

NASU Swimming Database

RECORDS NAM-L

LC Meters-Women

8 & U	50 Free	36.82	28-Jan-10	NSA	Zuné Weber at Namibian National Championships 2010	
	50 Back	42.35	11-Oct-19	AQUA	Rose Matyayi BWK LC Gala 1	
	50 Breast	46.00	1-Jan-00	TSUNM	Tesra Broodryk	
	50 Fly	42.90	10-Dec-04	NSANM	Christine Briedenhann	
	200 IM	3:29.57	11-Oct-19	AQUA	Rose Matyayi BWK LC Gala 1	
	200 Free Relay	2:20.78	21-Feb-19	DOL	Dolphins Ellis, Brinkmann, Naukosho, De Sousa	
	150 Medley Relay	2:27.81	1-Jan-00	MARNM	Marlins '84	
	200 Medley Relay	3:14.43	1-Jan-00	MARNM	Marlins '84	
9-10	50 Free	30.89	13-Dec-06	NSANM	Christine Briedenhann	
	100 Free	1:07.28	13-Dec-06	NSANM	Christine Briedenhann	
	50 Back	37.10	4-Dec-14	DOL	Tiana Esslinger at NTS Championships 2014	
	100 Back	1:18.13	4-Dec-14	DOL	Tiana Esslinger at NTS Championships 2014	
	50 Breast	41.58	13-Dec-06	NSANM	Christine Briedenhann	
	100 Breast	1:32.11	13-Dec-06	NSANM	Christine Briedenhann	
	50 Fly	33.96	13-Dec-06	NSANM	Christine Briedenhann	
	100 Fly	1:21.18	13-Dec-06	NSANM	Christine Briedenhann	
	200 IM	2:51.28	12-Oct-13	DOL	Heleni Stergiadis Bank Windhoek LC Gala 1 Tsumeb 2013	
	200 Free Relay	2:28.01	19-Mar-04	DOLNM	Dolphins	
	400 Free Relay	6:03.21	15-Nov-19	DOL	Dolphins Record Set LC Gala 2 Prinsloo, Ellis, Geysler, DeSousa	
	200 Medley Relay	2:47.84	19-Apr-93	DOLNM	Dolphins	
	11-12	50 Free	28.72	1-Dec-08	NSA	Christine Briedenhann 9th Senior African Championships
100 Free		1:02.08	22-Aug-08	NSA	Christine Briedenhann	
50 Back		33.74	7-Dec-16	DOL	Tiana Esslinger	
100 Back		1:12.08	7-Dec-16	DOL	Tiana Esslinger NTS Championships 2016	
50 Breast		37.60	1-Jan-00	SWANM	Gwen Currie	
100 Breast		1:22.17	1-Jan-00	SWANM	Gwen Currie	
50 Fly		31.42	1-Dec-11	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships	
100 Fly		1:10.99	1-Dec-11	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships	
200 IM		2:35.27	6-Dec-08	NSA	Christine Briedenhann NTS Champs	
200 Free Relay		2:07.28	11-Mar-05	DOLNM	Dolphins Wahl, Preschel, Adrian, Minders	
200 Medley Relay		2:25.70	27-Feb-20	DOL	Dolphins Swimming Club M Brinkmann, A Naukosho, M Ohm, C Rossouw	
12 & U		200 Free	2:18.25	17-Mar-12	NAMIB	Kiara Schatz SA Level 3 Age Group Gala level 3
		400 Free	5:01.68	16-Dec-07	NASU- ZZ	Tiana Esslinger NTS Championships 2016
	800 Free	10:20.75	1-Nov-14	NASU- ZZ	Heleni Stergiadis Bank Windhoek LC Gala 3 2014	
	1500 Free	20:21.14	14-Feb-14	DOL	Heleni Stergiadis Bank Windhoek LC Gala 4 2014	
	200 Back	2:33.54	7-Dec-16	DOL	Tiana Esslinger NTC Championships 2016	
	200 Breast	3:03.77	3-Jan-04	SPANM	Daniela Lindemeier	
	200 Fly	2:45.26	4-Dec-14	DOL	Heleni Stergiadis at NTS Championships 2014	
	400 IM	5:35.01	12-Mar-15	NASU- ZZ	Heleni Stergiadis at SA Level 3 National Age Group Champs 2015-PE	
	13-14	50 Free	27.26	13-Sep-10	NSA	Christine M. Briedenhann at 10th African Swimming Championships
100 Free		1:00.53	13-Sep-10	NAM	Christine M. Briedenhann at 10th African Swimming Championships	
200 Free		2:11.21	23-Aug-17	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships	
400 Free		4:37.61	23-Aug-17	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships	
800 Free		9:45.33	3-Dec-12	NASU	DOLNM Marike Meyer	
1500 Free		19:02.16	13-Feb-04	DOLNM	Marike Meyer	
50 Back		30.89	25-Apr-13	NAMIB	Zanre Oberholzer CANA Zone III & IV Lusaka	
100 Back		1:03.36	19-Jul-13	NAM	Zanre Oberholzer 15 FINA World Championships 2013	
200 Back		2:14.52	19-Jul-13	NAM	Zanre Oberholzer 15th FINA World Championships 2013	
50 Breast		35.97	1-Dec-12	NSA	Kiah T. Borg Namibia Nat LC Champs	
100 Breast		1:17.85	8-Dec-12	NAM	Kiah T. Borg CANA Zone VI 2012, Lusaka	

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13-14	200 Breast	2:48.02	9-Dec-12	NAM	Kaih T Borg	CANA Zone VI 2012, Lusaka	
	50 Fly	29.57	13-Sep-10	NSA	Christine M. Briedenhann at 10th African Swimming Championships		
	100 Fly	1:06.23	23-Aug-17	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200 Fly	2:32.26	16-Mar-17	NASU	Heleni Stergiadis Level 3 Championships		
	200 IM	2:27.41	23-Aug-17	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	400 IM	5:09.65	23-Aug-17	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200 Free Relay	1:57.85	2-Dec-12	NSA	NSA	Schatz K Oberholzer Z Adelaar S Borg K	
	400 Free Relay	4:45.31	15-Nov-19	DOL	Dolphins rec Set	m Stange, C Coetzer, L Engelhard, M Spath	
	200 Medley Relay	2:12.62	2-Dec-12	NSA	NSA A	Oberholzer Z Borg K Adelaar S Schatz K	
400 Medley Relay	5:13.08	1-Jan-00	NAM	SWA Team 1989			
15-16	50 Free	27.25	14-Jun-12	NSA	Christine Briedenhann	Bahamas 2012 Nationals	
	100 Free	58.53	14-Jun-12	NSA	Christine M. Briedenhann	Bahamas 2012 Nationals	
	200 Free	2:08.43	23-May-14	NAM	Sonja Adelaar	ANOCA Games 2014	
	400 Free	4:33.99	1-Jan-00	MARNM	Anita Kruger		
	800 Free	9:33.60	23-Aug-06	NSANM	Marike Meyer		
	1500 Free	18:34.94	1-Jan-00	MARNM	Anita Kruger		
	50 Back	30.09	10-Dec-14	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	100 Back	1:03.81	10-Dec-14	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	200 Back	2:16.99	10-Dec-14	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	50 Breast	34.53	8-Dec-12	NAM	Christine Briedenhann	CANA Zone VI 2012, Lusaka	
	100 Breast	1:15.78	12-Oct-08	NAMJU	Daniela Lindemeier	Commonwealth Youth Games	
	200 Breast	2:41.14	28-Nov-13	NAM	Toni Roth	10th Africa Junior Swimming Champs 2013	
	50 Fly	28.99	7-Apr-14	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100 Fly	1:05.30	7-Apr-14	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	200 Fly	2:24.17	7-Jul-15	NSA- ZZ	Sonja Adelaar	Prestige 2015	
	200 IM	2:22.54	17-Aug-14	NAM	Sonja Adelaar at 2nd Youth Olympic Games		
	400 IM	5:06.23	7-Jul-15	NSA	Sonja Adelaar	Prestige 2015	
	200 Free Relay	1:58.78	30-Jan-09	DOL	Dolphins 2009	Minders, Arlove, Wasserfall, Wahl	
	400 Free Relay	4:23.64	31-Jan-09	DOL	Dolphins A	Wasserfal, Wahl, Arlove, Minders	
	800 Free Relay	9:49.27	21-Aug-05	NAM	Namibia	Brock,Sternagel,Lumley,Meyer	
	200 Medley Relay	2:14.65	1-Feb-09	DOL	Dolphins A	Arlove, Wasserfall, Wahl, Minders	
	400 Medley Relay	4:33.83	28-Nov-13	NAM	Namibia	Z, Oberholzer, T. Roth, S. Adelaar, K. Schatz	
	17-18	50 Free	26.95	1-Jan-00	MARNM	Monica Dahl	
		100 Free	58.47	1-Jan-00	MARNM	Monica Dahl	
		200 Free	2:10.81	1-Jan-00	MARNM	Anita Kruger	
		400 Free	4:34.01	1-Jan-00	MARNM	Ilona Schutte	
		800 Free	9:25.14	1-Mar-96	MARNM	Anita Kruger	
1500 Free		19:12.78	1-Oct-95	MARNM	Anita Kruger		
50 Back		30.49	25-Feb-16	NSA	Zanre Oberholzer	Bank Windhoek LC National Championships	
100 Back		1:04.89	17-Mar-17	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
200 Back		2:20.65	17-Mar-17	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
50 Breast		34.12	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships		
100 Breast		1:13.82	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships		
200 Breast		2:39.71	25-Jul-09	DOL	Daniela Lindemeier at 13th FINA World Championships		
50 Fly		29.99	8-Dec-08	NSA	Jonay Briedenhann	Zone 6, RSA	
100 Fly		1:04.26	1-Jan-00	MARNM	Monica Dahl		
200 Fly		2:25.92	1-Jan-00	MARNM	Dorothea Neumeister		
200 IM		2:26.88	13-Apr-15	NASU- ZZ	Toni Roth at Sa National Aquatic Championship 2015 Durban		
400 IM		5:13.35	17-Mar-17	NASU	Molina M. Smalley at SA National JNR Age Group Champs 2017-KZN		
200 Free Relay		1:54.10	15-Apr-13	NASU	NASU at SA NAT 2015	Z. Oberholzer, A. Roth, S. Adelaar, K. Schatz	
400 Free Relay		4:20.65	8-Dec-08	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Laborn	
800 Free Relay		10:50.93	1-Jan-95	MARNM	Marlins		
200 Medley Relay		2:30.90	1-Jan-00	SWANM	Swakopmund 1974		
400 Medley Relay		4:47.00	1-Jan-00	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Lindemeier	

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25-44	50 Free	30.45	5-Aug-19	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Free	1:09.02	5-Aug-19	MARL	Sonja Obholzer	18th FINA Masters Champs	
	200 Free	2:42.68	24-Jan-19	MARL	Benita Kasch	BWK LC Gala 4 record set	
	400 Free	5:50.08	23-Nov-18	MARL	Benita Kasch	BWK LC Gala 3 record set	
	800 Free	11:56.58	25-Jan-19	MARL	Benita Kasch	BWK LC Gala 4 record set	
	1500 Free	23:42.36	25-Jan-19	MARL	Benita Kasch	BWK LC Gala 4 record set	
	50 Back	37.25	5-Aug-19	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Back	1:24.05	6-Apr-19	MARL	Sonja Obholzer	Aquapentathlon record set	
	200 Back	3:24.54	2-Nov-18	DOL	Sunel Badenhorst	BWK LC Gala 2 record set	
	50 Breast	41.20	25-Jan-19	MARL	Sonja Obholzer	BWK LC Gala 4 record set	
	100 Breast	1:44.06	11-Oct-19	DOL	Sunel Badenhorst	BWK LC Gala 1	
	200 Breast	3:37.16	15-Nov-19	DOL	Lena Brinkmann	BWK LC Gala 2	
	50 Fly	40.70	11-Oct-19	DOL	Lena Brinkmann	BWK LC Gala 1	
	200 IM	3:19.51	11-Oct-19	DOL	Lena Brinkmann	BWK LC Gala 1	
	400 IM	7:24.72	15-Nov-98	DOL	Sunel Badenhorst	BWK LC Gala 2	
	45 & O	50 Free	38.12	20-Mar-19	MARL	Zoe Mitchell	SAMS National Champs record set
		100 Free	1:23.39	6-Apr-19	MARL	Zoe Mitchell	Aquapentathlon record set
		200 Free	2:35.57	5-Aug-19	MARL	Cheryl Young	18th FINA Masters Champs
		800 Free	11:35.17	5-Aug-19	MARL	Cheryl Young	18th FINA Masters Champs
100 Back		1:38.78	15-Nov-19	MAC	Cheryl Young	BWK LC Gala 2 Record Set	
50 Fly		46.15	21-Jan-20	MAC	Cheryl Young	LC Gala 3	
Open	50 Free	26.76	1-Jul-96	MARNM	Monica Dahl		
	100 Free	57.63	1-Jul-96	MARNM	Monica Dahl		
	200 Free	2:08.43	23-May-14	NAM	Sonja Adelaar	ANOCA Games 2014	
	400 Free	4:33.47	1-Mar-96	MARNM	Anita Kruger		
	800 Free	9:25.14	1-Mar-96	MARNM	Anita Kruger		
	1500 Free	18:34.94	1-Jan-00	MARNM	Anita Kruger		
	50 Back	30.09	10-Dec-14	NAM	Zanré Oberholzer	at African Union Sports-Region 5 Under 20 YTH Ga	
	100 Back	1:03.36	19-Jul-13	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	200 Back	2:14.52	19-Jul-13	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	50 Breast	32.69	4-Sep-15	NAM- ZZ	Daniela Lindemeier	All African Games Congo	
	100 Breast	1:10.62	13-Apr-15	NASU- ZZ	Daniela Lindemeier	at Sa National Aquatic Championship 2015 Durban	
	200 Breast	2:33.16	13-Apr-15	NASU- ZZ	Daniela Lindemeier	at Sa National Aquatic Championship 2015 Durban	
	50 Fly	28.99	7-Apr-14	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100 Fly	1:04.26	1-Jan-00	MARNM	Monica Dahl		
	200 Fly	2:24.17	1-Jan-00	NSA	Sonja Adelaar	Prestige 2015	
	200 IM	2:22.54	17-Aug-14	NAM	Sonja Adelaar	at 2nd Youth Olympic Games	
	400 IM	5:05.80	1-Jan-00	MARNM	Dorothea Neumeister		
	200 Free Relay	1:53.30	10-Dec-14	NAM	Namibia Region 5 Youth Games	K Schatz, A Roth, Z Oberholzer, S Adelaar	
	400 Free Relay	4:09.82	10-Dec-14	NAM	Namibia Region 5 Youth Games	K Schatz, M Smalley, Z Weber, S Adelaar	
	800 Free Relay	9:08.62	1-Jan-00	NAM	Namibia Team	1992	
	200 Medley Relay	2:04.87	26-Feb-15	NSA	Namib Swim Academy	Z. Oberholzer, D. Lindemeier, S. Adelaar, Z. Web	
	400 Medley Relay	4:28.30	15-Apr-13	NASU	NASU at SA NAT 2015	Z. Oberholzer, D. Lindemeier, S. Adelaar, K. Schatz	

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LC Meters-Men

8 & U	50 Free	36.18	30-Nov-02	NOONM	Hardus Louw		
	50 Back	41.79	11-Oct-19	DOL	Ryan Steyn	BWK LC Gala 1	
	50 Breast	47.88	1-Jan-00	SPANM	Francois Saayman		
	50 Fly	39.85	3-Nov-17	AQUA	Eliphaz Nakaleke at BWK LC Gala 2 (Windhoek) 3 - 4 Nov 2017		
	200 IM	3:21.33	31-Jan-20	DOL	Andre Badenhorst	BWK LC Gala 3	
	200 Free Relay	2:53.34	1-Jan-00	TIGNM	Windhoek Tigers '86		
	150 Medley Relay	2:35.75	1-Jan-00	SWANM	Swakop '84		
	200 Medley Relay	3:08.92	1-Jan-00	TIGNM	Windhoek Tigers '86		
9-10	50 Free	30.70	5-Dec-19	ORA	Nathan Bock	NCASA Champs	
	100 Free	1:10.38	5-Dec-19	ORA	Nathan Bock	NCASA Champs	
	50 Back	37.22	27-Feb-20	ORA	Nathan Bock	BWK LC Nationals	
	100 Back	1:19.14	6-Dec-17	DOL	Oliver B. Durand at NTS Championships 2017		
	50 Breast	40.74	3-Apr-18	NASU	Oliver B. Durand at SA Level 3 Regional Age Group Champs 2018-CT		
	100 Breast	1:27.24	3-Apr-18	NASU	Oliver B. Durand at SA Level 3 Regional Age Group Champs 2018-CT		
	50 Fly	32.87	27-Feb-20	ORA	Nathan Bock	BWK LC Nationals	
	100 Fly	1:20.86	5-Dec-19	ORA	Nathan Bock	NCASA Champs	
	200 IM	2:47.68	3-Apr-18	NASU	Oliver B. Durand at SA Level 3 Regional Age Group Champs 2018-CT		
	200 Free Relay	2:21.10	25-Feb-16	DOL	Dolphins A J Canjulo O Ohm, N Esslinger, E von Alvensleben		
	400 Free Relay	5:18.10	15-Nov-19	DOL	Dolphins Record Set LC Gala 2 Jansen, Badenhorst, Langford, Ellis		
	200 Medley Relay	2:38.82	1-Jan-00	NAM	SWA Team '88		
	11-12	50 Free	27.37	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN	
100 Free		59.23	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN		
50 Back		32.35	21-Mar-18	NASU	Jose N. Canjulo at SA National JNR Age Group Champs 2018-KZN		
100 Back		1:10.35	21-Mar-18	NASU	Jose N. Canjulo at SA National JNR Age Group Champs 2018-KZN		
50 Breast		33.96	28-Mar-17	NAM	Mikah Burger at African Junior Swimming Championship		
100 Breast		1:15.74	7-Dec-16	DOL	Mikah Burger	NTS Championships 2016	
50 Fly		29.61	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN		
100 Fly		1:04.22	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN		
200 IM		2:26.33	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN		
200 Free Relay		2:03.92	22-Feb-18	DOL	Dolphins	Q. Ellis, N. Esslinger, O. Ohm, J. Canjulo	
400 Free Relay		4:49.01	15-Nov-19	DOL	Dolphins Rec Set	R Engelhard, L Kinnaired, H Grant, O Durand	
200 Medley Relay		2:23.24	22-Feb-18	DOL	Dolphins Swimming Club	Q Ellis, J Canjulo, D Lasso Drews, O Ohm	
12 & U		200 Free	2:11.42	17-Mar-17	NASU	Mikah K. Burger at SA National JNR Age Group Champs 2017-KZN	
		400 Free	4:39.03	21-Mar-18	NASU	Jose N. Canjulo at SA National JNR Age Group Champs 2018-KZN	
	800 Free	10:29.53	28-Nov-14	DOL	Corne le Roux Bank Windhoek LC 3 2014		
	1500 Free	19:52.37	2-Nov-18	DOL	Nico Esslinger	BWK LC Gala 2	
	200 Back	2:32.05	20-Feb-20	NAM	Oliver Durand	CANA Zone IV	
	200 Breast	2:48.03	20-Feb-20	NAM	Oliver Durand	CANA Zone IV	
	200 Fly	2:31.62	16-Feb-17	NAM	Mikah K. Burger at 2016 Cana Zone IV Swimming Champs-Zimbabwe		
	400 IM	5:28.94	7-Dec-16	DOL	Mikah Burger	NTS Championships 2016	
13-14	50 Free	25.56	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	100 Free	55.62	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	200 Free	2:00.58	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	400 Free	4:14.45	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	800 Free	9:18.10	1-Mar-07	NSANM	Tristan McDonald		
	1500 Free	18:16.79	29-Mar-04	DOLNM	Stefan van Zijl		
	50 Back	28.67	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	100 Back	1:00.99	4-Dec-19	MAC	Jose Canjulo	NTS Champs	
	200 Back	2:14.74	19-Mar-19	NASU	Jose Canjulo	SA Junior Championships	
	50 Breast	30.91	15-Nov-19	MAC	Jose Canjulo	BWK LC Gala 2	

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13-14	100 Breast	1:09.50	1-Jan-00	TIGNM	Ricardo Eerenstein		
	200 Breast	2:29.31	1-Jan-00	TIGNM	Ricardo Eerenstein		
	50 Fly	26.92	27-Feb-20	MAC	Jose Canjulo	BWK LC Nationals	
	100 Fly	59.40	4-Dec-19	MAC	Jose Canjulo	NTS Champs	
	200 Fly	2:13.32	17-Mar-17	NASU	Corné Le Roux at SA National JNR Age Group Champs 2017-KZN		
	200 IM	2:13.82	11-Sep-19	NAM	Jose Canjulo	13th Junior African Champs	
	400 IM	4:54.35	20-Mar-19	NASU	Jose Canjulo	SA Junior Championships	
	200 Free Relay	1:49.55	21-Feb-19	NSA	NSA	Canjulo, Magongo, De Jager, Burger	
	400 Free Relay	4:09.42	26-Apr-12	NAMIB	NAMIB Rec Set A Skinner, P Seidler, S Rapp, L Lamprecht		
200 Medley Relay	2:01.23	21-Feb-19	NSA	NSA	Burger, Canjulo, De Jager, Magongo		
15-16	50 Free	24.58	1-Dec-17	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	100 Free	53.69	12-Mar-15	NASU- ZZ	Alexander Skinner at SA Level 3 National Age Group Champs 2015-PE		
	200 Free	2:00.26	12-Mar-15	NASU- ZZ	Alexander Skinner at SA Level 3 National Age Group Champs 2015-PE		
	400 Free	4:16.09	13-Mar-14	NASU- ZZ	Nicolai Flemming	SA Level 3 National Age Group Champs 2014	
	800 Free	9:12.84	30-Jan-15	DOL	Philip Seidler at Bank Windhoek LC Gala 4 30-31 Jan 15		
	1500 Free	17:16.50	4-Mar-08	NAMIB- ZZ	Tristan McDonald	RSA Level 3	
	50 Back	27.57	1-Dec-17	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	100 Back	58.91	23-Jul-17	NAM	Ronan Z. Wantenaar at 17th FINA World Championships 2017		
	200 Back	2:05.80	17-Aug-14	NAM	Lushano P. Lamprecht at 2nd Youth Olympic Games		
	50 Breast	30.27	23-Jul-17	NAM	Ronan Z. Wantenaar at 17th FINA World Championships 2017		
	100 Breast	1:06.54	1-Dec-17	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	200 Breast	2:29.94	1-Sep-98	MARNM	Derrick Langford		
	50 Fly	26.72	2-Nov-18	NSA	Rene Viljoen	BWK LC Gala 2	
	100 Fly	58.71	23-May-14		Lushano Lamprecht	ANOCA Games 2014	
	200 Fly	2:11.69	23-Apr-18	NASU	Corné Le Roux at Sa National Aquatic Championship 2018-PE		
	200 IM	2:13.00	1-Dec-17	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	400 IM	4:55.26	20-Mar-00	NASU	Martin Oosthuizen	SA Junior Championships	
	200 Free Relay	1:49.89	1-Jan-00	NAM	NASU Team 1993		
	400 Free Relay	4:05.08	1-Jan-00	NAM	NASU Team 1993		
	800 Free Relay	9:11.99	1-Jan-00	NAM	Nam Team Afr Jun 98		
	200 Medley Relay	2:02.08	1-Jan-00	MARNM	Marlins 1985		
	400 Medley Relay	4:31.11	1-Jan-00	NAM	NASU Team 1993		
	17-18	50 Free	23.58	22-Oct-16	NASU	Alexander Skinner	African Swimming Champs
		100 Free	51.54	17-Oct-16	DOL	Alexander Skinner	African Swimming Champs
200 Free		1:54.92	18-Mar-16	NASU	Alexander Skinner	Level 3 Championships	
400 Free		4:09.35	10-Apr-16	NAMIB	Philip Seidler	SA Nationals 2016	
800 Free		8:32.76	10-Apr-16	NAMIB	Philip Seidler	SA Nationals 2016	
1500 Free		16:28.58	10-Apr-16	NAMIB	Philip Seidler	SA Nationals 2016	
50 Back		26.99	20-Aug-19	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
100 Back		57.75	20-Aug-19	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
200 Back		2:05.26	26-Mar-15	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
50 Breast		29.35	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
100 Breast		1:03.75	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
200 Breast		2:21.85	20-Mar-19	NASU	Ronan Z. Wantenaar	SA Junior Championships	
50 Fly		25.98	25-Aug-15	NAM	Lushano Lamprecht	5th FINA Junior World Championships	
100 Fly		56.74	4-May-04	MARNM	Günther Streit		
200 Fly		2:08.88	4-May-04	MARNM	Günther Streit		
200 IM		2:07.47	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
400 IM		4:40.18	26-Mar-15	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
200 Free Relay		1:40.21	28-Apr-12	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	
400 Free Relay		3:44.18	26-Apr-12	NAMIB	F Hentzen, C Lamprecht	M Winkler, JP Engelbrecht	
800 Free Relay		8:05.60	25-Aug-15	NAM	NAM FINA Junior World Champs Flemming, Seidler, Lamprecht, Skinner		
200 Medley Relay		1:54.46	25-Apr-12	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	
400 Medley Relay		4:16.89	8-Dec-08	NAM	NAM Team, Zone 6, 2008	McDonald, Siedentopf, Briedenhann, Delie	

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25-44	50 Free	27.25	5-Aug-19	MARL	Sven Obholzer	18th FINA Masters Champs	
	100 Free	1:01.78	5-Aug-19	MARL	Sven Obholzer	18th FINA Masters Champs	
	200 Free	2:30.97	27-Feb-20	SWA	Dentie Louw	BWK LC Nationals	
	400 Free	5:38.42	27-Feb-20	DOL	Jan Louis Mostert	BWK LC Nationals	
	800 Free	12:03.94	31-Jan-20	DOL	Jan Louis Mostert	LC Gala 3	
	1500 Free	23:01.63	27-Feb-20	DOL	Jan Louis Mostert	BWK LC NATIONALS	
	50 Back	34.63	20-Feb-20	NAM	Dentie Louw	CANA Zone IV	
	100 Back	1:18.12	20-Feb-20	NAM	Dentie Louw	CANA Zone IV	
	50 Breast	36.78	16-Feb-19	NAM	Jurie Badenhorst	CANA Zone IV record set	
	100 Breast	1:22.21	2-Nov-18	DOL	Jurie Badenhorst	BWK LC Gala 2 record set	
	200 Breast	3:03.00	26-Jan-19	DOL	Jurie Badenhorst	BWK LC Gala 4 record set	
	50 Fly	31.66	2-Nov-18	DOL	Jurie Badenhorst	BWK LC Gala 2 record set	
	100 Fly	1:19.00	16-Feb-19	NAM	Jurie Badenhorst	CANA Zone IV record set	
	200 Fly	3:14.18	31-Jan-10	DOL	Jan Louis Mostert	LC Gala 3	
	200 IM	2:47.87	25-Jan-19	DOL	Jurie Badenhorst	BWK LC Gala 4 Record Set	
	400 IM	6:32.54	31-Jan-10	DOL	Jan Louis Mostert	LC Gala 3	
	45 & O	50 Free	29.61	5-Aug-19	MARL	Francois van der Westhuizen	18th FINA Masters Champs
		100 Free	1:06.36	5-Aug-19	MARL	Francois van der Westhuizen	18th FINA Masters Champs
		200 Free	2:35.29	5-Aug-19	MARL	Gabor Salamon	18th FINA Masters Champs
		400 Free	5:44.17	16-Feb-19	NAM	Paddy Murphy	CANA Zone IV record set
800 Free		11:18.79	20-Mar-19	MARL	Paddy Murphy	SAMS National Champs record set	
1500 Free		23:04.20	25-Jan-19	NSA	Paddy Murphy	BWK LC Gala 4 record set	
50 Back		38.62	23-Nov-18	MARL	Francois van der Westhuizen	BWK LC Gala 3 record set	
100 Back		1:27.33	6-Apr-19	MARL	Francois van der Westhuizen	Aquapentathlon record set	
50 Breast		37.22	5-Aug-19	MARL	Francois van der Westhuizen	18th FINA Masters Champs	
100 Breast		1:25.18	5-Aug-19	MARL	Francois van der Westhuizen	18th FINA Masters Champs	
200 Breast		3:52.37	15-Nov-19	MAC	Johan Bekker	BWK LC Gala 2 Record Set	
50 Fly		32.88	24-Nov-18	MARL	Gabor Salamon	BWK LC Gala 3	
100 Fly		1:23.04	20-Mar-19	MARL	Gabor Salamon	SAMS Nationa Champs record set	
200 IM		3:17.12	23-Nov-18	NSA	Paddy Murphy	BWK LC Gala 3 record set	
Open		50 Free	23.04	12-Jul-19	NAM	Alexander Skinner	18th FINA World Championships 2019
	100 Free	50.44	12-Jul-19	NAM	Alexander Skinner	18th FINA World Championships 2019	
	200 Free	1:52.95	15-Jun-17	DOL	Alexander Skinner at 2017 Jerry Holtrey Summer Classic		
	400 Free	4:04.84	3-Apr-17	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban		
	800 Free	8:25.48	3-Apr-17	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban		
	1500 Free	16:07.86	23-Apr-18	NASU	Phillip Seidler at Sa National Aquatic Championship 2018-PE		
	50 Back	26.99	20-Aug-19	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
	100 Back	57.75	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	200 Back	2:05.26	26-Mar-15	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
	50 Breast	29.35	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	100 Breast	1:03.75	20-Aug-19	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
	200 Breast	2:21.85	20-Mar-19	NASU	Ronan Z. Wantenaar	SA Junior Championships	
	50 Fly	25.98	25-Aug-15	NAM	Lushano Lamprecht	5th FINA Junior World Championships	
	100 Fly	56.74	4-May-04	MARNM	Günther Streit		
	200 Fly	2:08.88	4-May-04	MARNM	Günther Streit		
	200 IM	2:07.47	20-Aug-19	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	400 IM	4:40.18	26-Mar-15	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
	200 Free Relay	1:37.70	10-Dec-14	NAM	Namibia Region 5 Youth Games A Skinner, L Lamprecht, C Lamprecht, N Fle		
	400 Free Relay	3:41.30	10-Dec-14	NAM	Namibia Region 5 Youth Games C Lamprecht, L Lamprecht, A Skinner, N Fle		
	800 Free Relay	8:05.60	25-Aug-15	NAM	NAM FINA Junior World Champs Flemming, Seidler, Lamprecht, Skinner		
	200 Medley Relay	1:53.85	27-Feb-20	MAC	Marlins	C deJager, R Wantenaar, J Canjulo, E Nogueira	
	400 Medley Relay	4:12.53	1-Jan-00	NAM	Namibia AllAfrica 95		

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RECORDS NAM-L

LC Meters-Mixed

8 & U	200	Medley Relay	3:01.03	15-Nov-19	DOL	Dolphins Rec Set	A Naukosho, E Brinkmann, R Steyn, A Badenhorst
9-10	200	Medley Relay	2:41.18	15-Nov-19	AQUA	AQUA Rec Set	R Matyayi, A Kapapa, E Nakaleke, L Esterhuizen
	400	Medley Relay	6:15.75	15-Nov-19	AQUA	Aqua Record Set LC Gala 2	Esterhuizen, Kapapa, Nakaleke, Matyayi
11-12	200	Medley Relay	2:27.03	15-Nov-19	DOL	Dolphins Rec Set	M Ohm, A Naukosho, O Durand, R Engelhard
	400	Medley Relay	5:42.71	15-Nov-19	DOL	Dolphins Rec Set	M Ohm, O Durand, A Naukosho, R Engelhard
13-14	200	Medley Relay	2:15.42	15-Nov-19	DOL	Dolphins Rec Set	Q Ellis, M Stange, L Engelhard, O Ohm
	400	Medley Relay	5:05.95	15-Nov-19	DOL	Dolphins Rec Set	N Esslinger, M Stange, L Engelhard, O Ohm
17-18	200	Medley Relay	2:16.39	15-Nov-19	DOL	Dolphins Rec Set	H Stergiadis, T Mutumbulua, A Wellmann, M Gertze
Open	400	Free Relay	3:54.58	10-Dec-14	NAM	Namibia Region 5 Youth Games	A Skinner, K Schatz, S Adelaar, N Flemming
	200	Medley Relay	2:23.09	15-Nov-19	AQUA	AQUA Rec Set	T Kaumunika, E Naukushu, D Nitsche, R Westerduin
	400	Medley Relay	4:17.48	10-Dec-14	NAM	Namibia Region 5 Youth Games	Z Oberholzer, A Roth, J Diekmann, N Flemm