

Namibia Swimming Federation - Database

RECORDS NAM-L

LC Meters-Women

8 & U	50 Free	36.82	28-Jan-10	NSA	Zuné Weber - Namibian National Championships 2010
	50 Back	42.35	11-Oct-19	AQUA	Roselinda Matyayi - BWK LC Gala 1 (Oct '19)
	50 Breast	46.00	1-Jan-00	TSUNM	Tesra Broodryk - Date Unknown
	50 Fly	42.90	10-Dec-04	NSANM	Christine Briedenhann - Set Dec 2004
	200 IM	3:29.57	11-Oct-19	AQUA	Roselinda Matyayi - BWK LC Gala 1 (Oct '19)
	200 Free Relay	2:20.78	21-Feb-19	DOL	Dolphins Relay - Ellis, Brinkmann, Naukosho, De Sousa
	200 Medley Relay	2:28.93	29-Aug-09	NSA	Namib Swim Academy J. Oberholzer, A. Olivotto, Y. Hierath, Z. Weber
9-10	50 Free	30.89	13-Dec-06	NSANM	Christine Briedenhann - Set December 2006
	100 Free	1:07.28	13-Dec-06	NSANM	Christine Briedenhann - Set December 2006
	50 Back	36.34	11-Mar-21	AQUA	Roselinda Matyayi - BKW LC Nationals 2021
	100 Back	1:18.13	4-Dec-14	DOL	Tiana Esslinger - NTS Championships 2014
	50 Breast	41.58	13-Dec-06	NSANM	Christine Briedenhann - Set December 2006
	100 Breast	1:32.11	13-Dec-06	NSANM	Christine Briedenhann
	50 Fly	33.96	13-Dec-06	NSANM	Christine Briedenhann - Set December 2006
	100 Fly	1:21.18	13-Dec-06	NSANM	Christine Briedenhann - Set December 2006
	200 IM	2:51.28	12-Oct-13	DOL	Heleni Stergiadis - BKW LC Gala 1 Tsumeb (Oct '13)
	200 Free Relay	2:23.88	29-Nov-12	DOL	Dolphins Swimming Club H. Stergiadis, V. Botha, J. Liebenberg, C. Essling
	200 Medley Relay	2:42.06	22-Feb-22	DOL	Dolphins Relay - Bank Windhoek LC Nationals 2022
10 & U	400 Free Relay	5:47.32	28-Jan-22	DOL	Dolphins Relay - C. Meyer, C. Jansen, S. McNamara, A. Naukosho - LC Gala 4
11-12	50 Free	28.72	1-Dec-08	NSA	Christine Briedenhann - 9th Senior African Championships (Dec '08)
	100 Free	1:02.08	22-Aug-08	NSA	Christine Briedenhann - Set August 2008
	50 Back	33.74	7-Dec-16	DOL	Tiana Esslinger - Set Decemer 2016
	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 - 9th African Junior Swimming Champs (Dec '11)
	100 Fly	1:10.99	1-Dec-11	NAMJR	Sonja Adelaar - 9th African Junior Swimming Champs (Dec '11)
	200 IM	2:35.27	12-Jun-08	SWA	Christine Briedenhann - NTS Champs 2008
	200 Free Relay	2:07.28	11-Mar-05	DOLNM	Dolphins Relay - Wahl, Preschel, Adrian, Minders
	200 Medley Relay	2:25.70	27-Feb-20	DOL	Dolphins Relay - 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 (Mar '12)
	400 Free	5:00.78	14-Apr-21	NSFED	Jessica Humphrey - SANJ Champs (Apr '21)
	800 Free	10:20.75	1-Nov-14	NASU- ZZ	Heleni Stergiadis - BKW LC Gala 3 (Nov '14)
	1500 Free	20:21.14	14-Feb-14	DOL	Heleni Stergiadis - BWK LC Gala 4 (Feb '14)
	200 Back	2:33.54	7-Dec-16	DOL	Tiana Esslinger - NTS Championships (Dec '16)
	200 Breast	3:03.77	3-Jan-04	SPANM	Daniela Lindemeier - January 2004
	200 Fly	2:45.26	4-Dec-14	DOL	Heleni Stergiadis - NTS Championships (Dec '14)
	400 IM	5:35.01	12-Mar-15	NASU- ZZ	Heleni Stergiadis - SA Level 3 National Age Group Champs (Mar '15)
	13-14	50 Free	27.26	13-Sep-10	NSA
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	2:29.69	17-Mar-17	NASU	Heleni Stergiadis - SA National JNR Champs (KZN) 2017	
	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	4:28.95	16-Mar-12	NAMIB	Swimming Namibia	K. Schatz, A. Roth, Z. Oberholzer, K. Borg
	200 Medley Relay	2:12.62	2-Dec-12	NSA	NSA A	Oberholzer Z Borg K Adelaar S Schatz K
400 Medley Relay	5:07.93	26-Nov-21	AQUA	Aqua Swimming and Fitness ClubJ. Humphrey, Q. Benade, S. Rey, R. Westerduin		
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	1:58.56	7-Jul-15	NSA	Namib Swim Academy	Z. Weber, J. Coury, N. Joseph, S. Adelaar
	400 Free Relay	4:12.09	28-Mar-17	MAC	Marlins Swimming Club	
	800 Free Relay	9:18.74	28-Mar-17	MAC	Marlins Swimming Club	
	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		9:38.34	11-Oct-21	NAM	Namibia	N. Redecker, M. Brinkmann, R. Westerduin, T. Mutum
200 Medley Relay		2:24.73	31-Jan-20	DOL	Dolphins Swimming Club	H. Stergiadis, V. Botha, C. Esslinger, J. Liebenbe
400 Medley Relay		4:47.00	1-Jan-00	NAM	NAM team, Zone 6, 2008	Briedenhann, Wahl, Wasserfall, Lindemeier

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RECORDS NAM-L

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-19	DOL	Sunel Badenhorst	BWK LC Gala 2	
	45 & O	50 Free	32.84	26-Nov-21	MAC	Ilona Sickel at LC Gala 3 (Windhoek) 26 - 27 November 2021	
		100 Free	1:15.90	20-Mar-19	MAC	Jane Samson at SAMS 35th National Swimming Championship 2019	
		200 Free	2:35.57	5-Aug-19	NAM	Cheryl Young - 18th FINA Masters Champs 2019	
		400 Free	5:30.11	19-Aug-05	NAM	Cheryl Young - 18th FINA Masters Champs 2019	
800 Free		11:35.17	5-Aug-19	MARL	Cheryl Young - 18th FINA Masters Champs 2019		
1500 Free		26:18.69	25-Jan-19	NSA	Mary Fitzpatrick at BWK LC Gala 4 25-26 January 2019		
50 Back		42.47	24-Feb-22	SWA	Lucy Louw at BKW Namibia National LC Championships 2022		
100 Back		1:36.44	24-Feb-22	SWA	Lucy Louw at BKW Namibia National LC Championships 2022		
200 Back		3:33.43	24-Feb-22	AQUA	Ulrike C. Leitner at BKW Namibia National LC Championships 2022		
50 Fly		36.91	23-Nov-18	NSA	Jane Samson at BWK LC Gala 3 23-24 November 2018		
100 Fly		2:01.12	14-Mar-20	MAC	Mary Fitzpatrick at BWK Aquapentathlon 14 March 2020		
200 IM		3:00.87	19-Aug-05	NAM	Cheryl Young - 18th FINA Masters Champs 2019		
400 IM		6:41.84	19-Aug-05	NAM	Cheryl Young - 18th FINA Master 2019		
Open		50 Free	26.76	1-Jul-96	MARNM	Monica Dahl	
	100 Free	57.95	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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RECORDS NAM-L

LC Meters-Men

8 & U	50 Free	36.18	30-Nov-02	NOONM	Hardus Louw - Set on 30/11/2002
	50 Back	41.79	11-Oct-19	DOL	Ryan Steyn - BWK LC Gala 1 (Oct '19)
	50 Breast	47.88	1-Jan-00	SPANM	Francois Saayman
	50 Fly	39.85	3-Nov-17	AQUA	Eliphas Nakaleke - BWK LC Gala 2 (3 - 4 Nov '17)
	200 IM	3:21.33	31-Jan-20	DOL	André Badenhorst - BWK LC Gala 3 (Jan '20)
	200 Free Relay	2:47.06	21-Feb-19	DOL	Dolphins Swimming Club A. Badenhorst, J. Badenhorst, N. Jiao, R. Steyn
	200 Medley Relay	3:03.32	29-Aug-09	DOL	Dolphins Swimming Club
9-10	50 Free	30.70	5-Dec-19	ORA	Nathan Bock - NCASA Champs (Dec '19)
	100 Free	1:10.38	5-Dec-19	ORA	Nathan Bock - NCASA Champs (Dec '19)
	50 Back	36.25	28-Jan-22	DOL	Ryan Steyn at BWK LC Gala 4 (28-29 Jan '22) - WHK
	100 Back	1:19.14	6-Dec-17	DOL	Oliver Durand - NTS Championships 2017
	50 Breast	40.74	3-Apr-18	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	100 Breast	1:27.24	3-Apr-18	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	50 Fly	32.87	27-Feb-20	ORA	Nathan Bock - BWK LC Nationals 2020
	100 Fly	1:20.86	5-Dec-19	ORA	Nathan Bock - NCASA Champs (Dec '19)
	200 IM	2:47.68	3-Apr-18	NASU	Oliver Durand - SA Level 3 Regional Age Group Champs (2018)
	200 Free Relay	2:16.92	26-Feb-15	DOL	Dolphins Swimming Club B. van der Walt, C. De Jager, E. Von Alvensleben
	200 Medley Relay	2:38.82	1-Jan-00	NAM	SWA Team '88
	10 & U	400 Free Relay	5:18.10	15-Nov-19	DOL
11-12	50 Free	27.37	17-Mar-17	NASU	Mikah Burger - SA National JNR Age Group Champs (2017)
	100 Free	59.23	17-Mar-17	NASU	Mikah Burger - SA National Junior Champs (2017)
	50 Back	30.86	6-Apr-22	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Back	1:06.55	6-Apr-22	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
	50 Breast	33.96	28-Mar-17	NAM	Mikah Burger - African Junior Swimming Champs (Mar '17)
	100 Breast	1:15.74	7-Dec-16	DOL	Mikah Burger - NTS Championships (2016)
	50 Fly	29.61	17-Mar-17	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	100 Fly	1:04.22	17-Mar-17	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	200 IM	2:26.33	17-Mar-17	NASU	Mikah Burger - SA National Junior Champs (Mar '17)
	200 Free Relay	2:01.28	23-Feb-17	DOL	Dolphins Swimming Club B. van der Walt, J. Canjulo, M. Burger
	400 Free Relay	4:49.01	15-Nov-19	DOL	Dolphins Relay - R. Engelhard, L. Kinnaird, H. Grant, O. Durand
	200 Medley Relay	2:17.93	23-Feb-17	DOL	Dolphins Swimming Club B. van der Walt, M. Burger, J. Canjulo, E. Von Al
	400 Medley Relay	5:31.87	27-Nov-20	DOL	Dolphins Relay - J.Langford, F.Steyn, M.Bauernschmitt, L.Kinnaird
	12 & U	200 Free	2:11.42	17-Mar-17	NASU
400 Free		4:39.03	21-Mar-18	NASU	Jose Canjulo - SA National Junior Champs (Mar '18)
800 Free		10:29.53	28-Nov-14	DOL	Corné le Roux - BWK LC 3 (Nov '14)
1500 Free		19:52.37	2-Nov-18	DOL	Nico Esslinger - BWK LC Gala 2 (Nov '18)
200 Back		2:25.69	24-Feb-22	AQUA	Lorenzo Esterhuizen at BKW Namibia National LC Championships 2022
200 Breast		2:48.03	20-Feb-20	NAM	Oliver Durand - CANA Zone IV (Feb '20)
200 Fly		2:29.14	6-Apr-22	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
400 IM		5:15.01	6-Apr-22	NAM	Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 2022-PE
13-14		50 Free	25.56	11-Sep-19	NAM
	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	18:08.73	26-Nov-21	DOL	Oliver B. Durand at LC Gala 3 (Windhoek) 26 - 27 November 2021
	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

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13-14	50 Breast	30.91	15-Nov-19	MAC	Jose Canjulo	BWK LC Gala 2
	100 Breast	1:09.50	1-Jan-00	TIGNM	Ricardo Eerenstein	
	200 Breast	2:28.33	6-Apr-22	NAM	Oliver B. Durand at SA National Aquatic SNR-JNR Champ 2022-PE	
	50 Fly	26.92	27-Feb-20	MAC	Jose Canjulo - BWK LC Nationals (Feb '20)	
	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	4:44.94	6-Apr-22	NAM	Oliver B. Durand at SA National Aquatic SNR-JNR Champ 2022-PE	
	200 Free Relay	1:48.23	16-Feb-19	NAM	Namibia	J. Canjulo, Q. Ellis, C. De Jager, M. Burger
	400 Free Relay	4:00.25	16-Feb-19	NAM	Namibia	J. Canjulo, Q. Ellis, C. De Jager, M. Burger
	200 Medley Relay	1:58.60	16-Feb-19	NAM	Namibia	M. Burger, J. Canjulo, C. De Jager, Q. Ellis
15-16	50 Free	24.58	1-Dec-17	NSA	Ronan Wantenaar - 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	1:58.60	11-Oct-21	NASFD	José Canjulo - 14th African CANA Games - (Oct '21)	
	400 Free	4:12.98	11-Oct-21	NSFED	José Canjulo - 14th African CANA Games - (Oct '21)	
	800 Free	9:11.22	14-Apr-21	NSFED	Oliver Ohm at SANJ Champs 2021 in Stellenbosch	
	1500 Free	17:16.50	4-Mar-08	NAMIB- ZZ	Tristan McDonald	RSA Level 3
	50 Back	27.16	5-Nov-21	NAM	José Canjulo - NTS Prestige Gala 2021	
	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	30.14	5-Nov-21	NAM	José Canjulo - NTS Prestige Gala 2021	
	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	26.21	28-May-22	AQUA	José N. Canjulo at Taça Barracudas	
	100 Fly	58.03	11-Oct-21	NSFED	José Canjulo - 14th African CANA Games - (Oct '21)	
	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	3:48.16	28-Mar-17	MAC	Marlins Swimming Club	
	800 Free Relay	8:20.12	28-Mar-17	MAC	Marlins Swimming Club	
	200 Medley Relay	2:02.08	1-Jan-00	MARNM	Marlins 1985	
	400 Medley Relay	4:16.56	28-Mar-17	MAC	Marlins Swimming Club	
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

Namibia Swimming Federation - Database

RECORDS NAM-L

17-18	400 Medley Relay	4:16.89	8-Dec-08	NAM	NAM Team, Zone 6, 2008	McDonald, Siedentopf, Briedenhann, Delie
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	2:22.81	14-Apr-22	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	400 Free	5:12.26	14-Apr-22	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	800 Free	11:13.69	14-Apr-22	NAM	Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2022	
	1500 Free	22:20.28	24-Feb-22	SWA	Dentie Louw at BKW Namibia National LC Championships 2022	
	50 Back	34.30	24-Feb-22	SWA	Morné Honiball at BKW Namibia National LC Championships 2022	
	100 Back	1:17.98	24-Feb-22	SWA	Morné Honiball at BKW Namibia National LC Championships 2022	
	50 Breast	35.21	24-Feb-22	MAC	Quinton Delie at BKW Namibia National LC Championships 2022	
	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	29.39	9-Oct-21	MAC	Quintin Delie -	BWK LC Gala 1 (Oct '21)
	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
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	Francois van der Westhuizen	18th FINA Masters Champs
400 Free		5:44.17	16-Feb-19	NAM	Paddy Murphy -	CANA Zone IV
800 Free		11:18.79	20-Mar-19	MARL	Paddy Murphy -	SAMS National Champs '19
1500 Free		23:04.20	25-Jan-19	NSA	Paddy Murphy -	BWK LC Gala 4
50 Back		38.62	23-Nov-18	MARL	Francois van der Westhuizen -	BWK LC Gala 3
100 Back		1:26.88	27-Feb-20	MAC	Johan Bekker -	BKW Namibia National LC Champs '18
50 Breast		36.57	26-Nov-21	MAC	Francois van der Westhuizen at	LC Gala 3 (Windhoek) 26 - 27 November 20
100 Breast		1:23.76	26-Nov-21	MAC	Francois van der Westhuizen at	LC Gala 3 (Windhoek) 26 - 27 November 20
200 Breast		3:52.37	15-Nov-19	MAC	Johan Bekker	at BWK LC Gala 2 15-16 November 2019
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
400 IM		6:01.82	11-Feb-11	DOL	Alex Skinner	at NASU Gala 9 and 10
Open	50 Free	22.91	1-Jun-22	DOL	Alexander Skinner at 2022 TYR Pro Swim Series -	Mission Viejo
	100 Free	50.06	28-Jul-22	DOL	Alexander Skinner at FINA Commonwealth Games	2022
	200 Free	1:52.11	6-Apr-22	NAM	Alexander Skinner at SA National Aquatic SNR-JNR Champ	2022-PE
	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	28.27	28-Jul-22	MAC	Ronan Z. Wantenaar at FINA Commonwealth Games	2022
	100 Breast	1:03.11	14-Jun-21	NAM	Ronan Wantenaar -	Golden Orlando Swimming Champs - Croatia
	200 Breast	2:21.85	20-Mar-19	NASU	Ronan Z. Wantenaar	SA Junior Championships
	50 Fly	25.77	6-Apr-22	NAM	Alexander Skinner at SA National Aquatic SNR-JNR Champ	2022-PE
	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	1:49.73	24-Feb-22	AQUA	Aqua Swimming and Fitness Club].	Canjulo, R. Wantenaar, L. Lamprecht, B. N	

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RECORDS NAM-L

Open	400 Medley Relay	4:09.28	14-Dec-16	NAM	Namibia - R. Wantenaar, A. Loftie-Eaton, A. Oberholster, D. Nell
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RECORDS NAM-L

LC Meters-Mixed

8 & U	200 Free Relay	2:43.21	31-Jan-20	DOL	Dolphins Swimming Club - A. Naukosho, E. Brinkmann, J. Badenhorst, A. Ba
	200 Medley Relay	3:01.03	15-Nov-19	DOL	Dolphins Relay - A. Naukosho, E. Brinkmann, R. Steyn, A. Badenhorst
9-10	200 Free Relay	2:18.53	28-Jan-22	DOL	Dolphins Relay - A. Badenhorst, C. Meyer, A. Naukosho, R. Steyn
	200 Medley Relay	2:36.03	28-Jan-22	DOL	Dolphins Relay - R. Steyn, C. Meyer, A. Naukosho, A. Badenhorst (LC Gala 4)
10 & U	400 Medley Relay	6:09.36	9-Oct-20	DOL	Dolphins Swimming Club A. Naukosho, E. Jansen, N. Jiao, M. Prinsloo
11-12	200 Free Relay	2:06.43	28-Jan-22	AQUA	Aqua Relay - R. Feris, R. Matyayi, M. Bergh, L. Esterhuizen
	400 Free Relay	4:50.97	21-Nov-05	DOL	Dolphins LC Gala 2 J Senekal, E Jansen, M Geysler, J Langford
	200 Medley Relay	2:25.10	28-Jan-22	AQUA	Aqua Relay - L. Esterhuizen, C. Loubser, R. Matyayi, R. Feris (LC Gala 4)
	400 Medley Relay	5:21.54	11-Oct-21	AQUA	Aqua Relay - M. Bergh, A. Kapapa, E. Nakaleke, L. Esterhuizen
13-14	200 Free Relay	1:55.99	31-Jan-20	DOL	Dolphins Swimming Club Q. Ellis, M. Späth, M. Stange, O. Ohm
	400 Free Relay	4:19.18	21-Nov-05	DOL	Dolphins Record LC gala 2 C Rossouw, O Durand, A Naukosho, R Engelhar
	200 Medley Relay	2:13.46	28-Jan-22	DOL	Dolphins Relay - L. Kinnaird, O. Durand, A. Naukosho, M. Ohm (LC Gala 4)
	400 Medley Relay	4:38.64	16-Feb-19	NAM	Namibia T. Mutumbulua, J. Canjulo, M. Burger, C. Viljoen
15-16	200 Free Relay	1:51.64	28-Jan-22	DOL	Dolphins Relay - R. Engelhard, L. Kinnaird, M. Stange, O. Ohm
	200 Medley Relay	2:10.36	28-Jan-22	DOL	Dolphins Relay - O. Ohm, C. Coetzer, R. Engelhard, M. Stange (LC 4)
17-18	400 Free Relay	4:00.63	11-Oct-21	NAM	Namibia M. Burger, R. Westerduin, T. Mutumbulua, J. Canjul
	200 Medley Relay	1:56.91	23-May-14	NAM	Namibia Relay - Z. Oberholzer, N. Flemming, L. Lamprecht, S. Adela
Open	200 Free Relay	1:50.14	23-May-14	NAM	Namibia A. Roth, K. Schatz, J. Diekmann, A. Skinner
	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	1:56.91	23-May-14	NAM	Namibia Z. Oberholzer, N. Flemming, L. Lamprecht, S. Adela
	400 Medley Relay	4:17.48	10-Dec-14	NAM	Namibia Region 5 Youth Games Z Oberholzer, A Roth, J Diekmann, N Flemm