

NASU Swimming Database

RECORDS Namibia Short C

SC Meters-Women

8 & U	50 Free	36.89	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019	
	50 Back	41.20	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019	
	50 Breast	47.53	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019	
	50 Fly	39.60	19-Sep-19	AQUA	Rose Matyayi - SC Nationals 20019	
	100 IM	1:26.67	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019	
	200 IM	3:17.57	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019	
	200 Medley Relay	3:17.67	12-Jul-19	DOL	Dolphins Relay -E. Brinkmann, V. De Sousa, A. Naukosho, L. Ellis	
9-10	50 Free	31.23	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	100 Free	1:09.52	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	50 Back	34.44	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	100 Back	1:14.23	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	50 Breast	40.70	1-Jan-00	MAR	Regine Hoffmann - Best Recorded Time	
	100 Breast	1:31.33	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	50 Fly	33.24	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	100 Fly	1:19.61	16-Aug-13	DOL	Heleni Stergiadis - NASU SC National Champs (Aug '13)	
	100 IM	1:17.76	4-Sep-21	AQUA	Roselina Matyayi - SC Gala 5 (MAC) 3 & 4 Sep '21	
	200 IM	2:45.65	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021	
	200 Free Relay	2:41.64	21-Jun-19	AQUA	Aqua Swimming Club - L. Nitsche, H. Kalisch, G. Slinger, A. Kapapa	
	400 Free Relay	6:09.89	9-Aug-19	DOL	Dolphins Relay - A. Naukosho, L. Ellis, V. de Sousa, M. Prinsloo	
	400 Medley Relay	6:59.50	21-Jun-19	DOL	Dolphins Relay - M. Prinsloo, M. Geysler, A. Naukosho, L. Ellis	
	11-12	50 Free	29.20	18-Jul-08	NSA	Christine Briedenhann - SC Gala (July '08)
100 Free		1:03.74	23-Sep-16	DOL	Tiana Esslinger - Namibia SC Nationals (Sep '16)	
50 Back		33.07	23-Sep-16	DOL	Tiana Esslinger - Namibia SC Nationals (Sep '16)	
100 Back		1:10.22	23-Sep-16	DOL	Tiana Esslinger - Namibia SC Nationals (Sep '16)	
50 Breast		38.31	25-Sep-15	DOL	Heleni Stergiadis - Namibia SC National Champs (Sep '15)	
100 Breast		1:21.83	25-Sep-15	DOL	Heleni Stergiadis - Namibia SC National Champs (Sep '15)	
50 Fly		31.87	18-Jul-08	NSA	Christine Briedenhann - SC Gala (July '0)	
100 Fly		1:11.13	25-Sep-15	DOL	Heleni Stergiadis - Namibia National SC Champs (2015)	
100 IM		1:12.07	25-Aug-15	DOL	Heleni Stergiadis - Namibia National SC Champs (2015)	
200 IM		2:33.28	26-Jan-19	SWA	Danielle Mostert - BWK LC/SC Gala 4 (Jan '19)	
200 Free Relay		2:11.16	21-Jun-19	DOL	Dolphins Relay - P. Mothoemang, M. Ohm, M. Brinkmann, A. Naukosho	
400 Free Relay		5:00.33	9-Aug-19	AQUA	Aqua Club - K. Klein, Q. Benade, R. Westerduin, J. Humphrey	
200 Medley Relay		2:26.57	12-Jul-19	DOL	Dolphins Relay - M. Brinkmann, L. Kinnaird, A. Naukosho, O. Ohm	
400 Medley Relay		5:23.43	21-Jun-19	DOL	Dolphins Relay - M. Brinkmann, B. Kinnaird, A. Naukosho, M. Ohm	
12 & U		200 Free	2:20.41	25-Jul-15	DOL	Heleni Stergiadis - NASU SC Gala 3 '15
		400 Free	4:53.65	5-Sep-15	DOL	Heleni Stergiadis - NASU SC Gala 4 (5 Sep '15)
		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 Stergiadis - NASU SC Gala 2 (June '14)	
	200 Back	2:31.09	2-Jul-16	DOL	Tiana Esslinger - NASU SC Gala 2 (Jul '16)	
	200 Breast	2:53.40	30-May-15	DOL	Heleni Stergiadis - NASU SC Gala 1 (May '15)	
	200 Fly	2:45.88	13-Sep-14	DOL	Heleni Stergiadis - SC Gala 4 (ORA) 13 Sep '14	
	400 IM	5:30.40	27-Jun-15	DOL	Heleni Stergiadis - NASU SC Gala 2 (27 June '15)	
	13-14	50 Free	26.82	15-Dec-10	NSA	Christine Briedenhann - 10th FINA World Championships, Dubai (2010)
100 Free		58.87	3-Sep-10	NSA	Christine Briedenhann - SC Gala 3&4 (Sep '10)	
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 - NASU SC Gala 4 (Aug '17)	
800 Free		9:42.55	13-Apr-13	DOL	Molina Smalley - NASU SC Gala 4 (Apr '13)	
1500 Free		19:41.26	9-Jun-12	NSA	Zanré Oberholzer - SC Gala 1 (June '12)	
50 Back		29.96	16-Aug-13	NSA	Zanré Oberholzer - NASU SC National Champs (Aug '13)	
100 Back		1:03.27	29-Sep-17	DOL	Heleni Stergiadis - Namibian SC National Champs (Sep '17)	

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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 (Sep '10)	
	100 Breast	1:16.29	15-Sep-12	NSA	Kiah Borg	- SC Champs (Sep '12)	
	200 Breast	2:46.46	30-Jul-16	DOL	Heleni Stergiadis	- NASU SC Gala 3 (Jun '16)	
	50 Fly	29.77	14-Sep-12	NSA	Kiah Borg	- SC Champs (Sep '12)	
	100 Fly	1:05.54	29-Sep-17	DOL	Heleni Stergiadis	- Namibian SC National Champs (Sep '17)	
	200 Fly	2:26.68	8-Sep-17	DOL	Heleni Stergiadis	- NASU SC Gala 4 (Aug '17)	
	100 IM	1:06.82	29-Sep-17	DOL	Heleni Stergiadis	- Namibian SC National Champs (Sep '17)	
	200 IM	2:23.86	9-Jun-17	DOL	Heleni Stergiadis	- NASU SC Gala 1 (June '17)	
	400 IM	5:06.14	25-Aug-16	DOL	Heleni Stergiadis	- SA SC Champs (Aug '16)	
	200 Free Relay	2:04.36	4-Sep-21	AQUA	Aqua Relay	- Q. Benade, K. Klein, A. Rey, R. Westerduin	
	400 Free Relay	4:32.29	9-Aug-19	DOL	Dolphins Relay	- M. Spath, K. Kandali, M. Stange, T. Mutumbulua (Aug '19)	
	400 Medley Relay	5:36.19	21-Jun-19	DOL	Dolphins Relay	- Nicole-Wilson, Coetzer, Mutumbulua, Stange (Jun '19)	
	15-16	50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann	- NASU SC Gala 4 (Oct '12)
100 Free		57.58	3-Dec-14	NAM	Sonja Adelaar	- 12th World Swimming Champs (Dec '14)	
200 Free		2:08.49	27-Oct-18	DOL	Heleni Stergiadis	- SC Nationals (Oct '18)	
400 Free		4:29.55	27-Oct-18	DOL	Heleni Stergiadis	- SC Nationals (Oct '18)	
800 Free		9:21.12	4-Oct-14	DOL	Molina Smalley	- City of Plymouth (Oct '14)	
1500 Free		18:25.90	6-Jul-18	DOL	Heleni Stergiadis	- NSAU SC Gala 2 (Jul '18)	
50 Back		28.80	3-Dec-14	NAM	Zanré Oberholzer	- 12th World Swimming Champs (Dec '14)	
100 Back		1:00.90	3-Dec-14	NAM	Zanré Oberholzer	- 12th World Swimming Champs (Dec '14)	
200 Back		2:10.95	3-Dec-14	NAM	Zanré Oberholzer	- 12th World Swimming Champs (Dec '14)	
50 Breast		33.98	25-Sep-15	NSA	Sonja Adelaar	- Namibia National SC Champs (Sep '15)	
100 Breast		1:14.45	16-Aug-13	NSA	Toni Roth	- NASU SC National Champs (Aug '13)	
200 Breast		2:37.78	7-Aug-14	NSA	Toni Roth	- SAShort Course Swimming Champs (25m) PMBG (Aug '14)	
50 Fly		29.49	5-Oct-12	NSA	Christine Briedenhann	- NASU SC Gala 4 (Oct '12)	
100 Fly		1:04.82	25-Sep-15	NSA	Sonja Adelaar	- Namibia National SC Champs (Sep '15)	
200 Fly		2:21.85	19-Sep-19	DOL	Heleni Stergiadis	- SC Nationals (2019)	
100 IM		1:04.73	3-Dec-14	NAM	Sonja Adelaar	- 12th World Swimming Championships (Dec '14)	
200 IM		2:19.33	3-Dec-14	NAM	Sonja Adelaar	- 12th World Swimming Champs (Dec '14)	
400 IM		4:58.62	27-Oct-18	DOL	Heleni Stergiadis	- SC Nationals (Oct' 188)	
400 Free Relay		4:32.29	9-Aug-19	DOL	Dolphins Relay	- N. Redecker, A. Maritz, J. Liebenberg, V. Ellmies (Aug '18)	
17-18		50 Free	27.58	5-Aug-11	DOL	Kari Van Der Vaart	- SC Champs (Aug '11)
		100 Free	59.38	3-Dec-14	NAM	Toni Roth	- 12th World Swimming Champs (Dec '14)
	200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann	- Time set on 09 April 2008	
	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 (Jul '15)	
	1500 Free	24:29.16	24-Nov-17	ORA	Sonique Spangenberg	- SC Gala (Nov '17)	
	50 Back	29.90	23-Sep-16	NSA	Zanré Oberholzer	- Namibian SC Nationals (Sep '16)	
	100 Back	1:04.64	23-Sep-16	NSA	Zanré Oberholzer	- Namibian SC Nationals (Sep '16)	
	200 Back	2:24.78	23-Sep-21	DOL	Tiana Esslinger	- SC Nationals 2021	
	50 Breast	33.85	15-Dec-10	NSA	Daniela Lindemeier	- 10th FINA World Champs (Dec '10)	
	100 Breast	1:13.44	15-Dec-10	NSA	Daniela Lindemeier	- 10th FINA World Champs (Dec '10)	
	200 Breast	2:34.33	3-Dec-14	NAM	Toni Roth	- 12th World Swimming Champs (Dec '14)	
	50 Fly	30.09	23-Sep-16	DOL	Molina Smalley	- Namibian SC Nationals (Sep '16)	
	100 Fly	1:06.58	23-Sep-16	DOL	Molina Smalley	- Namibia SC Nationals (Sep '16)	
	200 Fly	2:33.71	23-Sep-21	DOL	Nicole Redecker	- SC Nationals 2021	
	100 IM	1:04.79	3-Dec-14	NAM	Toni Roth	- 12th World Swimming Champs (Dec '14)	
	200 IM	2:20.56	3-Dec-14	NAM	Toni Roth	- 12th World Swimming Champs (Dec '14)	
	400 IM	4:57.68	3-Dec-14	NAM	Toni Roth	- 12th World Swimming Champs (Dec '14)	
	200 Free Relay	1:59.88	2-Jul-16	NSA	NSA Relay	- K. Borg, Z. Oberholzer, T. Roth, K. Schatz (Jul '16)	
	400 Medley Relay	5:12.06	21-Jun-19	DOL	Dolphins Relay	- A. Maritz, H. Stergiadis, V. Botha, C. Esslinger (Jun '19)	
	25-44	50 Free	32.52	23-Sep-21	AQUA	Janine Leitner	- SC Nationals 2021

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RECORDS Namibia Short C

25-44	100 Free	1:13.36	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	200 Free	2:45.98	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	400 Free	5:55.38	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	800 Free	13:43.12	3-Aug-18	AQUA	Anel van der Vyver - NASU SC Gala 3 (Aug '18)
	50 Back	37.86	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	100 Back	1:26.94	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	200 Back	3:02.35	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	50 Breast	40.78	27-Sep-18	DOL	Sunel Badenhorst - Namibia SC Nationals (Sep '18)
	100 Breast	1:36.70	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	200 Breast	3:34.06	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	50 Fly	40.86	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	100 IM	1:26.00	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	200 IM	3:08.92	23-Sep-21	AQUA	Janine Leitner - SC Nationals 2021
	45 & 0	50 Free	39.11	23-Sep-21	AQUA
100 Free		1:15.55	21-Jun-19	MARL	Cheryl Young - SC Gala 2 (Jun '19)
200 Free		3:17.81	23-Sep-21	AQUA	Ulrike Leitner - SC Nationals 2021
400 Free		5:45.69	21-Jun-19	MARL	Cheryl Young - SC Gala 2 (Jun '19)
800 Free		11:59.03	21-Jun-19	MARL	Cheryl Young - SC Gala 2 (Jun '19)
50 Back		40.94	4-Sep-21	SWA	Lucy Louw - SC Gala 5 (SWA) - Sep '21
100 Back		1:31.25	4-Sep-21	AQUA	Lucy Louw - SC Gala 5 (SWA) - Sep '21
200 Back		3:19.07	23-Sep-21	AQUA	Ulrike Leitner - SC Nationals 2021
50 Breast		54.91	23-Sep-21	AQUA	Ulrike Leitner - SC Nationals 2021
50 Fly		39.00	12-Jul-19	MARL	Cheryl Young - SC Gala 3 (Jul '19)
100 IM		1:25.89	12-Jul-19	MARL	Cheryl Young - SC Gala 3 (Jul '19)
400 IM		7:08.45	21-Jun-19	MARL	Cheryl Young - SC Gala 2 (Jun '19)
Open		50 Free	26.74	5-Oct-12	NSA
	100 Free	57.58	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
	200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann (Apr '08)
	400 Free	4:29.55	27-Oct-18	DOL	Heleni Stergiadis - SC Nationals 2018
	800 Free	9:21.12	4-Oct-14	DOL	Molina Smalley - City of Plymouth 2014
	1500 Free	18:25.90	6-Jul-18	DOL	Heleni Stergiadis - NASU SC Gala 2 (Jul '18)
	50 Back	28.80	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	100 Back	1:00.90	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	200 Back	2:10.95	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	50 Breast	32.71	25-Sep-15	NSA	Daniela Lindemeier - Namibia National SC Champs 2015
	100 Breast	1:10.72	25-Sep-15	NSA	Daniela Lindemeier - Namibia National SC Champs (Sep '15)
	200 Breast	2:33.73	15-Aug-14	NSA	Daniela Lindemeier - NASU SC National Champs (Aug '14)
	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 ChampS '15
	200 Fly	2:21.85	19-Sep-19	DOL	Heleni Stergiadis - SC Nationals (2019)
	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 - 12th World Swimming Champs (2014)
	400 IM	4:57.68	3-Dec-14	NAM	Toni Roth - 12th World Swimming Champs '14
	200 Free Relay	1:56.42	17-Jun-15	NSA	NSA Relay - A. Roth, Z. Weber, S. Adelaar, K. Schatz
	200 Medley Relay	2:07.52	7-Jul-17	DOL	Dolphins Relay - SC Gala 2 (2017) - Sterigiadis, Borg, Smalle, 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 - NASFED SC Gala 1
	50 Back	40.19	9-Sep-16	DOL	Ryan Steyn - SC Nationals 2019
	50 Breast	46.89	16-Aug-13	DOL	Mikah Burger - NASU SC National Championships 16-18 Aug 2013
	50 Fly	40.79	19-Sep-19	DOL	Ryan Steyn - SC Nationals 2019
	100 IM	1:32.04	19-Sep-19	DOL	Ryan Steyn - SC Nationals 2019
	200 IM	3:19.16	11-Jun-16	DOL	Oliver Durand - NASU Short Course Gala 1 '16
	200 Free Relay	3:15.56	18-Sep-09	NAM	NAM 2009 - Hecht, Le Roux, Loftie-Eaton, Oosthuizen
	200 Medley Relay	3:10.68	12-Jul-19	DOL	Dolphins Relay - A. Badenhorst, V. Engelhard, J. Badenhorst, R. Steyn
9-10	50 Free	30.91	15-Nov-19	ORA	Nathan Bock - SC-LC Gala 2 (ORA) Nov '19
	100 Free	1:07.85	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	50 Back	35.24	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	100 Back	1:15.62	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	50 Breast	39.59	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	100 Breast	1:25.23	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	50 Fly	32.80	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	100 Fly	1:13.57	6-Jul-18	DOL	Oliver Durand - SC Gala (Jul '18)
	100 IM	1:14.32	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	200 IM	2:41.91	7-Sep-18	DOL	Oliver Durand - NASU SC Gala 4 (Sep '14)
	200 Free Relay	2:31.69	18-Sep-09	NAM	Namibia ('09) - Cloete, Lamprecht, Nell, Theissen
	400 Free Relay	5:42.78	9-Aug-19	DOL	Dolphins Relay - M. Hooker, N. Chase, R. McNamara, L. Ellis
	200 Medley Relay	2:47.82	12-Jul-19	DOL	Dolphins Relay - J. Langford, L. Ellis, N. Chase, R. McNamara
	11-12	50 Free	26.33	27-Oct-18	NSA
100 Free		57.44	3-Aug-18	NSA	José Canjulo - NASU SC Gala 3 (Aug '18)
50 Back		29.78	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
100 Back		1:04.47	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
50 Breast		32.32	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
100 Breast		1:10.84	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
50 Fly		28.37	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
100 Fly		1:02.09	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
100 IM		1:04.06	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
200 IM		2:19.15	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
200 Free Relay		2:08.46	4-Sep-21	AQUA	Aqua Record - L. Esterhuizen, K. Benade, Lj. Armstrong, E. Nakaleke
400 Free Relay		5:04.36	9-Aug-19	DOL	Dolphins Relay - J. Bezuidenhout, F. Steyn, H. Grant, O. Durand
200 Medley Relay		2:17.94	7-Jul-17	DOL	Dolphins Relay - SC Gala 2 (2017) - De Jager, Canjulo, Burger, Ohm
400 Medley Relay		5:33.87	21-Jun-19	DOL	Dolphins Relay - F. Steyn, H. Grant, O. Durand, C. McNamara
12 & U	200 Free	2:06.78	27-Oct-18	NSA	José Canjulo - SC Nationals 2019
	400 Free	4:27.46	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	800 Free	10:16.29	3-Aug-18	DOL	Nico Esslinger - NASU SC Gala 3 (Aug '18)
	1500 Free	19:44.56	10-May-19	DOL	Oliver Durand - NASU SC Gala 1 (May '19)
	200 Back	2:22.26	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
	200 Breast	2:48.22	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
	200 Fly	2:21.28	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	400 IM	4:50.86	27-Oct-18	NSA	José Canjulo - SC National '18
13-14	50 Free	24.95	19-Sep-19	MAC	José Canjulo - SC Nationals 2019
	100 Free	54.10	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	200 Free	1:59.88	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	400 Free	4:24.68	19-Sep-19	DOL	Mikah Burger - SC Nationals (Sep '19)
	800 Free	9:12.22	13-Apr-13	NSA	Nicolai Flemming - NASU SC Gala 4 (Apr '13)
	1500 Free	18:30.06	9-Jun-12	NSA	Lushano Lamprecht SC Gala 1 (June '12)
	50 Back	27.46	19-Sep-19	MAC	José Canjulo - SC Nationals (Sep '19)

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RECORDS Namibia Short C

13-14	100	Back	59.27	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	200	Back	2:10.15	19-Sep-19	DOL	Mikah Burger - SC Nationals (Sep '19)
	50	Breast	30.93	21-Jun-19	NSA	José Canjulo - SC Gala 2 (June '19)
	100	Breast	1:04.70	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	200	Breast	2:30.97	23-Sep-21	DOL	Oliver Durand - SC Nationals 2021
	50	Fly	26.29	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	100	Fly	58.81	12-Jul-19	DOL	Mikah Burger - SC Gala 3 (Jul '19)
	200	Fly	2:13.54	19-Sep-19	DOL	Mikah Burger - SC Nationals (Sep '19)
	100	IM	1:00.64	19-Sep-19	MAC	José Canjulo - SC Nationals (Sep '19)
	200	IM	2:11.29	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	400	IM	4:42.69	23-Sep-21	DOL	Oliver Durand - SC Nationals 2021
	200	Free Relay	1:55.93	21-Jun-19	DOL	Dolphins Relay - Q. Ellis, N.Esslinger, O. Ohm, KP. Rathenam (Jun '19)
	400	Free Relay	4:11.43	9-Aug-19	DOL	Dolphins Relay - O. Ohm, L. Du Raan, Q. Ellis, M. Burger (Aug '19)
	200	Medley Relay	2:03.47	12-Jul-19	DOL	Dolphins Relay - Q. Ellis, KP. Rathenam, M. Burger, O. Ohm (Jul '19)
	400	Medley Relay	5:00.87	21-Jun-19	DOL	Dolphins Relay - N. Esslinger, KP. Rathenam, Q. Ellis, L. Du Raan (Jun '19)
	15-16	50	Free	24.23	29-Sep-17	NSA
100		Free	52.81	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
200		Free	1:55.89	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
400		Free	4:05.67	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
800		Free	8:42.23	23-Sep-21	DOL	Oliver Ohm - SC Nationals 2021
1500		Free	16:54.22	23-Sep-21	DOL	Oliver Ohm - SC Nationals 2021
50		Back	26.73	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
100		Back	57.14	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
200		Back	2:02.92	19-Jul-14	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)
50		Breast	29.08	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
100		Breast	1:04.44	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
200		Breast	2:23.63	4-Aug-17	NSA	Ronan Wantenaar - NASU SC Gala 3 (Aug '17)
50		Fly	26.18	23-Sep-21	DOL	Mikah Burger - SC Nationals 2021
100		Fly	56.78	23-Sep-21	DOL	Mikah Burger - SC Nationals 2021
200		Fly	2:07.36	21-Mar-18	NAM	Corné Le Roux - 2018 CANA Zone IV Swimming Champs (Mar '18)
100		IM	57.66	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
200		IM	2:09.25	23-Sep-21	AQUA	José Canjulo - SC Nationals 2021
400		IM	4:44.22	7-Jul-17	NSA	Ronan Wantenaar - NASU SC Gala 2 (Jul '17)
200		Free Relay	1:44.18	4-Sep-21	DOL	Dolphins Relay - M. Burger, KP. Rathenam, N. Esslinger, O. Ohm (Sep '21)
200		Medley Relay	2:01.76	18-Sep-09	NAM	Namibian Relay - J. Leitner, M. Van Wyk, F. Mudge, JP. Engelbrecht (Sep '09)
17-18	50	Free	23.04	25-Aug-16	DOL	Alexander Skinner - SA SC Champs (Aug '16)
	100	Free	49.77	9-Dec-16	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)
	200	Free	1:51.69	25-Aug-16	DOL	Alexander Skinner - SA SC Champs (Aug '16)
	400	Free	4:12.17	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	800	Free	9:12.32	19-Sep-19	DOL	Corné le Roux - Namibian SC Nationals (Sep '19)
	1500	Free	16:47.38	25-Jul-15	DOL	Phillip Seidler - NASU SC Gala 3 (Jul '15)
	50	Back	26.26	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)
	100	Back	57.10	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)
	200	Back	2:03.64	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	50	Breast	28.75	11-Dec-18	NAM	Ronan Wantenaar - 14th FINA World Champs in China (Dec '18)
	100	Breast	1:02.91	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)
	200	Breast	2:20.53	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)
	50	Fly	25.97	7-Dec-16	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)
	100	Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)
	200	Fly	2:10.10	19-Sep-19	DOL	Corné Le Roux - SC Nationals (Sep '19)
	100	IM	57.24	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)
	200	IM	2:08.04	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)
	400	IM	4:39.65	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	200	Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Relay - B. Theron, A. Oberholster, A. Loftie-Eaton, A. Skinner (Jun '15)

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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 Relay - A. Wellmann, A. Hagen, F. Setzkorn, M. Gertze (Jul '19)
	400 Medley Relay	4:20.32	10-Dec-10	NAM	Namibian Relay - Engelbrecht, Kulikowski, Mudge, Niemann (Zone 6) - 2010
25-44	50 Free	27.54	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	100 Free	1:02.45	23-Sep-21	SWA	Dentie Louw - SC Nationals 2021
	200 Free	2:20.71	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	400 Free	5:11.98	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	800 Free	12:00.59	3-Nov-17	DOL	Dentie Louw - BWK LC Gala 2 (SWA) - 3 Nov '17
	50 Back	33.70	27-Aug-18	SWA	Dentie Louw - Namibia SC Nationals (Aug '18)
	100 Back	1:15.13	23-Sep-21	SWA	Dentie Louw - SC Nationals 2021
	50 Breast	33.27	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	100 Breast	1:18.98	27-Sep-18	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	200 Breast	2:50.72	27-Sep-18	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	50 Fly	29.44	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	100 Fly	1:12.29	27-Sep-18	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	200 Fly	3:24.41	21-Jun-19	DOL	Jan Louis Mostert - SC Gala 2 (Jun '19)
	100 IM	1:09.02	23-Sep-21	MAC	Quinton Delie - SC Nationals 2021
	200 IM	2:38.28	27-Sep-18	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	45 & O	50 Free	29.29	23-Sep-21	MAC
100 Free		1:04.74	23-Sep-21	MAC	Francois van der Westhuizen - SC Nationals 2021
800 Free		11:40.56	19-Sep-19	MAC	Paddy Murphy - SC Nationals 2019
1500 Free		22:02.59	19-Sep-19	MAC	Paddy Murphy - SC Nationals 2019
50 Back		36.26	23-Sep-21	MAC	Francois van der Westhuizen - SC Nationals 2021
50 Breast		37.31	23-Sep-21	MAC	Francois van der Westhuizen - SC Nationals 2021
50 Fly		33.66	21-Jun-19	MAC	Gabor Salamon - SC Gala 2 (21 June '19)
100 Fly		1:36.64	23-Sep-21	AQUA	Richard Coomer - SC Nationals 2021
100 IM		1:31.14	23-Sep-21	AQUA	Richard Coomer - SC Nationals 2021
200 IM		3:31.78	23-Sep-21	AQUA	Richard Coomer - SC Nationals 2021
Open		50 Free	22.59	9-Aug-19	DOL
	100 Free	49.59	9-Aug-19	DOL	Alexander Skinner - SC Gala 4 (Aug '14)
	200 Free	1:51.69	25-Aug-16	DOL	Alexander Skinner - SA SC Champs (Aug '16)
	400 Free	3:57.94	19-Sep-19	DOL	Phillip Seidler - SC Chaps 2019
	800 Free	8:10.69	6-Nov-20	DOL	Phillip Seidler - LC/SC Gala 2 (Nov '20)
	1500 Free	15:35.99	19-Sep-19	DOL	Phillip Seidler - SC Nationals 2019
	50 Back	25.76	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	100 Back	56.97	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	200 Back	2:02.92	19-Jul-14	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)
	50 Breast	28.15	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	100 Breast	1:01.91	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	200 Breast	2:20.53	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (2018)
	50 Fly	25.97	8-Dec-16	DOL	Alexander Skinner - FINA SC World ChampS '16
	100 Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (2019)
	200 Fly	2:07.36	21-Mar-18	NAM	Corné Le Roux - 2018 Cana Zone IV Swimming Champs - Malawi
	100 IM	56.82	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	200 IM	2:08.04	27-Oct-18	NSA	Ronan Z Wantenaar - SC Nationals (2018)
	400 IM	4:39.65	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs 2015
	200 Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Relay - B. Theron, A. Oberholster, A. Loftie-Eaton, A. Skinner
	400 Free Relay	3:48.18	9-Aug-19	DOL	Dolphins Relay - A. Wellmann, J. Cioccolanti, M. Henning, A. Skinner
	200 Medley Relay	1:53.51	12-Jul-19	DOL	Dolphins - M. Henning, J. Cioccolanti, C. Le Roux, A. Skinner

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SC Meters-Mixed

9-10	200 Free Relay	3:05.05	10-May-19	ORA	Oranjemund Relay - van der Hoven, Bock, Namalemo, Feris
	400 Medley Relay	6:00.06	9-Aug-19	AQUA	Aqua Swimming Club - L. Esterhuizen, L. Nitsche, E. Nakaleke, A. Kapapa
11-12	400 Free	4:39.68	12-Jul-19	DOL	Dolphins Relay - 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 Relay - R. Feris, T. Nell, S. Feris, A. Uunona
	400 Medley Relay	5:34.02	9-Aug-19	DOL	Dolphins Relay - F. Steyn, M. Puturi, B. Spath, H. Grant
13-14	200 Free Relay	2:02.20	10-May-19	DOL	Dolphins Relay - Mothoemang, Naukosho, Rathenam, Burger (May '19)
	400 Free Relay	4:15.42	12-Jul-19	DOL	Dolphins Relay - M. Spath, O. Ohm, T. Mutumbulua, M. Burger (Jul '19)
	200 Medley Relay	2:18.96	10-May-19	DOL	Dolphins Relay - Mothoemang, Rathenam, Naukosho, Burger (May '19)
	400 Medley Relay	4:45.29	9-Aug-19	DOL	Dolphins Relay - T. Mutumbulua, Q. Ellis, M. Burger, M. Spath (Aug '19)
17-18	200 Medley Relay	2:26.52	10-May-19	ORA	Oranjemund Relay - Spangenberg, Witbooi, Spangenberg, Jacob (May '19)
	400 Medley Relay	4:29.27	9-Aug-19	DOL	Dolphins Relay - N. Redecker, J. Cioccolanti, M. Henning, V. Ellmies (Aug '19)
Open	200 Free Relay	1:45.76	12-Aug-15	NSA	NSA Relay - Delie, Adelaar, Borg, Flemming
	400 Free Relay	3:55.65	12-Jul-19	DOL	Dolphins Relay - C. Le Roux, V. Botha, M. Smalley, A. Skinner