

NASU Swimming Database

RECORDS NASFED LC

LC Meters-Women

9-10	200	Free Relay	2:23.88	1-Dec-12	DOL	Dolphins	Stergiadis H, Botha V, Liebenberg J, Esslinger C
10 & U	400	Medley Relay	6:39.46	27-Nov-20	DOL	Dolphins LC Gala 3	A. Naukosho, E. Brinkmann, M. Prinsloo, V. De Sous
11-12	400	Free Relay	5:12.15	15-Nov-19	DOL	Dolphins Rec Set	A Naukosho, A Spath, C Rossouw, M Ohm
	400	Medley Relay	5:40.03	10-Nov-19	DOL	Dolphins Record Set LC gala 1	M.Brinkmann, C.Rossouw, A.Naukosho, M.Ohr
12 & U	400	Free	4:42.54	18-Mar-16	NASU	Joanne Liebenberg	Level 3 Championships
	800	Free	9:39.96	18-Mar-16	NASU	Joanne Liebenberg	Level3 Championships
	1500	Free	19:37.42	4-Dec-14	DOL	Joanne Liebenberg at NTS	Championships 2014
13-14	800	Free	9:35.53	17-Mar-17	NASU	Joanne Liebenberg at SA	National JNR Age Group Champs 2017-KZN
	200	Fly	2:29.56	17-Mar-17		Joanne Liebenberg at SA	National JNR Age Group Champs 2017-KZN
45 & O	50	Free	33.10	20-Mar-19	MARL	Jane Samson - SAMS National Champs 2019	
	100	Free	1:15.90	6-Apr-19	MARL	Jane Samson - SAMS National Champs 2019	
	1500	Free	26:18.69	25-Jan-19	NSA	Mary Fitzpatrick - BWK LC Gala 4 (15 Jan '19)	
	50	Breast	42.45	20-Mar-19	MARL	Jane Samson - SAMS National Champs 2019	
	100	Breast	1:35.38	20-Mar-19	MARL	Jane Samson - SAMS National Champs 2019	
	50	Fly	36.91	23-Nov-18	NSA	Jane Samson - BWK LC Gala 3 (23 Nov '18)	
	200	IM	3:13.96	20-Mar-19	MARL	Jane Samson - SAMS National Champs 2019	

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LC Meters-Men

8 & U	50 Free	35.70	2-Feb-07	DOL	Alexander Skinner	
	200 Free Relay	2:47.06	21-Feb-19	DOL	Dolphins	Badenhorst A, Badenhorst J, Jiaon N, Steyn R
9-10	100 Free	1:10.36	5-Dec-08	DOL	Alexander Skinner	Record set NCASA
	200 Free Relay	2:16.92	26-Feb-15	DOL	B van der Walt. C. De Jager. E Von Alvensleben, M Burger	
10 & U	400 Medley Relay	6:09.42	27-Nov-20	DOL	Dolphins LC Gala 3	R.Steyn, E. Jansen, N. Jiao, A. Badenhorst
13-14	400 Medley Relay	4:47.47	27-Nov-20	DOL	Dolphins LC Gala 3	O. Durand, R. Zhou, N. Esslinger, O. Ohm
45 & O	100 Back	1:26.88	27-Feb-20	MAC	Johan Bekker Record Set	BWK LC Nationals
	200 Breast	3:52.37	15-Nov-19	MAC	Johan Bekker Record Set	BWK LC Gala 2

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LC Meters-Mixed

10 & U	400 Free Relay	5:18.24	6-Nov-20	DOL	Dolphins Swimming Club	N.Jiao, A.Naukosho, M.Prinsloo, E.Jansen
	400 Medley Relay	6:09.36	9-Oct-20	DOL	Dolphins LC Gala 1	A.Naukosho, E.Jansen, N.Jiao, M.Prinsloo
11-12	400 Free Relay	4:51.90	6-Nov-20	AQUA	Aqua Swimming Club	Q.Benade, E.Nakaleke, J.Humphrey, M.Tibazarwa
15-16	400 Free Relay	4:11.14	11-Oct-19	DOL	Dolphins Record Set LC Gala 1	A.Wellmann, H.Stergiadis, V.Ellmies, M.Henni
	200 Medley Relay	2:10.39	15-Nov-19	DOL	Dolphins Rec Set	Esslinger, Burger, Henning, Ellmies
	400 Medley Relay	4:42.10	15-Nov-19	DOL	Dolphins Rec Set	Esslinger, Rathenam, Henning, Ellmies
17-18	400 Free Relay	4:01.23	6-Nov-20	DOL	Dolphins Swimming Club	A.Wellmann, H.Stergiadis, V.Ellmies, M.Henni
	400 Medley Relay	4:39.04	9-Oct-20	DOL	Dolphins	H.Stergiadis, A.Wellmann, M.Henning, V.Ellmies