

## NASU Swimming Database

### RECORDS NAM-L

#### LC Meters-Women

8 & U	50 Free	36.82	<b>28-Jan-10</b>	NSA	Zuné Weber at Namibian National Championships 2010
	50 Back	42.35	<b>11-Oct-19</b>	AQUA	Rose Matyayi BWK LC Gala 1
	50 Breast	46.00	<b>1-Jan-00</b>	TSUNM	Tesra Broodryk
	50 Fly	42.90	<b>10-Dec-04</b>	NSANM	Christine Briedenhann
	200 IM	3:29.57	<b>11-Oct-19</b>	AQUA	Rose Matyayi BWK LC Gala 1
	200 Free Relay	2:20.78	<b>21-Feb-19</b>	DOL	Dolphins Ellis, Brinkmann, Naukosho, De Sousa
	150 Medley Relay	2:27.81	<b>1-Jan-00</b>	MARNM	Marlins '84
	200 Medley Relay	3:14.43	<b>1-Jan-00</b>	MARNM	Marlins '84
9-10	50 Free	30.89	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	100 Free	1:07.28	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	50 Back	36.34	<b>11-Mar-21</b>	AQUA	Rosie Matyayi BKW LC Nationals 2021
	100 Back	1:18.13	<b>4-Dec-14</b>	DOL	Tiana Esslinger at NTS Championships 2014
	50 Breast	41.58	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	100 Breast	1:32.11	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	50 Fly	33.96	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	100 Fly	1:21.18	<b>13-Dec-06</b>	NSANM	Christine Briedenhann
	200 IM	2:51.28	<b>12-Oct-13</b>	DOL	Heleni Stergiadis Bank Windhoek LC Gala 1 Tsumeb 2013
	200 Free Relay	2:28.01	<b>19-Mar-04</b>	DOLNM	Dolphins
	200 Medley Relay	2:47.84	<b>19-Apr-93</b>	DOLNM	Dolphins
	10 & U	400 Free Relay	6:03.21	<b>15-Nov-19</b>	DOL
11-12	50 Free	28.72	<b>1-Dec-08</b>	NSA	Christine Briedenhann - 9th Senior African Championships
	100 Free	1:02.08	<b>22-Aug-08</b>	NSA	Christine Briedenhann
	50 Back	33.74	<b>7-Dec-16</b>	DOL	Tiana Esslinger
	100 Back	1:12.08	<b>7-Dec-16</b>	DOL	Tiana Esslinger NTS Championships 2016
	50 Breast	37.60	<b>1-Jan-00</b>	SWANM	Gwen Currie
	100 Breast	1:22.17	<b>1-Jan-00</b>	SWANM	Gwen Currie
	50 Fly	31.42	<b>1-Dec-11</b>	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships
	100 Fly	1:10.99	<b>1-Dec-11</b>	NAMJR	Sonja Adelaar at 9th Africa Junior Swimming Championships
	200 IM	2:35.27	<b>12-Jun-08</b>	SWA	Christine Briedenhann - NTS Champs 2008
	200 Free Relay	2:07.28	<b>11-Mar-05</b>	DOLNM	Dolphins - Wahl, Preschel, Adrian, Minders
	200 Medley Relay	2:25.70	<b>27-Feb-20</b>	DOL	Dolphins Swimming Club M Brinkmann, A Naukosho, M Ohm, C Rossouw
12 & U	200 Free	2:18.25	<b>17-Mar-12</b>	NAMIB	Kiara Schatz SA Level 3 Age Group Gala level 3
	400 Free	5:00.78	<b>14-Apr-21</b>	NSFED	Jessica Humphrey at SANJ Champs 2021 in Stellenbosch
	800 Free	10:20.75	<b>1-Nov-14</b>	NASU- ZZ	Heleni Stergiadis Bank Windhoek LC Gala 3 2014
	1500 Free	20:21.14	<b>14-Feb-14</b>	DOL	Heleni Stergiadis Bank Windhoek LC Gala 4 2014
	200 Back	2:33.54	<b>7-Dec-16</b>	DOL	Tiana Esslinger NTC Championships 2016
	200 Breast	3:03.77	<b>3-Jan-04</b>	SPANM	Daniela Lindemeier
	200 Fly	2:45.26	<b>4-Dec-14</b>	DOL	Heleni Stergiadis at NTS Championships 2014
	400 IM	5:35.01	<b>12-Mar-15</b>	NASU- ZZ	Heleni Stergiadis at SA Level 3 National Age Group Champs 2015-PE
13-14	50 Free	27.26	<b>13-Sep-10</b>	NSA	Christine M. Briedenhann at 10th African Swimming Championships
	100 Free	1:00.53	<b>13-Sep-10</b>	NAM	Christine M. Briedenhann at 10th African Swimming Championships
	200 Free	2:11.21	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships
	400 Free	4:37.61	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships
	800 Free	9:45.33	<b>3-Dec-12</b>	NASU	DOLNM Marike Meyer
	1500 Free	19:02.16	<b>13-Feb-04</b>	DOLNM	Marike Meyer
	50 Back	30.89	<b>25-Apr-13</b>	NAMIB	Zanre Oberholzer CANA Zone III & IV Lusaka
	100 Back	1:03.36	<b>19-Jul-13</b>	NAM	Zanre Oberholzer 15 FINA World Championships 2013
	200 Back	2:14.52	<b>19-Jul-13</b>	NAM	Zanre Oberholzer 15th FINA World Championships 2013
	50 Breast	35.97	<b>1-Dec-12</b>	NSA	Kiah T. Borg Namibia Nat LC Champs

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### RECORDS NAM-L

13-14	100	Breast	1:17.85	<b>8-Dec-12</b>	NAM	Kiah T. Borg	CANA Zone VI 2012, Lusaka	
	200	Breast	2:48.02	<b>9-Dec-12</b>	NAM	Kaih T Borg	CANA Zone VI 2012, Lusaka	
	50	Fly	29.57	<b>13-Sep-10</b>	NSA	Christine M. Briedenhann at 10th African Swimming Championships		
	100	Fly	1:06.23	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200	Fly	2:29.69	<b>17-Mar-17</b>	NASU	Heleni Stergiadis - SA National JNR Champs (KZN) 2017		
	200	IM	2:27.41	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	400	IM	5:09.65	<b>23-Aug-17</b>	NAM	Heleni Stergiadis at 6th FINA World Junior Swimming Championships		
	200	Free Relay	1:57.85	<b>2-Dec-12</b>	NSA	NSA	Schatz K Oberholzer Z Adelaar S Borg K	
	400	Free Relay	4:45.31	<b>15-Nov-19</b>	DOL	Dolphins rec Set	m Stange, C Coetzer, L Engelhard, M Spath	
	200	Medley Relay	2:12.62	<b>2-Dec-12</b>	NSA	NSA A	Oberholzer Z Borg K Adelaar S Schatz K	
400	Medley Relay	5:13.08	<b>1-Jan-00</b>	NAM	SWA Team 1989			
15-16	50	Free	27.25	<b>14-Jun-12</b>	NSA	Christine Briedenhann	Bahamas 2012 Nationals	
	100	Free	58.53	<b>14-Jun-12</b>	NSA	Christine M. Briedenhann	Bahamas 2012 Nationals	
	200	Free	2:08.43	<b>23-May-14</b>	NAM	Sonja Adelaar	ANOCA Games 2014	
	400	Free	4:33.99	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	800	Free	9:33.60	<b>23-Aug-06</b>	NSANM	Marike Meyer		
	1500	Free	18:34.94	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	50	Back	30.09	<b>10-Dec-14</b>	NAM	Zanré Oberholzer	at African Union Sports-Region 5 Under 20 YTH Ga	
	100	Back	1:03.81	<b>10-Dec-14</b>	NAM	Zanré Oberholzer	at African Union Sports-Region 5 Under 20 YTH Ga	
	200	Back	2:16.99	<b>10-Dec-14</b>	NAM	Zanré Oberholzer	at African Union Sports-Region 5 Under 20 YTH Ga	
	50	Breast	34.53	<b>8-Dec-12</b>	NAM	Christine Briedenhann	CANA Zone VI 2012, Lusaka	
	100	Breast	1:15.78	<b>12-Oct-08</b>	NAMJU	Daniela Lindemeier	Commonwealth Youth Games	
	200	Breast	2:41.14	<b>28-Nov-13</b>	NAM	Toni Roth	10th Africa Junior Swimming Champs 2013	
	50	Fly	28.99	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100	Fly	1:05.30	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	200	Fly	2:24.17	<b>7-Jul-15</b>	NSA- ZZ	Sonja Adelaar	Prestige 2015	
	200	IM	2:22.54	<b>17-Aug-14</b>	NAM	Sonja Adelaar at 2nd Youth Olympic Games		
	400	IM	5:06.23	<b>7-Jul-15</b>	NSA	Sonja Adelaar	Prestige 2015	
	200	Free Relay	1:58.78	<b>30-Jan-09</b>	DOL	Dolphins 2009	Minders, Arlove, Wasserfall, Wahl	
	400	Free Relay	4:23.64	<b>31-Jan-09</b>	DOL	Dolphins A	Wasserfal, Wahl, Arlove, Minders	
	800	Free Relay	9:49.27	<b>21-Aug-05</b>	NAM	Namibia	Brock,Sternagel,Lumley,Meyer	
	200	Medley Relay	2:14.65	<b>1-Feb-09</b>	DOL	Dolphins A	Arlove, Wasserfall, Wahl, Minders	
	400	Medley Relay	4:33.83	<b>28-Nov-13</b>	NAM	Namibia	Z, Oberholzer, T. Roth, S. Adelaar, K. Schatz	
	17-18	50	Free	26.95	<b>1-Jan-00</b>	MARNM	Monica Dahl	
		100	Free	58.47	<b>1-Jan-00</b>	MARNM	Monica Dahl	
		200	Free	2:10.81	<b>1-Jan-00</b>	MARNM	Anita Kruger	
400		Free	4:34.01	<b>1-Jan-00</b>	MARNM	Ilona Schutte		
800		Free	9:25.14	<b>1-Mar-96</b>	MARNM	Anita Kruger		
1500		Free	19:12.78	<b>1-Oct-95</b>	MARNM	Anita Kruger		
50		Back	30.49	<b>25-Feb-16</b>	NSA	Zanre Oberholzer	Bank Windhoek LC National Championships	
100		Back	1:04.89	<b>17-Mar-17</b>	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
200		Back	2:20.65	<b>17-Mar-17</b>	TUKS- NT	Zanré Oberholzer at SA National JNR Age Group Champs 2017-KZN		
50		Breast	34.12	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
100		Breast	1:13.82	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
200		Breast	2:39.71	<b>25-Jul-09</b>	DOL	Daniela Lindemeier at 13th FINA World Championships		
50		Fly	29.99	<b>8-Dec-08</b>	NSA	Jonay Briedenhann	Zone 6, RSA	
100		Fly	1:04.26	<b>1-Jan-00</b>	MARNM	Monica Dahl		
200		Fly	2:25.92	<b>1-Jan-00</b>	MARNM	Dorothea Neumeister		
200		IM	2:26.88	<b>13-Apr-15</b>	NASU- ZZ	Toni Roth at Sa National Aquatic Championship 2015 Durban		
400		IM	5:13.35	<b>17-Mar-17</b>	NASU	Molina M. Smalley at SA National JNR Age Group Champs 2017-KZN		
200		Free Relay	1:54.10	<b>15-Apr-13</b>	NASU	NASU at SA NAT 2015	Z. Oberholzer, A. Roth, S. Adelaar, K. Schatz	
400		Free Relay	4:20.65	<b>8-Dec-08</b>	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Laborn	
800		Free Relay	10:50.93	<b>1-Jan-95</b>	MARNM	Marlins		
200		Medley Relay	2:30.90	<b>1-Jan-00</b>	SWANM	Swakopmund 1974		

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17-18	400 Medley Relay	4:47.00	<b>1-Jan-00</b>	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Lindemeier	
25-44	50 Free	30.45	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Free	1:09.02	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	200 Free	2:42.68	<b>24-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	400 Free	5:50.08	<b>23-Nov-18</b>	MARL	Benita Kasch	BWK LC Gala 3 record set	
	800 Free	11:56.58	<b>25-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	1500 Free	23:42.36	<b>25-Jan-19</b>	MARL	Benita Kasch	BWK LC Gala 4 record set	
	50 Back	37.25	<b>5-Aug-19</b>	MARL	Sonja Obholzer	18th FINA Masters Champs	
	100 Back	1:24.05	<b>6-Apr-19</b>	MARL	Sonja Obholzer	Aquapentathlon record set	
	200 Back	3:24.54	<b>2-Nov-18</b>	DOL	Sunel Badenhorst	BWK LC Gala 2 record set	
	50 Breast	41.20	<b>25-Jan-19</b>	MARL	Sonja Obholzer	BWK LC Gala 4 record set	
	100 Breast	1:44.06	<b>11-Oct-19</b>	DOL	Sunel Badenhorst	BWK LC Gala 1	
	200 Breast	3:37.16	<b>15-Nov-19</b>	DOL	Lena Brinkmann	BWK LC Gala 2	
	50 Fly	40.70	<b>11-Oct-19</b>	DOL	Lena Brinkmann	BWK LC Gala 1	
	200 IM	3:19.51	<b>11-Oct-19</b>	DOL	Lena Brinkmann	BWK LC Gala 1	
	400 IM	7:24.72	<b>15-Nov-19</b>	DOL	Sunel Badenhorst	BWK LC Gala 2	
	45 & 0	50 Free	38.12	<b>20-Mar-19</b>	MARL	Zoe Mitchell - SAMS National Champs record set	
		100 Free	1:23.39	<b>6-Apr-19</b>	MARL	Zoe Mitchell - Aquapentathlon 2019	
200 Free		2:35.57	<b>5-Aug-19</b>	MARL	Cheryl Young - 18th FINA Masters Champs 2019		
400 Free		7:22.53	<b>11-Mar-21</b>	AQUA	Ulrike Leitner - BWK LC National Championships 2021		
800 Free		11:35.17	<b>5-Aug-19</b>	MARL	Cheryl Young - 18th FINA Masters Champs 2019		
100 Back		1:38.78	<b>15-Nov-19</b>	MAC	Cheryl Young - BWK LC Gala (15 Nov '19)		
200 Back		3:34.65	<b>11-Mar-21</b>	AQUA	Ulrike Leitner - BWK LC National Championships 2021		
50 Fly	46.15	<b>21-Jan-20</b>	MAC	Cheryl Young - LC Gala 3 (21 Jan '20)			
Open	50 Free	26.76	<b>1-Jul-96</b>	MARNM	Monica Dahl		
	100 Free	57.63	<b>1-Jul-96</b>	MARNM	Monica Dahl		
	200 Free	2:08.43	<b>23-May-14</b>	NAM	Sonja Adelaar	ANOCA Games 2014	
	400 Free	4:33.47	<b>1-Mar-96</b>	MARNM	Anita Kruger		
	800 Free	9:25.14	<b>1-Mar-96</b>	MARNM	Anita Kruger		
	1500 Free	18:34.94	<b>1-Jan-00</b>	MARNM	Anita Kruger		
	50 Back	30.09	<b>10-Dec-14</b>	NAM	Zanré Oberholzer at African Union Sports-Region 5 Under 20 YTH Ga		
	100 Back	1:03.36	<b>19-Jul-13</b>	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	200 Back	2:14.52	<b>19-Jul-13</b>	NAM	Zanre Oberholzer	15 FINA World Championships 2013	
	50 Breast	32.69	<b>4-Sep-15</b>	NAM- ZZ	Daniela Lindemeier	All African Games Congo	
	100 Breast	1:10.62	<b>13-Apr-15</b>	NASU- ZZ	Daniela Lindemeier at Sa National Aquatic Championship 2015 Durban		
	200 Breast	2:33.16	<b>13-Apr-15</b>	NASU- ZZ	Daniela Lindemeier at Sa National Aquatic Championship 2015 Durban		
	50 Fly	28.99	<b>7-Apr-14</b>	NASU	Sonja Adelaar	SA National Championships Durban 2014	
	100 Fly	1:04.26	<b>1-Jan-00</b>	MARNM	Monica Dahl		
	200 Fly	2:24.17	<b>1-Jan-00</b>	NSA	Sonja Adelaar	Prestige 2015	
	200 IM	2:22.54	<b>17-Aug-14</b>	NAM	Sonja Adelaar at 2nd Youth Olympic Games		
	400 IM	5:05.80	<b>1-Jan-00</b>	MARNM	Dorothea Neumeister		
	200 Free Relay	1:53.30	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games K Schatz, A Roth, Z Oberholzer, S Adelaar		
	400 Free Relay	4:09.82	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games K Schatz, M Smalley, Z Weber, S Adelaar		
	800 Free Relay	9:08.62	<b>1-Jan-00</b>	NAM	Namibia Team 1992		
	200 Medley Relay	2:04.87	<b>26-Feb-15</b>	NSA	Namib Swim Academy	Z. Oberholzer, D. Lindemeier, S. Adelaar, Z. Web	
	400 Medley Relay	4:28.30	<b>15-Apr-13</b>	NASU	NASU at SA NAT 2015	Z. Oberholzer, D. Lindemeier, S. Adelaar, K. Schatz	

## NASU Swimming Database

### RECORDS NAM-L

#### LC Meters-Men

8 & U	50 Free	36.18	<b>30-Nov-02</b>	NOONM	Hardus Louw	
	50 Back	41.79	<b>11-Oct-19</b>	DOL	Ryan Steyn	BWK LC Gala 1
	50 Breast	47.88	<b>1-Jan-00</b>	SPANM	Francois Saayman	
	50 Fly	39.85	<b>3-Nov-17</b>	AQUA	Eliphas Nakaleke	at BWK LC Gala 2 (Windhoek) 3 - 4 Nov 2017
	200 IM	3:21.33	<b>31-Jan-20</b>	DOL	Andre Badenhorst	BWK LC Gala 3
	200 Free Relay	2:53.34	<b>1-Jan-00</b>	TIGNM	Windhoek Tigers '86	
	150 Medley Relay	2:35.75	<b>1-Jan-00</b>	SWANM	Swakop '84	
	200 Medley Relay	3:08.92	<b>1-Jan-00</b>	TIGNM	Windhoek Tigers '86	
9-10	50 Free	30.70	<b>5-Dec-19</b>	ORA	Nathan Bock	NCASA Champs
	100 Free	1:10.38	<b>5-Dec-19</b>	ORA	Nathan Bock	NCASA Champs
	50 Back	37.22	<b>27-Feb-20</b>	ORA	Nathan Bock	BWK LC Nationals
	100 Back	1:19.14	<b>6-Dec-17</b>	DOL	Oliver B. Durand	at NTS Championships 2017
	50 Breast	40.74	<b>3-Apr-18</b>	NASU	Oliver B. Durand	at SA Level 3 Regional Age Group Champs 2018-CT
	100 Breast	1:27.24	<b>3-Apr-18</b>	NASU	Oliver B. Durand	at SA Level 3 Regional Age Group Champs 2018-CT
	50 Fly	32.87	<b>27-Feb-20</b>	ORA	Nathan Bock	BWK LC Nationals
	100 Fly	1:20.86	<b>5-Dec-19</b>	ORA	Nathan Bock	NCASA Champs
	200 IM	2:47.68	<b>3-Apr-18</b>	NASU	Oliver B. Durand	at SA Level 3 Regional Age Group Champs 2018-CT
	200 Free Relay	2:21.10	<b>25-Feb-16</b>	DOL	Dolphins A J Canjulo	O Ohm, N Esslinger, E von Alvensleben
	200 Medley Relay	2:38.82	<b>1-Jan-00</b>	NAM	SWA Team '88	
	10 & U	400 Free Relay	5:18.10	<b>15-Nov-19</b>	DOL	Dolphins Record Set LC gala 2 E.Jansen, A.Badenhorst, J.Langford, L.Ellis
11-12	50 Free	27.37	<b>17-Mar-17</b>	NASU	Mikah K. Burger	at SA National JNR Age Group Champs 2017-KZN
	100 Free	59.23	<b>17-Mar-17</b>	NASU	Mikah K. Burger	at SA National JNR Age Group Champs 2017-KZN
	50 Back	32.35	<b>21-Mar-18</b>	NASU	Jose N. Canjulo	at SA National JNR Age Group Champs 2018-KZN
	100 Back	1:10.35	<b>21-Mar-18</b>	NASU	Jose N. Canjulo	at SA National JNR Age Group Champs 2018-KZN
	50 Breast	33.96	<b>28-Mar-17</b>	NAM	Mikah Burger	at African Junior Swimming Championship
	100 Breast	1:15.74	<b>7-Dec-16</b>	DOL	Mikah Burger	NTS Championships 2016
	50 Fly	29.61	<b>17-Mar-17</b>	NASU	Mikah K. Burger	at SA National JNR Age Group Champs 2017-KZN
	100 Fly	1:04.22	<b>17-Mar-17</b>	NASU	Mikah K. Burger	at SA National JNR Age Group Champs 2017-KZN
	200 IM	2:26.33	<b>17-Mar-17</b>	NASU	Mikah K. Burger	at SA National JNR Age Group Champs 2017-KZN
	200 Free Relay	2:03.92	<b>22-Feb-18</b>	DOL	Dolphins	Q. Ellis, N. Esslinger, O. Ohm, J. Canjulo
	400 Free Relay	4:49.01	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	R Engelhard, L Kinnaird, H Grant, O Durand
	200 Medley Relay	2:23.24	<b>22-Feb-18</b>	DOL	Dolphins Swimming Club	Q Ellis, J Canjulo, D Lasso Drews, O Ohm
	400 Medley Relay	5:31.87	<b>27-Nov-20</b>	DOL	Dolphins LC Gala 3	J.Langford, F.Steyn, M.Bauernschmitt, L.Kinnaird
	12 & U	200 Free	2:11.42	<b>17-Mar-17</b>	NASU	Mikah K. Burger
400 Free		4:39.03	<b>21-Mar-18</b>	NASU	Jose N. Canjulo	at SA National JNR Age Group Champs 2018-KZN
800 Free		10:29.53	<b>28-Nov-14</b>	DOL	Corne le Roux	Bank Windhoek LC 3 2014
1500 Free		19:52.37	<b>2-Nov-18</b>	DOL	Nico Esslinger	BWK LC Gala 2
200 Back		2:32.05	<b>20-Feb-20</b>	NAM	Oliver Durand	CANA Zone IV
200 Breast		2:48.03	<b>20-Feb-20</b>	NAM	Oliver Durand	CANA Zone IV
200 Fly		2:31.62	<b>16-Feb-17</b>	NAM	Mikah K. Burger	at 2016 Cana Zone IV Swimming Champs-Zimbabwe
400 IM		5:28.94	<b>7-Dec-16</b>	DOL	Mikah Burger	NTS Championships 2016
13-14	50 Free	25.56	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs
	100 Free	55.62	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs
	200 Free	2:00.58	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs
	400 Free	4:14.45	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs
	800 Free	9:18.10	<b>1-Mar-07</b>	NSANM	Tristan McDonald	
	1500 Free	18:16.79	<b>29-Mar-04</b>	DOLNM	Stefan van Zijl	
	50 Back	28.67	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs
	100 Back	1:00.99	<b>4-Dec-19</b>	MAC	Jose Canjulo	NTS Champs

## NASU Swimming Database

### RECORDS NAM-L

13-14	200	Back	2:14.74	<b>19-Mar-19</b>	NASU	Jose Canjulo	SA Junior Championships	
	50	Breast	30.91	<b>15-Nov-19</b>	MAC	Jose Canjulo	BWK LC Gala 2	
	100	Breast	1:09.50	<b>1-Jan-00</b>	TIGNM	Ricardo Eerenstein		
	200	Breast	2:29.31	<b>1-Jan-00</b>	TIGNM	Ricardo Eerenstein		
	50	Fly	26.92	<b>27-Feb-20</b>	MAC	Jose Canjulo	BWK LC Nationals	
	100	Fly	59.40	<b>4-Dec-19</b>	MAC	Jose Canjulo	NTS Champs	
	200	Fly	2:13.32	<b>17-Mar-17</b>	NASU	Corné Le Roux at SA National JNR Age Group Champs 2017-KZN		
	200	IM	2:13.82	<b>11-Sep-19</b>	NAM	Jose Canjulo	13th Junior African Champs	
	400	IM	4:54.35	<b>20-Mar-19</b>	NASU	Jose Canjulo	SA Junior Championships	
	200	Free Relay	1:49.55	<b>21-Feb-19</b>	NSA	NSA	Canjulo, Magongo, De Jager, Burger	
	400	Free Relay	4:09.42	<b>26-Apr-12</b>	NAMIB	NAMIB Rec Set A Skinner, P Seidler, S Rapp, L Lamprecht		
	200	Medley Relay	2:01.23	<b>21-Feb-19</b>	NSA	NSA	Burger, Canjulo, De Jager, Magongo	
15-16	50	Free	24.58	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	100	Free	53.69	<b>12-Mar-15</b>	NASU- ZZ	Alexander Skinner at SA Level 3 National Age Group Champs 2015-PE		
	200	Free	2:00.26	<b>12-Mar-15</b>	NASU- ZZ	Alexander Skinner at SA Level 3 National Age Group Champs 2015-PE		
	400	Free	4:16.09	<b>13-Mar-14</b>	NASU- ZZ	Nicolai Flemming SA Level 3 National Age Group Champs 2014		
	800	Free	9:11.22	<b>14-Apr-21</b>	NSFED	Oliver Ohm at SANJ Champs 2021 in Stellenbosch		
	1500	Free	17:16.50	<b>4-Mar-08</b>	NAMIB- ZZ	Tristan McDonald RSA Level 3		
	50	Back	27.57	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	100	Back	58.91	<b>23-Jul-17</b>	NAM	Ronan Z. Wantenaar at 17th FINA World Championships 2017		
	200	Back	2:05.80	<b>17-Aug-14</b>	NAM	Lushano P. Lamprecht at 2nd Youth Olympic Games		
	50	Breast	30.27	<b>23-Jul-17</b>	NAM	Ronan Z. Wantenaar at 17th FINA World Championships 2017		
	100	Breast	1:06.54	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	200	Breast	2:29.94	<b>1-Sep-98</b>	MARNM	Derrick Langford		
	50	Fly	26.27	<b>11-Dec-20</b>	AQUA	Jose Canjulo	NTS Championships 2020	
	100	Fly	58.21	<b>21-Feb-21</b>	NSFED	Mikah Burger	Grand Prix - Stellenbosch 2021	
	200	Fly	2:11.69	<b>23-Apr-18</b>	NASU	Corné Le Roux at Sa National Aquatic Championship 2018-PE		
	200	IM	2:13.00	<b>1-Dec-17</b>	NSA	Ronan Z. Wantenaar at WP SUMMER CHAMPS		
	400	IM	4:55.26	<b>20-Mar-00</b>	NASU	Martin Oosthuizen SA Junior Championships		
	200	Free Relay	1:49.89	<b>1-Jan-00</b>	NAM	NASU Team 1993		
	400	Free Relay	4:05.08	<b>1-Jan-00</b>	NAM	NASU Team 1993		
	800	Free Relay	9:11.99	<b>1-Jan-00</b>	NAM	Nam Team Afr Jun 98		
	200	Medley Relay	2:02.08	<b>1-Jan-00</b>	MARNM	Marlins 1985		
	400	Medley Relay	4:25.31	<b>27-Nov-20</b>	AQUA	AQUA LC Gala 3	B. Magongo, J. Canjulo, C. de Jager, N.Nell	
	17-18	50	Free	23.58	<b>22-Oct-16</b>	NASU	Alexander Skinner	African Swimming Champs
		100	Free	51.54	<b>17-Oct-16</b>	DOL	Alexander Skinner	African Swimming Champs
		200	Free	1:54.92	<b>18-Mar-16</b>	NASU	Alexander Skinner	Level 3 Championships
		400	Free	4:09.35	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016
800		Free	8:32.76	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016	
1500		Free	16:28.58	<b>10-Apr-16</b>	NAMIB	Philip Seidler	SA Nationals 2016	
50		Back	26.99	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
100		Back	57.75	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
200		Back	2:05.26	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
50		Breast	29.35	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
100		Breast	1:03.75	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
200		Breast	2:21.85	<b>20-Mar-19</b>	NASU	Ronan Z. Wantenaar	SA Junior Championships	
50		Fly	25.98	<b>25-Aug-15</b>	NAM	Lushano Lamprecht	5th FINA Junior World Championships	
100		Fly	56.74	<b>4-May-04</b>	MARNM	Günther Streit		
200		Fly	2:08.88	<b>4-May-04</b>	MARNM	Günther Streit		
200		IM	2:07.47	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
400		IM	4:40.18	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
200		Free Relay	1:40.21	<b>28-Apr-12</b>	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	
400		Free Relay	3:44.18	<b>26-Apr-12</b>	NAMIB	F Hentzen, C Lamprecht	M Winkler, JP Engelbrecht	
800		Free Relay	8:05.60	<b>25-Aug-15</b>	NAM	NAM FINA Junior World Champs	Flemming, Seidler, Lamprecht, Skinner	

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17-18	200 Medley Relay	1:54.46	<b>25-Apr-12</b>	NAMIB	C Lamprecht, M Winkler	F Hentzen, JP Engelbrecht	
	400 Medley Relay	4:16.89	<b>8-Dec-08</b>	NAM	NAM Team, Zone 6, 2008	McDonald, Siedentopf, Briedenhann, Delie	
25-44	50 Free	27.25	<b>5-Aug-19</b>	MARL	Sven Obholzer	18th FINA Masters Champs	
	100 Free	1:01.78	<b>5-Aug-19</b>	MARL	Sven Obholzer	18th FINA Masters Champs	
	200 Free	2:30.97	<b>27-Feb-20</b>	SWA	Dentie Louw	BWK LC Nationals	
	400 Free	5:36.00	<b>11-Mar-21</b>	SWA	Dentie Louw	BKW LC Nationals 2021	
	800 Free	12:03.94	<b>31-Jan-20</b>	DOL	Jan Louis Mostert	LC Gala 3	
	1500 Free	23:01.63	<b>27-Feb-20</b>	DOL	Jan Louis Mostert	BWK LC NATIONALS	
	50 Back	34.63	<b>20-Feb-20</b>	NAM	Dentie Louw	CANA Zone IV	
	100 Back	1:18.12	<b>20-Feb-20</b>	NAM	Dentie Louw	CANA Zone IV	
	50 Breast	36.78	<b>16-Feb-19</b>	NAM	Jurie Badenhorst	CANA Zone IV record set	
	100 Breast	1:22.21	<b>2-Nov-18</b>	DOL	Jurie Badenhorst	BWK LC Gala 2 record set	
	200 Breast	3:03.00	<b>26-Jan-19</b>	DOL	Jurie Badenhorst	BWK LC Gala 4 record set	
	50 Fly	31.05	<b>11-Mar-21</b>	SWA	Dentie Louw	BWK LC Nationals 2021	
	100 Fly	1:19.00	<b>16-Feb-19</b>	NAM	Jurie Badenhorst	CANA Zone IV record set	
	200 Fly	3:14.18	<b>31-Jan-10</b>	DOL	Jan Louis Mostert	LC Gala 3	
	200 IM	2:47.87	<b>25-Jan-19</b>	DOL	Jurie Badenhorst	BWK LC Gala 4 Record Set	
	400 IM	6:32.54	<b>31-Jan-10</b>	DOL	Jan Louis Mostert	LC Gala 3	
	45 & O	50 Free	29.61	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs
		100 Free	1:06.36	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs
200 Free		2:35.29	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs	
400 Free		5:44.17	<b>16-Feb-19</b>	NAM	Paddy Murphy	CANA Zone IV record set	
800 Free		11:18.79	<b>20-Mar-19</b>	MARL	Paddy Murphy	SAMS National Champs record set	
1500 Free		23:04.20	<b>25-Jan-19</b>	NSA	Paddy Murphy	BWK LC Gala 4 record set	
50 Back		38.62	<b>23-Nov-18</b>	MARL	Francois van der Westhuizen	BWK LC Gala 3 record set	
100 Back		1:26.88	<b>27-Feb-20</b>	MAC	Johan Bekker - BKW Namibia National LC Champs '18		
50 Breast		37.22	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs	
100 Breast		1:25.18	<b>5-Aug-19</b>	MARL	Francois van der Westhuizen	18th FINA Masters Champs	
50 Fly		32.88	<b>24-Nov-18</b>	MARL	Gabor Salamon	BWK LC Gala 3	
100 Fly		1:23.04	<b>20-Mar-19</b>	MARL	Gabor Salamon	SAMS Nationa Champs record set	
200 IM		3:17.12	<b>23-Nov-18</b>	NSA	Paddy Murphy	BWK LC Gala 3 record set	
Open	50 Free	23.04	<b>12-Jul-19</b>	NAM	Alexander Skinner	18th FINA World Championships 2019	
	100 Free	50.44	<b>12-Jul-19</b>	NAM	Alexander Skinner	18th FINA World Championships 2019	
	200 Free	1:52.41	<b>12-Nov-20</b>	DOL	Alexander Skinner	2020Toyota US Open Swimming Championships	
	400 Free	4:04.84	<b>3-Apr-17</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban		
	800 Free	8:25.48	<b>3-Apr-17</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2017 Durban		
	1500 Free	16:07.86	<b>23-Apr-18</b>	NASU	Phillip Seidler at Sa National Aquatic Championship 2018-PE		
	50 Back	26.99	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
	100 Back	57.75	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	200 Back	2:05.26	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
	50 Breast	29.35	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	100 Breast	1:03.75	<b>20-Aug-19</b>	NAM	Ronan Wantenaar	7th FINA Junior World Champs	
	200 Breast	2:21.85	<b>20-Mar-19</b>	NASU	Ronan Z. Wantenaar	SA Junior Championships	
	50 Fly	25.88	<b>27-Nov-20</b>	AQUA	Ronan Wantenaar	BWK LC Gala 3	
	100 Fly	56.74	<b>4-May-04</b>	MARNM	Günther Streit		
	200 Fly	2:08.88	<b>4-May-04</b>	MARNM	Günther Streit		
	200 IM	2:07.47	<b>20-Aug-19</b>	NAM	Ronan Z. Wantenaar	7th FINA Junior World Champs	
	400 IM	4:40.18	<b>26-Mar-15</b>	NAMIB	Lushano P. Lamprecht at 58th Malaysia Open Swimming Champs		
	200 Free Relay	1:37.70	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games A Skinner, L Lamprecht, C Lamprecht, N Fle		
	400 Free Relay	3:41.30	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games C Lamprecht, L Lamprecht, A Skinner, N Fle		
	800 Free Relay	8:05.60	<b>25-Aug-15</b>	NAM	NAM FINA Junior World Champs Flemming, Seidler, Lamprecht, Skinner		
	200 Medley Relay	1:53.85	<b>27-Feb-20</b>	MAC	Marlins	C deJager, R Wantenaar, J Canjulo, E Nogueira	
	400 Medley Relay	4:12.53	<b>1-Jan-00</b>	NAM	Namibia AllAfrica 95		

**NASU Swimming Database**

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**RECORDS NAM-L**

## NASU Swimming Database

### RECORDS NAM-L

#### LC Meters-Mixed

8 & U	200	Medley Relay	3:01.03	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	A Naukosho, E Brinkmann, R Steyn, A Badenhorst
9-10	200	Medley Relay	2:41.18	<b>15-Nov-19</b>	AQUA	AQUA Rec Set	R Matyayi, A Kapapa, E Nakaleke, L Esterhuizen
10 & U	400	Medley Relay	6:15.75	<b>15-Nov-19</b>	AQUA	AQUA Record Set LC gala 2	L.Esterhuizen, Kapapa, E.Nakaleke, R.Matyayi
11-12	200	Medley Relay	2:27.03	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	M Ohm, A Naukosho, O Durand, R Engelhard
	400	Medley Relay	5:22.08	<b>9-Oct-20</b>	DOL	Dolphins	M. Brinkmann, F. Steyn, A. Spath, L.Kinnaird
13-14	400	Free Relay	4:19.37	<b>11-Oct-19</b>	DOL	Dolphins Record Set LC gala 1	Q.Ellis, M.Spath, T.Mutumbulua, O.Ohm
	200	Medley Relay	2:15.42	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	Q Ellis, M Stange, L Engelhard, O Ohm
	400	Medley Relay	5:05.95	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	N Esslinger, M Stange, L Engelhard, O Ohm
17-18	400	Free Relay	4:18.88	<b>11-Oct-19</b>	DOL	Dolphins Record Set LC Gala 1	Gertze, Esslinger, Botha, Cioccolanti
	200	Medley Relay	2:16.39	<b>15-Nov-19</b>	DOL	Dolphins Rec Set	H Stergiadis, T Mutumbulua, A Wellmann, M Gertze
Open	400	Free Relay	3:54.58	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games	A Skinner, K Schatz, S Adelaar, N Flemming
	200	Medley Relay	2:23.09	<b>15-Nov-19</b>	AQUA	AQUA Rec Set	T Kaumunika, E Naukushu, D Nitsche, R Westerduin
	400	Medley Relay	4:17.48	<b>10-Dec-14</b>	NAM	Namibia Region 5 Youth Games	Z Oberholzer, A Roth, J Diekmann, N Flemm