

Individual Top Times

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 |
| 2 | 26.36 L | F | Elphick, Natalie B | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 26.39 L | F | Maree, Trudi | 22 | WPA WP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 26.66 L | F | Kemp, Lehesta | 21 | PASC NT | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 5 | 26.70 L | P | Van Wyk, Chanelle | 21 | PASC NT | 13/09/2010 | 10th African Swimming Championship |
| 6 | 27.00 L | F | Neethling, Jean-Marie | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 7 | 27.16 L | F | Van Dongen, Tiffany C | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 8 | 27.32 L | F | Scott, Megan | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 9 | 27.51 L | F | Stones, Tarryn | 22 | BLFI FS | 21/02/2011 | Liga1 |
| 10 | 27.58 L | F | Roper, Ronwyn | 23 | SEAL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 11 | 27.63 L | S | Stephens, Megan K | 20 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 12 | 27.70 L | F | Lapham, Kirsten A | 21 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 13 | 27.92 L | P | Lategan, Christy-Leigh | 20 | SGUL KZ | 29/01/2011 | SA International Invitation Swim Meet : |
| 14 | 28.10 L | F | Vlaskova, Michelle | 27 | CENS NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+ C |
| 15 | 28.16 L L | F | Wienand, Kirsty | 24 | BLOT FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 16 | 28.24 L L | F | Tammadge, Roxanne | 19 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 17 | 28.35 L | F | Burger, Liezl-Mari | 24 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 18 | 28.46 L | F | Plumstead, Hayley P | 19 | NMMU EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 19 | 28.50 L | P | Lushington, Daniella A | 19 | SASE CG | 08/12/2010 | CGA Open Champs |
| 20 | 28.82 L | P | Du Toit, Jeanie | 19 | MDOL CG | 08/12/2010 | CGA Open Champs |
| 21 | 28.84 L | F | Warnes, Rene' D | 19 | SGUL KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 22 | 28.85 L | F | Meerholz, Danielle G | 19 | MDOL CG | 08/12/2010 | CGA Open Champs |
| 23* | 28.91 L | P | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 23* | 28.91 L | F | Van Heerden, Karlien | 20 | TUKS NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 25 | 28.92 L | F | Bernardo, Monica F | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 26 | 29.05 L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 | Sasol National Winter Championships |
| 27 | 29.09 L L | F | Bragason, Jessica S | 19 | WSTV KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 28 | 29.17 L | F | Du Toit, Natalie | 27 | RSA ZZ | 04/10/2010 | Common Wealth Games Delhi 2010 |
| 29 | 29.24 L | F | Plumstead, Keri J | 20 | NMMU EP | 08/10/2010 | EPA 3rd SASKO A League Gala |
| 30 | 29.29 L | F | Cant, Bianca | 21 | UWCA WP | 16/10/2010 | WP Summer League 3 |
| 31 | 29.56 L | F | Plumstead, Emma G | 19 | NMMU EP | 22/10/2010 | PEA Swimming Club Gala |
| 32 | 29.59 L S | F | Cameron, Brittney O | 19 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 33 | 29.65 L | F | Rogers, Guinivere | 20 | BARR WP | 10/12/2010 | WP Sasko Championships |
| 34 | 29.71 L | F | Franklin, Shame | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 35 | 29.82 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 36 | 29.83 L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 37 | 29.92 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 38 | 29.97 L | F | van Heerden, Annette D | 23 | UNI MP | 26/11/2010 | Mpumalanga Champs 2010 |
| 39 | 29.98 L | F | Nel, Jané C | 19 | SS LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 40 | 30.08 L | P | Neely, Blair K | 19 | BISH CG | 22/07/2010 | Irish Junior/Youth/Open Championship |
| 41 | 30.11 L | F | Faulmann, Shelley K | 20 | UWCA WP | 14/08/2010 | WP Manta Challenge |
| 42 | 30.16 L | P | Bester, Coreen | 23 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 43 | 30.29 L | P | Tovrloza, Petra | 21 | BISH CG | 08/12/2010 | CGA Open Champs |
| 44 | 30.41 L | F | Van Zyl, Marguerite | 19 | WATR CG | 16/10/2010 | CGA Level 2/3 #2 |
| 45 | 30.74 L | F | Baumgart, Bronwyn | 30 | BLAC ES | 08/10/2010 | EGA Age Group 1 2010 |
| 46 | 30.90 L | P | Botha, Carolin-Mari | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 47 | 30.91 L | F | Fraatz, Barbara | 45 | COEL NT | 29/01/2011 | 4 + 1 Provinces Inter Provincial Gala |
| 48 | 31.25 L | F | Rautenbach, Kristen | 19 | POTC NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 49 | 31.35 L | F | Grobler, Alida A | 19 | POTC NW | 03/12/2010 | NWS Championships 2010/2011 |
| 50 | 31.49 L | F | Hadebe, Hleziphi A | 19 | WSTV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 51 | 31.53 L | F | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 52 | 31.61 L | F | English, Gayle L | 19 | SWIFT ES | 14/06/2010 | Sasol National Winter Championships |
| 53 | 31.65 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 54 | 31.66 L | F | Van Heerden, Lani | 19 | TUKS NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 55 | 31.74 L | P | Du Plessis, Marinette M | 20 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 56 | 31.77 L | F | Smith, Yvonne | 20 | FS FS | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 57 | 31.81 L | F | Christofides, Leah | 20 | TUKS NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 58 | 31.82 L | F | Kennedy, Karen G | 44 | PHOE CG | 31/07/2010 | XIII Fina World Masters Championship |
| 59 | 31.98 L | F | Francis, Nastassja C | 19 | BLFI FS | 08/10/2010 | Neptune Aquatics Open Gala |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------|---------|-------|------|--------------------------|----|----------|--|
| 60 | 32.10 | L | F | Smart, Jansie | 19 | UNIC NF | 08/01/2011 NFSA Jan 2011 Age Group |
| 61 | 32.35 | L | F | Stoycheva, Ivanka N | 29 | VINE WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 62 | 32.50 | L | F | Maurer, Kira c | 20 | CADO WP | 04/12/2010 WP Walmers Meet |
| 63 | 33.09 | L | F | Gray, Emily A | 19 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 64 | 33.22 | L | F | Smit, Sonet | 34 | NCASA NC | 06/11/2010 NFSA Interprovincial Meet 2010 |
| 65 | 33.41 | L | F | Roukema, Jenske | 20 | MATI WP | 25/09/2010 WP Retreat Gala |
| 66 | 33.56 | L | F | Labuschagne, Rozelna | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 67 | 34.03 | L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 68 | 34.17 | L | F | Stone, Cara M | 23 | MATI WP | 16/10/2010 WP Summer League 3 |
| 69 | 35.97 | L | F | Stapelberg, Nandi | 22 | TUKS NT | 26/11/2010 2010 NTS Presidents Gala |
| 70 | 36.08 | L | P | Sterrenberg, Leanne | 29 | WALM WP | 10/12/2010 WP Sasko Championships |
| 71 | 36.29 | L | P | Lourens, Gina | 47 | UWCA WP | 15/08/2010 IPC Swimming World Championships |
| 72 | 37.55 | L | P | Smit, Dorothy | 26 | SWD SW | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 73 | 37.64 | L | F | Roodt, Odelia | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 74 | 37.83 | L | P | Kingwill, Ingrid | 25 | EP EP | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 75 | 37.91 | L | P | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 76 | 38.32 | L | P | Bloem, Renette | 47 | MATI WP | 10/12/2010 WP Sasko Championships |
| 77 | 38.64 | L | F | Van Rooijen, Johanna F | 45 | SEDMS VT | 12/11/2010 November Age Group |
| 78 | 39.19 | L | F | Rich, Anne-Marie | 21 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 79 | 39.39 | L | F | Lacroix, Fanny | 34 | SEDMS VT | 12/11/2010 November Age Group |
| 80 | 40.26 | L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 26/11/2010 BO-November Age Group Gala 2010 |
| 81 | 43.64 | L | F | Louw, Anita | 53 | VIKI BO | 11/09/2010 Border Ice-Breaker Gala 2010 |
| 82 | 44.04 | L | P | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 83 | 46.46 | L | F | Cronje, Hanlie | 53 | NCASA NC | 06/11/2010 NFSA Interprovincial Meet 2010 |
| 84 | 47.85 | L | F | Dixon, Donnée | 20 | VINE WP | 24/07/2010 Westridge Challenge |
| 85 | 48.05 | L | P | Saunders, Dianne | 26 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 86 | 49.21 | L | P | Beckett, Mischa | 28 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 87 | 50.45 | L | P | Visser, Adri I | 23 | BISH CG | 15/08/2010 IPC Swimming World Championship 2 |
| 88 | 50.83 | L | F | Muller, Elizabeth L | 34 | WELL WP | 14/08/2010 WP Manta Challenge |
| 89 | 51.36 | L | P | Nothling, Beth J | 21 | N-KZN NN | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 90 | 55.61 | L | F | Smit, Isabella M | 19 | VICT ES | 28/01/2011 Gauteng Championships 2011 |
| 91 | 59.35 | L | P | Robertson, Stephanie | 22 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 92 | 1:00.28 | L L | F | Robertson, Nicole D | 27 | TYGE WP | 10/12/2010 WP Sasko Championships |
| 93 | 1:17.52 | L | F | Shannon, Sarah-Joan | 29 | BLSS FS | 22/10/2010 Otters Prestige Gala 2010 |
| 94 | 1:26.55 | L | F | Ings, Patricia J | 42 | ACSA KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| Women 100 Free | | | | | | | |
| 1 | 55.97 | L L | F | Prinsloo, Karin | 21 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 2 | 56.75 | L | F | Vorster, Leone | 23 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 56.93 | L L | F | Elphick, Natalie B | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 58.11 | L | F | Neethling, Jean-Marie | 21 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 5 | 58.16 | L | F | Kemp, Lehesta | 21 | PASC NT | 14/12/2010 The SwimShop KZN Provincial Champ |
| 6 | 58.32 | L | F | Maree, Trudi | 22 | MATI WP | 10/12/2010 WP Sasko Championships |
| 7 | 58.40 | L | P | Stephens, Megan K | 20 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 8 | 58.95 | L | S | Roper, Ronwyn | 23 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 9 | 59.01 | L | P | Van Dongen, Tiffany C | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 10 | 59.06 | L | F | Lategan, Christy-Leigh | 20 | SGUL KZ | 26/02/2011 KZN Swim Program 12 |
| 11 | 59.49 | L | F | Warnes, Rene' D | 19 | SGUL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 2f |
| 12 | 59.58 | L | F | Lapham, Kirsten A | 21 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 13 | 59.60 | L | F | Van Wyk, Chanelle | 21 | PASC NT | 29/10/2010 2010 NTS Oct Short Distance Lev 2+C |
| 14 | 59.90 | L L | F | Stones, Tarryn | 22 | FS FS | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 15* | 1:00.24 | L S | F | Tammadge, Roxanne | 19 | WSTV KZ | 05/05/2010 Best Times LCM |
| 15* | 1:00.24 | L | F | Vlaskova, Michelle | 27 | CENS NT | 04/12/2010 NTS Championships 2010 |
| 17 | 1:00.50 | L | F | Scott, Megan | 19 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 18 | 1:00.51 | L | F | Meaklim, Kathryn A | 21 | SGUL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 2f |
| 19 | 1:00.75 | L | P | Du Toit, Natalie | 27 | MDOL CG | 09/06/2010 Mare Nostrum Barcelona 2010 |
| 20 | 1:00.76 | L L | F | Meerholz, Danielle G | 19 | MDOL CG | 18/03/2011 Telkom SA Level 3 National Champs C |
| 21 | 1:01.17 | L | F | Wienand, Kirsty | 24 | BLOT FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 22 | 1:01.23 | L | F | Cameron, Brittney O | 19 | SGUL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 23 | 1:01.52 | L | F | Lushington, Daniella A | 19 | SASE CG | 08/12/2010 CGA Open Champs |
| 24 | 1:02.15 | L | P | Van Zyl, Marguerite | 19 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------|---------|-------|------|-------------------------|----|----------|--|
| 25 | 1:02.60 | L | F | Bernardo, Monica F | 19 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 26 | 1:02.63 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 27/08/2010 NTS August SD lev 2+Over Age Group |
| 27 | 1:02.90 | L | F | Plumstead, Hayley P | 19 | NMMU EP | 08/10/2010 EPA 3rd SASKO A League Gala |
| 28 | 1:03.59 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 29 | 1:03.65 | L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 Sasol National Winter Championships |
| 30 | 1:03.87 | L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 26/11/2010 Limpopo Champs 26-27th November 2010 |
| 31 | 1:04.17 | L | F | Franklin, Sharne | 20 | BLFI FS | 08/10/2010 Neptune Aquatics Open Gala |
| 32 | 1:05.06 | L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 KZN TYR Westville Sprints Champs 2010 |
| 33 | 1:05.15 | L | F | Rogers, Guinivere | 20 | BARR WP | 29/10/2010 WP Barracudas Aquarama Summer Meet |
| 34 | 1:05.46 | L | F | Primo, Lauren J | 20 | UNIQ CG | 06/11/2010 CGA Level 2/3 #3 |
| 35 | 1:05.56 | L | F | Du Toit, Jeanie | 19 | MDOL CG | 16/10/2010 CGA Level 2/3 #2 |
| 36 | 1:06.14 | L | F | Beste, Coreen | 23 | TUKS NT | 19/09/2010 Highveld Inter-Provincial Gala 2010 |
| 37 | 1:06.47 | L | F | Faulmann, Shelley K | 20 | UWCA WP | 14/08/2010 WP Manta Challenge |
| 38 | 1:06.57 | L | P | Nel, Jané C | 19 | SS LP | 08/12/2010 CGA Open Champs |
| 39 | 1:06.65 | L | F | Wagner, Larelle | 21 | UWCA WP | 29/10/2010 WP Barracudas Aquarama Summer Meet |
| 40 | 1:07.37 | L | F | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 41 | 1:08.00 | L | F | Grobler, Alida A | 19 | POTC NW | 28/08/2010 SA Small Provinces Inter-Provincial Gala |
| 42 | 1:08.62 | L | F | Smith, Yvonne | 20 | FS FS | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 43 | 1:08.78 | L | F | Botha, Carolin-Mari | 19 | TUKS NT | 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 44 | 1:08.97 | L | P | Francis, Nastassja C | 19 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 45 | 1:09.11 | L | F | Beukes, Pamelyn D | 22 | BLSS FS | 30/10/2010 Supersport Seals Long Course Gala |
| 46* | 1:09.17 | L | P | Gray, Emily A | 19 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 46* | 1:09.17 | L | F | Kennedy, Karen G | 44 | PHOE CG | 31/07/2010 XIII Fina World Masters Championship |
| 48 | 1:09.38 | L | F | Baumgart, Bronwyn | 30 | BLAC ES | 08/10/2010 EGA Age Group 1 2010 |
| 49 | 1:09.70 | L | F | Fraatz, Barbara | 45 | VALS NF | 14/01/2011 Club Championships 2011 |
| 50 | 1:10.01 | L | F | Eybers, Sandi | 21 | AQUB EP | 22/10/2010 PEA Swimming Club Gala |
| 51 | 1:10.87 | L | F | English, Gayle L | 19 | SWIFT ES | 26/11/2010 EGA League Programme 'C' for 2010 |
| 52 | 1:11.73 | L | F | Rautenbach, Kristen | 19 | POTC NW | 14/06/2010 Sasol National Winter Championships |
| 53 | 1:11.76 | L | F | Maurer, Kira c | 20 | CADO WP | 18/09/2010 WP Summer League 2 |
| 54 | 1:12.30 | L | F | Stoycheva, Ivanka N | 29 | VINE WP | 19/11/2010 WP Vineyard Spring Gala |
| 55 | 1:12.72 | L | F | Du Plessis, Marinette M | 20 | TUKS NT | 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 56 | 1:12.73 | L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 57 | 1:13.92 | L | F | Labuschagne, Rozelna | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 58 | 1:14.78 | L | F | Hanbury, Jennifer M | 19 | UCTA WP | 18/09/2010 WP Summer League 2 |
| 59 | 1:15.48 | L | F | Stone, Cara M | 23 | MATI WP | 18/09/2010 WP Summer League 2 |
| 60 | 1:16.80 | L | F | Roukema, Jenske | 20 | MATI WP | 18/09/2010 WP Summer League 2 |
| 61 | 1:18.66 | L | F | Smit, Sonet | 34 | PRKA NC | 30/10/2010 Flamingo Gala 2010 |
| 62 | 1:19.75 | L | F | Pelser, Salome J | 19 | NDSA KZ | 13/11/2010 KZN Swim Program 8 & 9 |
| 63 | 1:19.88 | L | F | Smit, Dorothy | 26 | SWD SW | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 64 | 1:19.89 | L | F | Lourens, Gina | 47 | UWCA WP | 15/08/2010 IPC Swimming World Championships |
| 65 | 1:20.12 | L | F | Thompson, Nicola C | 22 | UCTA WP | 18/09/2010 WP Summer League 2 |
| 66 | 1:20.72 | L | F | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 67 | 1:21.93 | L | F | Sterrenberg, Leanne | 29 | WALM WP | 10/12/2010 WP Sasko Championships |
| 68 | 1:24.18 | L | F | Roodt, Odelia | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 69 | 1:26.01 | L | F | Bloem, Renette | 47 | WPA WP | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 70 | 1:27.10 | L | F | Rich, Anne-Marie | 21 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 71 | 1:27.31 | L | F | Stapelberg, Nandi | 22 | TUKS NT | 26/11/2010 2010 NTS Presidents Gala |
| 72 | 1:28.79 | L | F | Smart, Jansie | 19 | UNIC NF | 14/01/2011 Club Championships 2011 |
| 73 | 1:32.53 | L | P | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 74 | 1:32.74 | L | P | Kingwill, Ingrid | 25 | EP EP | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |
| 75 | 1:37.67 | L | F | Louw, Anita | 53 | VIKI BO | 11/09/2010 Border Ice-Breaker Gala 2010 |
| 76 | 1:43.11 | L | F | Dixon, Donnée | 20 | VINE WP | 24/07/2010 Westridge Challenge |
| 77 | 1:46.65 | L | F | Cronje, Hanlie | 53 | NCASA NC | 06/11/2010 NFSA Interprovincial Meet 2010 |
| 78 | 1:49.37 | L | P | Visser, Adri I | 23 | BISH CG | 15/08/2010 IPC Swimming World Championship 2010 |
| 79 | 1:52.49 | L | F | Nothling, Beth J | 21 | LAD NN | 14/12/2010 The SwimShop KZN Provincial Championships |
| 80 | 1:55.60 | L | F | Muller, Elizabeth L | 34 | WELL WP | 14/08/2010 WP Manta Challenge |
| 81 | 1:59.64 | L | F | Smit, Isabella M | 19 | VICT ES | 08/12/2010 CGA Open Champs |
| 82 | 2:51.52 | L | F | Shannon, Sarah-Joan | 29 | BLSS FS | 15/08/2010 IPC Swimming World Championship 2010 |
| Women 200 Free | | | | | | | |
| 1 | 2:00.89 | L | F | Prinsloo, Karin | 21 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2011 |

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Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|----|---------|-------|------|--------------------------|----|----------|------------|---|
| 2 | 2:01.18 | L L | F | Vorster, Leone | 23 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 2:02.86 | L L | F | Trott, Wendy A | 21 | WPA WP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 2:03.65 | L | F | Elphick, Natalie B | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 5 | 2:03.69 | L | F | Tammadge, Roxanne | 19 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 6 | 2:04.39 | L | F | Meaklim, Kathryn A | 21 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 7 | 2:04.61 | L | F | Pengelly, Jessica E | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 8 | 2:04.78 | L | P | Lategan, Christy-Leigh | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 9 | 2:04.95 | L | F | Warnes, Rene' D | 19 | SGUL KZ | 13/09/2010 | 10th African Swimming Championship |
| 10 | 2:05.61 | L | F | Stephens, Megan K | 20 | WATR CG | 29/01/2011 | SA International Invitation Swim Meet : |
| 11 | 2:06.98 | L | P | Neethling, Jean-Marie | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 12 | 2:07.53 | L | F | Lapham, Kirsten A | 21 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 13 | 2:07.86 | L | P | Van Dongen, Tiffany C | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 14 | 2:10.19 | L | F | Meerholz, Danielle G | 19 | MDOL CG | 18/03/2011 | Telkom SA Level 3 National Champs C |
| 15 | 2:11.14 | L | P | Kemp, Lehesta | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 16 | 2:11.46 | L S | F | Du Toit, Natalie | 27 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 17 | 2:11.48 | L | F | Cameron, Brittney O | 19 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 18 | 2:12.21 | L | F | Van Zyl, Marguerite | 19 | WATR CG | 22/07/2010 | Irish Junior/Youth/Open Championship |
| 19 | 2:12.90 | L | F | Roper, Ronwyn | 23 | SEAL KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 20 | 2:13.79 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 21 | 2:13.82 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 22 | 2:13.95 | L | F | Wienand, Kirsty | 24 | BLOT FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 23 | 2:14.67 | L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 24 | 2:15.07 | L | F | Scott, Megan | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 25 | 2:15.54 | L | F | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 26 | 2:16.34 | L | F | Fryer, Che' K | 19 | ACSA KZ | 09/10/2010 | KZN Winter Swim Program 5 & 6 |
| 27 | 2:16.35 | L | F | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 28 | 2:16.51 | L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 | Sasol National Winter Championships |
| 29 | 2:18.68 | L | P | Rogers, Guinivere | 20 | BARR WP | 10/12/2010 | WP Sasko Championships |
| 30 | 2:20.37 | L | F | Mullin, Kerryn P | 20 | SEAL KZ | 09/10/2010 | KZN Winter Swim Program 5 & 6 |
| 31 | 2:27.50 | L | F | Murray, Samantha J | 20 | CADO WP | 21/08/2010 | WP Summer League 1 |
| 32 | 2:28.50 | L | F | Wagner, Larelle | 21 | UWCA WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 33 | 2:28.59 | L | F | Sapiro, Shireen | 20 | BISH CG | 05/02/2011 | CGA Level 2/3 # 5 |
| 34 | 2:29.29 | L | F | Grobler, Alida A | 19 | POTC NW | 03/12/2010 | NWS Championships 2010/2011 |
| 35 | 2:29.86 | L | P | Smith, Yvonne | 20 | FS FS | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 36 | 2:30.44 | L | F | Nel, Jané C | 19 | SS LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 37 | 2:31.10 | L | F | Broderick, Jayne C | 24 | BOKS ES | 01/10/2010 | EGA League Programme 'A' for 2010 |
| 38 | 2:33.66 | L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 39 | 2:33.85 | L | F | Kennedy, Karen G | 44 | PHOE CG | 31/07/2010 | XIII Fina World Masters Championship |
| 40 | 2:34.08 | L | P | Botha, Carolin-Mari | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 41 | 2:34.27 | L | F | Maurer, Kira c | 20 | CADO WP | 15/01/2011 | WP Swartland Swim Challenge |
| 42 | 2:35.63 | L S | F | Eybers, Sandi | 21 | AQUB EP | 10/12/2010 | EP Championships 2010 |
| 43 | 2:36.27 | L | F | English, Gayle L | 19 | SWIFT ES | 14/06/2010 | Sasol National Winter Championships |
| 44 | 2:36.59 | L | F | Fraatz, Barbara | 45 | VALS NF | 14/01/2011 | Club Championships 2011 |
| 45 | 2:36.90 | L | F | Coetzee, Heleen | 21 | NWUC NW | 30/10/2010 | NWS Age Group 2 |
| 46 | 2:37.96 | L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 47 | 2:40.08 | L | F | Labuschagne, Chiquita | 20 | BLAC ES | 13/11/2010 | EGA Super Age Group 2 Nov 2010 |
| 48 | 2:43.93 | L | F | Smart, Jansie | 19 | UNIC NF | 14/01/2011 | Club Championships 2011 |
| 49 | 2:48.80 | L | F | Stone, Cara M | 23 | MATI WP | 21/08/2010 | WP Summer League 1 |
| 50 | 2:48.81 | L | F | Rautenbach, Kristen | 19 | POTC NW | 14/06/2010 | Sasol National Winter Championships |
| 51 | 2:52.75 | L | P | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 52 | 3:04.33 | L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 26/11/2010 | BO-November Age Group Gala 2010 |
| 53 | 3:06.11 | L | F | Sterrenberg, Leanne | 29 | WALM WP | 04/12/2010 | WP Walmers Meet |
| 54 | 3:16.90 | L S | F | Bloem, Renette | 47 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 55 | 3:17.22 | L | F | Smit, Dorothy | 26 | FISH SW | 29/01/2011 | 5th A League 29Jan2011 |
| 56 | 3:37.50 | L | F | Lacroix, Fanny | 34 | SEDMS VT | 12/11/2010 | November Age Group |
| 57 | 3:38.45 | L | F | Dixon, Donnée | 20 | VINE WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 58 | 3:50.10 | L | F | Kingwill, Ingrid | 25 | PEAS EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 59 | 3:51.40 | L | F | Visser, Adri l | 23 | BISH CG | 15/08/2010 | IPC Swimming World Championship 2 |
| 60 | 3:57.46 | L | F | Nothing, Beth J | 21 | LAD NN | 15/01/2011 | N-KZN JAN. AGE GROUP GALA N/DI |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------|-------------|-------|--------------------------|--------|----------|------------|---|
| Women 400 Free | | | | | | | |
| 1 | 4:10.19 L | F | Trott, Wendy A | 21 | VINE WP | 12/06/2010 | Mare Nostrum Canet 2010 |
| 2 | 4:18.47 L | F | Tammadge, Roxanne | 19 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 4:18.80 L | F | Vorster, Leone | 23 | PASC NT | 13/09/2010 | 10th African Swimming Championship: |
| 4 | 4:19.22 L | F | Warnes, Rene' D | 19 | SGUL KZ | 13/09/2010 | 10th African Swimming Championship: |
| 5 | 4:20.99 L | P | Meaklim, Kathryn A | 21 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 6 | 4:26.24 L | F | Lapham, Kirsten A | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 7* | 4:28.09 L | F | Stephens, Megan K | 20 | WATR CG | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 7* | 4:28.09 L | F | Lategan, Christy-Leigh | 20 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 9 | 4:29.07 L S | F | Du Toit, Natalie | 27 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 10 | 4:29.74 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 11 | 4:35.64 L | F | Neethling, Jean-Marie | 21 | PASC NT | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 12 | 4:36.82 L | F | Meerholz, Danielle G | 19 | MDOL CG | 18/03/2011 | Telkom SA Level 3 National Champs C |
| 13 | 4:38.38 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 14 | 4:39.61 L | F | Fryer, Che' K | 19 | ACSA KZ | 18/09/2010 | KZN Winter Swim Program 3 & 4 |
| 15 | 4:42.53 L | F | Wienand, Kirsty | 24 | BLOT FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 16 | 4:44.64 L | F | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 17 | 4:44.90 L | F | Van Heerden, Karlien | 20 | TUKS NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 18 | 4:47.73 L | F | Van Zyl, Marguerite | 19 | WATR CG | 16/10/2010 | CGA Level 2/3 #2 |
| 19 | 4:59.01 L | F | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 20 | 5:01.00 L | P | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 21 | 5:03.86 L | P | Gray, Emily A | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 22 | 5:06.85 L | F | Morris-Eyton, Heather | 43 | PHOE CG | 31/07/2010 | XIII Fina World Masters Championship |
| 23 | 5:07.97 L | F | Scott, Megan | 19 | TUKS NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 24 | 5:12.24 L | F | Eybers, Sandi | 21 | AQUB EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 25 | 5:12.88 L | F | Francis, Nastassja C | 19 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 26 | 5:16.22 L | F | Van Breda, Keelyn R | 20 | UCTA WP | 10/12/2010 | WP Sasko Championships |
| 27 | 5:20.11 L | F | Grobler, Alida A | 19 | POTC NW | 03/12/2010 | NWS Championships 2010/2011 |
| 28 | 5:20.21 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 29 | 5:25.12 L | F | Primo, Lauren J | 20 | UNIQ CG | 06/11/2010 | CGA Level 2/3 #3 |
| 30 | 5:25.80 L | F | Luus, Chrisna | 25 | DDA NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 31 | 5:31.74 L | F | Kennedy, Karen G | 44 | PHOE CG | 31/07/2010 | XIII Fina World Masters Championship |
| 32 | 5:31.84 L | F | Smith, Yvonne | 20 | BLFI FS | 19/11/2010 | FSA Open Championships 2010 |
| 33 | 5:33.55 L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 34 | 5:38.47 L S | F | Botha, Carolin-Mari | 19 | TUKS NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 35 | 5:39.89 L | F | English, Gayle L | 19 | SWIFT ES | 08/10/2010 | EGA Age Group 1 2010 |
| 36 | 5:41.21 L | F | Fraatz, Barbara | 45 | VALS NF | 14/01/2011 | Club Championships 2011 |
| 37 | 5:42.53 L | F | Maurer, Kira c | 20 | CADO WP | 14/08/2010 | WP Manta Challenge |
| 38 | 5:58.17 L | F | Rautenbach, Kristen | 19 | POTC NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 39 | 6:06.01 L | P | Lourens, Gina | 47 | WPA WP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 40 | 6:06.15 L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 14/01/2011 | BO-January Age Group Gala 2011 |
| 41 | 6:15.59 L | F | Fowler, Cornelia J | 30 | KLOO KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 42 | 6:41.95 L | F | Bloem, Renette | 47 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 43 | 7:47.58 L | O | Van Niekerk, Elize F | 45 | VINE WP | 06/11/2010 | WP Open Water Challenge 1 |
| 44 | 7:53.30 L | O | Van Wyk, Meghan | 19 | UNAT | 29/01/2011 | WP Open Water Challenge 3 |
| Women 800 Free | | | | | | | |
| 1 | 8:26.96 L | F | Trott, Wendy A | 21 | 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 2 |
| 3 | 8:46.16 L | F | Pengelly, Jessica E | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 8:52.74 L | F | Meaklim, Kathryn A | 21 | SGUL KZ | 29/01/2011 | SA International Invitation Swim Meet : |
| 5 | 8:57.42 L | F | Warnes, Rene' D | 19 | SGUL KZ | 13/09/2010 | 10th African Swimming Championship: |
| 6 | 9:03.69 L | P | Du Toit, Natalie | 27 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 7 | 9:25.60 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 8 | 9:27.83 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 9 | 9:34.56 L | F | Fryer, Che' K | 19 | ACSA KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 10 | 9:48.62 L | F | Neethling, Jean-Marie | 21 | PASC NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 11 | 9:49.26 L | F | Franklin, Sharne | 20 | BLFI FS | 19/11/2010 | FSA Open Championships 2010 |
| 12 | 9:55.03 L | F | Lapham, Kirsten A | 21 | TUKS NT | 20/08/2010 | 2010 August Long Distance Age Group |
| 13 | 10:01.92 L | F | Wienand, Kirsty | 24 | BLOT FS | 22/10/2010 | Otters Prestige Gala 2010 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------------------------|------------|-------|--------------------------|--------|---------|------------|--------------------------------------|
| 14 | 10:25.01 L | F | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 15 | 10:39.34 L | F | Wagner, Larelle | 21 | UWCA WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 16 | 10:54.77 L | F | Francis, Nastassja C | 19 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 17 | 10:55.43 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 18 | 11:12.94 L | F | Van Heerden, Lani | 19 | TUKS NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 19 | 11:13.97 L | F | Kennedy, Karen G | 44 | PHOE CG | 31/07/2010 | XIII Fina World Masters Championship |
| 20 | 11:18.10 L | F | Smith, Yvonne | 20 | BLFI FS | 19/11/2010 | FSA Open Championships 2010 |
| 21 | 11:34.04 L | F | Botha, Carolin-Mari | 19 | TUKS NT | 17/09/2010 | 2010 NTS Sept LD Age Grp |
| 22 | 12:44.59 L | F | Labuschagne, Chiquita | 20 | BLAC ES | 13/11/2010 | EGA Super Age Group 2 Nov 2010 |
| Women 1000 Free | | | | | | | |
| 1 | 15:07.56 L | O | Marais, BIANCA | 35 | TYGE WP | 29/01/2011 | WP Open Water Challenge 3 |
| 2 | 20:38.35 L | O | Lourens, Gina | 47 | UWCA WP | 27/11/2010 | WP Open Water Challenge 2 |
| 3 | 26:04.48 L | O | Marx, Liza-Anne | 23 | UNAT | 29/01/2011 | WP Open Water Challenge 3 |
| 4 | 27:47.73 L | O | Steyn, Ronel L | 42 | 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 |
| 2 | 16:51.32 L | F | Tammadge, Roxanne | 19 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 17:19.44 L | F | Du Toit, Natalie | 27 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 18:07.00 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/06/2010 | Sasol National Winter Championships |
| 5 | 18:19.83 L | F | Fryer, Che' K | 19 | ACSA KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 6 | 18:24.00 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 7 | 18:40.50 L | F | Neethling, Jean-Marie | 21 | PASC NT | 22/10/2010 | 2010 NTS October Long Distance Age |
| 8 | 18:42.65 L | F | Franklin, Sharne | 20 | BLFI FS | 19/11/2010 | FSA Open Championships 2010 |
| 9 | 19:02.69 L | F | Kemp, Lehesta | 21 | PASC NT | 22/10/2010 | 2010 NTS October Long Distance Age |
| 10 | 19:08.30 L | F | Stephens, Megan K | 20 | WATR CG | 08/12/2010 | CGA Open Champs |
| 11 | 19:33.69 L | F | Wienand, Kirsty | 24 | BLOT FS | 19/11/2010 | FSA Open Championships 2010 |
| 12 | 20:46.08 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 13 | 20:53.20 L | F | Van Breda, Keelyn R | 20 | UCTA WP | 19/11/2010 | WP Vineyard Spring Gala |
| 14 | 21:33.00 L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 15 | 22:23.59 L | F | Maurer, Kira c | 20 | CADO WP | 21/08/2010 | WP Summer League 1 |
| 16 | 24:19.99 L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 14/01/2011 | BO-January Age Group Gala 2011 |
| Women 50 Back | | | | | | | |
| 1 | 29.03 L | S | Prinsloo, Karin | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 2 | 29.18 L | F | Van Wyk, Chanelle | 21 | PASC NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 3 | 30.83 L | S | Kemp, Lehesta | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 31.12 L | S | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 5 | 31.51 L | P | Lushington, Daniella A | 19 | SASE CG | 08/12/2010 | CGA Open Champs |
| 6 | 31.60 L | S | Plumstead, Hayley P | 19 | EP EP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 7 | 31.95 L | F | Scott, Megan | 19 | TUKS NT | 04/12/2010 | EGA Champs Dec 2010 |
| 8 | 32.54 L | P | Meyer, Bianca J | 22 | PISC KZ | 12/06/2010 | Mare Nostrum Canet 2010 |
| 9 | 32.71 L | F | Bragason, Jessica S | 19 | WSTV KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 10 | 32.75 L | F | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 11 | 32.78 L | F | Lapham, Kirsten A | 21 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 12 | 32.84 L | P | Du Toit, Jeanie | 19 | MDOL CG | 08/12/2010 | CGA Open Champs |
| 13 | 33.09 L | F | Roper, Ronwyn | 23 | SEAL KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 14 | 33.16 L | F | Warnes, Rene' D | 19 | SGUL KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 15 | 33.18 L | F | Tovriozza, Petra | 21 | BISH CG | 08/12/2010 | CGA Open Champs |
| 16 | 33.21 L L | F | Labuschagne, Chiquita | 20 | BLAC ES | 04/12/2010 | EGA Champs Dec 2010 |
| 17 | 33.97 L | F | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 18 | 34.06 L | F | Plumstead, Emma G | 19 | NMMU EP | 22/10/2010 | PEA Swimming Club Gala |
| 19 | 34.14 L | F | Du Toit, Natalie | 27 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 20 | 34.21 L | F | Beste, Coreen | 23 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 21 | 34.27 L | P | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 22 | 34.41 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 23 | 34.60 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 24 | 35.03 L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 25 | 35.08 L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 26 | 35.59 L | F | Rogers, Guinivere | 20 | BARR WP | 05/11/2010 | FREDA BARNARD GALA |
| 27 | 35.75 L | P | Eybers, Sandi | 21 | AQUB EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------|-------------|-------|------------------------|--------|----------|------------|---------------------------------------|
| 28 | 35.98 L | F | Hadebe, Hleziphi A | 19 | WSTV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 29 | 36.31 L | F | Beukes, Pamelyn D | 22 | FS FS | 22/01/2011 | Inter Provincial Gala |
| 30 | 36.51 L | F | Primo, Lauren J | 20 | UNIQ CG | 06/11/2010 | CGA Level 2/3 #3 |
| 31 | 36.57 L | F | Nel, Jané C | 19 | SS LP | 13/11/2010 | Limpopo Age Gp 2 |
| 32 | 37.61 L | F | English, Gayle L | 19 | SWIFT ES | 21/08/2010 | Adrian Grafe Memorial Gala |
| 33 | 37.69 L | F | Van Heerden, Lani | 19 | TUKS NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 34 | 38.28 L | F | Fraatz, Barbara | 45 | COEL NT | 29/01/2011 | 4 + 1 Provinces Inter Provincial Gala |
| 35 | 38.46 L | F | Francis, Nastassja C | 19 | BLFI FS | 08/10/2010 | Neptune Aquatics Open Gala |
| 36 | 38.69 L | F | Wienand, Kirsty | 24 | BLOT FS | 19/11/2010 | FSA Open Championships 2010 |
| 37 | 38.72 L | F | Christofides, Leah | 20 | TUKS NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 38 | 39.30 L | F | Smith, Yvonne | 20 | FS FS | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 39 | 40.10 L | F | Maurer, Kira c | 20 | CADO WP | 14/08/2010 | WP Manta Challenge |
| 40 | 40.53 L | F | Smart, Jansie | 19 | UNIC NF | 14/01/2011 | Club Championships 2011 |
| 41 | 41.20 L | F | Gray, Emily A | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 42 | 41.64 L | F | Sterrenberg, Leanne | 29 | WPA WP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 43 | 41.74 L | F | Stoycheva, Ivanka N | 29 | VINE WP | 13/11/2010 | WP Summer League 4 |
| 44 | 41.89 L | F | Smit, Sonet | 34 | PRKA NC | 12/01/2011 | Nocasa Champs 2011 |
| 45 | 44.70 L | F | Smit, Dorothy | 26 | SWD SW | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 46 | 48.22 L | P | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 47 | 48.49 L | F | Roodt, Odelia | 19 | NWUC NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 48 | 48.79 L | P | Bloem, Renette | 47 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 49 | 50.45 L | F | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 50 | 52.03 L | P | Saunders, Dianne | 26 | SUP ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 51 | 53.11 L | P | Nothling, Beth J | 21 | LAD NN | 15/08/2010 | IPC Swimming World Championship 2 |
| 52 | 53.64 L | F | Dixon, Donnée | 20 | VINE WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 53 | 1:05.46 L | P | Beckett, Mischa | 28 | SUP ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 54 | 1:10.61 L | F | Smit, Isabella M | 19 | VIC ES | 28/01/2011 | Gauteng Championships 2011 |
| 55 | 1:11.64 L | F | Visser, Adri I | 23 | BISH CG | 16/10/2010 | CGA Level 2/3 #2 |
| 56 | 1:12.20 L | F | Muller, Elizabeth L | 34 | WELL WP | 14/08/2010 | WP Manta Challenge |
| 57 | 1:17.55 L | F | Shannon, Sarah-Joan | 29 | BLSS FS | 15/08/2010 | IPC Swimming World Championship 2 |
| 58 | 1:20.11 L | F | Ings, Patricia J | 42 | ACSA KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| Women 100 Back | | | | | | | |
| 1 | 1:01.80 L | S | Prinsloo, Karin | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 2 | 1:02.32 L | F | Van Wyk, Chanelle | 21 | PASC NT | 13/09/2010 | 10th African Swimming Championship |
| 3 | 1:03.43 L | S | Loots, Amanda T | 32 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 1:04.62 L | F | Kemp, Lehesta | 21 | PASC NT | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 5 | 1:06.00 L L | F | Meaklim, Kathryn A | 21 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 6 | 1:07.43 L | P | Cameron, Brittney O | 19 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 7 | 1:07.96 L L | F | Warnes, Rene' D | 19 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 8 | 1:08.34 L | F | Plumstead, Hayley P | 19 | NMMU EP | 22/10/2010 | PEA Swimming Club Gala |
| 9 | 1:08.63 L | F | Lapham, Kirsten A | 21 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 10 | 1:09.01 L | P | Mullin, Kerry P | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 11 | 1:09.38 L | P | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 12 | 1:09.46 L | P | Du Toit, Jeanie | 19 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 13 | 1:09.83 L | F | Du Toit, Natalie | 27 | MDOL CG | 15/08/2010 | IPC Swimming World Championship 2 |
| 14 | 1:10.05 L | P | Lushington, Daniella A | 19 | SASE CG | 08/12/2010 | CGA Open Champs |
| 15 | 1:10.07 L | P | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 16 | 1:11.05 L | F | Van Heerden, Karlien | 20 | TUKS NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 17 | 1:11.37 L | F | Neethling, Jean-Marie | 21 | PASC NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 18 | 1:11.38 L | F | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 19 | 1:13.40 L L | F | Labuschagne, Chiquita | 20 | BLAC ES | 04/12/2010 | EGA Champs Dec 2010 |
| 20 | 1:13.48 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 21 | 1:14.50 L | P | Tovrloza, Petra | 21 | BISH CG | 08/12/2010 | CGA Open Champs |
| 22 | 1:14.59 L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 23 | 1:14.69 L | F | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 24 | 1:15.05 L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 | Sasol National Winter Championships |
| 25 | 1:15.51 L | F | Bester, Coreen | 23 | TUKS NT | 19/09/2010 | Highveld Inter-Provincial Gala 2010 |
| 26 | 1:15.70 L | F | Rogers, Guinivere | 20 | BARR WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 27 | 1:17.31 L | F | Gray, Emily A | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 28 | 1:18.73 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 22/10/2010 | Otters Prestige Gala 2010 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------------------------|---------|-------|--------------------------|--------|----------|------------|-------------------------------------|
| 29 | 1:19.19 | L L | F Eybers, Sandi | 21 | AQUB EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 30 | 1:20.02 | L | P Nel, Jané C | 19 | SS LP | 08/12/2010 | CGA Open Champs |
| 31 | 1:20.58 | L | F Murray, Samantha J | 20 | CADO WP | 21/08/2010 | WP Summer League 1 |
| 32 | 1:20.92 | L | F Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 33 | 1:21.57 | L | F Faulmann, Shelley K | 20 | UWCA WP | 14/08/2010 | WP Manta Challenge |
| 34 | 1:22.35 | L | F Francis, Nastassja C | 19 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 35 | 1:23.23 | L | F English, Gayle L | 19 | SWIFT ES | 14/06/2010 | Sasol National Winter Championships |
| 36 | 1:23.44 | L | F Rautenbach, Kristen | 19 | SEAL KZ | 06/11/2010 | NFSA Interprovincial Meet 2010 |
| 37 | 1:23.49 | L | F Wienand, Kirsty | 24 | BLOT FS | 22/10/2010 | Otters Prestige Gala 2010 |
| 38 | 1:23.60 | L | F Roukema, Jenske | 20 | MATI WP | 25/09/2010 | WP Retreat Gala |
| 39 | 1:25.08 | L | F Botha, Carolin-Mari | 19 | TUKS NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+C |
| 40 | 1:25.79 | L | F Van Breda, Keelyn R | 20 | UCTA WP | 19/11/2010 | WP Vineyard Spring Gala |
| 41 | 1:26.00 | L | F Fraatz, Barbara | 45 | NCASA NC | 06/11/2010 | NFSA Interprovincial Meet 2010 |
| 42 | 1:28.20 | L | F Smith, Yvonne | 20 | FS FS | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 43 | 1:28.94 | L | F Stoycheva, Ivanka N | 29 | VINE WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 44 | 1:33.19 | L | F Smit, Dorothy | 26 | SWD SW | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 45 | 1:33.83 | L | F Sterrenberg, Leanne | 29 | WPA WP | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 46 | 1:34.70 | L | F Smart, Jansie | 19 | UNIC NF | 14/01/2011 | Club Championships 2011 |
| 47 | 1:41.36 | L | F Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 48 | 1:42.97 | L | P Bloem, Renette | 47 | MATI WP | 15/08/2010 | IPC Swimming World Championship 2 |
| 49 | 1:45.83 | L | F Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 50 | 1:55.69 | L | F Dixon, Donnée | 20 | VINE WP | 21/01/2011 | WP Sasko Jack Currie Championships |
| 51 | 2:35.57 | L | F Smit, Isabella M | 19 | VICT ES | 28/01/2011 | Gauteng Championships 2011 |
| 52 | 2:37.12 | L | F Visser, Adri I | 23 | BISH CG | 22/01/2011 | CGA Level 2/3 # 4 |
| 53 | 2:48.54 | L | F Shannon, Sarah-Joan | 29 | BLSS FS | 08/10/2010 | Neptune Aquatics Open Gala |
| Women 200 Back | | | | | | | |
| 1 | 2:15.66 | L | F Loots, Amanda T | 32 | MDOL CG | 13/09/2010 | 10th African Swimming Championships |
| 2 | 2:16.18 | L | F Vorster, Leone | 23 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 2:19.27 | L | F Meaklim, Kathryn A | 21 | SGUL KZ | 13/11/2010 | KZN Swim Program 8 & 9 |
| 4 | 2:20.15 | L | P Pengelly, Jessica E | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 5 | 2:20.83 | L | F Warnes, Rene' D | 19 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 6 | 2:21.84 | L | F Kemp, Lehesta | 21 | PASC NT | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 7 | 2:24.16 | L | F Van Wyk, Chanelle | 21 | PASC NT | 04/12/2010 | NTS Championships 2010 |
| 8 | 2:25.11 | L | F Franklin, Sharne | 20 | BLFI FS | 06/11/2010 | Kovsie Sprint Gala |
| 9 | 2:25.97 | L | F Cameron, Brittney O | 19 | SGUL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 10 | 2:26.88 | L | P Lapham, Kirsten A | 21 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 11 | 2:29.73 | L | P Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 12 | 2:31.49 | L | F Van Heerden, Karlien | 20 | TUKS NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 13 | 2:31.80 | L | F Du Toit, Jeanie | 19 | MDOL CG | 08/12/2010 | CGA Open Champs |
| 14 | 2:32.93 | L | F Plumstead, Hayley P | 19 | NMMU EP | 14/01/2011 | EPA 5th SASKO A League Gala |
| 15 | 2:33.34 | L | F Neethling, Jean-Marie | 21 | PASC NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+C |
| 16 | 2:34.28 | L | F Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 17 | 2:34.29 | L | F Tovroloza, Petra | 21 | BISH CG | 08/12/2010 | CGA Open Champs |
| 18 | 2:39.31 | L | P Mullin, Kerryn P | 20 | SEAL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 19 | 2:44.77 | L | F Sapiro, Shireen | 20 | BISH CG | 05/02/2011 | CGA Level 2/3 # 5 |
| 20 | 2:45.77 | L | F Stones, Tarryn | 22 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 21 | 2:47.85 | L | F Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 22 | 2:48.75 | L | F Myers, Amy | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 23 | 2:48.83 | L | F Eybers, Sandi | 21 | AQUB EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 24 | 2:50.51 | L | P Bester, Coreen | 23 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 25 | 2:53.62 | L | F Francis, Nastassja C | 19 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 26 | 2:59.70 | L | F Van Breda, Keelyn R | 20 | UCTA WP | 19/11/2010 | WP Vineyard Spring Gala |
| 27 | 3:00.31 | L | F Wienand, Kirsty | 24 | BLOT FS | 19/11/2010 | FSA Open Championships 2010 |
| 28 | 3:08.96 | L | F English, Gayle L | 19 | SWIFT ES | 08/10/2010 | EGA Age Group 1 2010 |
| 29 | 3:09.83 | L | F Pelsler, Salome J | 19 | NDSA KZ | 13/11/2010 | KZN Swim Program 8 & 9 |
| 30 | 3:41.07 | L | F Sterrenberg, Leanne | 29 | WALM WP | 04/12/2010 | WP Walmers Meet |
| 31 | 6:25.52 | L | F Shannon, Sarah-Joan | 29 | BLSS FS | 06/11/2010 | Kovsie Sprint Gala |
| Women 50 Breast | | | | | | | |
| 1 | 32.40 | L | S Van Biljon, Suzaan | 23 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-------------------------|---------|-------|------|--------------------------|----|-------|----|------------|--------------------------------------|
| 2 | 33.25 | L | S | Roper, Ronwyn | 23 | KZNA | KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 33.44 | L | S | Du Toit, Jeanie | 19 | CGA | CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 4 | 34.25 | L | P | Van Zyl, Marguerite | 19 | WATR | CG | 22/07/2010 | Irish Junior/Youth/Open Championship |
| 5 | 34.45 | L | F | Meaklim, Kathryn A | 21 | SGUL | KZ | 13/09/2010 | 10th African Swimming Championship: |
| 6 | 34.55 | L | F | Mullin, Kerryn P | 20 | SEAL | KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 7 | 34.71 | L | F | Neethling, Jean-Marie | 21 | PASC | NT | 04/12/2010 | NTS Championships 2010 |
| 8 | 34.92 | L | F | Plumstead, Keri J | 20 | NMMU | EP | 22/10/2010 | PEA Swimming Club Gala |
| 9 | 35.13 | L | F | Meyer, Bianca J | 22 | PISC | KZ | 12/06/2010 | Mare Nostrum Canet 2010 |
| 10 | 35.17 | L | F | Wienand, Kirsty | 24 | BLOT | FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 11 | 35.29 | L | P | Robertson, Nicole D | 27 | TYGE | WP | 10/12/2010 | WP Sasko Championships |
| 12 | 35.58 | L S | F | Tammadge, Roxanne | 19 | WSTV | KZ | 05/05/2010 | Best Times LCM |
| 13 | 35.91 | L | F | Bernardo, Monica F | 19 | TUKS | NT | 04/12/2010 | NTS Championships 2010 |
| 14 | 35.99 | L | P | Rogers, Guinivere | 20 | BARR | WP | 10/12/2010 | WP Sasko Championships |
| 15 | 36.28 | L | F | Heard, Maxine | 20 | PASC | NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+C |
| 16* | 36.41 | L | P | Neely, Blair K | 19 | BISH | CG | 22/07/2010 | Irish Junior/Youth/Open Championship |
| 16* | 36.41 | L | F | Jv Rensburg, Suzanne J | 19 | PSA | LP | 26/11/2010 | Limpopo Champs 26-27th November 2 |
| 18 | 36.69 | L | F | Plumstead, Hayley P | 19 | NMMU | EP | 08/10/2010 | EPA 3rd SASKO A League Gala |
| 19 | 36.74 | L | F | Plumstead, Emma G | 19 | NMMU | EP | 10/12/2010 | EP Championships 2010 |
| 20 | 36.85 | L | F | Morris-Eyton, Heather | 43 | PHOE | CG | 14/06/2010 | Sasol National Winter Championships |
| 21 | 37.97 | L | P | Meerholz, Danielle G | 19 | MDOL | CG | 08/12/2010 | CGA Open Champs |
| 22 | 38.15 | L | P | Nel, Jané C | 19 | SS | LP | 08/12/2010 | CGA Open Champs |
| 23 | 38.20 | L | F | Smyth, Louise M | 20 | BLSS | FS | 14/06/2010 | Sasol National Winter Championships |
| 24 | 38.51 | L | F | Murray, Nicola J | 20 | BEAV | KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 2f |
| 25* | 38.98 | L | P | Tovrloza, Petra | 21 | BISH | CG | 08/12/2010 | CGA Open Champs |
| 25* | 38.98 | L | F | Kemp, Lehesta | 21 | BLSS | FS | 14/06/2010 | Sasol National Winter Championships |
| 27 | 39.12 | L | F | Smart, Jansie | 19 | UNIC | NF | 08/01/2011 | NFSA Jan 2011 Age Group |
| 28 | 39.45 | L | F | Franklin, Sharne | 20 | BLFI | FS | 08/10/2010 | Neptune Aquatics Open Gala |
| 29 | 39.70 | L | P | Du Toit, Natalie | 27 | MDOL | CG | 08/12/2010 | CGA Open Champs |
| 30 | 40.57 | L | F | Beukes, Pamelyn D | 22 | BLSS | FS | 19/11/2010 | FSA Open Championships 2010 |
| 31 | 40.72 | L | F | Labuschagne, Chiquita | 20 | BLAC | ES | 13/11/2010 | EGA Super Age Group 2 Nov 2010 |
| 32 | 40.96 | L | F | Van Heerden, Lani | 19 | TUKS | NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 33 | 41.02 | L | P | Stones, Tarryn | 22 | BLFI | FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 34 | 41.43 | L | F | Du Plessis, Marinette M | 20 | TUKS | NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 35 | 41.48 | L | F | Botha, Carolin-Mari | 19 | TUKS | NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+C |
| 36 | 41.52 | L | F | Maurer, Kira c | 20 | CADO | WP | 29/10/2010 | WP Barracudas Aquarama Summer M |
| 37 | 42.36 | L | F | Rautenbach, Kristen | 19 | POTC | NW | 14/06/2010 | Sasol National Winter Championships |
| 38 | 42.49 | L | F | Grobler, Alida A | 19 | POTC | NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 39 | 43.15 | L | F | English, Gayle L | 19 | SWIFT | ES | 21/08/2010 | Adrian Grafe Memorial Gala |
| 40 | 43.31 | L | F | Christofides, Leah | 20 | TUKS | NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 41 | 43.37 | L | F | Smith, Yvonne | 20 | FS | FS | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 42 | 43.68 | L | F | Labuschagne, Rozelna | 19 | NWUC | NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 43 | 45.71 | L | P | Smit, Sonet | 34 | PRKA | NC | 12/01/2011 | Nocasa Champs 2011 |
| 44 | 46.57 | L | F | Bloem, Renette | 47 | MATI | WP | 10/12/2010 | WP Sasko Championships |
| 45 | 47.55 | L | F | Saunders, Dianne | 26 | SUP | ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 46 | 47.94 | L | F | Stapelberg, Nandi | 22 | TUKS | NT | 26/11/2010 | 2010 NTS Presidents Gala |
| 47 | 48.34 | L | F | Fowler, Cornelia J | 30 | KZNA | KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 48 | 48.45 | L | F | Pelser, Salome J | 19 | NDSA | KZ | 13/11/2010 | KZN Swim Program 8 & 9 |
| 49 | 49.03 | L | F | Roodt, Odelia | 19 | NWUC | NW | 20/11/2010 | NWS Age Group 3 2010/2011 |
| 50 | 49.67 | L | F | Potgieter, Cayleigh-Jade | 19 | AQUA | BO | 26/11/2010 | BO-November Age Group Gala 2010 |
| 51 | 51.97 | L | P | Rich, Anne-Marie | 21 | SUP | ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 52 | 55.01 | L | F | Higgins, Jennifer A | 27 | KZNA | KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 53 | 55.54 | L | F | Robertson, Stephanie | 22 | SUP | ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 54 | 55.58 | L | P | Beckett, Mischa | 28 | SUP | ZZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 55 | 1:10.03 | L | F | Dixon, Donnée | 20 | VINE | WP | 21/08/2010 | WP Summer League 1 |
| 56 | 1:14.34 | L | F | Nothling, Beth J | 21 | LAD | NN | 05/02/2011 | N-KZN FEB. AGE GROUP GALA N/DI |
| 57 | 1:34.21 | L | F | Smit, Isabella M | 19 | VICT | ES | 28/01/2011 | Gauteng Championships 2011 |
| 58 | 1:35.09 | L | F | Ings, Patricia J | 42 | ACSA | KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 2f |
| 59 | 1:37.72 | L | F | Visser, Adri I | 23 | BISH | CG | 08/12/2010 | CGA Open Champs |
| Women 100 Breast | | | | | | | | | |
| 1 | 1:10.27 | L | S | Van Biljon, Suzaan | 23 | KZNA | KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----|---------|-------|------|--------------------------|----|----------|---|
| 2 | 1:11.42 | L | F | Meaklim, Kathryn A | 21 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 1:11.44 | L | F | Roper, Ronwyn | 23 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 1:13.37 | L | P | Du Toit, Jeanie | 19 | MDOL CG | 09/06/2010 Mare Nostrum Barcelona 2010 |
| 5 | 1:13.56 | L | F | Van Zyl, Marguerite | 19 | WATR CG | 22/07/2010 Irish Junior/Youth/Open Championship |
| 6 | 1:14.71 | L | F | Neethling, Jean-Marie | 21 | PASC NT | 04/12/2010 NTS Championships 2010 |
| 7 | 1:15.36 | L | F | Meyer, Bianca J | 22 | SEAL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 8 | 1:15.78 | L | S | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 9 | 1:15.83 | L | F | Morris-Eyton, Heather | 43 | PHOE CG | 31/07/2010 XIII Fina World Masters Championship |
| 10 | 1:17.12 | L | F | Robertson, Nicole D | 27 | TYGE WP | 10/12/2010 WP Sasko Championships |
| 11 | 1:17.33 | L | F | Tammadge, Roxanne | 19 | WSTV KZ | 05/05/2010 Best Times LCM |
| 12 | 1:17.45 | L | F | Plumstead, Keri J | 20 | NMMU EP | 08/10/2010 EPA 3rd SASKO A League Gala |
| 13 | 1:17.95 | L | P | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 The SwimShop KZN Provincial Champ |
| 14 | 1:18.22 | L | F | Rogers, Guinivere | 20 | BARR WP | 10/12/2010 WP Sasko Championships |
| 15 | 1:18.58 | L | P | Neely, Blair K | 19 | BISH CG | 22/07/2010 Irish Junior/Youth/Open Championship |
| 16 | 1:19.08 | L | F | Wienand, Kirsty | 24 | BLOT FS | 22/10/2010 Otters Prestige Gala 2010 |
| 17 | 1:19.48 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 18 | 1:19.52 | L | P | Meerholz, Danielle G | 19 | MDOL CG | 18/03/2011 Telkom SA Level 3 National Champs C |
| 19 | 1:19.54 | L | F | Warnes, Rene' D | 19 | SGUL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 20 |
| 20 | 1:19.75 | L | F | Heard, Maxine | 20 | PASC NT | 19/09/2010 Highveld Inter-Provincial Gala 2010 |
| 21 | 1:22.03 | L | F | Stephens, Megan K | 20 | WATR CG | 16/10/2010 CGA Level 2/3 #2 |
| 22 | 1:24.20 | L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 KZN TYR Westville Sprints Champs 20 |
| 23 | 1:24.37 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 24 | 1:24.82 | L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 Sasol National Winter Championships |
| 25 | 1:25.47 | L | F | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 26 | 1:25.95 | L | F | Du Toit, Natalie | 27 | MDOL CG | 15/08/2010 IPC Swimming World Championship 2 |
| 27 | 1:26.17 | L | F | Nel, Jané C | 19 | SS LP | 26/11/2010 Limpopo Champs 26-27th November 2 |
| 28 | 1:26.46 | L | F | Smart, Jansie | 19 | UNIC NF | 08/01/2011 NFSA Jan 2011 Age Group |
| 29 | 1:27.01 | L | P | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 30 | 1:27.93 | L | F | Thompson, Nicola C | 22 | UCTA WP | 18/09/2010 WP Summer League 2 |
| 31 | 1:30.06 | L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 FSA Open Championships 2010 |
| 32 | 1:30.38 | L | F | Botha, Carolin-Mari | 19 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 33 | 1:30.44 | L | P | Maurer, Kira c | 20 | CADO WP | 10/12/2010 WP Sasko Championships |
| 34 | 1:30.87 | L | F | Du Plessis, Marinette M | 20 | TUKS NT | 27/08/2010 NTS August SD lev 2+Over Age Group |
| 35 | 1:31.11 | L | F | Rautenbach, Kristen | 19 | POTC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 36 | 1:33.95 | L | P | Smith, Yvonne | 20 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 37 | 1:34.91 | L | F | Labuschagne, Rozelna | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 38 | 1:35.53 | L | F | Grobler, Alida A | 19 | SEAL KZ | 06/11/2010 NFSA Interprovincial Meet 2010 |
| 39 | 1:38.45 | L | F | English, Gayle L | 19 | SWIFT ES | 14/06/2010 Sasol National Winter Championships |
| 40 | 1:39.57 | L | F | Bloem, Renette | 47 | MATI WP | 15/08/2010 IPC Swimming World Championship 2 |
| 41 | 1:42.34 | L | F | Smit, Sonet | 34 | NCASA NC | 06/11/2010 NFSA Interprovincial Meet 2010 |
| 42 | 1:42.77 | L | F | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 43 | 1:44.52 | L | P | Saunders, Dianne | 26 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 44 | 1:44.87 | L | P | Gray, Emily A | 19 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 45 | 1:46.53 | L | F | Stapelberg, Nandi | 22 | TUKS NT | 26/11/2010 2010 NTS Presidents Gala |
| 46 | 1:46.58 | L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 26/11/2010 BO-November Age Group Gala 2010 |
| 47 | 1:52.61 | L | F | Roodt, Odelia | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 48 | 1:57.15 | L | F | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 49 | 1:58.96 | L | P | Robertson, Stephanie | 22 | SUP ZZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 50 | 2:21.92 | L | F | Dixon, Donnée | 20 | VINE WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 51 | 2:29.62 | L | F | Muller, Elizabeth L | 34 | WELL WP | 14/08/2010 WP Manta Challenge |
| 52 | 2:30.00 | L | F | Nothing, Beth J | 21 | N-KZN NN | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 53 | 3:06.35 | L | P | Visser, Adri I | 23 | BISH CG | 15/08/2010 IPC Swimming World Championship 2 |
| 54 | 3:29.57 | L | F | Smit, Isabella M | 19 | VICT ES | 28/01/2011 Gauteng Championships 2011 |

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 | 2:31.66 | L | F | Roper, Ronwyn | 23 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 2:34.63 | L | P | Van Biljon, Suzaan | 23 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 2:38.47 | L | P | Meyer, Bianca J | 22 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 5 | 2:38.80 | L | F | Van Zyl, Marguerite | 19 | WATR CG | 22/07/2010 Irish Junior/Youth/Open Championship |
| 6 | 2:40.76 | L | F | Morris-Eyton, Heather | 43 | PHOE CG | 31/07/2010 XIII Fina World Masters Championship |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------|-----------|-------|----------------------------|--------|----------|------------|---|
| 7 | 2:41.16 L | P | Neethling, Jean-Marie | 21 | PASC NT | 29/01/2011 | SA International Invitation Swim Meet : |
| 8 | 2:44.36 L | P | Du Toit, Jeanie | 19 | MDOL CG | 09/06/2010 | Mare Nostrum Barcelona 2010 |
| 9 | 2:45.96 L | P | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 10 | 2:48.93 L | F | Van Heerden, Karlien | 20 | TUKS NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 11 | 2:50.48 L | F | Tammadge, Roxanne | 19 | WSTV KZ | 05/05/2010 | Best Times LCM |
| 12 | 2:53.30 L | F | Heard, Maxine | 20 | PASC NT | 24/09/2010 | 2010 NTS Sept Lev 2&O SD Age Grp |
| 13 | 2:53.48 L | P | Neely, Blair K | 19 | BISH CG | 22/07/2010 | Irish Junior/Youth/Open Championship |
| 14 | 2:53.52 L | F | Wienand, Kirsty | 24 | BLOT FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 15 | 2:54.46 L | F | Rogers, Guinivere | 20 | BARR WP | 10/12/2010 | WP Sasko Championships |
| 16 | 2:57.81 L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/06/2010 | Sasol National Winter Championships |
| 17 | 3:00.56 L | F | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 18 | 3:02.85 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 19 | 3:15.69 L | P | Maurer, Kira c | 20 | CADO WP | 10/12/2010 | WP Sasko Championships |
| 20 | 3:20.36 L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 | FSA Open Championships 2010 |
| 21 | 3:21.26 L | F | Labuschagne, Chiquita | 20 | BLAC ES | 13/11/2010 | EGA Super Age Group 2 Nov 2010 |
| 22 | 3:30.20 L | F | Smith, Yvonne | 20 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 23 | 3:33.69 L | P | Bloem, Renette | 47 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 24 | 3:40.11 L | F | Stapelberg, Nandi | 22 | TUKS NT | 26/11/2010 | 2010 NTS Presidents Gala |
| 25 | 3:41.79 L | F | Potgieter, Cayleigh-Jade | 19 | AQUA BO | 14/01/2011 | BO-January Age Group Gala 2011 |
| 26 | 3:44.25 L | F | Fowler, Cornelia J | 30 | KLOO KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 27 | 4:09.82 L | P | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| Women 50 Fly | | | | | | | |
| 1 | 27.59 L | F | Van Wyk, Chanelle | 21 | PASC NT | 13/09/2010 | 10th African Swimming Championships |
| 2 | 27.64 L | F | Loots, Amanda T | 32 | CGA CG | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 3 | 27.88 L | F | Maree, Trudi | 22 | MATI WP | 10/12/2010 | WP Sasko Championships |
| 4 | 28.13 L | F | Prinsloo, Karin | 21 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 5 | 28.29 L | S | Roper, Ronwyn | 23 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 6 | 29.04 L | F | Neethling, Jean-Marie | 21 | PASC NT | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 7* | 29.37 L | F | Meaklim, Kathryn A | 21 | SGUL KZ | 26/02/2011 | KZN Swim Program 12 |
| 7* | 29.37 L | P | Bernardo, Monica F | 19 | TUKS NT | 04/12/2010 | NTS Championships 2010 |
| 9 | 29.43 L | P | Scott, Megan | 19 | NTS NT | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 10 | 29.51 L | F | Lategan, Christy-Leigh | 20 | SGUL KZ | 26/02/2011 | KZN Swim Program 12 |
| 11 | 29.95 L | F | Stephens, Megan K | 20 | WATR CG | 08/12/2010 | CGA Open Champs |
| 12 | 30.40 L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 13 | 30.41 L | F | Du Toit, Jeanie | 19 | MDOL CG | 08/12/2010 | CGA Open Champs |
| 14 | 30.54 L | F | Plumstead, Hayley P | 19 | NMMU EP | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 15 | 30.55 L | F | Plumstead, Keri J | 20 | NMMU EP | 08/10/2010 | EPA 3rd SASKO A League Gala |
| 16 | 30.63 L | F | Franklin, Sharne | 20 | BLFI FS | 10/12/2010 | NCASA Sprints 2010 |
| 17 | 30.65 L | F | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 | EP Aquabear Spring Gala 2010 |
| 18 | 30.71 L | F | Nel, Jané C | 19 | SS LP | 08/12/2010 | CGA Open Champs |
| 19 | 30.75 L | F | Bragason, Jessica S | 19 | WSTV KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 20 | 30.92 L | F | Lapham, Kirsten A | 21 | TUKS NT | 29/10/2010 | 2010 NTS Oct Short Distance Lev 2+C |
| 21 | 31.18 L | F | Tovroloza, Petra | 21 | BISH CG | 08/12/2010 | CGA Open Champs |
| 22 | 31.26 L | F | Beste, Coreen | 23 | TUKS NT | 27/08/2010 | NTS August SD lev 2+Over Age Group |
| 23 | 31.28 L | F | Cant, Bianca | 21 | UWCA WP | 25/09/2010 | WP Retreat Gala |
| 24 | 31.29 L | P | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 | Telkom Sa National Aquatic Champs 2 |
| 25 | 31.31 L | P | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 | Sasol National Winter Championships |
| 26 | 31.43 L | F | Plumstead, Emma G | 19 | NMMU EP | 10/12/2010 | EP Championships 2010 |
| 27 | 31.51 L | F | Wienand, Kirsty | 24 | BLOT FS | 19/11/2010 | FSA Open Championships 2010 |
| 28 | 32.19 L | F | Jv Rensburg, Suzanne J | 19 | PHS MP | 23/10/2010 | Limpopo HS Topskole 2010 |
| 29 | 32.20 L S | F | Du Toit, Natalie | 27 | MDOL CG | 15/08/2010 | IPC Swimming World Championship 2 |
| 30 | 32.38 L | F | English, Gayle L | 19 | SWIFT ES | 21/08/2010 | Adrian Grafe Memorial Gala |
| 31 | 32.44 L | P | Warwick-Oliver, Laurie-Ann | 21 | SEAL KZ | 14/12/2010 | The SwimShop KZN Provincial Champ |
| 32 | 32.82 L | F | Rogers, Guinivere | 20 | BARR WP | 10/12/2010 | WP Sasko Championships |
| 33 | 32.92 L | F | Murray, Nicola J | 20 | BEAV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 34 | 33.55 L | F | Baumgart, Bronwyn | 30 | BLAC ES | 08/10/2010 | EGA Age Group 1 2010 |
| 35 | 33.60 L | F | Hadebe, Hleziphi A | 19 | WSTV KZ | 26/11/2010 | KZN TYR Westville Sprints Champs 20 |
| 36* | 33.96 L | F | Faulmann, Shelley K | 20 | UWCA WP | 15/01/2011 | WP Swartland Swim Challenge |
| 36* | 33.96 L | F | Fraatz, Barbara | 45 | COEL NT | 29/01/2011 | 4 + 1 Provinces Inter Provincial Gala |
| 38 | 34.03 L | F | Broderick, Jayne C | 24 | BOKS ES | 01/10/2010 | EGA League Programme 'A' for 2010 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----|---------|-------|------|-------------------------|----|---------|--|
| 39 | 34.06 | L | F | Sapiro, Shireen | 20 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 40 | 34.12 | L | P | Eybers, Sandi | 21 | AQUB EP | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 41 | 34.29 | L | F | Van Zyl, Marguerite | 19 | WATR CG | 16/10/2010 CGA Level 2/3 #2 |
| 42 | 34.48 | L | F | Van Heerden, Lani | 19 | TUKS NT | 27/08/2010 NTS August SD lev 2+Over Age Group |
| 43 | 35.12 | L | F | Smart, Jansie | 19 | UNIC NF | 14/01/2011 Club Championships 2011 |
| 44 | 35.13 | L | F | Myers, Amy | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 45 | 35.15 | L | F | Christofides, Leah | 20 | TUKS NT | 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 46 | 35.17 | L | F | Beukes, Pamelyn D | 22 | BLSS FS | 19/11/2010 FSA Open Championships 2010 |
| 47 | 35.20 | L | F | Du Plessis, Marinette M | 20 | TUKS NT | 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 48 | 35.66 | L | F | Grobler, Alida A | 19 | POTC NW | 30/10/2010 NWS Age Group 2 |
| 49 | 35.68 | L | F | Smith, Yvonne | 20 | FS FS | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 50 | 35.86 | L | F | Stoycheva, Ivanka N | 29 | VINE WP | 19/11/2010 WP Vineyard Spring Gala |
| 51 | 36.31 | L | F | Coetzee, Heleen | 21 | NWUC NW | 30/10/2010 NWS Age Group 2 |
| 52 | 36.54 | L | F | Rautenbach, Kristen | 19 | POTC NW | 14/06/2010 Sasol National Winter Championships |
| 53 | 37.17 | L | F | Smit, Dorothy | 26 | SWD SW | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 54 | 37.34 | L | F | Stone, Cara M | 23 | MATI WP | 18/09/2010 WP Summer League 2 |
| 55 | 37.51 | L | F | Francis, Nastassja C | 19 | BLFI FS | 08/10/2010 Neptune Aquatics Open Gala |
| 56 | 38.16 | L | F | Maurer, Kira c | 20 | CADO WP | 18/09/2010 WP Summer League 2 |
| 57 | 38.76 | L | F | Botha, Carolin-Mari | 19 | TUKS NT | 29/10/2010 2010 NTS Oct Short Distance Lev 2+C |
| 58 | 39.30 | L | F | Labuschagne, Rozelna | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 59 | 39.49 | L | F | Sterrenberg, Leanne | 29 | WPA WP | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 60 | 45.82 | L | F | Roodt, Odelia | 19 | NWUC NW | 20/11/2010 NWS Age Group 3 2010/2011 |
| 61 | 46.12 | L | F | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 62 | 48.68 | L | P | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 63 | 53.62 | L | F | Bloem, Renette | 47 | MATI WP | 19/11/2010 WP Vineyard Spring Gala |
| 64 | 53.89 | L | F | Dixon, Donnée | 20 | VINE WP | 19/11/2010 WP Vineyard Spring Gala |
| 65 | 58.56 | L | P | Visser, Adri I | 23 | BISH CG | 15/08/2010 IPC Swimming World Championship 2 |
| 66 | 1:55.08 | L | F | Ings, Patricia J | 42 | ACSA KZ | 26/11/2010 KZN TYR Westville Sprints Champs 20 |

Women 100 Fly

| | | | | | | | |
|-----|---------|---|---|----------------------------|----|----------|---|
| 1 | 59.76 | L | F | Loots, Amanda T | 32 | MDOL CG | 13/09/2010 10th African Swimming Championship |
| 2 | 1:02.34 | L | F | Lategan, Christy-Leigh | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 1:02.43 | L | F | Van Wyk, Chanelle | 21 | PASC NT | 29/01/2011 SA International Invitation Swim Meet |
| 4 | 1:02.98 | L | F | Meyer, Bianca J | 22 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 5 | 1:03.52 | L | F | Warnes, Rene' D | 19 | SGUL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 6 | 1:03.54 | L | F | Maree, Trudi | 22 | MATI WP | 10/12/2010 WP Sasko Championships |
| 7 | 1:04.40 | L | F | Roper, Ronwyn | 23 | SEAL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 8 | 1:04.58 | L | F | Meaklim, Kathryn A | 21 | SGUL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 20 |
| 9 | 1:05.03 | L | S | Scott, Megan | 19 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 10 | 1:05.78 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 04/12/2010 NTS Championships 2010 |
| 11 | 1:06.06 | L | F | Stephens, Megan K | 20 | WATR CG | 08/12/2010 CGA Open Champs |
| 12 | 1:06.80 | L | P | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 The SwimShop KZN Provincial Champ |
| 13 | 1:06.87 | L | F | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 14 | 1:07.32 | L | F | Du Toit, Natalie | 27 | RSA ZZ | 04/10/2010 Common Wealth Games Delhi 2010 |
| 15 | 1:08.00 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 16 | 1:09.53 | L | F | Warwick-Oliver, Laurie-Ann | 21 | SEAL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 20 |
| 17 | 1:10.09 | L | F | Neethling, Jean-Marie | 21 | PASC NT | 11/02/2011 NTS 2011 February Age Group |
| 18 | 1:10.90 | L | F | Nel, Jané C | 19 | SS LP | 26/11/2010 Limpopo Champs 26-27th November 2 |
| 19 | 1:11.74 | L | F | Faulmann, Shelley K | 20 | UWCA WP | 14/08/2010 WP Manta Challenge |
| 20 | 1:11.77 | L | P | Tovrloza, Petra | 21 | BISH CG | 08/12/2010 CGA Open Champs |
| 21 | 1:12.22 | L | P | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 22 | 1:12.29 | L | F | Wienand, Kirsty | 24 | BLOT FS | 22/10/2010 Otters Prestige Gala 2010 |
| 23 | 1:12.76 | L | F | Cant, Bianca | 21 | UWCA WP | 16/10/2010 WP Summer League 3 |
| 24 | 1:12.94 | L | F | Kemp, Lehesta | 21 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 25* | 1:13.07 | L | F | Bekker, Jenna M | 20 | PHOE CG | 14/06/2010 Sasol National Winter Championships |
| 25* | 1:13.07 | L | F | Du Toit, Jeanie | 19 | MDOL CG | 05/02/2011 CGA Level 2/3 # 5 |
| 27 | 1:13.26 | L | F | Rogers, Guinivere | 20 | BARR WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 28 | 1:14.30 | L | F | English, Gayle L | 19 | SWIFT ES | 28/08/2010 SA Small Provinces Inter-Provincial Ga |
| 29 | 1:15.45 | L | F | Eybers, Sandi | 21 | AQUB EP | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 30 | 1:15.55 | L | F | Labuschagne, Chiquita | 20 | BLAC ES | 13/11/2010 EGA Super Age Group 2 Nov 2010 |
| 31 | 1:16.12 | L | P | Sapiro, Shireen | 20 | BISH CG | 15/08/2010 IPC Swimming World Championship 2 |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------|---------|-------|------|----------------------------|----|---------|--|
| 32 | 1:17.62 | L | F | Bester, Coreen | 23 | TUKS NT | 29/10/2010 2010 NTS Oct Short Distance Lev 2+C |
| 33 | 1:17.71 | L | F | Hadebe, Hleziphi A | 19 | WSTV KZ | 26/11/2010 KZN TYR Westville Sprints Champs 2f |
| 34 | 1:21.18 | L | F | Stoycheva, Ivanka N | 29 | VINE WP | 19/11/2010 WP Vineyard Spring Gala |
| 35 | 1:21.29 | L | F | Smith, Yvonne | 20 | FS FS | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 36 | 1:21.33 | L | F | Beukes, Pamelyn D | 22 | BLSS FS | 30/10/2010 Supersport Seals Long Course Gala |
| 37 | 1:23.80 | L | F | Coetzee, Heleen | 21 | NWUC NW | 30/10/2010 NWS Age Group 2 |
| 38 | 1:23.89 | L | F | Grobler, Alida A | 19 | POTC NW | 03/12/2010 NWS Championships 2010/2011 |
| 39 | 1:29.25 | L | F | Smit, Dorothy | 26 | SWD SW | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 40 | 1:31.17 | L | F | Maurer, Kira c | 20 | CADO WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 41 | 1:36.01 | L | P | Sterrenberg, Leanne | 29 | WPA WP | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 42 | 1:45.48 | L | F | Higgins, Jennifer A | 27 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 43 | 1:47.47 | L | F | Fowler, Cornelia J | 30 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 44 | 2:00.22 | L | F | Dixon, Donn e | 20 | VINE WP | 21/01/2011 WP Sasko Jack Currie Championships |
| 45 | 2:17.86 | L | F | Visser, Adri I | 23 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| Women 200 Fly | | | | | | | |
| 1 | 2:11.97 | L | F | Loots, Amanda T | 32 | MDOL CG | 13/09/2010 10th African Swimming Championship |
| 2 | 2:13.82 | L | F | Meyer, Bianca J | 22 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 2:15.98 | L | F | Lategan, Christy-Leigh | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 2:16.86 | L | F | Meaklim, Kathryn A | 21 | SGUL KZ | 30/10/2010 KZN Swim Program 7 |
| 5 | 2:19.97 | L | F | Van Wyk, Chanelle | 21 | PASC NT | 22/10/2010 2010 NTS October Long Distance Age |
| 6 | 2:21.18 | L | F | Warnes, Rene' D | 19 | SGUL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 7 | 2:23.41 | L | F | Stephens, Megan K | 20 | CGA CG | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 8 | 2:25.07 | L | F | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 The SwimShop KZN Provincial Champ |
| 9 | 2:27.22 | L | F | Warwick-Oliver, Laurie-Ann | 21 | SEAL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 10 | 2:28.60 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 11 | 2:30.30 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 17/09/2010 2010 NTS Sept LD Age Grp |
| 12 | 2:36.96 | L | F | Franklin, Sharne | 20 | BLFI FS | 19/11/2010 FSA Open Championships 2010 |
| 13 | 2:41.17 | L | F | Faulmann, Shelley K | 20 | UWCA WP | 25/06/2010 WP UWC Winter Gala |
| 14 | 2:46.87 | L | F | Eybers, Sandi | 21 | AQUB EP | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 15 | 2:53.03 | L | F | Wienand, Kirsty | 24 | BLOT FS | 19/11/2010 FSA Open Championships 2010 |
| 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 | 2:16.77 | L | F | Loots, Amanda T | 32 | MDOL CG | 13/09/2010 10th African Swimming Championship |
| 3 | 2:18.20 | L | F | Pengelly, Jessica E | 19 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 2:19.25 | L | F | Warnes, Rene' D | 19 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 5 | 2:19.97 | L | F | Meyer, Bianca J | 22 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 6 | 2:21.52 | L | F | Neethling, Jean-Marie | 21 | NTS NT | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 7 | 2:21.82 | L | F | Roper, Ronwyn | 23 | SEAL KZ | 14/12/2010 The SwimShop KZN Provincial Champ |
| 8 | 2:25.90 | L | F | Van Heerden, Karlien | 20 | TUKS NT | 27/08/2010 NTS August SD lev 2+Over Age Group |
| 9 | 2:26.82 | L | F | Stephens, Megan K | 20 | WATR CG | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 10 | 2:26.93 | L | P | Jv Rensburg, Suzanne J | 19 | PSA LP | 14/12/2010 The SwimShop KZN Provincial Champ |
| 11 | 2:27.78 | L | F | Van Zyl, Marguerite | 19 | WATR CG | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 12 | 2:30.08 | L | F | Franklin, Sharne | 20 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 13 | 2:30.41 | L | P | Du Toit, Jeanie | 19 | MDOL CG | 29/01/2011 SA International Invitation Swim Meet : |
| 14 | 2:31.27 | L | P | Mullin, Kerryn P | 20 | KZNA KZ | 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 15 | 2:31.65 | L | F | Smyth, Louise M | 20 | BLSS FS | 14/06/2010 Sasol National Winter Championships |
| 16 | 2:32.00 | L | F | Kemp, Lehesta | 21 | PASC NT | 21/01/2011 2011 NTS January Lev 2+O SD+LD Age |
| 17 | 2:32.11 | L | F | Du Toit, Natalie | 27 | MDOL CG | 15/08/2010 IPC Swimming World Championship 2 |
| 18 | 2:32.37 | L | P | Meerholz, Danielle G | 19 | MDOL CG | 29/01/2011 SA International Invitation Swim Meet : |
| 19 | 2:34.91 | L | P | Tovroza, Petra | 21 | BISH CG | 08/12/2010 CGA Open Champs |
| 20 | 2:35.85 | L | F | Warwick-Oliver, Laurie-Ann | 21 | SEAL KZ | 26/11/2010 KZN TYR Westville Sprints Champs 2f |
| 21 | 2:36.75 | L | F | Rogers, Guinivere | 20 | BARR WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 22 | 2:37.19 | L | P | Tammadge, Roxanne | 19 | WSTV KZ | 05/05/2010 Best Times LCM |
| 23 | 2:37.71 | L | F | Stones, Tarryn | 22 | BLFI FS | 24/09/2010 EP Aquabear Spring Gala 2010 |
| 24 | 2:38.37 | L | F | Scott, Megan | 19 | TUKS NT | 19/09/2010 Highveld Inter-Provincial Gala 2010 |
| 25 | 2:38.76 | L | F | Wienand, Kirsty | 24 | BLOT FS | 22/10/2010 Otters Prestige Gala 2010 |
| 26 | 2:44.09 | L | F | Wagner, Larelle | 21 | UWCA WP | 29/10/2010 WP Barracudas Aquarama Summer M |
| 27 | 2:44.77 | L | F | Gray, Emily A | 19 | TUKS NT | 15/08/2010 IPC Swimming World Championship 2 |
| 28 | 2:47.82 | L | F | Eybers, Sandi | 21 | AQUB EP | 10/09/2010 EPA 2nd SASKO A League Gala |

Individual Top Times

Number of Top Times: 100 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------|---------|-------|------|----------------------------|----|-------|--|
| 29 | 2:49.59 | L | F | Faulmann, Shelley K | 20 | UWCA | WP 15/01/2011 WP Swartland Swim Challenge |
| 30 | 2:50.47 | L | F | Beukes, Pamelyn D | 22 | BLSS | FS 19/11/2010 FSA Open Championships 2010 |
| 31 | 2:50.78 | L | F | Nel, Jané C | 19 | SS | LP 13/11/2010 Limpopo Age Gp 2 |
| 32 | 2:53.92 | L | F | Grobler, Alida A | 19 | POTC | NW 28/08/2010 SA Small Provinces Inter-Provincial Ga |
| 33 | 2:55.36 | L | F | Labuschagne, Chiquita | 20 | BLAC | ES 13/11/2010 EGA Super Age Group 2 Nov 2010 |
| 34 | 2:56.26 | L | F | English, Gayle L | 19 | SWIFT | ES 28/08/2010 SA Small Provinces Inter-Provincial Ga |
| 35 | 2:56.73 | L | F | Smith, Yvonne | 20 | FS | FS 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 36 | 2:57.02 | L | F | Botha, Carolin-Mari | 19 | TUKS | NT 24/09/2010 2010 NTS Sept Lev 2&O SD Age Grp |
| 37 | 2:59.85 | L | F | Francis, Nastassja C | 19 | BLFI | FS 08/10/2010 Neptune Aquatics Open Gala |
| 38 | 3:01.58 | L | F | Coetzee, Heleen | 21 | NWUC | NW 30/10/2010 NWS Age Group 2 |
| 39 | 3:03.03 | L | F | Rautenbach, Kristen | 19 | POTC | NW 14/06/2010 Sasol National Winter Championships |
| 40 | 3:04.01 | L | F | Stoycheva, Ivanka N | 29 | VINE | WP 13/11/2010 WP Summer League 4 |
| 41 | 3:13.57 | L | F | Pelser, Salome J | 19 | NDSA | KZ 13/11/2010 KZN Swim Program 8 & 9 |
| 42 | 3:17.09 | L | F | Smit, Dorothy | 26 | SWD | SW 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 43 | 3:19.65 | L | F | Fowler, Cornelia J | 30 | KZNA | KZ 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 44 | 3:21.41 | L | F | Potgieter, Cayleigh-Jade | 19 | AQUA | BO 14/01/2011 BO-January Age Group Gala 2011 |
| 45 | 3:30.46 | L | F | Sterrenberg, Leanne | 29 | WPA | WP 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 46 | 3:32.56 | L | P | Bloem, Renette | 47 | MATI | WP 15/08/2010 IPC Swimming World Championship 2 |
| 47 | 3:36.50 | L | F | Higgins, Jennifer A | 27 | KZNA | KZ 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 48 | 3:54.50 | L | F | Saunders, Dianne | 26 | SUP | ZZ 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 49 | 4:11.50 | L | F | Dixon, Donnée | 20 | VINE | WP 21/01/2011 WP Sasko Jack Currie Championships |
| 50 | 5:04.41 | L | P | Visser, Adri I | 23 | BISH | CG 15/08/2010 IPC Swimming World Championship 2 |
| 51 | 7:06.27 | L | F | Ings, Patricia J | 42 | ACSA | KZ 26/11/2010 KZN TYR Westville Sprints Champs 2(|
| Women 400 IM | | | | | | | |
| 1 | 4:42.13 | L | F | Meaklim, Kathryn A | 21 | KZNA | KZ 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 2 | 4:46.39 | L | F | Trott, Wendy A | 21 | WPA | WP 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 3 | 4:49.71 | L | F | Pengelly, Jessica E | 19 | NTS | NT 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 4 | 4:51.61 | L | F | Meyer, Bianca J | 22 | KZNA | KZ 11/04/2011 Telkom Sa National Aquatic Champs 2 |
| 5 | 4:53.35 | L | F | Warnes, Rene' D | 19 | SGUL | KZ 26/11/2010 KZN TYR Westville Sprints Champs 2(|
| 6 | 5:05.91 | L | F | Roper, Ronwyn | 23 | SEAL | KZ 26/11/2010 KZN TYR Westville Sprints Champs 2(|
| 7 | 5:08.80 | L | F | Van Heerden, Karlien | 20 | TUKS | NT 20/08/2010 2010 August Long Distance Age Group |
| 8 | 5:09.68 | L | F | Jv Rensburg, Suzanne J | 19 | PSA | LP 14/12/2010 The SwimShop KZN Provincial Champ |
| 9 | 5:20.41 | L | F | Warwick-Oliver, Laurie-Ann | 21 | SEAL | KZ 14/12/2010 The SwimShop KZN Provincial Champ |
| 10 | 5:21.10 | L | F | Smyth, Louise M | 20 | BLSS | FS 14/06/2010 Sasol National Winter Championships |
| 11 | 5:21.91 | L | F | Franklin, Sharne | 20 | BLFI | FS 19/11/2010 FSA Open Championships 2010 |
| 12 | 5:25.34 | L | F | Neethling, Jean-Marie | 21 | PASC | NT 21/01/2011 2011 NTS January Lev 2+O SD+LD A |
| 13 | 5:44.37 | L | F | Wienand, Kirsty | 24 | BLOT | FS 19/11/2010 FSA Open Championships 2010 |
| 14 | 5:54.63 | L | F | Eybers, Sandi | 21 | AQUB | EP 10/09/2010 EPA 2nd SASKO A League Gala |
| 15 | 6:11.94 | L | F | Van Breda, Keelyn R | 20 | UCTA | WP 10/12/2010 WP Sasko Championships |