

NASU Swimming Database

RECORDS Namibia Short C

SC Meters-Women

8 & U	50 Free	36.89	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	50 Back	41.20	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	50 Breast	47.53	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	50 Fly	39.60	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	100 IM	1:26.67	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	200 IM	3:17.57	19-Sep-19	AQUA	Rose Matyayi	SC Nationals
	200 Medley Relay	3:17.67	12-Jul-19	DOL	Dolphins	E Brinkmann, V De Sousa, A Naukosho, L Ellis
9-10	50 Free	32.13	5-Aug-11	NSA	Zune Weber	SC Champs 2011
	100 Free	1:10.14	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	50 Back	35.54	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	100 Back	1:18.18	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	50 Breast	40.70	1-Jan-00	MAR	Regine Hoffmann	BEST TIME
	100 Breast	1:32.74	10-Sep-16	NSA	Shanay G. Viljoen	NASU Short Course 5
	50 Fly	36.00	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	100 Fly	1:19.61	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	100 IM	1:19.68	16-Aug-13	DOL	Heleni Stergiadis at NASU SC National Championships 16-18 Aug 2013	
	200 IM	2:46.52	21-Sep-13	DOL	Heleni Stergiadis Bank Windhoek SC Gala 4 2013	
	200 Free Relay	2:41.64	21-Jun-19	AQUA	Aqua Swimming Club record set, Nitsche. H, Kalisch. G, Slinger. A, Kapapa	
	400 Free Relay	6:09.89	9-Aug-19	DOL	Dolphins Record Set A Naukosho, L Ellis, V de Sousa, M Prinsloo	
	400 Medley Relay	6:59.50	21-Jun-19	DOL	Dolphins Record Set M, Prinsloo, M. Geysler, A, Naukosho, L Ellis	
11-12	50 Free	29.20	18-Jul-08	NSA	Christine Briedenhann	
	100 Free	1:03.74	23-Sep-16	DOL	Tiana Esslinge	Nam SC Nationals 2016
	50 Back	33.07	23-Sep-16	DOL	Tiana Esslinger	NAM SC Nationals 2016
	100 Back	1:10.22	23-Sep-16	DOL	Tiana Esslinger	NAM SC Nationals 2016
	50 Breast	38.31	25-Sep-15	DOL	Heleni Stergiadis Namibia SC National Championships	
	100 Breast	1:21.83	25-Sep-15	DOL	Heleni Stergiadis Namibia SC National Championships	
	50 Fly	31.87	18-Jul-08	NSA	Christine Briedenhann	
	100 Fly	1:11.13	25-Sep-15	DOL	Heleni Stergiadis Namibia National SC Championships	
	100 IM	1:12.07	25-Aug-15	DOL	Heleni Stergiadis Namibia National SC Championships	
	200 IM	2:34.67	25-Jul-15	DOL	Heleni Stergiadis NASU SC Gala 3	
	200 Free Relay	2:11.16	21-Jun-19	DOL	Dolphins Swimming Club P. Mothoemang, M. Ohm. M, Brinkmann. A Nau	
	400 Free Relay	5:00.33	9-Aug-19	AQUA	Aqua Swimming Club Record Set K Klein, Q Benade, R Westerduin, J Humph	
	200 Medley Relay	2:26.57	12-Jul-19	DOL	Dolphins M Brinkmann, L Kinnaird, A Naukosho, O Ohm	
	400 Medley Relay	5:23.43	21-Jun-19	DOL	Dolphins Record Set M. Brinkmann, B. Kinnaird, A, Naukosho, M. Ohm	
	12 & U	200 Free	2:20.41	25-Jul-15	DOL	Heleni Stergiadis
400 Free		4:53.65	5-Sep-15	DOL	Heleni Stergiadis	NASU SC Gala 4
800 Free		10:07.50	19-Jul-14	DOL	Heleni Stergiadis	NASU SC Gala 3 2014
1500 Free		19:36.04	21-Jun-14	DOL	Heleni Stergiad	NASU SC Gala 2
200 Back		2:31.09	2-Jul-16	DOL	Tiana Esslinger	NASU Short Course Gala 2
200 Breast		2:53.40	30-May-15	DOL	Heleni Stergiadis at Nasu SC Gala 1 30 May 2015	
200 Fly		2:45.88	13-Sep-14	DOL	Heleni Stergiadis at SC Gala 4 Oranjemund 13 September 2014	
400 IM		5:30.40	27-Jun-15	DOL	Heleni Stergiadis at Nasu SC Gala 2 27 June 2015	
13-14	50 Free	26.82	15-Dec-10	NSA	Christine Briedenhann	10th FINA World Championships, Dubai
	100 Free	58.87	3-Sep-10	NSA	Christine Briedenhann	SC Gala 3&4 2010
	200 Free	2:11.51	9-Jun-17	DOL	Heleni Stergiadis at NASU SC Gala 1 09-10 June 2017	
	400 Free	4:34.24	8-Sep-17	DOL	Heleni Stergiadis at NASU Short Course Gala 4 08-09 August 2017	
	800 Free	9:42.55	13-Apr-13	DOL	Molina Smalley	NASU SC Gala 4 2013
	1500 Free	19:41.26	9-Jun-12	NSA	Zanre Oberholzer	Record Set Gala 1
	50 Back	29.96	16-Aug-13	NSA	Zanré Oberholzer at NASU SC National Championships 16-18 Aug 2013	
	100 Back	1:03.27	29-Sep-17	DOL	Heleni Stergiadis at Namibian SC National Champs 29 Sep-1 Oct 17	

NASU Swimming Database

RECORDS Namibia Short C

13-14	200	Back	2:16.75	19-Jul-13	NSA	Zanre Oberholzer	NASU SC Gala 3 2013
	50	Breast	34.85	3-Sep-10	NSA	Michaela Cloete	SC Gala 3&4 2010
	100	Breast	1:16.29	15-Sep-12	NSA	Kiah Borg	C Champs 2012
	200	Breast	2:46.46	30-Jul-16	DOL	Heleni Stergiadis	NASU Short Course Gala 3
	50	Fly	29.77	14-Sep-12	NSA	Kiah Borg	SC Champs 2012
	100	Fly	1:05.54	29-Sep-17	DOL	Heleni Stergiadis at Namibian SC National Champs 29 Sep-1 Oct 17	
	200	Fly	2:26.68	8-Sep-17	DOL	Heleni Stergiadis at NASU Short Course Gala 4 08-09 August 2017	
	100	IM	1:06.82	29-Sep-17	DOL	Heleni Stergiadis at Namibian SC National Champs 29 Sep-1 Oct 17	
	200	IM	2:23.86	9-Jun-17	DOL	Heleni Stergiadis at NASU SC Gala 1 09-10 June 2017	
	400	IM	5:06.14	25-Aug-16	DOL	Heleni Stergiadis	SA Short Course Champs
	200	Free Relay	2:08.09	17-Jun-15	DOL	Dolphins Swimming Club A Relay Whitelock A, Fischer L, Botha V, Esslinger	
	400	Free Relay	4:32.29	9-Aug-19	DOL	Dolphins Record Set M Spath, K Kandali, M Stange, T Mutumbulua	
	400	Medley Relay	5:36.19	21-Jun-19	DOL	Dolphins Record Set Nicole-Wilson, Coetzer, Mutumbulua, Stange	
	15-16	50	Free	26.74	5-Oct-12	NSA	Christine Briedenhann
100		Free	57.58	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
200		Free	2:08.49	27-Oct-18	DOL	Heleni Stergiadis	SC Nationals
400		Free	4:29.55	27-Oct-18	DOL	Heleni Stergiadis	SC Nationals
800		Free	9:21.12	4-Oct-14	DOL	Molina M. Smalley at City of Plymouth 2014 Meet	
1500		Free	18:25.90	6-Jul-18	DOL	Heleni Stergiadis	NSAU SC Gala 2
50		Back	28.80	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
100		Back	1:00.90	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
200		Back	2:10.95	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
50		Breast	33.98	25-Sep-15	NSA	Sonja Adelaar	Namibia National SC Championships
100		Breast	1:14.45	16-Aug-13	NSA	Toni Roth at NASU SC National Championships 16-18 Aug 2013	
200		Breast	2:37.78	7-Aug-14	NSA	Toni Roth at Sa Short Course Swimming Champs (25m) PMBG	
50		Fly	29.49	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012
100		Fly	1:04.82	25-Sep-15	NSA	Sonja Adelaar	Namibia National SC Championships
200		Fly	2:21.85	19-Sep-19	DOL	Heleni Stergiadis	SC Nationals
100		IM	1:04.73	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
200		IM	2:19.33	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
400		IM	4:58.62	27-Oct-18	DOL	Heleni Stergiadis	SC Nationals
400		Free Relay	4:32.29	9-Aug-19	DOL	Dolphins Record Set N Redecker, A Maritz, J Liebenebeg, V Ellmies	
17-18		50	Free	27.58	5-Aug-11	DOL	Kari Van Der Vaart
	100	Free	59.38	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	200	Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann	BEST TIME
	400	Free	4:33.92	6-Nov-15	DOL	Molina Smalley	ASA South West SC Champs
	800	Free	9:30.69	25-Jul-15	DOL	Mollina Smalley	Nasu SC Gala 3
	1500	Free	24:29.16	24-Nov-17	ORA	Sonique Spangenberg	Record Set
	50	Back	29.90	23-Sep-16	NSA	Zanre Oberholze	NAM SC Nationals 2016
	100	Back	1:04.64	23-Sep-16	NSA	Zanre Oberholzer	NAM SC Nationals 2016
	200	Back	2:25.86	5-Sep-15	NSA	Toni Roth	NASU SC Gala 4
	50	Breast	33.85	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships
	100	Breast	1:13.44	15-Dec-10	NSA	Daniela Lindemeier	10th FINA World Championships, Dubai
	200	Breast	2:34.33	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	50	Fly	30.09	23-Sep-16	DOL	Molina M. Smalley	NAM SC Nationals 2016
	100	Fly	1:06.58	23-Sep-16	DOL	Molina M. Smalley	NAM SC Nationals 2016
	100	IM	1:04.79	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	200	IM	2:20.56	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	400	IM	4:57.68	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	200	Free Relay	1:59.88	2-Jul-16	NSA	NSA Kiah Borg	Zanre Oberholzer, Toni Roth, Kiara Schatz
	400	Medley Relay	5:12.06	21-Jun-19	DOL	Dolphins Record Set A. Maritz, H. Stergiadis, V. Botha, C. Esslinger	
	25-44	50	Free	33.86	27-Sep-18	AQUA	Anel van der Vyver
100		Free	1:17.92	3-Aug-18	AQUA	Anel van der Vyver	NASU SC Gala 3 record set

NASU Swimming Database

RECORDS Namibia Short C

25-44	200 Free	2:51.81	31-Jan-20	FLIP	Nadia Jansen van Rensburg	LC-SC Gala 3
	400 Free	6:17.34	6-Jul-18	DOL	Sunel Badenhorst	NASU SC Gala 2 record set
	800 Free	13:43.12	3-Aug-18	AQUA	Anel van der Vyver	NASU SC Gala 3 record set
	50 Back	41.33	12-Jul-19	DOL	Sunel Badenhorst	SC Gala 3
	100 Back	1:28.55	3-Aug-18	DOL	Sunel Badenhort	NASU SC Gala 3 record set
	200 Back	3:11.74	27-Sep-18	DOL	Sunel Badenhorst	Namibia SC Nationals record set
	50 Breast	40.78	27-Sep-18	DOL	Sunel Badenhorst	Namibia SC Nationals record set
	100 Breast	1:43.44	3-Aug-18	DOL	Sunel Badenhorst	NASU SC Gala 3 record set
	100 IM	1:31.80	3-Aug-18	DOL	Sunel Badenhorst	NASU SC Gala 3 record set
	200 IM	3:22.31	19-Sep-19	DOL	Sunel Badenhorst	SC Nationals
45 & 0	50 Free	45.08	19-Sep-19	MAC	Linda Erasmus	SC Nationals Record Set
	100 Free	1:15.55	21-Jun-19	MARL	Cheryl Young Record Set	SC Gala 2
	400 Free	5:45.69	21-Jun-19	MARL	Cheryl Young Record Set	SC Gala 2
	800 Free	11:59.03	21-Jun-19	MARL	Cheryl Young Record Set	SC Gala 2
	50 Fly	39.00	12-Jul-19	MARL	Cheryl Young	SC Gala 3
	100 IM	1:25.89	12-Jul-19	MARL	Cheryl Young	SC Gala 3
	400 IM	7:08.45	21-Jun-19	MARL	Cheryl Young Record Set	SC Gala 2
Open	50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012
	100 Free	57.58	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
	200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann	
	400 Free	4:29.55	27-Oct-18	DOL	Heleni Stergiadis	SC Nationals
	800 Free	9:21.12	4-Oct-14	DOL	Molina M. Smalley at City of Plymouth 2014 Meet	
	1500 Free	18:25.90	6-Jul-18	DOL	Heleni Stergiadis	NASU SC Gala 2
	50 Back	28.80	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
	100 Back	1:00.90	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
	200 Back	2:10.95	3-Dec-14	NAM	Zanré Oberholzer at 12th World Swimming Championships	
	50 Breast	32.71	25-Sep-15	NSA	Daniela Lindemeier	Namibia National SC Championships
	100 Breast	1:10.72	25-Sep-15	NSA	Daniela Lindemeier	Namibia National SC Championships
	200 Breast	2:33.73	15-Aug-14	NSA	Daniela Lindemeier at NASU SC National Championships 15-17 Aug 2014	
	50 Fly	29.49	5-Oct-12	NSA	Christine Briedenhann	NASU SC Gala 4 2012
	100 Fly	1:04.82	25-Sep-15	NSA	Sonja Adelaar	Namibia National SC Championships
	200 Fly	2:21.85	19-Sep-19	DOL	Heleni Stergiadis	SC Nationals
	100 IM	1:04.73	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
	200 IM	2:19.33	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships	
	400 IM	4:57.68	3-Dec-14	NAM	Toni Roth at 12th World Swimming Championships	
	200 Free Relay	1:56.42	17-Jun-15	NSA	Namib Swim Academy A Relay	Roth A, Weber Z, Adelaar S, Schatz K
	200 Medley Relay	2:07.52	7-Jul-17	DOL	Dolphins A Relay at SC 2 2017 Sterigiadis, Borg, Smalley. Weber	
	400 Medley Relay	4:20.81	3-Dec-14	NAM	Namibia at 12th World Swimming	Oberholzer, Lindemaier, Adelaar, Roth

NASU Swimming Database

RECORDS Namibia Short C

SC Meters-Men

8 & U	50 Free	36.03	10-May-19	ORA	Rodney Feris	NASU SC Gala 1
	50 Back	40.19	9-Sep-16	DOL	Ryan Steyn	SC Nationals
	50 Breast	46.89	16-Aug-13	DOL	Mikah K. Burger at NASU SC National Championships 16-18 Aug 2013	
	50 Fly	40.79	19-Sep-19	DOL	Ryan Steyn	SC Nationals
	100 IM	1:32.04	19-Sep-19	DOL	Ryan Steyn	SC Nationals
	200 IM	3:19.16	11-Jun-16	DOL	Oliver Durand	NASU Short Course Gala 1
	200 Free Relay	3:15.56	18-Sep-09	NAM	NAMIBIA 2009 Best time	Hecht, Le Roux, Loftie-Eaton, Oosthuizen
	200 Medley Relay	3:10.68	12-Jul-19	DOL	Dolphins Record Set	A Badenhorst, V Engelhard, J Badenhorst, R Steyn
9-10	50 Free	30.91	15-Nov-19	ORA	Nathan Bock	SC-LC Gala 2
	100 Free	1:07.85	19-Sep-19	ORA	Nathan Bock	SC Nationals
	50 Back	35.24	3-Aug-18	DOL	Oliver Durand	NASU SC Gala 3
	100 Back	1:15.62	3-Aug-18	DOL	Oliver Durand	NASU SC Gala 3
	50 Breast	39.59	19-Sep-19	ORA	Nathan Bock	SC Nationals
	100 Breast	1:25.23	3-Aug-18	DOL	Oliver Durand	NASU SC Gala 3
	50 Fly	32.80	19-Sep-19	ORA	Nathan Bock	SC Nationals
	100 Fly	1:13.57	6-Jul-18	DOL	Oliver Durand	
	100 IM	1:14.32	3-Aug-18	DOL	Oliver Durand	NASU SC Gala 3
	200 IM	2:41.91	7-Sep-18	DOL	Oliver B. Durand	NASU SC Gala 4
	200 Free Relay	2:31.69	18-Sep-09	NAM	NAMIBIA 2009 Best time	Cloete, Lampbrecht, Nell, Theissen
	400 Free Relay	5:42.78	9-Aug-19	DOL	Dolphins Record Set	m Hooker, N Chase, R McNamara, L Ellis
	200 Medley Relay	2:47.82	12-Jul-19	DOL	Dolphins	J Langford, L Ellis, N Chase, R McNamara
11-12	50 Free	26.33	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	100 Free	57.44	3-Aug-18	NSA	Jose Canjulo	NASU SC Gala 3
	50 Back	29.78	7-Sep-18	NSA	Jose Canjulo	NASU SC Gala 4
	100 Back	1:04.47	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	50 Breast	32.32	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	100 Breast	1:10.84	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	50 Fly	28.37	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	100 Fly	1:02.09	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	100 IM	1:04.06	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	200 IM	2:19.15	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	200 Free Relay	2:12.94	21-Jun-19	DOL	Dolphins Record Set	H, Grant. C, McNamara, F, Steyn. O, Durand
	400 Free Relay	5:04.36	9-Aug-19	DOL	Dolphins Recor Set	J Bezuidenhout, F Steyn, H Grant, O Durand
	200 Medley Relay	2:17.94	7-Jul-17	DOL	Dolphins A Relay At SC 2 2017 De Jager, Canjulo, Burger, Ohm	
	400 Medley Relay	5:33.87	21-Jun-19	DOL	Dolphins Record Set	F. Steyn, H. Grant, O. Durand, C. McNamara
12 & U	200 Free	2:06.78	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	400 Free	4:27.46	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	800 Free	10:16.29	3-Aug-18	DOL	Nico Esslinger	NASU SC Gala 3
	1500 Free	19:44.56	10-May-19	DOL	Oliver Durand	NASU SC Gala 1
	200 Back	2:22.26	7-Sep-18	NSA	Jose Canjulo	NASU SC Gala 4
	200 Breast	2:48.22	7-Sep-18	NSA	Jose Canjulo	NASU SC Gala 4
	200 Fly	2:21.28	27-Oct-18	NSA	Jose Canjulo	SC Nationals
	400 IM	4:50.86	27-Oct-18	NSA	Jose Canjulo	SC Nationals
13-14	50 Free	24.95	19-Sep-19	MAC	Jose Canjulo	SC Nationals
	100 Free	54.10	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	200 Free	1:59.88	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	400 Free	4:24.68	19-Sep-19	DOL	Mikah Burger	SC Nationals
	800 Free	9:12.22	13-Apr-13	NSA	Nicolai Flemming	NASU SC Gala 4 2013
	1500 Free	18:30.06	9-Jun-12	NSA	Lushano Lamprecht	SC Gala 1
	50 Back	27.46	19-Sep-19	MAC	Jose Canjulo	SC Nationals

NASU Swimming Database

RECORDS Namibia Short C

13-14	100	Back	59.27	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	200	Back	2:10.15	19-Sep-19	DOL	Mikah Burger	SC Nationals
	50	Breast	30.93	21-Jun-19	NSA	Jose Canjulo	SC Gala 2
	100	Breast	1:04.70	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	200	Breast	2:32.12	19-Sep-19	DOL	Mikah Burger	SC Nationals
	50	Fly	26.29	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	100	Fly	58.81	12-Jul-19	DOL	Mikah Burger	SC gala 3
	200	Fly	2:13.54	19-Sep-19	DOL	Mikah Burger	SC Nationals
	100	IM	1:00.64	19-Sep-19	MAC	Jose Canjulo	SC Nationals
	200	IM	2:11.29	14-Mar-20	MAC	Jose Canjulo	Gauteng SC Grand Prix
	400	IM	4:45.79	19-Sep-19	DOL	Mikah Burger	SC Nationals
	200	Free Relay	1:55.93	21-Jun-19	DOL	Dolphins Record Set	Q. Ellis, N.Esslinger, O. Ohm, KP, Rathenam
	400	Free Relay	4:11.43	9-Aug-19	DOL	Dolphins Record Set	O Ohm, L Du Raan, Q Ellis, M Burger
	200	Medley Relay	2:03.47	12-Jul-19	DOL	Dolphins	Q Ellis, K Rathenam, M Burger, O Ohm
	400	Medley Relay	5:00.87	21-Jun-19	DOL	Dolphins Record Set	N. Esslinger, KP. Rathenam, Q. Ellis, L. Du Raan
	15-16	50	Free	24.23	29-Sep-17	NSA	Ronan Z. Wantenaar at Namibian SC National Champs
100		Free	53.12	27-Jun-15	NSA	Nicolai Flemming at Nasu SC Gala 2	27 June 2015
200		Free	1:56.84	18-Jul-14	NSA	Nicolai Flemming Nasu SC 3	2014
400		Free	4:15.80	27-Jun-15	NSA	Nicolai Flemming at Nasu SC Gala 2	27 June 2015
800		Free	8:43.67	19-Jul-14	NSA	Nicolai Flemming	NASU SC Gala 3 2014
1500		Free	17:36.05	21-Jun-13	NSA	Jorn Diekmann	NASU SC Gala 2 2013
50		Back	26.96	7-Jul-17	NSA	Ronan Z. Wantenaar at NASU Short Course Gala 2	07-08 July 2017
100		Back	58.32	7-Aug-14	NSA	Lushano P. Lamprecht at Sa Short Course Swimming Champs (25m)	PMBG
200		Back	2:02.92	19-Jul-14	NSA	Lushano P Lamprecht NASU SC 3	2014
50		Breast	29.44	4-Aug-17	NSA	Ronan Z. Wantenaar at NASU Short Course Gala 3	04-05 August 2017
100		Breast	1:06.23	29-Sep-17	NSA	Ronan Z. Wantenaar at Namibian SC National Champs	29 Sep-1 Oct 17
200		Breast	2:23.63	4-Aug-17	NSA	Ronan Z. Wantenaar at NASU Short Course Gala 3	04-05 August 2017
50		Fly	26.81	27-Oct-18	NSA	Rene Viljoen	SC Nationals
100		Fly	57.77	19-Jul-14	NSA	Lushano P Lamprecht NASU SC 3	2014
200		Fly	2:07.36	21-Mar-18	NAM	Corné Le Roux at 2018 Cana Zone IV Swimming Champs-Malawi	
100		IM	59.50	29-Sep-17	NSA	Ronan Z. Wantenaar at Namibian SC National Champs	29 Sep-1 Oct 17
200		IM	2:12.17	27-Oct-18	DOL	Corne Le Roux	SC Nationals
400		IM	4:44.22	7-Jul-17	NSA	Ronan Z. Wantenaar at NASU Short Course Gala 2	07-08 July 2017
200		Free Relay	1:47.10	18-Sep-09	NAM	NAMIBIA 2009 Best time	Mudge, Van Wyk, Leitner, Engelbrecht
200		Medley Relay	2:01.76	18-Sep-09	NAM	NAMIBIA 2009 Best time	Leitner, Van Wyk, Mudge, Engelbrecht
17-18	50	Free	23.04	25-Aug-16	DOL	Alexander Skinner	SA Short Course Champs
	100	Free	49.77	9-Dec-16	DOL	Alexander Skinner	FINA SC World Championships
	200	Free	1:51.69	25-Aug-16	DOL	Alexander Skinner	SA Short Course Champs
	400	Free	4:12.17	23-Jan-15	NSA	Lushano P. Lamprecht at FOBISIA Swimming Championships	
	800	Free	9:12.32	19-Sep-19	DOL	Corne Le Roux	SC Nationals
	1500	Free	16:47.38	25-Jul-15	DOL	Phillip Seidle	NASU SC Gala 3
	50	Back	26.26	27-Oct-18	NSA	Ronan Wantenaar	SC Nationals
	100	Back	57.10	19-Sep-19	MAC	Ronan Z Wantenaar	SC Nationals
	200	Back	2:03.64	23-Jan-15	NSA	Lushano P. Lamprecht at FOBISIA Swimming Championships	
	50	Breast	28.75	11-Dec-18	NAM	Ronan Z Wantenaar	14th FINA World Championships China
	100	Breast	1:02.91	27-Oct-18	NSA	Ronan Z Wantenaar	SC Nationals
	200	Breast	2:20.53	27-Oct-18	NSA	Ronan Z Wantenaar	SC Nationals
	50	Fly	25.97	7-Dec-16	DOL	Alexander Skinner	FINA SC World Champships
	100	Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar	SC Nationals
	200	Fly	2:10.10	19-Sep-19	DOL	Corne Le Roux	SC Nationals
	100	IM	57.24	19-Sep-19	MAC	Ronan Wantenaar	SC Nationals
	200	IM	2:08.04	27-Oct-18	NSA	Ronan Z Wantenaar	SC Nationals
	400	IM	4:39.65	23-Jan-15	NSA	Lushano P. Lamprecht at FOBISIA Swimming Championships	
	200	Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Swimming Club A Relay	Theron B, Oberholster A, Loftie-Eaton A,Sk

NASU Swimming Database

RECORDS Namibia Short C

17-18	400 Free Relay	3:48.79	10-Dec-10	NAM	Zone 6 2010 BEST TIME	Niemann Kulikowski Mudge Engelbrecht	
	200 Medley Relay	2:03.06	12-Jul-19	DOL	Dolphins record set	A Wellmann, A Hagen, F Setzkorn, M Gertze	
	400 Medley Relay	4:20.32	10-Dec-10	NAM	Zone 6 2010 BEST TIME	Engelbrecht Kulikowski Mudge Niemann	
25-44	50 Free	28.43	19-Sep-19	SWA	Dentie Louw	SC Nationals	
	100 Free	1:05.12	19-Sep-19	SWA	Dentie Louw	SC Nationals	
	200 Free	2:28.66	19-Sep-19	SWA	Dentie Louw	SC Nationals	
	400 Free	6:09.97	21-Jun-19	DOL	Jan Louis Mostert Record Set	SC Gala 2	
	800 Free	13:12.94	21-Jun-19	DOL	Jan Louis Mostert Record Set	SC Gala 2	
	50 Back	33.70	27-Aug-18	SWA	Dentie Louw	Namibia SC Nationals record set	
	100 Back	1:15.22	19-Sep-19	SWA	Dentie Louw	SC Nationals	
	50 Breast	35.85	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	100 Breast	1:18.98	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	200 Breast	2:50.72	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	50 Fly	31.07	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	100 Fly	1:12.29	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	200 Fly	3:24.41	21-Jun-19	DOL	Jan Louis Mostert Record Set	SC Gala 2	
	100 IM	1:13.19	3-Aug-18	DOL	Jurie Badenhorst	NASU SC Gala 3 record set	
	200 IM	2:38.28	27-Sep-18	DOL	Jurie Badenhorst	Namibia SC Nationals record set	
	45 & 0	50 Free	32.60	12-Jul-19	MARL	Gabor Salamon	SC Gala 3
		100 Free	1:08.13	21-Jun-19	MARL	Francois van der Westhuizen	Record Set SC Gala 2
800 Free		11:40.56	19-Sep-19	MAC	Paddy Murphy	SC Nationals Record Set	
1500 Free		22:02.59	19-Sep-19	MAC	Paddy Murphy	SC Nationals Record Set	
50 Fly		33.66	21-Jun-19	MARL	Gabor Salamon Record Set	SC Gala 2	
Open	50 Free	22.59	9-Aug-19	DOL	Alexander Skinner	SC Gala 4	
	100 Free	49.59	9-Aug-19	DOL	Alexander Skinner	SC Gala 4	
	200 Free	1:51.69	25-Aug-16	DOL	Alexander Skinner	SA Short Course Champs	
	400 Free	3:57.94	19-Sep-19	DOL	Phillip Seidler	SC Nationals	
	800 Free	8:13.04	3-Aug-18	DOL	Phillip Seidler	NASU SC Gala 3	
	1500 Free	15:35.99	19-Sep-19	DOL	Phillip Seidler	SC Nationals	
	50 Back	26.26	27-Oct-18	NSA	Ronan Wantenaar	SC Nationals	
	100 Back	57.10	19-Sep-19	MAC	Ronan Z Wantenaar	SC Nationals	
	200 Back	2:02.92	19-Jul-14	NSA	Lushano P Lamprecht	NASU SC 3 2014	
	50 Breast	28.75	11-Dec-18	NAM	Ronan Z Wantenaar	14th FINA World Championships China	
	100 Breast	1:02.91	1-Jan-18	NSA	Ronan Z Wantenaar	SC Nationals	
	200 Breast	2:20.53	27-Oct-18	NSA	Ronan Z Wantenaar	SC Nationals	
	50 Fly	25.97	8-Dec-16	DOL	Alexander Skinner	FINA SC World Championships	
	100 Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar	SC Nationals	
	200 Fly	2:07.36	21-Mar-18	NAM	Corné Le Roux at 2018 Cana Zone IV Swimming Champs-Malawi		
	100 IM	57.24	19-Sep-19	MAC	Ronan Wantenaar	SC Nationals	
	200 IM	2:08.04	27-Oct-18	NSA	Ronan Z Wantenaar	SC Nationals	
	400 IM	4:39.65	23-Jan-15	NSA	Lushano P. Lamprecht at FOBISIA Swimming Championships		
	200 Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Relay A	Theron B, Oberholster A, Loftie-Eaton A, Skinner A	
	400 Free Relay	3:48.18	9-Aug-19	DOL	Dolphins Record Set	A Wellmann, J Cioccolanti, M Henning, A Skinner	
	200 Medley Relay	1:53.51	12-Jul-19	DOL	Dolphins	M Henning, J Cioccolant, C Le Roux, A Skinner	

NASU Swimming Database

RECORDS Namibia Short C

SC Meters-Mixed

9-10	200 Free Relay	3:05.05	10-May-19	ORA	Oranjemund Record Set	van der Hoven, Bock, Namalemo, Feris
	400 Medley Relay	6:00.06	9-Aug-19	AQUA	Aqua Swimming Club Record Set	L Esterhuizen, L Nitsche, E Nakaleke, A Kai
11-12	400 Free	4:39.68	12-Jul-19	DOL	Dolphins Record Set	C McNamara, M Ohm, A Naukosho, O Durand
	200 Free Relay	2:31.09	10-May-19	ORA	Oranjemund Record Set	T. Nell, A. Uunona, P. Maggott, R. Feris
	200 Medley Relay	3:01.76	10-May-19	ORA	Oranjemund Record Set	R. Feris, T. Nell, S. Feris, A. Uunona
	400 Medley Relay	5:34.02	9-Aug-19	DOL	Dolphins Record Set	F Steyn, M Puturi, B Spath, H Grant
13-14	200 Free Relay	2:02.20	10-May-19	DOL	Dolphins Record Set	Mothoemang, Naukosho, Rathenam, Burger
	400 Free Relay	4:15.42	12-Jul-19	DOL	Dolphins Record Set	M Spath, O Ohm, T Mutumbulua, M Burger
	200 Medley Relay	2:18.96	10-May-19	DOL	Dolphins Record Set	Mothoemang, Rathenam, Naukosho, Burger
	400 Medley Relay	4:45.29	9-Aug-19	DOL	Dolphins Record Set	T Mutumbulua, Q Ellis, M Burger, M Spath
17-18	200 Medley Relay	2:26.52	10-May-19	ORA	Oranjemund Record Set	Spangenberg, Witbooi, Spangenebrg, Jacob
	400 Medley Relay	4:29.27	9-Aug-19	DOL	Dolphins Recor Set	N Redecker, J Cioccolanti, M Henning, V Ellmies
Open	200 Free Relay	1:45.76	12-Aug-15	NSA	NSA Team A NL 4 Rec Set	Delie, Adelaar, Borg, Flemming
	400 Free Relay	3:55.65	12-Jul-19	DOL	Dolphins Record Set	C Le Roux, V Botha, M Smalley, A Skinner