepoel, Sam-Annique	16	RBOT NW	03/12/2010 NWS Championships 2010/2011
Women 3000 Free							
1	37:25.09	L	O	Weber, Michelle	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
2	37:37.34	L	O	Van Heerden, Jennifer K	14	CADO WP	06/11/2010 WP Open Water Challenge 1
3	37:54.56	L	O	Nicholas, Nina	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
4	38:04.62	L	O	Dryding, Dominique A	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
5	38:10.08	L	O	Ross, Marlies	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
6	38:12.76	L	O	Fryer, Che' K	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
7	39:01.38	L	O	Cleworth, Jodi L	15	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
8	40:30.85	L	O	Gericke, Anja	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
9	40:42.07	L	O	Edwards, Caroline G	18	NWS NW	11/04/2011 Telkom Sa National Aquatic Champs
10	40:52.24	L	O	Myhill, Jaime K	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
11	40:52.94	L	O	Els, Tarryn C	14	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
12	41:12.77	L	O	Badenhorst, Leané	17	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
13	41:15.14	L	O	Hunter, Kerry A	13	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
14	41:17.00	L	O	Schlemmer, Jamie-Lee	14	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
15	41:32.50	L	O	Lombaard, Melissa N	14	EGA ES	11/04/2011 Telkom Sa National Aquatic Champs
16	41:32.90	L	O	Hugo, Laura-Ann	16	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
17	41:33.48	L	O	De Jager, Alida C	12	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
18	41:40.23	L	O	Edward, Lara E	13	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
19	41:42.96	L	O	Gardiner, Caitlin A	17	CADO WP	06/11/2010 WP Open Water Challenge 1
20	41:44.17	L	O	Burger, Charmè	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
21	41:47.95	L	O	Goosen, Lise-Mari	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
22	41:51.66	L	O	Phayre, Jacqueline	16	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
23	41:53.29	L	O	Fourie, Daniele H	14	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
24	41:54.25	L	O	Van Niekerk, Michaela	14	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
25	41:55.49	L	O	Hugo, Megan P	13	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
26	41:58.77	L	O	Niehaus, Chrislie-Thandi	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
27	41:58.99	L	O	Ashley-Cooper, Jessica L	18	TYGE WP	06/11/2010 WP Open Water Challenge 1
28	42:04.14	L	O	Geyer, Tamarin	19	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
29	42:07.67	L	O	Cloete, Lisa-Jo	24	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
30	42:09.45	L	O	Van Zyl, Rina	16	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
31	42:10.55	L	O	Dicks, Sharne	16	VINE WP	06/11/2010 WP Open Water Challenge 1
32	42:31.98	L	O	Vd Wal, Hannah V	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
33	42:33.56	L	O	Zeelie, Anze	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
34	42:35.06	L	O	Shear, Cassie B	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
35	42:36.95	L	O	Venter, Adriana	18	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
36	42:38.82	L	O	Shortt, Kayla M	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
37	43:08.50	L	O	Barnes, Amy	14	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
38	43:13.31	L	O	Bellingan, Kristin L	13	CYBE WP	29/01/2011 WP Open Water Challenge 3
39	43:23.09	L	O	van der Merwe, Culien	15	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
40	43:29.18	L	O	Jagga, Justine N	13	CADO WP	29/01/2011 WP Open Water Challenge 3
41	43:30.80	L	O	Crawford, Jenna B	15	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
42	43:41.96	L	O	Wightman, Francesca M	15	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
43	43:53.77	L	O	De Jager, Chane	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
44	44:00.35	L	O	Van Niekerk, Caitlin	15	VINE WP	06/11/2010 WP Open Water Challenge 1
45	44:01.21	L	O	Nieuwstad, Michelle	16	TYGE WP	29/01/2011 WP Open Water Challenge 3
46	44:13.69	L	O	Webb, Elizabeth A	51	UNAT	06/11/2010 WP Open Water Challenge 1
47	44:15.08	L	O	Hess, Bernitia	14	PAQU WP	06/11/2010 WP Open Water Challenge 1
48	44:15.67	L	O	Gray, Bianca L	12	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
49	44:19.01	L	O	Hershaw, Kate L	18	TYGE WP	06/11/2010 WP Open Water Challenge 1
50	44:58.85	L	O	Ferguson, Robyn N	18	UWCA WP	27/11/2010 WP Open Water Challenge 2
51	45:06.23	L	O	Du Plooy, Cara	15	N-KZN NN	11/04/2011 Telkom Sa National Aquatic Champs
52	45:06.93	L	O	Geugis, Silke M	17	TYGE WP	06/11/2010 WP Open Water Challenge 1
53	45:08.54	L	O	Anderson, Julia K	13	VINE WP	29/01/2011 WP Open Water Challenge 3
54	45:25.06	L	O	Delamere, Angelique M	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
55	45:38.59	L	O	Hyslop, Kirsty L	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
56	45:39.34	L	O	Bacchini, Nadia T	33	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
57	46:14.40	L	O	Ouweneel, Birgitt A	16	MATI WP	27/11/2010 WP Open Water Challenge 2
58	46:29.12	L	O	Horan, Robyn	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	46:29.96	L	O	Jack, Khanya C	13	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
60	46:30.34	L	O	Muller, Cassidy C	13	N-KZN NN	11/04/2011 Telkom Sa National Aquatic Champs
61	46:47.26	L	O	Rijpstra, Tiemke	33	OFF SW	11/04/2011 Telkom Sa National Aquatic Champs
62	46:59.86	L	O	Wolfaardt, Bronwyn M	17	EGA ES	11/04/2011 Telkom Sa National Aquatic Champs
63	47:02.62	L	O	Homveld, Alexis	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
64	47:25.25	L	O	De Jager, Nika J	17	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
65	47:36.93	L	O	Dyanty, Bathandwa	13	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
66	48:01.80	L	O	Kennedy, Karen G	44	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
67	48:09.24	L	O	Pellissier, Alta	15	VINE WP	06/11/2010 WP Open Water Challenge 1
68	48:15.59	L	O	Edwards, Elaine	15	VINE WP	06/11/2010 WP Open Water Challenge 1
69	48:20.75	L	O	Fourie, Lisa C	12	TYGE WP	29/01/2011 WP Open Water Challenge 3
70	50:20.68	L	O	Saunders, Karen L	49	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
71	50:35.53	L	O	Homveld, Jade	45	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
72	52:05.43	L	O	Heiberg, Alexandra B	12	CADO WP	29/01/2011 WP Open Water Challenge 3
73	54:23.78	L	O	Mills, Chelsea J	12	BARR WP	27/11/2010 WP Open Water Challenge 2
74	56:46.23	L	O	Lourens, Gina	47	UWCA WP	29/01/2011 WP Open Water Challenge 3
Women 5000 Free							
1	40:51.31	L	F	Roux, Jessica S	17	SCAT EP	13/09/2010 10th African Swimming Championships
2	1:00:22.00	L	P	Du Toit, Natalie	26	MDOL CG	15/08/2010 IPC Swimming World Championship
3	1:01:23.33	L	O	Weber, Michelle	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	1:01:28.69	L	O	Nicholas, Nina	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
5	1:02:43.50	L	O	Brits, Nicole J	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
6	1:04:05.66	L	O	Fryer, Che' K	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
7	1:06:48.20	L	O	Dryding, Dominique A	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
8	1:09:36.66	L	O	Edwards, Caroline G	18	NWS NW	11/04/2011 Telkom Sa National Aquatic Champs
9	1:10:01.39	L	O	Goosen, Lise-Mari	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
10	1:10:30.34	L	O	Botha, Kayla	17	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
11	1:11:31.69	L	O	Niehaus, Chrislie-Thandi	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
12	1:11:41.71	L	O	Schlemmer, Jamie-Lee	14	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
13	1:11:43.80	L	O	Cowling, Lisa	16	VINE WP	27/11/2010 WP Open Water Challenge 2
14	1:12:02.35	L	O	Lombaard, Melissa N	14	EGA ES	11/04/2011 Telkom Sa National Aquatic Champs
15	1:12:10.17	L	O	Hugo, Laura-Ann	16	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
16	1:12:52.00	L	O	Phayre, Jacqueline	16	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
17	1:12:55.99	L	O	Fourie, Daniele H	14	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
18	1:13:04.88	L	O	Geyer, Tamarin	19	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
19	1:13:14.32	L	O	Burger, Charnè	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
20	1:13:20.11	L	O	Venter, Adriana	18	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
21	1:13:33.02	L	O	Cleworth, Jodi L	14	UCTA WP	27/11/2010 WP Open Water Challenge 2
22	1:14:07.36	L	O	Van Niekerk, Caitlin	15	VINE WP	29/01/2011 WP Open Water Challenge 3
23	1:15:33.02	L	O	Crawford, Jenna B	15	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
24	1:16:10.68	L	O	Shortt, Kayla M	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
25	1:17:24.08	L	O	Du Plooy, Cara	15	N-KZN NN	11/04/2011 Telkom Sa National Aquatic Champs
26	1:18:26.87	L	O	De Jager, Chane	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
27	1:19:51.49	L	O	Hyslop, Kirsty L	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
28	1:20:13.85	L	O	Horan, Robyn	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
29	1:22:24.42	L	O	Geugis, Silke M	17	TYGE WP	27/11/2010 WP Open Water Challenge 2
30	1:23:27.51	L	O	Hendricks, Bushrah	16	VINE WP	16/12/2010 WP Open Water Champs
31	1:25:34.13	L	O	Zandberg, Chante	17	BARR WP	29/01/2011 WP Open Water Challenge 3
32	1:25:51.65	L	O	Wolfaardt, Bronwyn M	17	EGA ES	11/04/2011 Telkom Sa National Aquatic Champs
33	1:32:52.65	L	O	Lourens, Gina	47	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
Women 10000 Free							
1	2:02:21.21	L	O	Du Toit, Natalie	27	CGA CG	17/04/2011 Telkom Sa Nationals OWS 2011-PE
2	2:09:30.70	L	O	Roux, Jessica S	18	EP EP	17/04/2011 Telkom Sa Nationals OWS 2011-PE
3	2:11:07.38	L	O	Brits, Nicole J	16	KZNA KZ	17/04/2011 Telkom Sa Nationals OWS 2011-PE
4	2:19:48.20	L	O	Venter, Zoe	15	CGA CG	17/04/2011 Telkom Sa Nationals OWS 2011-PE
5	2:19:55.00	L	O	Cowling, Lisa	16	VINE WP	06/11/2010 WP Open Water Challenge 1
6	2:37:49.22	L	O	Dryding, Dominique A	18	CADO WP	16/12/2010 WP Open Water Champs
Women 50 Back							
1	1.02	L L	F	Meintjes, Ananke	11	BLOT FS	19/11/2010 FSA Open Championships 2010
2	1.05	L L	F	Theunissen, Carien	12	BLNE FS	25/03/2011 Telkom SA Level 2 2011 FS
3	1.06	L L	F	Sneedon, Jenna C	13	NDSA KZ	25/03/2011 Telkom SA Level 2 2011 FS
4	29.03	L	S	Prinsloo, Karin	21	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
5	29.18	L	F	Van Wyk, Chanelle	21	PASC NT	27/08/2010 NTS August SD lev 2+Over Age Gro
6	29.82	L	F	Ashley-Cooper, Jessica L	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	30.58 L	F	Pistorius, Michelle	17	PASC NT	14/12/2010	The SwimShop KZN Provincial Char
8	30.60 L	F	Malan, Beatrix J	15	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
9	30.82 L	F	De Vos, Natasha	18	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
10	30.83 L	S	Kemp, Lehesta	21	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
11	30.95 L	P	Peens, Amy N	17	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
12	31.12 L	S	Mullin, Kerryn P	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
13	31.13 L	F	Crafford, Tamlin	16	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
14	31.15 L	F	Graham, Erin J	15	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
15	31.17 L	P	Price, Tamlyn T	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
16	31.29 L	F	Cooper, Oneida	18	BISH CG	18/03/2011	Telkom SA Level 3 National Champs
17	31.32 L	F	Reeves, Brittany A	16	BARS CG	18/03/2011	Telkom SA Level 3 National Champs
18	31.41 L	F	De Wet, Suanne	17	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
19	31.43 L	F	Viljoen, Chenique	15	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
20	31.46 L	F	Naude, Rita	13	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
21	31.47 L	F	Erasmus, Marne	15	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
22	31.50 L	F	Addinall, Chantel	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
23*	31.51 L	P	Mattheus, Lauren	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
23*	31.51 L	P	Lushington, Daniella A	19	SASE CG	08/12/2010	CGA Open Champs
25	31.52 L	F	De Villiers, Peggy	17	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
26	31.53 L	F	Mohr, Vanessa	15	TUKS NT	24/09/2010	2010 NTS Sept Lev 2&O SD Age Gr
27	31.54 L	F	Quenet, Alexandra G	15	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
28	31.55 L	F	Els, Johanna C	14	BLSS FS	21/02/2011	Liga1
29	31.59 L	F	Ferreira, Kayla M	16	PASC NT	21/01/2011	2011 NTS January Lev 2+O SD+LD
30	31.60 L	S	Plumstead, Hayley P	19	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
31	31.67 L	F	Sher, Robyn	16	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
32	31.69 L	F	Allison, Greer B	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
33*	31.74 L	F	Du Plessis, Juane	15	BLOT FS	21/02/2011	Liga1
33*	31.74 L	F	Charter, Robyn J	17	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
35	31.77 L	F	Barnes, Michaela	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
36	31.81 L	P	Pereira, Kyna	15	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
37	31.86 L	P	Nieuwstad, Michelle	17	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
38	31.88 L	F	Gardiner, Caitlin A	17	WPA WP	11/04/2011	Telkom Sa National Aquatic Champs
39	31.89 L	P	Baumann, Kathryn A	18	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
40	31.94 L	F	Reynolds, Jamie H	12	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
41	31.95 L	F	Scott, Megan	19	TUKS NT	04/12/2010	EGA Champs Dec 2010
42*	32.00 L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
42*	32.00 L	F	Marsay, Fabienne	17	TUKS NT	04/12/2010	NTS Championships 2010
44	32.03 L	F	Van Wyk, Tammy	14	AQUB EP	08/10/2010	EPA 3rd SASKO A League Gala
45	32.07 L	F	Featherstone, Claire E	14	BARS CG	18/03/2011	Telkom SA Level 3 National Champs
46	32.10 L	F	vd Merwe, Leanne	15	PASC NT	04/12/2010	NTS Championships 2010
47	32.11 L	F	Bartram, Jessica K	16	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
48*	32.19 L	F	Engelbrecht, Japke	15	SS LP	18/03/2011	Telkom SA Level 3 National Champs
48*	32.19 L	P	Cartwright, Lauren	16	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
50	32.22 L	P	Todd, Meghan	17	PSA LP	14/12/2010	The SwimShop KZN Provincial Char
51	32.24 L	F	Van Niekerk, Nathania	12	PSA LP	18/03/2011	Telkom SA Level 3 National Champs
52*	32.28 L	F	Dauvellier, Odile	17	MDOL CG	08/12/2010	CGA Open Champs
52*	32.28 L	F	De Waal, Olivia	14	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
54	32.35 L	F	Oosthuizen, Elsa L	14	BLSS FS	14/12/2010	The SwimShop KZN Provincial Char
55	32.36 L	F	Nel, Carla M	13	SS LP	18/03/2011	Telkom SA Level 3 National Champs
56*	32.38 L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
56*	32.38 L	F	Dance, Michal E	15	ACSA KZ	18/03/2011	Telkom SA Level 3 National Champs
56*	32.38 L	F	Vlok, Janet	14	WHFC WP	05/11/2010	FREDA BARNARD GALA
59	32.47 L	P	Ribeiro, Natasha A	13	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
60	32.50 L	F	Kruger, Anika	15	PASC NT	04/12/2010	NTS Championships 2010
61	32.51 L	F	Goosen, Jade D	15	WSTV KZ	14/12/2010	The SwimShop KZN Provincial Char
62	32.54 L	P	Meyer, Bianca J	21	PISC KZ	12/06/2010	Mare Nostrum Canet 2010
63	32.55 L	F	Esterhuizen, Nadia	14	NDSA KZ	18/03/2011	Telkom SA Level 3 National Champs
64	32.56 L	F	Marini, Marianna R	15	BARS CG	08/12/2010	CGA Open Champs
65	32.59 L	F	Marais, Marizen	14	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
66	32.62 L	F	Lanoe, Talisa	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
67	32.70 L	F	Johnston, Chanel A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
68	32.71 L	F	Bragason, Jessica S	18	WSTV KZ	14/12/2010	The SwimShop KZN Provincial Char
69*	32.75 L	F	Kleynhans, Amé	12	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
69*	32.75 L	F	Franklin, Sharne	20	BLFI FS	24/09/2010	EP Aquabear Spring Gala 2010
71	32.78 L	F	Lapham, Kirsten A	21	TUKS NT	04/12/2010	NTS Championships 2010

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
72	32.82	L	F	Wong, Tina T	14	MDOL CG	28/01/2011 Gauteng Championships 2011
73	32.84	L	P	Du Toit, Jeanie	18	MDOL CG	08/12/2010 CGA Open Champs
74	32.87	L	P	Nelson, Kelleigh	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
75	32.88	L	P	Small, Danielle L	15	PFSC CG	22/07/2010 Irish Junior/Youth/Open Championsh
76	32.90	L	F	Muller, Kristy S	16	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
77	32.91	L	F	Tarpey, Tatum C	12	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
78	32.93	L	F	Smith, Savannah L	14	WATR CG	16/10/2010 CGA Level 2/3 #2
79	32.97	L	F	Leech, Seonaid	14	ONY ES	28/01/2011 Gauteng Championships 2011
80	32.98	L	P	Combrinck, Tiffany A	14	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
81*	33.02	L	F	Engelke, Kirstie H	15	PEAS EP	22/10/2010 PEA Swimming Club Gala
81*	33.02	L	P	Forbes-Milne, Emma J	18	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
83*	33.09	L	P	Bouwer, Sarah-Ann	15	BISH CG	22/07/2010 Irish Junior/Youth/Open Championsh
83*	33.09	L	F	Roper, Ronwyn	23	SEAL KZ	26/11/2010 KZN TYR Westville Sprints Champs
85	33.10	L	F	Howard, Jade A	15	TUKS NT	04/12/2010 NTS Championships 2010
86	33.12	L	F	Brown, Ashleigh A	15	WATR CG	08/12/2010 CGA Open Champs
87	33.16	L	F	Warnes, Rene' D	18	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
88	33.17	L	P	Van Molendorff, Marize	16	WHFC WP	10/12/2010 WP Sasko Championships
89*	33.18	L	P	Combrink, Melissa	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
89*	33.18	L	F	Tovroloza, Petra	20	BISH CG	08/12/2010 CGA Open Champs
91*	33.20	L	P	Loubser, Marcé	14	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
91*	33.20	L	F	Maree, Monica D	17	HBVIL	23/10/2010 Limpopo HS Topskole 2010
93	33.21	L L	F	Labuschagne, Chiquita	19	BLAC ES	04/12/2010 EGA Champs Dec 2010
94	33.23	L	F	Wessels, Carmen	17	BLOT FS	19/11/2010 FSA Open Championships 2010
95	33.27	L	F	Palframan, Justine	17	KZNSA KZ	25/03/2011 Telkom SA Level 2 2011 FS
96	33.28	L	F	Cronje, Eliz-Maric	12	POTC NW	18/03/2011 Telkom SA Level 3 National Champs
97	33.29	L	F	Noble, Sian	15	BARS CG	08/12/2010 CGA Open Champs
98	33.30	L	P	Spyropoulos, Artemis	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
99	33.31	L	P	Kelsey, Jessica P	17	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
100	33.33	L	P	Botha, Mikal E	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
Women 100 Back							
1	1:01.80	L	S	Prinsloo, Karin	21	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
2	1:02.32	L	F	Van Wyk, Chanelle	21	PASC NT	13/09/2010 10th African Swimming Championshi
3	1:02.63	L	F	Ashley-Cooper, Jessica L	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
4	1:03.43	L	S	Loots, Amanda T	32	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
5	1:04.22	L	F	De Vos, Natasha	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
6	1:04.26	L	F	Malan, Beatrix J	15	WHFC WP	10/12/2010 WP Sasko Championships
7	1:04.62	L	F	Kemp, Lehesta	20	PASC NT	14/12/2010 The SwimShop KZN Provincial Char
8	1:05.50	L	F	Mohr, Vanessa	15	TUKS NT	04/12/2010 NTS Championships 2010
9*	1:05.54	L	F	Pistorius, Michelle	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
9*	1:05.54	L	F	Cooper, Oneida	18	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
11	1:05.67	L	F	Peens, Amy N	17	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
12	1:06.00	L L	F	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
13	1:06.56	L	F	Gardiner, Caitlin A	17	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
14	1:06.57	L	F	Crafford, Tamlyn	16	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
15	1:06.78	L	F	Price, Tamlyn T	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
16	1:06.82	L	F	Barnes, Michaela	15	AQUB EP	10/09/2010 EPA 2nd SASKO A League Gala
17	1:06.97	L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
18	1:07.09	L	S	De Waal, Olivia	14	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
19	1:07.19	L	F	Baumann, Kathryn A	17	MDOL CG	22/07/2010 Irish Junior/Youth/Open Championsh
20	1:07.21	L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
21	1:07.28	L	F	Du Plessis, Juane	15	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
22	1:07.31	L	F	De Wet, Suanne	17	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
23	1:07.38	L	F	Johnston, Chanel A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
24	1:07.43	L	P	Cameron, Brittney O	18	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
25	1:07.62	L	F	Todd, Meghan	17	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
26	1:07.65	L	F	Weber, Michelle	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
27*	1:07.67	L	F	Addinall, Chantel	14	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
27*	1:07.67	L	P	Quenet, Alexandra G	15	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
29	1:07.70	L	F	Els, Johanna C	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
30	1:07.76	L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
31	1:07.84	L	F	Marsay, Fabienne	17	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
32	1:07.85	L	F	vd Merwe, Leanne	15	PASC NT	04/12/2010 NTS Championships 2010
33	1:07.95	L	F	Viljoen, Chenique	15	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
34	1:07.96	L L	F	Warnes, Rene' D	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
35	1:08.07	L	P	Bartram, Jessica K	16	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
36	1:08.21	L	F	Nieuwstad, Michelle	16	TYGE WP	10/12/2010 WP Sasko Championships
37	1:08.27	L	F	Bouwer, Sarah-Ann	16	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
38	1:08.34	L	F	Plumstead, Hayley P	18	NMMU EP	22/10/2010 PEA Swimming Club Gala
39	1:08.46	L	F	Allison, Greer B	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
40	1:08.48	L	F	Sher, Robyn	16	WATR CG	24/09/2010 EP Aquabear Spring Gala 2010
41	1:08.63	L	F	Lapham, Kirsten A	21	TUKS NT	04/12/2010 NTS Championships 2010
42	1:08.70	L	F	Erasmus, Marne	15	HARL BO	18/03/2011 Telkom SA Level 3 National Champs
43	1:08.75	L	F	Reeves, Brittany A	16	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
44*	1:08.85	L	F	Loubser, Marcé	14	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
44*	1:08.85	L	P	Van Niekerk, Nathania	12	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
46	1:08.88	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
47	1:08.93	L	F	Van Wyk, Tammy	14	AQUB EP	10/12/2010 EP Championships 2010
48	1:08.98	L	P	Engelbrecht, Japke	15	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
49	1:09.01	L	P	Mullin, Kerryn P	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
50	1:09.03	L	F	Vlok, Janet	14	WHFC WP	05/11/2010 FRED A BARNARD GALA
51	1:09.08	L	F	Charter, Robyn J	16	AQUB EP	10/12/2010 EP Championships 2010
52*	1:09.15	L	P	Macfarlane, Justine A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
52*	1:09.15	L	F	Goosen, Jade D	15	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
54	1:09.18	L	P	Wong, Tina T	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
55	1:09.20	L	P	Naude, Rita	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
56	1:09.21	L	F	McLeod, Lindsay M	15	ACSA KZ	26/11/2010 KZN TYR Westville Sprints Champs
57	1:09.22	L	P	Nel, Carla M	13	SS LP	18/03/2011 Telkom SA Level 3 National Champs
58	1:09.29	L	F	Mattheus, Lauren	17	MDOL CG	28/01/2011 Gauteng Championships 2011
59	1:09.32	L	P	Nicholas, Nina	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
60	1:09.37	L	P	Marini, Marianna R	15	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
61	1:09.38	L	P	Franklin, Shame	20	BLFI FS	24/09/2010 EP Aquabear Spring Gala 2010
62	1:09.46	L	P	Du Toit, Jeanie	19	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
63	1:09.58	L	P	Kelsey, Jessica P	17	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
64*	1:09.60	L	F	Gericke, Anja	14	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
64*	1:09.60	L	P	Cartwright, Lauren	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
66	1:09.66	L	P	Van Wyk, Megan	13	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
67	1:09.72	L	F	Reynolds, Jamie H	12	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
68	1:09.75	L	F	Esterhuizen, Nadia	13	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
69*	1:09.83	L	F	De Villiers, Peggy	16	VINE WP	21/08/2010 WP Summer League 1
69*	1:09.83	L	F	Du Toit, Natalie	26	MDOL CG	15/08/2010 IPC Swimming World Championship
71	1:09.85	L	P	Dance, Michal E	15	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
72	1:09.86	L	P	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
73	1:09.91	L	P	Hauptfleisch, Kira	17	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
74	1:09.92	L	F	Kat, Caitlin	17	MATI WP	29/10/2010 WP Barracudas Aquarama Summer
75	1:09.99	L	P	Liss, Jessica S	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
76	1:10.05	L	P	Lushington, Daniella A	19	SASE CG	08/12/2010 CGA Open Champs
77	1:10.07	L	P	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
78	1:10.10	L L	F	Kruger, Anika	15	PASC NT	04/12/2010 NTS Championships 2010
79*	1:10.11	L	P	Dauvellier, Odile	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
79*	1:10.11	L	P	Delpport, Emma	16	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
81	1:10.13	L	P	Lanoe, Talisa	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
82*	1:10.15	L	F	Holicki, Kathrine R	14	LINR CG	18/03/2011 Telkom SA Level 3 National Champs
82*	1:10.15	L	P	Ferreira, Melissa L	15	DDA NT	18/03/2011 Telkom SA Level 3 National Champs
84	1:10.17	L	P	Ribeiro, Natasha A	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
85	1:10.23	L	F	Featherstone, Claire E	14	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
86	1:10.27	L	F	Kleynhans, Amé	12	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
87*	1:10.33	L	P	Muller, Kristy S	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
87*	1:10.33	L	P	Van Heerden, Jennifer K	14	CADO WP	14/12/2010 The SwimShop KZN Provincial Char
89	1:10.36	L	P	Nelson, Kelleigh	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
90	1:10.46	L	F	Tarpey, Tatum C	12	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
91	1:10.53	L L	F	Smith, Savannah L	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
92	1:10.64	L	P	Billson, Carmel B	18	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
93*	1:10.68	L	F	Gray, Bianca A	12	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
93*	1:10.68	L	F	Rutherford, Ashlea-Leine	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
95	1:10.69	L	P	Graham, Erin J	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
96	1:10.88	L	P	Fish, Giverny A	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
97	1:10.91	L	F	Dixon, Tia	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
98	1:11.05	L	F	Van Heerden, Karlien	20	TUKS NT	24/09/2010 2010 NTS Sept Lev 2&O SD Age Gr
99	1:11.18	L	P	Combrink, Melissa	18	PASC NT	04/12/2010 NTS Championships 2010
100	1:11.22	L	P	Engelke, Kirstie H	15	PEAS EP	24/09/2010 EP Aquabear Spring Gala 2010

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 200 Back								
1	2:15.66	L	F	Loots, Amanda T	32	MDOL	CG	13/09/2010 10th African Swimming Championsh
2	2:15.88	L	F	De Vos, Natasha	18	NTS	NT	11/04/2011 Telkom Sa National Aquatic Champs
3	2:16.18	L	F	Vorster, Leone	23	NTS	NT	11/04/2011 Telkom Sa National Aquatic Champs
4	2:16.67	L	F	Ashley-Cooper, Jessica L	18	WPA	WP	11/04/2011 Telkom Sa National Aquatic Champs
5	2:17.48	L	F	Malan, Beatrix J	15	WHFC	WP	18/03/2011 Telkom SA Level 3 National Champs
6	2:19.27	L	F	Meaklim, Kathryn A	21	SGUL	KZ	13/11/2010 KZN Swim Program 8 & 9
7	2:20.15	L	P	Pengelly, Jessica E	19	NTS	NT	11/04/2011 Telkom Sa National Aquatic Champs
8	2:20.83	L	F	Warnes, Rene' D	18	SGUL	KZ	14/12/2010 The SwimShop KZN Provincial Char
9	2:20.87	L	F	Barnes, Michaela	16	EP	EP	11/04/2011 Telkom Sa National Aquatic Champs
10	2:21.84	L	F	Kemp, Lehesta	20	PASC	NT	14/12/2010 The SwimShop KZN Provincial Char
11	2:21.88	L	F	Els, Johanna C	14	FS	FS	11/04/2011 Telkom Sa National Aquatic Champs
12	2:22.14	L	F	Weber, Michelle	14	ACSA	KZ	18/03/2011 Telkom SA Level 3 National Champs
13	2:22.68	L	F	Johnston, Chanel A	15	WATR	CG	18/03/2011 Telkom SA Level 3 National Champs
14	2:22.81	L	F	Nicholas, Nina	18	WPA	WP	11/04/2011 Telkom Sa National Aquatic Champs
15	2:23.15	L	F	Pereira, Kyna	14	NDSA	KZ	18/03/2011 Telkom SA Level 3 National Champs
16	2:23.29	L	F	McLeod, Lindsay M	16	KZNA	KZ	11/04/2011 Telkom Sa National Aquatic Champs
17	2:23.67	L	F	De Waal, Olivia	14	VINE	WP	10/12/2010 WP Sasko Championships
18	2:23.87	L	F	Gardiner, Caitlin A	17	WPA	WP	11/04/2011 Telkom Sa National Aquatic Champs
19	2:24.08	L	F	Baumann, Kathryn A	17	MDOL	CG	22/07/2010 Irish Junior/Youth/Open Championsh
20	2:24.16	L	F	Van Wyk, Chanelle	21	PASC	NT	04/12/2010 NTS Championships 2010
21	2:24.41	L	F	Du Plessis, Juane	15	FS	FS	11/04/2011 Telkom Sa National Aquatic Champs
22	2:24.96	L	P	Cooper, Oneida	18	CGA	CG	11/04/2011 Telkom Sa National Aquatic Champs
23	2:25.07	L	F	Crafford, Tamlin	16	WATR	CG	18/03/2011 Telkom SA Level 3 National Champs
24	2:25.11	L	F	Franklin, Sharne	20	BLFI	FS	06/11/2010 Kovsie Sprint Gala
25	2:25.16	L	F	Marsay, Fabienne	17	TUKS	NT	04/12/2010 NTS Championships 2010
26	2:25.63	L	P	Todd, Meghan	17	LP	LP	11/04/2011 Telkom Sa National Aquatic Champs
27	2:25.66	L	F	Quenet, Alexandra G	15	MATI	WP	18/03/2011 Telkom SA Level 3 National Champs
28	2:25.75	L	P	Peens, Amy N	17	NTS	NT	11/04/2011 Telkom Sa National Aquatic Champs
29	2:25.97	L	F	Cameron, Brittney O	18	SGUL	KZ	14/12/2010 The SwimShop KZN Provincial Char
30	2:26.26	L	F	Addinall, Chantel	14	PASC	NT	14/12/2010 The SwimShop KZN Provincial Char
31	2:26.77	L	F	Van Wyk, Megan	13	AQUB	EP	18/03/2011 Telkom SA Level 3 National Champs
32	2:26.84	L	F	Gericke, Anja	14	BLSS	FS	18/03/2011 Telkom SA Level 3 National Champs
33	2:26.88	L	P	Lapham, Kirsten A	21	NTS	NT	11/04/2011 Telkom Sa National Aquatic Champs
34	2:27.08	L	F	Mohr, Vanessa	15	TUKS	NT	29/10/2010 2010 NTS Oct Short Distance Lev 2-
35	2:27.13	L	F	Bouwer, Sarah-Ann	16	BISH	CG	18/03/2011 Telkom SA Level 3 National Champs
36	2:27.41	L	F	vd Merwe, Leanne	15	PASC	NT	04/12/2010 NTS Championships 2010
37	2:27.48	L	F	Pistorius, Michelle	17	PASC	NT	04/12/2010 NTS Championships 2010
38	2:27.68	L	F	Coetzee, Roh-Anne L	13	BISH	CG	18/03/2011 Telkom SA Level 3 National Champs
39	2:27.89	L	F	Macfarlane, Justine A	15	WATR	CG	18/03/2011 Telkom SA Level 3 National Champs
40	2:27.97	L	F	Van Niekerk, Nathania	12	PSA	LP	18/03/2011 Telkom SA Level 3 National Champs
41	2:28.15	L	P	Hauptfleisch, Kira	16	SGUL	KZ	14/12/2010 The SwimShop KZN Provincial Char
42*	2:28.17	L	F	Ross, Marlies	13	TUKS	NT	18/03/2011 Telkom SA Level 3 National Champs
42*	2:28.17	L	F	Walker, Sarah-Jane	14	WSTV	KZ	14/12/2010 The SwimShop KZN Provincial Char
44	2:28.39	L	P	Bartram, Jessica K	16	CGA	CG	11/04/2011 Telkom Sa National Aquatic Champs
45	2:28.49	L	P	Liss, Jessica S	15	EP	EP	11/04/2011 Telkom Sa National Aquatic Champs
46	2:28.50	L	F	Grobbelaar, Nelrike M	15	TYGE	WP	10/12/2010 WP Sasko Championships
47	2:28.56	L	F	Lanoe, Talisa	16	TUKS	NT	18/03/2011 Telkom SA Level 3 National Champs
48*	2:28.64	L	F	Randle, Samantha C	12	TUKS	NT	18/03/2011 Telkom SA Level 3 National Champs
48*	2:28.64	L	P	Dance, Michal E	15	KZNA	KZ	11/04/2011 Telkom Sa National Aquatic Champs
50	2:28.80	L	F	Goosen, Jade D	15	WSTV	KZ	14/12/2010 The SwimShop KZN Provincial Char
51	2:28.91	L	F	Sher, Robyn	17	WATR	CG	18/03/2011 Telkom SA Level 3 National Champs
52	2:28.94	L	P	Ferreira, Kayla M	16	PASC	NT	18/03/2011 Telkom SA Level 3 National Champs
53	2:29.39	L	F	Loubser, Marcé	14	PASC	NT	18/03/2011 Telkom SA Level 3 National Champs
54	2:29.55	L	P	Billson, Carmel B	18	PEAS	EP	18/03/2011 Telkom SA Level 3 National Champs
55	2:29.65	L	F	Van Heerden, Jennifer K	14	CADO	WP	16/10/2010 WP Summer League 3
56	2:29.73	L	P	Jv Rensburg, Suzanne J	18	PSA	LP	14/12/2010 The SwimShop KZN Provincial Char
57	2:30.45	L	F	Rutherford, Ashlea-Leine	13	MATI	WP	18/03/2011 Telkom SA Level 3 National Champs
58	2:30.58	L	F	Allison, Greer B	17	MDOL	CG	18/03/2011 Telkom SA Level 3 National Champs
59	2:30.78	L	F	Van Wyk, Tammy	14	AQUB	EP	12/11/2010 EPA 4th SASKO A League Gala
60	2:30.88	L	F	Nieuwstad, Michelle	16	TYGE	WP	10/12/2010 WP Sasko Championships
61	2:30.92	L	P	Delpont, Emma	16	FS	FS	11/04/2011 Telkom Sa National Aquatic Champs
62	2:31.06	L	F	Esterhuizen, Nadia	13	NDSA	KZ	14/12/2010 The SwimShop KZN Provincial Char
63	2:31.12	L	P	Kaszechki, Sabrina	14	WATR	CG	18/03/2011 Telkom SA Level 3 National Champs
64	2:31.13	L	P	Van Niekerk, Michaela	14	WPA	WP	11/04/2011 Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
65	2:31.49	L	F	Van Heerden, Karlien	20	TUKS NT	24/09/2010 2010 NTS Sept Lev 2&O SD Age Gr
66	2:31.58	L	F	Kruger, Anika	15	PASC NT	04/12/2010 NTS Championships 2010
67	2:31.80	L	F	Du Toit, Jeanie	18	MDOL CG	08/12/2010 CGA Open Champs
68	2:32.12	L	P	Marini, Marianna R	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
69	2:32.35	L	F	Kat, Caitlin	17	MATI WP	10/12/2010 WP Sasko Championships
70	2:32.41	L	F	Nel, Carla M	13	SS LP	18/03/2011 Telkom SA Level 3 National Champs
71	2:32.46	L	P	Botha, Mikal E	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
72	2:32.93	L	F	Plumstead, Hayley P	18	NMMU EP	14/01/2011 EPA 5th SASKO A League Gala
73	2:32.95	L	F	Vlok, Janet	14	WHFC WP	10/12/2010 WP Sasko Championships
74	2:33.02	L	F	Combrink, Melissa	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
75	2:33.12	L	P	Engelbrecht, Japke	15	SS LP	18/03/2011 Telkom SA Level 3 National Champs
76	2:33.22	L	P	Venter, Zoe	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
77	2:33.34	L	F	Neethling, Jean-Marie	20	PASC NT	29/10/2010 2010 NTS Oct Short Distance Lev 2-
78	2:33.45	L	P	Price, Tamlyn T	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
79	2:33.47	L	F	Els, Johanre J	13	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
80	2:33.53	L	P	Fish, Giverny A	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
81	2:33.68	L	P	Reeves, Brittany A	15	BARS CG	22/07/2010 Irish Junior/Youth/Open Championsh
82	2:33.69	L	F	McCann, Kelly F	17	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
83	2:33.96	L	P	Claassen, Arianna I	16	PFSC CG	08/12/2010 CGA Open Champs
84	2:34.03	L	F	Fourie, Lisa C	12	TYGE WP	18/03/2011 Telkom SA Level 3 National Champs
85	2:34.15	L	F	Botha, Carmen	11	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
86	2:34.24	L	P	Baptiste, Kira S	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
87	2:34.28	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
88	2:34.29	L	F	Tovrloza, Petra	20	BISH CG	08/12/2010 CGA Open Champs
89	2:34.61	L	F	Smith, Savannah L	14	WATR CG	08/12/2010 CGA Open Champs
90	2:34.66	L	P	Kelsey, Jessica P	17	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
91	2:34.75	L	P	Nelson, Kelleigh	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
92*	2:34.80	L	P	Kleynhans, Amé	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
92*	2:34.80	L	P	Billson, Lauren T	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
94	2:34.92	L	P	Holicki, Kathrine R	14	LINR CG	18/03/2011 Telkom SA Level 3 National Champs
95	2:35.00	L	F	Kiely, Emma J	13	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
96	2:35.13	L	F	Herman, Hildé	17	MATI WP	05/02/2011 WP Qualifying Gala
97	2:35.24	L	P	Naude, Rita	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
98	2:35.32	L	F	Du Plooy, Cara	15	LAD NN	25/03/2011 Telkom SA Level 2 2011 FS
99	2:35.58	L	P	Miller, Romy	15	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
100	2:35.76	L	F	Cleworth, Jodi L	14	UCTA WP	24/09/2010 EP Aquabear Spring Gala 2010
Women 50 Breast							
1	32.40	L	S	Van Biljon, Suzaan	22	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
2	32.44	L	P	Conlon, Claire	18	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	32.59	L	F	Nicholas, Tara-Lynn	15	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	32.92	L	F	Jonker, Franko	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
5	33.19	L	S	Mackenzie, Taryn A	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
6	33.25	L	S	Roper, Ronwyn	23	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
7	33.34	L	F	Gunnell, Kelly A	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
8	33.40	L	P	Terblanche, Carike	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
9	33.44	L	S	Du Toit, Jeanie	19	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
10	33.56	L	P	Kirkby, Nicola J	15	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
11	33.84	L	F	De Lange, Bronwyn E	16	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
12	33.85	L	S	Knoesen, Cheri	18	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
13	33.92	L	F	Reynolds, Jamie H	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
14	34.08	L	F	Richards, Catherine A	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
15	34.21	L	S	Macfarlane, Justine A	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
16	34.22	L	F	Jenkinson, Kelsey R	17	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
17*	34.25	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
17*	34.25	L	P	Van Zyl, Marguerite	18	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsh
19	34.29	L	P	Weyer, Amy L	15	VIKI BO	18/03/2011 Telkom SA Level 3 National Champs
20	34.32	L	P	Behn, Michigan M	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
21*	34.41	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
21*	34.41	L	P	Taylor, Nika M	16	SASE CG	08/12/2010 CGA Open Champs
21*	34.41	L	P	McCann, Kelly F	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
24	34.42	L	S	Harris, Nicole E	18	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
25	34.43	L	F	Bester, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
26*	34.45	L	F	Meaklim, Kathryn A	21	SGUL KZ	13/09/2010 10th African Swimming Championshi
26*	34.45	L	F	Marsay, Fabienne	17	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
28*	34.46	L	F	McWilliam, Danica	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
28*	34.46	L	S	Wessels, Michelle	18	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
30	34.55	L	F	Mullin, Kerryn P	20	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
31*	34.60	L	F	Greevelink, Genna	16	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
31*	34.60	L	P	Du Plessis, Heloise	16	TYGE WP	10/12/2010	WP Sasko Championships
33	34.62	L	F	Hanck, Caitlin	16	MDOL CG	12/06/2010	Mare Nostrum Canet 2010
34*	34.71	L	F	Neethling, Jean-Marie	20	PASC NT	04/12/2010	NTS Championships 2010
34*	34.71	L	P	Crafford, Tamlin	16	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
36	34.72	L	F	Small, Danielle L	16	PFSC CG	18/03/2011	Telkom SA Level 3 National Champs
37	34.74	L	F	Fourie, Kirstyn N	14	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
38	34.83	L	F	Rossouw, Annelet	16	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
39	34.92	L	F	Plumstead, Keri J	19	NMMU EP	22/10/2010	PEA Swimming Club Gala
40	34.94	L	F	Els, Johanna C	14	BLSS FS	18/03/2011	Telkom SA Level 3 National Champs
41	34.96	L	P	Connelly, Mu'minah	17	KASA EP	18/03/2011	Telkom SA Level 3 National Champs
42	34.98	L	T	Ferguson, Robyn N	18	UWCA WP	18/03/2011	Telkom SA Level 3 National Champs
43*	34.99	L	F	Oosthuizen, Elsa L	14	BLSS FS	18/03/2011	Telkom SA Level 3 National Champs
43*	34.99	L	F	Perrett, Courtney	14	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
43*	34.99	L	P	Lindemeier, Daniela	18	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
46	35.06	L	F	Swanepoel, Christin	13	CENS NT	18/03/2011	Telkom SA Level 3 National Champs
47	35.07	L	F	Wessels, Carmen	18	BLOT FS	21/02/2011	Liga1
48	35.09	L	P	Goosen, Tyla N	13	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
49*	35.10	L	F	Du Plessis, Juane	15	BLOT FS	21/02/2011	Liga1
49*	35.10	L	T	Graham, Syanne E	17	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
51	35.13	L	F	Meyer, Bianca J	21	PISC KZ	12/06/2010	Mare Nostrum Canet 2010
52	35.16	L	F	Smerdon, Jett	14	ACSA KZ	18/03/2011	Telkom SA Level 3 National Champs
53	35.17	L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010	EP Aquabear Spring Gala 2010
54	35.20	L	F	Hattingh, Megan	15	MDOL CG	21/08/2010	Adrian Grafe Memorial Gala
55	35.24	L	P	Brown, Ashleigh A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
56	35.29	L	P	Robertson, Nicole D	27	TYGE WP	10/12/2010	WP Sasko Championships
57	35.39	L	F	Tilling, Hunter P	16	SGUL KZ	26/11/2010	KZN TYR Westville Sprints Champs
58	35.49	L	P	Saaiman, Cayla	13	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
59	35.54	L	P	Schoenmaker, Tatjana R	13	DORE CG	18/03/2011	Telkom SA Level 3 National Champs
60	35.55	L	P	Hoernle, Alison A	16	SASE CG	18/03/2011	Telkom SA Level 3 National Champs
61	35.58	L S	F	Tammadge, Roxanne	18	WSTV KZ	05/05/2010	Best Times LCM
62	35.66	L	P	Derbyshire, Paige S	14	WATR CG	08/12/2010	CGA Open Champs
63	35.69	L	F	Hess, Bernitia	15	PAQU WP	18/03/2011	Telkom SA Level 3 National Champs
64	35.79	L	P	Stephenson, Robyne A	17	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
65	35.86	L	P	Shear, Cassie B	15	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
66	35.88	L	P	Taylor, Hope	15	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
67	35.91	L	F	Bernardo, Monica F	19	TUKS NT	04/12/2010	NTS Championships 2010
68	35.94	L	F	Meiring, Chelsea J	12	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
69*	35.98	L	P	Ferreira, Kayla M	16	PASC NT	04/12/2010	NTS Championships 2010
69*	35.98	L	P	Hodgson, Nakita W	16	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
71*	35.99	L	P	Tshabalala, Tshiamo S	13	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
71*	35.99	L	P	Rogers, Guinivere	20	BARR WP	10/12/2010	WP Sasko Championships
73	36.01	L	F	Scheepers, Charmonix	17	TUKS NT	04/12/2010	NTS Championships 2010
74	36.14	L	P	Marais, Marizen	14	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
75	36.17	L	P	Cowling, Lisa	16	VINE WP	10/12/2010	WP Sasko Championships
76	36.27	L	F	Liss, Jessica S	15	AQUB EP	11/02/2011	EPA 6th SASKO A League Gala
77	36.28	L	F	Heard, Maxine	19	PASC NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
78	36.31	L	F	Rogge, Kristina J	12	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
79	36.35	L	F	Anderson, Erin V	12	MUST CG	18/03/2011	Telkom SA Level 3 National Champs
80	36.40	L	F	Kotze, Taryn C	15	DDA NT	21/08/2010	Adrian Grafe Memorial Gala
81*	36.41	L	F	Jv Rensburg, Suzanne J	18	PSA LP	26/11/2010	Limpopo Champs 26-27th November
81*	36.41	L	P	Neely, Blair K	18	BISH CG	22/07/2010	Irish Junior/Youth/Open Championsh
83	36.44	L	F	Nieuwstad, Michelle	16	TYGE WP	10/12/2010	WP Sasko Championships
84	36.48	L	P	Marini, Marianna R	15	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
85	36.53	L	F	Ferreira, Michaela May A	13	KZNSA KZ	25/03/2011	Telkom SA Level 2 2011 FS
86	36.55	L	F	McLeod, Lindsay M	15	ACSA KZ	09/10/2010	KZN Winter Swim Program 5 & 6
87	36.58	L	P	Maritz, Natalie D	15	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
88*	36.59	L	F	Van Zyl, Tove	13	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
88*	36.59	L	P	Saaiman, Caydi C	13	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
90	36.62	L	P	Bouwer, Sarah-Ann	16	BISH CG	18/03/2011	Telkom SA Level 3 National Champs
91	36.65	L	P	Klinck, Melene	15	HART NC	18/03/2011	Telkom SA Level 3 National Champs
92	36.69	L	F	Plumstead, Hayley P	18	NMMU EP	08/10/2010	EPA 3rd SASKO A League Gala
93	36.70	L	F	Van der Venter, Aelke S	14	TUKS NT	04/12/2010	NTS Championships 2010

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
94	36.74	L	F	Plumstead, Emma G	18	NMMU EP	10/12/2010 EP Championships 2010
95	36.85	L	F	Morris-Eyton, Heather	42	PHOE CG	14/06/2010 Sasol National Winter Championship
96	36.87	L	F	Naude, Rita	13	TUKS NT	04/12/2010 NTS Championships 2010
97	36.93	L	P	Kuhn, Nadine	16	SOUL ES	04/12/2010 EGA Champs Dec 2010
98	36.94	L	P	Marais, Anniec	16	VINE WP	10/12/2010 WP Sasko Championships
99	37.06	L	P	Taylor, Nicole	18	SASE CG	18/03/2011 Telkom SA Level 3 National Champs
100	37.07	L	P	Nel, Nita-Marie	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
Women 100 Breast							
1	1:10.27	L	S	Van Biljon, Suzaan	22	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
2	1:11.42	L	F	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	1:11.44	L	F	Roper, Ronwyn	23	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
4	1:11.61	L	P	Nicholas, Tara-Lynn	15	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
5	1:11.83	L	S	Jonker, Franko	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
6	1:12.68	L	P	Mackenzie, Taryn A	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
7	1:12.74	L	F	Gunnell, Kelly A	17	MDOL CG	29/01/2011 SA International Invitation Swim Mee
8*	1:12.79	L	F	Terblanche, Carike	18	PASC NT	04/12/2010 NTS Championships 2010
8*	1:12.79	L	F	Conlon, Claire	18	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
10	1:13.37	L	P	Du Toit, Jeanie	18	MDOL CG	09/06/2010 Mare Nostrum Barcelona 2010
11*	1:13.38	L	F	Harris, Nicole E	18	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
11*	1:13.38	L	P	Richards, Catherine A	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
13	1:13.56	L	F	Van Zyl, Marguerite	18	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsh
14	1:13.78	L	F	Jenkinson, Kelsey R	17	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
15	1:13.80	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
16	1:13.83	L	S	Macfarlane, Justine A	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
17	1:13.96	L	P	Liss, Jessica S	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
18	1:14.10	L	P	Kirkby, Nicola J	15	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
19	1:14.18	L	P	Taylor, Nika M	16	SASE CG	08/12/2010 CGA Open Champs
20	1:14.52	L	F	Small, Danielle L	16	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
21	1:14.71	L	F	Neethling, Jean-Marie	20	PASC NT	04/12/2010 NTS Championships 2010
22	1:14.76	L	P	Hanck, Caitlin	16	MDOL CG	12/06/2010 Mare Nostrum Canet 2010
23	1:14.85	L	F	Wessels, Michelle	18	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
24	1:15.15	L	F	McWilliam, Danica	14	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsh
25	1:15.17	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
26	1:15.21	L	S	Lindemeier, Daniela	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
27*	1:15.36	L	F	Beste, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
27*	1:15.36	L	F	Meyer, Bianca J	21	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
29	1:15.50	L	F	Greevelink, Genna	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
30	1:15.56	L	P	Brown, Ashleigh A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
31	1:15.71	L	F	Reynolds, Jamie H	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
32	1:15.78	L	S	Mullin, Kerryn P	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
33	1:15.83	L	F	Morris-Eyton, Heather	43	PHOE CG	31/07/2010 XIII Fina World Masters Championsh
34	1:16.26	L	F	Swanepoel, Christin	13	CENS NT	18/03/2011 Telkom SA Level 3 National Champs
35	1:16.37	L	P	Knoesen, Cheri	18	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
36	1:16.42	L	F	Behn, Michigan M	17	WSTV KZ	26/11/2010 KZN TYR Westville Sprints Champs
37	1:16.56	L	P	Ferguson, Robyn N	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
38	1:16.74	L	F	Anderson, Erin V	12	MUST CG	18/03/2011 Telkom SA Level 3 National Champs
39	1:16.92	L	F	Le Roux, Carmen	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
40	1:16.96	L	P	Connelly, Mu'minah	17	KASA EP	18/03/2011 Telkom SA Level 3 National Champs
41	1:17.04	L	P	McCann, Kelly F	17	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
42	1:17.09	L	P	Saaiman, Cayla	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
43	1:17.12	L	F	Robertson, Nicole D	27	TYGE WP	10/12/2010 WP Sasko Championships
44	1:17.27	L	F	Wessels, Carmen	18	BLOT FS	21/02/2011 Liga1
45	1:17.33	L	F	Tammadge, Roxanne	18	WSTV KZ	05/05/2010 Best Times LCM
46	1:17.38	L	F	De Lange, Bronwyn E	17	PASC NT	04/12/2010 NTS Championships 2010
47	1:17.45	L	F	Plumstead, Keri J	19	NMMU EP	08/10/2010 EPA 3rd SASKO A League Gala
48	1:17.58	L	P	Graham, Syanne E	17	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
49	1:17.59	L	F	Smerdon, Jett	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
50	1:17.64	L	F	Cowling, Lisa	16	VINE WP	10/12/2010 WP Sasko Championships
51	1:17.77	L	F	Els, Johanna C	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
52	1:17.78	L	P	Hattingh, Megan	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
53	1:17.86	L	P	McLeod, Lindsay M	16	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
54	1:17.90	L	P	Weyer, Amy L	15	BOR BO	11/04/2011 Telkom Sa National Aquatic Champs
55	1:17.95	L	P	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
56	1:18.10	L	P	Marsay, Fabienne	17	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
57	1:18.22	L	F	Rogers, Guinivere	20	BARR WP	10/12/2010 WP Sasko Championships

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
58	1:18.25	L	F	Perrett, Courtney	14	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
59	1:18.50	L	P	Stephenson, Robyne A	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
60	1:18.51	L	F	Tilling, Hunter P	16	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
61	1:18.58	L	P	Neely, Blair K	18	BISH CG	22/07/2010 Irish Junior/Youth/Open Championsh
62	1:18.71	L	P	Oosthuizen, Elsa L	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
63	1:18.74	L	P	Klinck, Melene	15	HART NC	18/03/2011 Telkom SA Level 3 National Champs
64	1:18.80	L	F	Du Plessis, Heloise	16	TYGE WP	10/12/2010 WP Sasko Championships
65	1:18.81	L	F	Derbyshire, Paige S	14	WATR CG	05/02/2011 CGA Level 2/3 # 5
66	1:18.87	L	F	Fourie, Kirstyn N	14	AQUB EP	14/01/2011 EPA 5th SASKO A League Gala
67	1:18.89	L	F	Shear, Cassie B	15	MDOL CG	05/02/2011 CGA Level 2/3 # 5
68*	1:18.90	L	F	Goosen, Tyla N	13	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
68*	1:18.90	L	F	Hoernle, Alison A	16	SASE CG	18/03/2011 Telkom SA Level 3 National Champs
70	1:19.08	L	F	Wienand, Kirsty	23	BLOT FS	22/10/2010 Otters Prestige Gala 2010
71	1:19.09	L	F	Schoenmaker, Tatjana R	13	DORE CG	18/03/2011 Telkom SA Level 3 National Champs
72*	1:19.14	L	P	Taylor, Hope	14	PASC NT	04/12/2010 NTS Championships 2010
72*	1:19.14	L	F	Goosen, Lise-Mari	15	KASA EP	24/09/2010 EP Aquabear Spring Gala 2010
74	1:19.22	L	S	Van Zyl, Tove	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
75*	1:19.28	L	F	Delpport, Emma	16	BLSS FS	08/10/2010 Neptune Aquatics Open Gala
75*	1:19.28	L	P	Saaiman, Caydi C	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
77	1:19.41	L	F	Malan, Beatrix J	15	WHFC WP	10/12/2010 WP Sasko Championships
78	1:19.48	L	F	Van Heerden, Karlien	20	TUKS NT	24/09/2010 2010 NTS Sept Lev 2&O SD Age Gr
79	1:19.49	L	F	Viljoen, Monique	15	TUKS NT	27/08/2010 NTS August SD lev 2+Over Age Gro
80	1:19.51	L	F	Scheepers, Charmonix	17	TUKS NT	04/12/2010 NTS Championships 2010
81	1:19.52	L	P	Meerholz, Danielle G	18	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
82	1:19.54	L	F	Warnes, Rene' D	18	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
83	1:19.66	L	F	Bosma, Caitlin B	12	PFSC CG	05/02/2011 CGA Level 2/3 # 5
84	1:19.71	L	F	Hodgson, Nakita W	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
85	1:19.75	L	F	Heard, Maxine	19	PASC NT	19/09/2010 Highveld Inter-Provincial Gala 2010
86	1:19.86	L	F	Kat, Caitlin	17	MATI WP	18/09/2010 WP Summer League 2
87	1:20.03	L	S	Tshabalala, Tshiamo S	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
88	1:20.05	L	F	Ferreira, Kayla M	16	PASC NT	11/02/2011 NTS 2011 February Age Group
89	1:20.09	L	F	Dicks, Sharne	16	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
90	1:20.19	L	P	Marini, Marianna R	15	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
91	1:20.32	L	F	Du Plessis, Juane	15	BLOT FS	22/10/2010 Otters Prestige Gala 2010
92	1:20.41	L	P	Smith, Chantel C	17	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
93	1:20.43	L	P	Coetzee, Kirsten J	14	BEAV KZ	18/03/2011 Telkom SA Level 3 National Champs
94	1:20.53	L	F	Quenet, Alexandra G	15	WHFC WP	10/12/2010 WP Sasko Championships
95	1:20.64	L	P	Jorgensen, Sarah J	14	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
96*	1:20.71	L	P	Hunter, Kerry A	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
96*	1:20.71	L	P	Maritz, Natalie D	15	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
98	1:20.76	L	F	Rossouw, Annelet	16	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
99	1:20.95	L	F	Marais, Anniec	16	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
100	1:20.97	L	F	Nelson, Kelleigh	14	PEAS EP	10/12/2010 EP Championships 2010

Women 200 Breast

1	2:30.29	L	F	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
2	2:31.66	L	F	Roper, Ronwyn	23	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	2:34.49	L	F	Liss, Jessica S	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
4	2:34.51	L	P	Gunnell, Kelly A	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
5	2:34.63	L	P	Van Biljon, Suzaan	22	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
6	2:34.97	L	F	Jonker, Franko	18	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
7	2:34.99	L	F	Macfarlane, Justine A	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
8	2:36.66	L	P	Mackenzie, Taryn A	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
9	2:36.67	L	F	Mc Lauchlan, Kirsty M	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
10	2:36.73	L	F	Richards, Catherine A	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
11	2:36.96	L	P	Terblanche, Carike	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
12	2:37.33	L	F	Harris, Nicole E	18	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
13	2:38.47	L	P	Meyer, Bianca J	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
14	2:38.60	L	F	Wessels, Michelle	18	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
15	2:38.80	L	F	Van Zyl, Marguerite	18	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsh
16	2:39.00	L	F	Taylor, Nika M	16	SASE CG	08/12/2010 CGA Open Champs
17	2:39.06	L	F	Ross, Marlies	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
18	2:39.79	L	F	Jenkinson, Kelsey R	17	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
19	2:40.47	L	P	Hanck, Caitlin	16	MDOL CG	09/06/2010 Mare Nostrum Barcelona 2010
20	2:40.53	L	F	Nicholas, Tara-Lynn	15	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
21	2:40.76	L	F	Morris-Eyton, Heather	43	PHOE CG	31/07/2010 XIII Fina World Masters Championsh

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
22	2:41.16	L	P	Neethling, Jean-Marie	20	PASC NT	29/01/2011 SA International Invitation Swim Mee
23	2:41.25	L	F	McWilliam, Danica	14	WATR CG	08/12/2010 CGA Open Champs
24	2:42.17	L	F	Anderson, Erin V	12	MUST CG	18/03/2011 Telkom SA Level 3 National Champs
25	2:42.38	L	F	Bester, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
26	2:42.52	L	F	Conlon, Claire	18	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
27	2:42.77	L	F	Els, Johanna C	14	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
28	2:43.69	L	F	McCann, Kelly F	17	WSTV KZ	26/11/2010 KZN TYR Westville Sprints Champs
29	2:44.36	L	P	Du Toit, Jeanie	18	MDOL CG	09/06/2010 Mare Nostrum Barcelona 2010
30	2:44.68	L	F	Swanepoel, Christin	13	CENS NT	18/03/2011 Telkom SA Level 3 National Champs
31	2:44.72	L	F	Behn, Michigan M	17	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
32	2:44.86	L	P	Knoesen, Cheri	18	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
33	2:44.96	L	F	Kirkby, Nicola J	15	SEAL KZ	26/11/2010 KZN TYR Westville Sprints Champs
34	2:45.10	L	F	Wessels, Carmen	18	BLOT FS	21/02/2011 Liga1
35	2:45.22	L	F	Greevelink, Genna	16	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
36	2:45.49	L	F	Brown, Ashleigh A	15	WATR CG	24/09/2010 EP Aquabear Spring Gala 2010
37	2:45.71	L	F	McLeod, Lindsay M	16	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
38	2:45.83	L	P	Lindemeier, Daniela	18	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
39	2:45.84	L	F	Le Roux, Carmen	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
40	2:45.96	L	P	Mullin, Kerryn P	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
41	2:45.99	L	P	Goosen, Lise-Mari	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
42	2:46.39	L	F	Small, Danielle L	16	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
43	2:47.21	L	P	Ferguson, Robyn N	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
44	2:47.52	L	F	Cowling, Lisa	16	VINE WP	10/12/2010 WP Sasko Championships
45	2:47.63	L	F	Dicks, Sharne	16	VINE WP	10/12/2010 WP Sasko Championships
46	2:47.71	L	P	Connelly, Mu'minah	17	KASA EP	18/03/2011 Telkom SA Level 3 National Champs
47	2:48.38	L	F	Derbyshire, Paige S	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
48	2:48.42	L	P	Venter, Zoe	15	MDOL CG	08/12/2010 CGA Open Champs
49	2:48.93	L	F	Van Heerden, Karlien	20	TUKS NT	27/08/2010 NTS August SD lev 2+Over Age Gro
50	2:49.12	L	F	Hattingh, Megan	15	MDOL CG	11/09/2010 CGA Level 2/3 #1
51	2:49.13	L	P	Klinck, Melene	15	HART NC	18/03/2011 Telkom SA Level 3 National Champs
52	2:49.57	L	F	Barnes, Michaela	15	AQUB EP	14/01/2011 EPA 5th SASKO A League Gala
53	2:49.60	L	F	Schoenmaker, Tatjana R	13	DORE CG	11/09/2010 CGA Level 2/3 #1
54	2:50.22	L	P	Graham, Syanne E	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
55	2:50.25	L	F	Saaiman, Cayla	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
56	2:50.48	L	F	Tammadge, Roxanne	18	WSTV KZ	05/05/2010 Best Times LCM
57	2:50.67	L	F	Shear, Cassie B	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
58	2:51.90	L	F	Jorgensen, Sarah J	14	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
59	2:52.29	L	F	Coetzee, Kirsten J	14	BEAV KZ	18/03/2011 Telkom SA Level 3 National Champs
60	2:52.46	L	P	Oosthuizen, Elsa L	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
61	2:52.57	L	F	Botha, Carmen	11	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
62	2:52.75	L	F	Goosen, Tyla N	13	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
63	2:52.87	L	P	Du Plessis, Heloise	16	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
64	2:53.07	L	F	Gericke, Anja	14	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
65	2:53.30	L	F	Heard, Maxine	19	PASC NT	24/09/2010 2010 NTS Sept Lev 2&O SD Age Gr
66	2:53.31	L	F	Smith, Chantel C	16	FS FS	22/01/2011 Inter Provincial Gala
67	2:53.45	L	F	Siecker, Talitha	17	MATI WP	25/03/2011 Telkom SA Level 2 2011 WP
68	2:53.48	L	P	Neely, Blair K	18	BISH CG	22/07/2010 Irish Junior/Youth/Open Championsh
69	2:53.50	L	F	Hoernle, Alison A	16	SASE CG	18/03/2011 Telkom SA Level 3 National Champs
70*	2:53.52	L	F	Wienand, Kirsty	23	BLOT FS	24/09/2010 EP Aquabear Spring Gala 2010
70*	2:53.52	L	F	Viljoen, Monique	15	TUKS NT	27/08/2010 NTS August SD lev 2+Over Age Gro
72	2:53.62	L	P	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
73	2:53.73	L	F	Swanepoel, Mignon	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
74	2:53.79	L	F	Le Roux, Clarice	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
75	2:53.86	L	F	Marais, Anniec	16	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
76	2:53.88	L	F	Scheepers, Charmonix	17	TUKS NT	04/12/2010 NTS Championships 2010
77	2:53.89	L	F	Smerdon, Jett	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
78	2:53.95	L	P	Saaiman, Caydi C	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
79	2:54.00	L	P	Hodgson, Nakita W	15	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
80	2:54.02	L	F	Du Plessis, Juane	15	BLOT FS	19/11/2010 FSA Open Championships 2010
81	2:54.07	L	P	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
82	2:54.11	L	F	Ryder, Megan A	15	MDOL CG	28/01/2011 Gauteng Championships 2011
83	2:54.35	L	F	Taylor, Hope	14	PASC NT	04/12/2010 NTS Championships 2010
84	2:54.46	L	F	Rogers, Guinivere	20	BARR WP	10/12/2010 WP Sasko Championships
85	2:54.62	L	F	Nelson, Kelleigh	14	PEAS EP	10/12/2010 EP Championships 2010
86	2:54.81	L	P	Hess, Bernitia	15	PAQU WP	18/03/2011 Telkom SA Level 3 National Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
87	2:55.13	L	P	Van Zyl, Tove	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
88	2:55.50	L	P	Hunter, Kerry A	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
89	2:55.54	L	P	Delpport, Emma	16	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
90	2:56.33	L	F	Bosma, Caitlin B	11	PFSC CG	06/11/2010 CGA Level 2/3 #3
91	2:56.61	L	F	Fourie, Kirstyn N	14	AQUB EP	11/02/2011 EPA 6th SASKO A League Gala
92	2:57.05	L	P	Rutherford, Ashlea-Leine	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
93	2:57.39	L	F	Weyer, Amy L	14	VIKI BO	29/10/2010 Border Championships 2010
94	2:57.44	L	P	Botha, Mikal E	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
95	2:57.46	L	P	Davids, Caila	13	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
96	2:57.60	L	P	Walk, Anola A	14	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
97	2:57.69	L	P	Deetlefs, Johane	13	BLFI FS	18/03/2011 Telkom SA Level 3 National Champs
98	2:57.81	L	F	Jv Rensburg, Suzanne J	18	PSA LP	14/06/2010 Sasol National Winter Championship
99	2:57.94	L	F	Visagie, Emily J	12	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
100	2:58.01	L	F	Van Wyk, Megan	13	AQUB EP	10/12/2010 EP Championships 2010
Women 50 Fly							
1	26.68	L	S	Mohr, Vanessa	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
2	27.40	L	F	Erasmus, Marne	15	HARL BO	18/03/2011 Telkom SA Level 3 National Champs
3	27.59	L	F	Van Wyk, Chanelle	21	PASC NT	13/09/2010 10th African Swimming Championshi
4	27.64	L	F	Loots, Amanda T	32	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
5	27.88	L	F	Maree, Trudi	22	MATI WP	10/12/2010 WP Sasko Championships
6	28.13	L	P	Prinsloo, Karin	21	TUKS NT	04/12/2010 NTS Championships 2010
7	28.17	L	F	Ashley-Cooper, Jessica L	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
8	28.29	L	S	Roper, Ronwyn	23	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
9	28.51	L	F	Cooper, Oneida	18	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
10	28.82	L	F	Brown, Terianne N	17	HARL BO	18/03/2011 Telkom SA Level 3 National Champs
11	28.91	L	S	Price, Tamlyn T	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
12	28.93	L	S	Ferreira, Kayla M	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
13	29.04	L	F	Neethling, Jean-Marie	20	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
14*	29.28	L	F	Marais, Marizen	14	FS FS	22/01/2011 Inter Provincial Gala
14*	29.28	L	F	Peens, Amy N	17	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
16	29.29	L	S	Wessels, Michelle	18	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
17	29.31	L	F	Wessels, Carmen	18	BLOT FS	21/02/2011 Liga1
18*	29.32	L	F	Du Plessis, Juane	15	BLOT FS	21/02/2011 Liga1
18*	29.32	L	F	Muller, Kristy S	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
20	29.33	L	P	McCulloch, Laura J	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
21	29.36	L	F	Kaszechki, Sabrina	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
22*	29.37	L	F	Meaklim, Kathryn A	21	SGUL KZ	26/02/2011 KZN Swim Program 12
22*	29.37	L	P	Bernardo, Monica F	19	TUKS NT	04/12/2010 NTS Championships 2010
24	29.42	L	F	Hesse, Megan C	16	LION NT	18/03/2011 Telkom SA Level 3 National Champs
25*	29.43	L	F	De Wet, Suanne	17	TUKS NT	04/12/2010 NTS Championships 2010
25*	29.43	L	P	Scott, Megan	19	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
27	29.47	L	F	Bartram, Jessica K	16	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
28	29.49	L	F	Marsay, Fabienne	17	TUKS NT	04/12/2010 NTS Championships 2010
29*	29.51	L	F	Lategan, Christy-Leigh	20	SGUL KZ	26/02/2011 KZN Swim Program 12
29*	29.51	L	F	Pistorius, Michelle	17	PASC NT	04/12/2010 NTS Championships 2010
31	29.59	L	F	Brown, Ashleigh A	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
32	29.60	L	F	Lotter, Katherine M	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
33*	29.61	L	F	Naude, Rita	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
33*	29.61	L	F	Chelius, Emma	14	BEAV KZ	18/03/2011 Telkom SA Level 3 National Champs
35	29.74	L	F	Van Zyl, Jo-Mari	17	MDOL CG	08/12/2010 CGA Open Champs
36*	29.78	L	F	Kelsey, Jessica P	17	BARS CG	08/12/2010 CGA Open Champs
36*	29.78	L	S	Kidd, Tanique P	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
38	29.80	L	F	Reynolds, Jamie H	13	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
39	29.84	L	S	Dauvellier, Odile	16	MDOL CG	22/07/2010 Irish Junior/Youth/Open Championsh
40	29.93	L	F	Storme, Suné	15	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
41	29.95	L	F	Stephens, Megan K	20	WATR CG	08/12/2010 CGA Open Champs
42	30.00	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	08/12/2010 CGA Open Champs
43	30.01	L	P	Viljoen, Chenique	15	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
44	30.05	L	F	De Villiers, Peggy	17	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
45	30.11	L	P	Barnes, Michaela	15	AQUB EP	29/01/2011 SA International Invitation Swim Mee
46	30.14	L	P	Connelly, Mu'minah	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
47*	30.17	L	F	Fourie, Kirstyn N	14	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
47*	30.17	L	P	Charter, Robyn J	17	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
49	30.20	L	F	Goosen, Jade D	15	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
50	30.22	L	P	Taylor, Nicole	17	SASE CG	22/07/2010 Irish Junior/Youth/Open Championsh

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
51*	30.23 L	P	Combrink, Melissa	18	PASC NT	24/09/2010	EP Aquabear Spring Gala 2010
51*	30.23 L	P	Gibson, Cassandra A	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
53	30.24 L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
54	30.27 L	P	Allison, Greer B	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
55	30.29 L	F	Johnston, Chanel A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
56	30.31 L	P	Roscher, Ene-Mari	17	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
57	30.32 L	F	Louwrens, Maria J	14	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
58	30.35 L	F	Pereira, Kyna	14	NDSA KZ	14/12/2010	The SwimShop KZN Provincial Char
59*	30.37 L	F	Marini, Marianna R	15	BARS CG	08/12/2010	CGA Open Champs
59*	30.37 L	P	Cartwright, Lauren	16	SEAL KZ	18/03/2011	Telkom SA Level 3 National Champs
59*	30.37 L	P	Lambrechts, Barbara	16	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
62	30.40 L	F	Smyth, Louise M	19	BLSS FS	14/06/2010	Sasol National Winter Championship
63	30.41 L	F	Du Toit, Jeanie	18	MDOL CG	08/12/2010	CGA Open Champs
64	30.52 L	P	Harris, Nicole E	18	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
65	30.54 L	F	Plumstead, Hayley P	18	NMMU EP	24/09/2010	EP Aquabear Spring Gala 2010
66*	30.55 L	P	Graham, Kaleigh L	14	AQUB EP	24/09/2010	EP Aquabear Spring Gala 2010
66*	30.55 L	F	Plumstead, Keri J	19	NMMU EP	08/10/2010	EPA 3rd SASKO A League Gala
68	30.56 L	F	Addinall, Chantel	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
69	30.60 L	P	Graham, Erin J	15	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
70	30.62 L	P	McWilliam, Danica	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
71	30.63 L	F	Franklin, Sharne	20	BLFI FS	10/12/2010	NCASA Sprints 2010
72*	30.64 L	F	Shepherd, Ashleigh M	14	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
72*	30.64 L	P	Jacobs, Marli	16	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
72*	30.64 L	F	Gunnell, Kelly A	17	MDOL CG	05/02/2011	CGA Level 2/3 # 5
75	30.65 L	F	Stones, Tarryn	22	BLFI FS	24/09/2010	EP Aquabear Spring Gala 2010
76*	30.66 L	F	Van Niekerk, Stefane	15	BARR WP	24/09/2010	EP Aquabear Spring Gala 2010
76*	30.66 L	P	Grobler, Christine I	15	MP MP	11/04/2011	Telkom Sa National Aquatic Champs
78*	30.68 L	P	Sher, Robyn	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
78*	30.68 L	P	Delpport, Emma	16	BLSS FS	14/12/2010	The SwimShop KZN Provincial Char
80*	30.70 L	P	Crafford, Tamlin	15	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
80*	30.70 L	F	Snyman, Kamilla R	16	PASC NT	04/12/2010	NTS Championships 2010
82*	30.71 L	F	Terblanche, Carike	18	PASC NT	11/02/2011	NTS 2011 February Age Group
82*	30.71 L	F	Claassen, Arianna I	16	PFSC CG	18/03/2011	Telkom SA Level 3 National Champs
82*	30.71 L	S	Todd, Meghan	17	LP LP	11/04/2011	Telkom Sa National Aquatic Champs
82*	30.71 L	F	Nel, Jané C	18	SS LP	08/12/2010	CGA Open Champs
86	30.72 L	F	Saaiman, Cayla	13	MATI WP	18/03/2011	Telkom SA Level 3 National Champs
87	30.73 L	P	Wheals, Camryn	13	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
88	30.74 L	F	Lindemeier, Daniela	18	TUKS NT	27/08/2010	NTS August SD lev 2+Over Age Gro
89	30.75 L	F	Bragason, Jessica S	18	WSTV KZ	14/12/2010	The SwimShop KZN Provincial Char
90	30.76 L	F	Els, Tarryn C	14	PEAS EP	18/03/2011	Telkom SA Level 3 National Champs
91	30.77 L	F	Strydom, Nicole I	15	MDOL CG	08/12/2010	CGA Open Champs
92	30.78 L	P	Kirkby, Nicola J	15	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
93	30.84 L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	26/11/2010	KZN TYR Westville Sprints Champs
94	30.86 L	F	De Lange, Bronwyn E	16	PASC NT	27/08/2010	NTS August SD lev 2+Over Age Gro
95*	30.88 L	F	Woods, Kelly R	16	ZULU KZ	20/02/2011	Kwazulu Natal High School Trials 20
95*	30.88 L	F	Weber, Michelle	13	ACSA KZ	24/09/2010	EP Aquabear Spring Gala 2010
97*	30.89 L	F	McLeod, Lindsay M	15	ACSA KZ	26/11/2010	KZN TYR Westville Sprints Champs
97*	30.89 L	F	Combrinck, Tiffany A	14	UWCA WP	18/03/2011	Telkom SA Level 3 National Champs
99	30.90 L	F	Lovemore, Tayla E	15	SGUL KZ	26/02/2011	KZN Swim Program 12
100	30.92 L	F	Lapham, Kirsten A	21	TUKS NT	29/10/2010	2010 NTS Oct Short Distance Lev 2-
Women 100 Fly							
1	58.75 L	S	Mohr, Vanessa	16	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
2	59.76 L	F	Loots, Amanda T	32	MDOL CG	13/09/2010	10th African Swimming Championship
3	1:02.00 L	F	Erasmus, Marne	15	BOR BO	11/04/2011	Telkom Sa National Aquatic Champs
4	1:02.34 L	F	Lategan, Christy-Leigh	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
5	1:02.43 L	F	Van Wyk, Chanelle	21	PASC NT	29/01/2011	SA International Invitation Swim Mee
6	1:02.98 L	F	Meyer, Bianca J	21	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
7	1:03.52 L	F	Warnes, Rene' D	18	SGUL KZ	14/12/2010	The SwimShop KZN Provincial Char
8	1:03.54 L	F	Maree, Trudi	22	MATI WP	10/12/2010	WP Sasko Championships
9	1:04.40 L	F	Roper, Ronwyn	23	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
10	1:04.58 L	F	Meaklim, Kathryn A	21	SGUL KZ	26/11/2010	KZN TYR Westville Sprints Champs
11	1:04.73 L	F	Ashley-Cooper, Jessica L	18	TYGE WP	10/12/2010	WP Sasko Championships
12	1:04.79 L	F	Brown, Terianne N	17	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
13	1:04.98 L	F	Ferreira, Kayla M	16	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
14	1:05.03 L	S	Scott, Megan	19	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
15	1:05.19	L	F	Weber, Michelle	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
16	1:05.57	L	F	Brown, Ashleigh A	15	WATR CG	24/09/2010 EP Aquabear Spring Gala 2010
17	1:05.65	L	F	Johnston, Chanel A	15	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
18	1:05.69	L	S	Kaszechki, Sabrina	14	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
19*	1:05.78	L	F	Van Heerden, Karlien	20	TUKS NT	04/12/2010 NTS Championships 2010
19*	1:05.78	L	F	Graham, Kaleigh L	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
21	1:05.79	L	F	Barnes, Michaela	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
22	1:05.89	L	F	Kidd, Tanique P	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
23	1:05.96	L	P	Muller, Kristy S	16	SGUL KZ	29/01/2011 SA International Invitation Swim Mee
24	1:06.05	L	F	Marsay, Fabienne	17	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
25	1:06.06	L	F	Stephens, Megan K	20	WATR CG	08/12/2010 CGA Open Champs
26	1:06.26	L	F	Storme, Suné	15	BLSS FS	18/03/2011 Telkom SA Level 3 National Champs
27	1:06.34	L	F	Lambrechts, Barbara	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
28	1:06.52	L	S	Reynolds, Jamie P	13	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
29	1:06.55	L	F	Connelly, Mu'minah	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
30	1:06.57	L	F	McCulloch, Laura J	17	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
31	1:06.59	L	S	Kelsey, Jessica P	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
32	1:06.62	L	F	Lotter, Katherine M	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
33	1:06.80	L	P	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
34	1:06.87	L	F	Franklin, Sharne	20	BLFI FS	24/09/2010 EP Aquabear Spring Gala 2010
35	1:06.89	L	S	De Waal, Olivia	14	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
36	1:06.91	L	F	Dauvellier, Odile	17	MDOL CG	08/12/2010 CGA Open Champs
37	1:07.02	L	P	Van Zyl, Jo-Mari	17	MDOL CG	22/07/2010 Irish Junior/Youth/Open Championsh
38	1:07.09	L	F	Van Heerden, Jennifer K	15	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
39	1:07.13	L	F	Louwrens, Maria J	14	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
40	1:07.19	L	F	Els, Tarryn C	14	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
41	1:07.21	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
42	1:07.28	L	F	Pereira, Kyna	14	NDSA KZ	14/12/2010 The SwimShop KZN Provincial Char
43	1:07.32	L	F	Du Toit, Natalie	26	RSA ZZ	04/10/2010 Common Wealth Games Delhi 2010
44	1:07.40	L	F	Hesse, Megan C	16	LION NT	18/03/2011 Telkom SA Level 3 National Champs
45	1:07.49	L	F	Ferreira, Melissa L	15	DDA NT	18/03/2011 Telkom SA Level 3 National Champs
46	1:07.50	L	F	Hauptfleisch, Kira	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
47*	1:07.55	L	F	Lopes, Demi F	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
47*	1:07.55	L	F	Jacobs, Marli	16	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
49	1:07.57	L	P	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
50	1:07.63	L	F	Fourie, Kirstyn N	14	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
51	1:07.66	L	F	Cartwright, Lauren	16	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
52	1:07.88	L	F	Liss, Jessica S	15	AQUB EP	14/01/2011 EPA 5th SASKO A League Gala
53	1:07.94	L	F	Allison, Greer B	17	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
54	1:07.97	L	P	Todd, Meghan	17	LP LP	11/04/2011 Telkom Sa National Aquatic Champs
55	1:08.00	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
56	1:08.03	L	F	Pistorius, Michelle	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
57	1:08.04	L	F	Cowling, Lisa	16	VINE WP	10/12/2010 WP Sasko Championships
58	1:08.07	L	P	Snyman, Kamilla R	16	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
59	1:08.12	L	F	Dryding, Dominique A	18	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
60	1:08.15	L	F	McWilliam, Danica	14	WATR CG	08/12/2010 CGA Open Champs
61	1:08.19	L	F	Billson, Lauren T	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
62	1:08.23	L	F	Bester, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
63	1:08.29	L	F	Bartram, Jessica K	15	MDOL CG	22/07/2010 Irish Junior/Youth/Open Championsh
64	1:08.30	L	F	McLeod, Lindsay M	15	ACSA KZ	26/11/2010 KZN TYR Westville Sprints Champs
65	1:08.44	L	F	Chelius, Emma	14	BEAV KZ	18/03/2011 Telkom SA Level 3 National Champs
66	1:08.64	L	F	Marais, Marizen	14	BLOT FS	18/03/2011 Telkom SA Level 3 National Champs
67	1:08.68	L	F	Bauristhene, Nikita R	12	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
68	1:08.89	L	F	Naude, Rita	13	TUKS NT	04/12/2010 NTS Championships 2010
69	1:08.91	L	P	Harris, Nicole E	18	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
70	1:08.94	L	P	Marini, Marianna R	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
71	1:09.02	L	P	Price, Tamlyn T	15	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
72	1:09.10	L	F	Els, Johanna C	14	FS FS	22/01/2011 Inter Provincial Gala
73	1:09.16	L	P	Austin, Shannon	17	PASC NT	04/12/2010 NTS Championships 2010
74	1:09.17	L	P	Combrink, Melissa	18	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
75	1:09.18	L	F	Vd Westhuizen, Ianthé	12	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
76	1:09.20	L	F	Sher, Robyn	16	WATR CG	06/11/2010 CGA Level 2/3 #3
77	1:09.25	L	P	Wheals, Camryn	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
78	1:09.26	L	F	Claassen, Arianna I	16	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
79	1:09.30	L	F	Coetzee, Roh-Anne L	13	BISH CG	18/03/2011 Telkom SA Level 3 National Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
80	1:09.41	L	F	Arendse-Gorvalla, Joy B	15	TUKS NT	16/10/2010 NTS 2010 Senior Inter Prov
81	1:09.53	L	F	Warwick-Oliver, Laurie-Ann	20	SEAL KZ	26/11/2010 KZN TYR Westville Sprints Champs
82	1:09.60	L	P	Gibson, Cassandra A	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
83	1:09.62	L	P	Hess, Bernitia	15	PAQU WP	18/03/2011 Telkom SA Level 3 National Champs
84	1:09.65	L S	F	Cooper, Oneida	17	BISH CG	05/02/2011 CGA Level 2/3 # 5
85	1:09.71	L	F	Wessels, Michelle	17	BLOT FS	19/11/2010 FSA Open Championships 2010
86	1:09.79	L	F	Strydom, Nicole I	15	MDOL CG	22/07/2010 Irish Junior/Youth/Open Championsht
87	1:09.80	L	P	Delpont, Emma	16	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
88	1:09.81	L	F	Van Niekerk, Michaela	13	VINE WP	10/12/2010 WP Sasko Championships
89	1:09.82	L	F	Bellingan, Kristin L	13	CYBE WP	18/03/2011 Telkom SA Level 3 National Champs
90	1:09.90	L	F	Goosen, Lise-Mari	15	KASA EP	24/09/2010 EP Aquabear Spring Gala 2010
91	1:09.92	L	F	Du Preez, Nadine	16	BLSS FS	19/11/2010 FSA Open Championships 2010
92	1:10.01	L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	15/01/2011 KZN Swim Program 10 & 11
93	1:10.02	L	P	Oliver, Mikayla	15	FISH SW	18/03/2011 Telkom SA Level 3 National Champs
94*	1:10.09	L	F	Neethling, Jean-Marie	20	PASC NT	11/02/2011 NTS 2011 February Age Group
94*	1:10.09	L	P	Jordaan, Veruschka	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
96	1:10.10	L	F	Saaiman, Cayla	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
97	1:10.16	L	P	Noble, Sian	15	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
98	1:10.22	L	F	Kotze, Lalecia	16	SGUL KZ	15/01/2011 KZN Swim Program 10 & 11
99	1:10.27	L	P	Cleworth, Jodi L	15	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
100	1:10.35	L	P	Lovemore, Tayla E	15	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
Women 200 Fly							
1	2:11.97	L	F	Loots, Amanda T	32	MDOL CG	13/09/2010 10th African Swimming Championshi
2	2:13.82	L	F	Meyer, Bianca J	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	2:14.70	L	F	Mohr, Vanessa	16	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
4	2:15.98	L	F	Lategan, Christy-Leigh	20	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
5	2:16.86	L	F	Meaklim, Kathryn A	21	SGUL KZ	30/10/2010 KZN Swim Program 7
6	2:19.97	L	F	Van Wyk, Chanelle	21	PASC NT	22/10/2010 2010 NTS October Long Distance Aq
7	2:21.01	L	F	Liss, Jessica S	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
8	2:21.18	L	F	Warnes, Rene' D	18	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
9	2:21.99	L	F	Weber, Michelle	14	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
10	2:23.41	L	F	Stephens, Megan K	20	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
11	2:23.43	L	F	Cowling, Lisa	16	VINE WP	10/12/2010 WP Sasko Championships
12	2:24.18	L	F	Graham, Kaleigh L	15	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
13	2:25.03	L	F	McLeod, Lindsay M	16	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
14	2:25.07	L	F	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
15	2:25.08	L	F	Barnes, Michaela	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
16	2:25.27	L	F	Hauptfleisch, Kira	17	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
17	2:25.31	L	F	Connelly, Mu'minah	17	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
18	2:26.17	L	F	Van Heerden, Jennifer K	15	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
19	2:27.22	L	F	Warwick-Oliver, Laurie-Ann	20	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
20	2:28.20	L	F	Dryding, Dominique A	18	CADO WP	18/03/2011 Telkom SA Level 3 National Champs
21	2:28.59	L	F	Beste, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
22	2:28.60	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
23	2:29.58	L	F	Kelsey, Jessica P	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
24	2:29.74	L	P	Els, Tarryn C	14	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
25	2:30.14	L	F	Austin, Shannon	18	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
26	2:30.30	L	F	Van Heerden, Karlien	20	TUKS NT	17/09/2010 2010 NTS Sept LD Age Grp
27	2:30.69	L	F	Ferreira, Melissa L	15	DDA NT	18/03/2011 Telkom SA Level 3 National Champs
28	2:31.06	L	F	Jordaan, Veruschka	16	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
29	2:31.83	L	F	Ashley-Cooper, Jessica L	18	TYGE WP	10/12/2010 WP Sasko Championships
30	2:32.14	L	F	Walker, Sarah-Jane	14	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
31	2:32.21	L	F	Lotter, Katherine M	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
32	2:32.31	L	F	Billson, Lauren T	15	PEAS EP	11/02/2011 EPA 6th SASKO A League Gala
33	2:33.42	L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
34	2:33.47	L	F	Brown, Ashleigh A	15	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsht
35	2:33.61	L	F	Arendse-Gorvalla, Joy B	15	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
36	2:34.23	L	F	Louwrens, Maria J	14	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
37	2:35.35	L	F	Snyman, Kamilla R	16	PASC NT	24/09/2010 EP Aquabear Spring Gala 2010
38	2:35.96	L	F	Pereira, Kyna	14	NDSA KZ	26/11/2010 KZN TYR Westville Sprints Champs
39	2:35.99	L	F	Lopes, Demi F	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
40	2:36.16	L	F	Bellingan, Kristin L	13	CYBE WP	18/03/2011 Telkom SA Level 3 National Champs
41	2:36.96	L	F	Franklin, Sharne	20	BLFI FS	19/11/2010 FSA Open Championships 2010
42	2:37.15	L	P	Els, Johanna C	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
43	2:37.68	L	F	Bauristhene, Nikita R	12	WSTV KZ	26/11/2010 KZN TYR Westville Sprints Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
44	2:38.19	L	F	Johnston, Chanel A	15	WATR CG	08/12/2010 CGA Open Champs
45	2:38.31	L	F	Du Preez, Nadine	16	BLSS FS	19/11/2010 FSA Open Championships 2010
46	2:39.84	L	F	Engelke, Jamie-Lee U	13	PEAS EP	11/02/2011 EPA 6th SASKO A League Gala
47	2:39.98	L	F	Cleworth, Jodi L	14	UCTA WP	24/09/2010 EP Aquabear Spring Gala 2010
48	2:40.05	L	F	Lambrechts, Barbara	16	TUKS NT	17/09/2010 2010 NTS Sept LD Age Grp
49	2:40.10	L	F	Niehaus, Chrislie-Thandi	14	KASA EP	08/10/2010 EPA 3rd SASKO A League Gala
50	2:40.68	L	F	Welman, Janice G	14	ACES KZ	26/11/2010 KZN TYR Westville Sprints Champs
51	2:40.78	L	F	Hess, Bernita	14	PAQU WP	19/11/2010 WP Vineyard Spring Gala
52	2:41.17	L	F	Faulmann, Shelley K	19	UWCA WP	25/06/2010 WP UWC Winter Gala
53	2:41.27	L	F	Farrar, Jessica	15	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
54	2:42.07	L	F	Dixon, Tia	13	MATI WP	13/11/2010 WP Summer League 4
55	2:42.08	L	F	Ross, Marlies	13	TUKS NT	22/10/2010 2010 NTS October Long Distance Aq
56	2:42.24	L	F	Ryder, Megan A	15	MDOL CG	28/01/2011 Gauteng Championships 2011
57	2:42.80	L	F	Hawarden, Caitlin	15	TYGE WP	10/12/2010 WP Sasko Championships
58	2:43.10	L	P	Els, Johanre J	13	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
59	2:44.31	L	F	Venter, Zoe	15	MDOL CG	26/11/2010 Mpumalanga Champs 2010
60	2:45.25	L	F	Van Niekerk, Michaela	13	VINE WP	05/02/2011 WP Qualifying Gala
61	2:46.07	L	F	Grobbelaar, Nelrike M	15	TYGE WP	13/11/2010 WP Summer League 4
62	2:46.87	L	F	Eybers, Sandi	20	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
63	2:47.23	L	F	Lombaard, Melissa N	14	BOKS ES	28/01/2011 Gauteng Championships 2011
64	2:48.01	L	F	McMillan, Sally-Ann	17	UMG KZ	20/02/2011 Kwazulu Natal High School Trials 20
65	2:48.05	L	F	Strydom, Leam	12	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
66	2:49.26	L	F	Loubser, Cornell	16	VALS NF	29/01/2011 4 + 1 Provinces Inter Provincial Gala
67	2:50.28	L	F	Wessels, Michelle	17	BLOT FS	19/11/2010 FSA Open Championships 2010
68	2:52.48	L	F	Turner, Ashley C	16	BISH CG	08/12/2010 CGA Open Champs
69	2:52.75	L	F	Wessels, Carmen	17	BLOT FS	19/11/2010 FSA Open Championships 2010
70	2:53.03	L	F	Wienand, Kirsty	23	BLOT FS	19/11/2010 FSA Open Championships 2010
71	2:53.15	L	F	Pereira Jardim, Manuela H	16	PASC NT	22/10/2010 2010 NTS October Long Distance Aq
72	2:53.30	L	F	Storme, Suné	15	BLSS FS	19/11/2010 FSA Open Championships 2010
73	2:53.39	L	F	Massey, Chane	14	BLSS FS	30/10/2010 Supersport Seals Long Course Gala
74	2:54.22	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	30/10/2010 KZN Swim Program 7
75	2:54.62	L	F	Nortjé, Jamie	16	FISH SW	24/09/2010 EP Aquabear Spring Gala 2010
76	2:54.70	L	F	Boje, Monica	13	TYGE WP	10/12/2010 WP Sasko Championships
77	2:54.80	L	F	Pottinger, Kristin	11	AQUA BO	29/10/2010 Border Championships 2010
78	2:54.85	L	F	Fabricius, Chanè	14	BARR WP	10/12/2010 WP Sasko Championships
79	2:54.91	L	F	Oosthuizen, Inge	17	BLOT FS	19/11/2010 FSA Open Championships 2010
80	2:55.11	L	F	Jack, Khanya C	12	AQUA BO	29/10/2010 Border Championships 2010
81	2:55.18	L	F	Fourie, Daniele H	13	AQUA BO	14/01/2011 BO-January Age Group Gala 2011
82	2:55.64	L	F	Purchase, Kyeta	11	ACSA KZ	30/10/2010 KZN Swim Program 7
83	2:57.45	L	F	Coetzee, Kirsten J	13	BEAV KZ	30/10/2010 KZN Swim Program 7
84	2:57.48	L	F	Hesse, Megan C	16	LION NT	22/10/2010 2010 NTS October Long Distance Aq
85	2:57.59	L	F	Eybers, Kayla A	14	BEAV KZ	30/10/2010 KZN Swim Program 7
86	2:58.19	L	F	Anderson, Erin V	11	MUST CG	08/10/2010 EGA Age Group 1 2010
87	2:58.70	L	F	Vd Westhuizen, Ianthé	12	FISH SW	27/11/2010 4th A-League 2010
88	2:58.82	L	F	Odendaal, Nellie M	BR	PWC CG	04/02/2011 NW Schools Swimming Championsh
89	3:00.98	L	F	Faulmann, Simone C	13	CADO WP	19/11/2010 WP Vineyard Spring Gala
90	3:03.34	L	F	Du Plessis, Juane	15	BLOT FS	19/11/2010 FSA Open Championships 2010
91	3:04.39	L	F	Kleinhans, Jo-Mari V	12	BARR WP	10/12/2010 WP Sasko Championships
92	3:05.80	L	F	Le Roux, Azelle	15	FAAC NC	10/12/2010 NCASA Sprints 2010
93	3:05.81	L	F	Van Schoor, Jann D	13	CADO WP	13/11/2010 WP Summer League 4
94	3:06.05	L	F	Vd Heever, Ashley	15	BLAC ES	04/12/2010 EGA Champs Dec 2010
95	3:06.24	L	F	Latinsky, Kayla S	16	VINE WP	21/08/2010 WP Summer League 1
96	3:06.25	L	F	Cilliers, Chaneri M	15	BLOT FS	19/11/2010 FSA Open Championships 2010
97	3:08.25	L	F	Kleynhans, Licinda	13	TUKS NT	04/12/2010 NTS Championships 2010
98	3:10.78	L	F	Nel, Peta-Jayne S	12	HARL BO	29/10/2010 Border Championships 2010
99	3:11.06	L	F	Ahmed, Rashieda	13	WEST WP	25/06/2010 WP UWC Winter Gala
100	3:11.67	L	F	Du Plooy, Cara	15	LAD NN	29/01/2011 4 + 1 Provinces Inter Provincial Gala
Women 200 IM							
1	2:15.13	L	P	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
2	2:16.77	L	F	Loots, Amanda T	32	MDOL CG	13/09/2010 10th African Swimming Championsh
3	2:18.20	L	F	Pengelly, Jessica E	19	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
4	2:19.25	L	F	Warnes, Rene' D	19	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
5	2:19.97	L	F	Meyer, Bianca J	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
6	2:20.76	L	F	Liss, Jessica S	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
7	2:21.52	L	F	Neethling, Jean-Marie	20	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11

Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
8	2:21.82	L	F	Roper, Ronwyn	23	SEAL KZ	14/12/2010	The SwimShop KZN Provincial Char
9	2:22.21	L	F	Macfarlane, Justine A	15	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
10	2:22.87	L	F	Els, Johanna C	14	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
11	2:22.98	L	P	McLeod, Lindsay M	16	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
12	2:23.12	L	F	Mc Lauchlan, Kirsty M	17	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
13	2:23.73	L	F	Pereira, Kyna	15	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
14	2:24.12	L	F	Barnes, Michaela	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
15	2:24.16	L	F	Cooper, Oneida	18	BISH CG	18/03/2011	Telkom SA Level 3 National Champs
16	2:24.76	L	F	Terblanche, Carike	18	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
17	2:24.88	L	F	Du Plessis, Juane	15	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
18	2:25.12	L	F	Brown, Terianne N	17	HARL BO	18/03/2011	Telkom SA Level 3 National Champs
19	2:25.35	L	F	Johnston, Chanel A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
20	2:25.83	L	F	Brown, Ashleigh A	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
21	2:25.90	L	F	Van Heerden, Karlien	20	TUKS NT	27/08/2010	NTS August SD lev 2+Over Age Gro
22	2:26.01	L	F	Ross, Marlies	13	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
23	2:26.04	L	F	Bester, Lizani	14	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
24	2:26.50	L	P	Muller, Kristy S	16	SGUL KZ	18/03/2011	Telkom SA Level 3 National Champs
25	2:26.53	L	P	Gunnell, Kelly A	17	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
26	2:26.82	L	F	Stephens, Megan K	20	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
27	2:26.86	L	F	Ferreira, Kayla M	16	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
28	2:26.93	L	P	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010	The SwimShop KZN Provincial Char
29	2:27.03	L	F	Malan, Beatrix J	15	WHFC WP	10/12/2010	WP Sasko Championships
30	2:27.14	L	F	Weber, Michelle	14	ACSA KZ	14/12/2010	The SwimShop KZN Provincial Char
31	2:27.23	L	P	Mackenzie, Taryn A	17	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
32	2:27.69	L	F	Wessels, Michelle	18	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
33	2:27.78	L	F	Van Zyl, Marguerite	18	WATR CG	24/09/2010	EP Aquabear Spring Gala 2010
34	2:27.98	L	F	Crafford, Tamlin	16	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
35	2:28.06	L	F	Kat, Caitlin	17	MATI WP	10/12/2010	WP Sasko Championships
36	2:28.07	L	P	Van Heerden, Jennifer K	15	CADO WP	18/03/2011	Telkom SA Level 3 National Champs
37	2:28.22	L	F	Billson, Lauren T	15	PEAS EP	18/03/2011	Telkom SA Level 3 National Champs
38	2:28.58	L	F	Walker, Sarah-Jane	15	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
39	2:28.59	L	F	Hauptfleisch, Kira	16	KZNA KZ	23/10/2010	N-KZN FIVE PROVINCE GALA
40	2:28.69	L	P	Dryding, Dominique A	18	CADO WP	18/03/2011	Telkom SA Level 3 National Champs
41	2:28.89	L	F	De Waal, Olivia	14	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
42	2:29.03	L	P	Venter, Zoe	15	MDOL CG	18/03/2011	Telkom SA Level 3 National Champs
43*	2:29.16	L	F	Dicks, Sharne	16	VINE WP	18/03/2011	Telkom SA Level 3 National Champs
43*	2:29.16	L	F	Pistorius, Michelle	17	PASC NT	04/12/2010	NTS Championships 2010
45	2:29.18	L	F	Richards, Catherine A	18	PASC NT	24/09/2010	EP Aquabear Spring Gala 2010
46	2:29.32	L	P	McWilliam, Danica	15	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
47	2:29.55	L	P	Delpport, Emma	16	BLSS FS	18/03/2011	Telkom SA Level 3 National Champs
48	2:29.57	L	F	Cowling, Lisa	16	VINE WP	25/06/2010	WP UWC Winter Gala
49	2:29.72	L	P	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011	Telkom Sa National Aquatic Champs
50	2:29.96	L	P	Goosen, Lise-Mari	16	EP EP	11/04/2011	Telkom Sa National Aquatic Champs
51	2:30.08	L	F	Franklin, Sharne	20	BLFI FS	24/09/2010	EP Aquabear Spring Gala 2010
52	2:30.11	L	F	Quenet, Alexandra G	15	WHFC WP	29/10/2010	WP Barracudas Aquarama Summer
53	2:30.18	L	F	Harris, Nicole E	18	WATR CG	18/03/2011	Telkom SA Level 3 National Champs
54	2:30.19	L	P	Loubser, Marcé	14	PASC NT	18/03/2011	Telkom SA Level 3 National Champs
55	2:30.27	L	F	Wessels, Carmen	18	BLOT FS	18/03/2011	Telkom SA Level 3 National Champs
56	2:30.38	L	F	Sher, Robyn	16	WATR CG	22/07/2010	Irish Junior/Youth/Open Championsh
57	2:30.41	L	P	Du Toit, Jeanie	19	MDOL CG	29/01/2011	SA International Invitation Swim Mee
58	2:30.52	L	F	Van Wyk, Megan	13	AQUB EP	18/03/2011	Telkom SA Level 3 National Champs
59	2:30.79	L	P	McCann, Kelly F	17	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
60	2:30.86	L	F	Randle, Samantha C	12	TUKS NT	18/03/2011	Telkom SA Level 3 National Champs
61	2:30.95	L	P	Ferreira, Melissa L	15	DDA NT	18/03/2011	Telkom SA Level 3 National Champs
62	2:30.98	L	F	Bauristhene, Nikita R	12	WSTV KZ	18/03/2011	Telkom SA Level 3 National Champs
63	2:31.27	L	P	Mullin, Kerryn P	20	KZNA KZ	11/04/2011	Telkom Sa National Aquatic Champs
64	2:31.43	L	P	Bouwer, Sarah-Ann	15	BISH CG	22/07/2010	Irish Junior/Youth/Open Championsh
65	2:31.65	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010	Sasol National Winter Championship
66	2:31.68	L	P	Gericke, Anja	14	FS FS	11/04/2011	Telkom Sa National Aquatic Champs
67	2:31.70	L	F	Kidd, Tanique P	14	KLOO KZ	18/03/2011	Telkom SA Level 3 National Champs
68	2:32.00	L	F	Kemp, Lehesta	20	PASC NT	21/01/2011	2011 NTS January Lev 2+O SD+LD
69	2:32.03	L	F	Graham, Syanne E	17	AQUB EP	24/09/2010	EP Aquabear Spring Gala 2010
70	2:32.11	L	F	Du Toit, Natalie	26	MDOL CG	15/08/2010	IPC Swimming World Championship
71	2:32.12	L	P	Lopes, Demi F	13	NTS NT	11/04/2011	Telkom Sa National Aquatic Champs
72	2:32.25	L	P	Greevelink, Genna	15	AQUB EP	29/01/2011	SA International Invitation Swim Mee

Individual Top Times

Times since: 01-May-10 Times until: 30-Apr-11
 Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
73	2:32.28	L	F	Tilling, Hunter P	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
74	2:32.30	L	F	Reynolds, Jamie H	12	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
75	2:32.37	L	P	Meerholz, Danielle G	18	MDOL CG	29/01/2011 SA International Invitation Swim Mee
76	2:32.43	L	F	Rutherford, Ashlea-Leine	13	MATI WP	18/03/2011 Telkom SA Level 3 National Champs
77	2:32.56	L	F	Van Niekerk, Nathania	12	PSA LP	18/03/2011 Telkom SA Level 3 National Champs
78	2:32.81	L	P	Kelsey, Jessica P	17	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
79	2:32.94	L	P	Botha, Mikal E	13	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
80	2:33.01	L	F	Marsay, Fabienne	17	TUKS NT	29/10/2010 2010 NTS Oct Short Distance Lev 2-
81	2:33.03	L	P	Els, Tarryn C	14	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
82	2:33.04	L	P	Smith, Savannah L	14	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
83	2:33.20	L	P	Hess, Bernitia	15	PAQU WP	18/03/2011 Telkom SA Level 3 National Champs
84	2:33.31	L	P	Van Zyl, Tove	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
85	2:33.37	L	F	Anderson, Erin V	12	MUST CG	18/03/2011 Telkom SA Level 3 National Champs
86	2:33.38	L	P	Kinghorn, Emma F	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
87	2:33.40	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
88	2:33.52	L	P	Baptiste, Kira S	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
89	2:33.61	L	P	Mc Murtrie, Maxcine K	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
90	2:33.90	L	F	Van Wyk, Tammy	14	AQUB EP	05/11/2010 FREDa BARNARD GALA
91	2:34.12	L	P	Nelson, Kelleigh	15	PEAS EP	18/03/2011 Telkom SA Level 3 National Champs
92	2:34.27	L	P	Els, Johanre J	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
93	2:34.51	L	P	Fish, Giverny A	16	EP EP	11/04/2011 Telkom Sa National Aquatic Champs
94	2:34.57	L	F	Bosma, Caitlin B	12	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
95	2:34.78	L	P	Perrett, Courtney	14	SEAL KZ	18/03/2011 Telkom SA Level 3 National Champs
96	2:34.79	L	F	Vaughan, Christie	13	AQUB EP	10/12/2010 EP Championships 2010
97	2:34.91	L	P	Tovroza, Petra	20	BISH CG	08/12/2010 CGA Open Champs
98	2:35.12	L	F	Erasmus, Marne	15	HARL BO	08/10/2010 BO-October Age Group Gala 2010
99	2:35.21	L	F	Small, Danielle L	16	PFSC CG	18/03/2011 Telkom SA Level 3 National Champs
100	2:35.22	L	F	Peens, Amy N	16	HPP	23/10/2010 Limpopo HS Topskole 2010
Women 400 IM							
1	4:42.01	L	F	Gericke, Anja	14	FS FS	22/01/2011 Inter Provincial Gala
2	4:42.13	L	F	Meaklim, Kathryn A	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
3	4:46.39	L	F	Trott, Wendy A	21	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
4	4:49.71	L	F	Pengelly, Jessica E	19	NTS NT	11/04/2011 Telkom Sa National Aquatic Champs
5	4:51.61	L	F	Meyer, Bianca J	21	KZNA KZ	11/04/2011 Telkom Sa National Aquatic Champs
6	4:53.35	L	F	Warnes, Rene' D	18	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
7	4:54.68	L	F	Liss, Jessica S	15	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
8	4:57.30	L	F	Weber, Michelle	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
9	5:01.12	L	F	McLeod, Lindsay M	15	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
10	5:04.68	L	F	Pereira, Kyna	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
11	5:05.53	L	F	Els, Johanna C	14	BLSS FS	14/12/2010 The SwimShop KZN Provincial Char
12	5:05.91	L	F	Roper, Ronwyn	23	SEAL KZ	26/11/2010 KZN TYR Westville Sprints Champs
13	5:07.10	L	F	Macfarlane, Justine A	15	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
14	5:08.80	L	F	Van Heerden, Karlien	20	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
15	5:09.68	L	F	Jv Rensburg, Suzanne J	18	PSA LP	14/12/2010 The SwimShop KZN Provincial Char
16	5:10.75	L	F	Hauptfleisch, Kira	16	SGUL KZ	14/12/2010 The SwimShop KZN Provincial Char
17	5:11.71	L	F	Cowling, Lisa	16	VINE WP	10/12/2010 WP Sasko Championships
18	5:12.17	L	F	Kat, Caitlin	18	WPA WP	11/04/2011 Telkom Sa National Aquatic Champs
19	5:14.33	L	F	Ross, Marlies	13	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
20	5:14.53	L	F	Venter, Zoe	15	MDOL CG	18/03/2011 Telkom SA Level 3 National Champs
21	5:14.59	L	F	Beste, Lizani	14	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
22	5:14.81	L	F	Johnston, Chanel A	14	WATR CG	22/07/2010 Irish Junior/Youth/Open Championsf
23	5:14.82	L	F	Barnes, Michaela	15	AQUB EP	10/12/2010 EP Championships 2010
24	5:15.17	L	F	Dicks, Sharne	16	VINE WP	18/03/2011 Telkom SA Level 3 National Champs
25	5:15.52	L	F	Coetzee, Roh-Anne L	13	CGA CG	11/04/2011 Telkom Sa National Aquatic Champs
26	5:16.45	L	F	Nicholas, Nina	17	CADO WP	18/09/2010 WP Summer League 2
27	5:16.78	L	F	Mackenzie, Taryn A	17	WATR CG	18/03/2011 Telkom SA Level 3 National Champs
28	5:18.14	L	F	Greevelink, Genna	16	AQUB EP	11/02/2011 EPA 6th SASKO A League Gala
29	5:18.79	L	F	Cooper, Oneida	17	BISH CG	05/02/2011 CGA Level 2/3 # 5
30	5:19.16	L	F	Van Wyk, Megan	13	AQUB EP	18/03/2011 Telkom SA Level 3 National Champs
31	5:20.41	L	F	Warwick-Oliver, Laurie-Ann	20	SEAL KZ	14/12/2010 The SwimShop KZN Provincial Char
32	5:20.55	L	F	Randle, Samantha C	12	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
33	5:21.10	L	F	Smyth, Louise M	19	BLSS FS	14/06/2010 Sasol National Winter Championship
34	5:21.32	L	F	Goosen, Lise-Mari	15	KASA EP	18/03/2011 Telkom SA Level 3 National Champs
35	5:21.82	L	F	Bouwer, Sarah-Ann	16	BISH CG	18/03/2011 Telkom SA Level 3 National Champs
36	5:21.91	L	F	Franklin, Sharne	20	BLFI FS	19/11/2010 FSA Open Championships 2010

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Number of Top Times: 100 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
37	5:22.31	L	F	Mc Murtrie, Maxcine K	16	SGUL KZ	18/03/2011 Telkom SA Level 3 National Champs
38	5:23.26	L	P	Els, Johanre J	14	FS FS	11/04/2011 Telkom Sa National Aquatic Champs
39	5:23.61	L	F	Nordengen, Sasha-Lee D	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
40	5:24.02	L	F	McCann, Kelly F	17	WSTV KZ	18/03/2011 Telkom SA Level 3 National Champs
41	5:24.48	L	F	Le Roux, Carmen	13	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
42	5:24.54	L	F	Richards, Catherine A	18	PASC NT	20/08/2010 2010 August Long Distance Age Gro
43	5:25.34	L	F	Neethling, Jean-Marie	20	PASC NT	21/01/2011 2011 NTS January Lev 2+O SD+LD
44	5:27.32	L	F	Kinghorn, Emma F	14	NDSA KZ	18/03/2011 Telkom SA Level 3 National Champs
45	5:27.61	L	F	Le Roux, Clarice	14	ACSA KZ	18/03/2011 Telkom SA Level 3 National Champs
46	5:29.30	L	F	Delport, Emma	16	BLSS FS	19/11/2010 FSA Open Championships 2010
47	5:30.17	L	F	Anderson, Erin V	12	MUST CG	18/03/2011 Telkom SA Level 3 National Champs
48	5:31.50	L	F	Kelsey, Jessica P	17	BARS CG	18/03/2011 Telkom SA Level 3 National Champs
49	5:32.31	L	F	Brown, Ashleigh A	15	WATR CG	08/12/2010 CGA Open Champs
50	5:32.73	L	F	Oelofse, Louise M	15	TUKS NT	18/03/2011 Telkom SA Level 3 National Champs
51	5:33.17	L	F	Botha, Mikal E	13	PASC NT	18/03/2011 Telkom SA Level 3 National Champs
52	5:33.66	L	F	Van Zyl, Tove	13	TUKS NT	04/12/2010 NTS Championships 2010
53	5:34.36	L	F	De Waal, Olivia	13	VINE WP	18/09/2010 WP Summer League 2
54	5:34.61	L	F	Dryding, Dominique A	17	CADO WP	18/09/2010 WP Summer League 2
55	5:34.86	L	F	Broad, Nicole	16	VINE WP	25/06/2010 WP UWC Winter Gala
56	5:35.08	L	F	Tilling, Hunter P	16	SGUL KZ	26/11/2010 KZN TYR Westville Sprints Champs
57	5:35.48	L	F	Loubser, Marcé	14	BLSS FS	19/11/2010 FSA Open Championships 2010
58	5:35.79	L	F	Wessels, Michelle	17	BLOT FS	19/11/2010 FSA Open Championships 2010
59	5:36.38	L	F	Prinsloo, Leah	15	ACSA KZ	13/11/2010 KZN Swim Program 8 & 9
60	5:36.52	L	F	Grobelaar, Nelrike M	15	TYGE WP	10/12/2010 WP Sasko Championships
61	5:36.73	L	F	Els, Tarryn C	13	PEAS EP	14/01/2011 EPA 5th SASKO A League Gala
62	5:37.22	L	F	Du Plessis, Juane	15	BLOT FS	19/11/2010 FSA Open Championships 2010
63	5:38.51	L	F	Bauristhene, Nikita R	12	WSTV KZ	14/12/2010 The SwimShop KZN Provincial Char
64	5:38.92	L	F	Lopes, Demi F	12	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
65	5:39.74	L	F	Wessels, Carmen	17	BLOT FS	19/11/2010 FSA Open Championships 2010
66	5:39.94	L	F	Kennedy, Carmen H	17	MDOL CG	11/09/2010 CGA Level 2/3 #1
67	5:40.49	L	F	Jordaan, Veruschka	16	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
68	5:41.93	L	F	Taylor, Nika M	16	SASE CG	11/09/2010 CGA Level 2/3 #1
69	5:42.31	L	F	Graham, Syanne E	17	AQUB EP	08/10/2010 EPA 3rd SASKO A League Gala
70	5:42.52	L	F	Du Preez, Nadine	16	BLSS FS	19/11/2010 FSA Open Championships 2010
71	5:42.66	L	F	Nieuwstad, Michelle	16	TYGE WP	18/09/2010 WP Summer League 2
72	5:43.15	L	F	Ryder, Megan A	15	MDOL CG	05/02/2011 CGA Level 2/3 # 5
73	5:44.37	L	F	Wienand, Kirsty	23	BLOT FS	19/11/2010 FSA Open Championships 2010
74	5:44.46	L	F	Purchase, Kyeta	12	ACSA KZ	14/12/2010 The SwimShop KZN Provincial Char
75	5:45.66	L	F	Wong, Tina T	14	MDOL CG	11/09/2010 CGA Level 2/3 #1
76	5:46.03	L	F	Hess, Bernitia	14	PAQU WP	19/11/2010 WP Vineyard Spring Gala
77	5:46.06	L	F	Baptiste, Kira S	12	CENS NT	22/10/2010 2010 NTS October Long Distance Ag
78	5:46.14	L	F	Vaughan, Christie	13	AQUB EP	24/09/2010 EP Aquabear Spring Gala 2010
79	5:46.35	L	F	Pullen, Casey R	16	BISH CG	08/12/2010 CGA Open Champs
80*	5:46.84	L	F	Van Zyl, Rina	16	VINE WP	10/12/2010 WP Sasko Championships
80*	5:46.84	L	F	Lee, Caitlyn Y	17	KDOR NW	03/12/2010 NWS Championships 2010/2011
82	5:46.91	L	F	Combrink, Melissa	18	PASC NT	20/08/2010 2010 August Long Distance Age Gro
83	5:47.53	L	F	Schlemmer, Jamie-Lee	14	KASA EP	12/11/2010 EPA 4th SASKO A League Gala
84	5:47.82	L	F	Niehaus, Chrislie-Thandi	14	KASA EP	12/11/2010 EPA 4th SASKO A League Gala
85	5:48.61	L	F	Marais, Marizen	14	BLOT FS	19/11/2010 FSA Open Championships 2010
86	5:49.47	L	F	Turner, Ashley C	16	BISH CG	08/12/2010 CGA Open Champs
87	5:49.57	L	F	Vd Merwe, Roche	15	CYBE WP	10/12/2010 WP Sasko Championships
88	5:50.16	L	F	Coetzee, Kirsten J	13	BEAV KZ	26/11/2010 KZN TYR Westville Sprints Champs
89	5:50.63	L	F	Jagga, Justine N	13	CADO WP	10/12/2010 WP Sasko Championships
90	5:50.66	L	F	Storme, Suné	15	BLSS FS	19/11/2010 FSA Open Championships 2010
91	5:50.79	L	F	Smith, Chantel C	16	BLSS FS	19/11/2010 FSA Open Championships 2010
92	5:52.43	L	F	Viljoen, Monique	15	TUKS NT	20/08/2010 2010 August Long Distance Age Gro
93	5:52.47	L	F	Pereira Jardim, Manuela H	15	PASC NT	20/08/2010 2010 August Long Distance Age Gro
94	5:53.13	L	F	Hull, Bianca	15	VINE WP	10/12/2010 WP Sasko Championships
95	5:53.26	L	F	Fontini, Di-Andi	16	BARR WP	19/11/2010 WP Vineyard Spring Gala
96	5:53.86	L	F	Nelson, Kelleigh	14	PEAS EP	24/09/2010 EP Aquabear Spring Gala 2010
97	5:54.05	L	F	Anderson, Julia K	13	VINE WP	10/12/2010 WP Sasko Championships
98	5:54.33	L	F	Fourie, Lisa C	12	TYGE WP	10/12/2010 WP Sasko Championships
99	5:54.52	L	F	Marini, Marianna R	15	BARS CG	08/12/2010 CGA Open Champs
100	5:54.63	L	F	Eybers, Sandi	20	AQUB EP	10/09/2010 EPA 2nd SASKO A League Gala