

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

#### SC Meters-Women

8 & U	50 Free	36.89	<b>19-Sep-19</b>	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Back	41.20	<b>19-Sep-19</b>	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Breast	47.53	<b>19-Sep-19</b>	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Fly	39.60	<b>19-Sep-19</b>	AQUA	Rose Matyayi - SC Nationals 20019
	100 IM	1:26.67	<b>19-Sep-19</b>	AQUA	Roselinda Matyayi - SC Nationals 2019
	200 IM	3:17.57	<b>19-Sep-19</b>	AQUA	Roselinda Matyayi - SC Nationals 2019
	200 Medley Relay	3:17.67	<b>12-Jul-19</b>	DOL	Dolphins Relay -E. Brinkmann, V. De Sousa, A. Naukosho, L. Ellis
9-10	50 Free	31.23	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Free	1:09.52	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Back	34.44	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Back	1:14.23	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Breast	40.70	<b>1-Jan-00</b>	MAR	Regine Hoffmann - Best Recorded Time
	100 Breast	1:31.33	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Fly	33.24	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Fly	1:19.61	<b>16-Aug-13</b>	DOL	Heleni Stergiadis - NASU SC National Champs (Aug '13)
	100 IM	1:17.76	<b>4-Sep-21</b>	AQUA	Roselina Matyayi - SC Gala 5 (MAC) 3 & 4 Sep '21
	200 IM	2:45.65	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi - SC Nationals 2021
	200 Free Relay	2:38.08	<b>29-Jul-22</b>	DOL	Dolphins Swimming Club S. McNamara, L. Verwey, A. McNab, C. Kalemee
	400 Free Relay	5:52.98	<b>17-Jun-22</b>	DOL	Dolphins Swimming Club A. McNab, S. Schnebel, C. Kalemeera, S. McNam
	200 Medley Relay	2:42.06	<b>1-Jan-00</b>	DOL	Dolphins Swimming Club - A. Naukosho, C. Meyer, C. Kalemeera, E. Brinkma
	400 Medley Relay	6:59.50	<b>21-Jun-19</b>	DOL	Dolphins Relay - M. Prinsloo, M. Geysler, A. Naukosho, L. Ellis
11-12	50 Free	29.20	<b>18-Jul-08</b>	NSA	Christine Briedenhann - SC Gala (July '08)
	100 Free	1:03.74	<b>23-Sep-16</b>	DOL	Tiana Esslinger - Namibia SC Nationals (Sep '16)
	50 Back	32.59	<b>2-Sep-22</b>	AQUA	Roselinda Matyayi at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	100 Back	1:10.22	<b>23-Sep-16</b>	DOL	Tiana Esslinger - Namibia SC Nationals (Sep '16)
	50 Breast	38.31	<b>25-Sep-15</b>	DOL	Heleni Stergiadis - Namibia SC National Champs (Sep '15)
	100 Breast	1:21.83	<b>25-Sep-15</b>	DOL	Heleni Stergiadis - Namibia SC National Champs (Sep '15)
	50 Fly	31.49	<b>29-Jul-22</b>	AQUA	Roselinda Matyayi at SC Gala 3 (Windhoek) 29 - 30 July 2022
	100 Fly	1:11.13	<b>25-Sep-15</b>	DOL	Heleni Stergiadis - Namibia National SC Champs (2015)
	100 IM	1:12.07	<b>25-Aug-15</b>	DOL	Heleni Stergiadis - Namibia National SC Champs (2015)
	200 IM	2:33.28	<b>26-Jan-19</b>	SWA	Danielle Mostert - BWK LC/SC Gala 4 (Jan '19)
	200 Free Relay	2:09.39	<b>1-Jul-16</b>	DOL	Dolphins Swimming Club - T. Esslinger, N. Redecker, M. Slabbert, V. Ellmies
	400 Free Relay	4:53.07	<b>17-Jun-22</b>	DOL	Dolphins Swimming Club A. Naukosho, C. Meyer, V. De Sousa, M. Prinsloc
	200 Medley Relay	2:26.07	<b>20-May-15</b>	DOL	Dolphins Swimming Club - H. Stergiadis, V. Ellmies, J. Liebenberg, T. Essli
	400 Medley Relay	5:23.43	<b>21-Jun-19</b>	DOL	Dolphins Relay - M. Brinkmann, B. Kinnaird, A. Naukosho, M. Ohm
	12 & U	200 Free	2:20.41	<b>25-Jul-15</b>	DOL
400 Free		4:53.65	<b>5-Sep-15</b>	DOL	Heleni Stergiadis - NASU SC Gala 4 (5 Sep '15)
800 Free		10:07.50	<b>19-Jul-14</b>	DOL	Heleni Stergiadis - NASU SC Gala 3 2014
1500 Free		19:36.04	<b>21-Jun-14</b>	DOL	Heleni Stergiadis - NASU SC Gala 2 (June '14)
200 Back		2:31.09	<b>2-Jul-16</b>	DOL	Tiana Esslinger - NASU SC Gala 2 (Jul '16)
200 Breast		2:53.40	<b>30-May-15</b>	DOL	Heleni Stergiadis - NASU SC Gala 1 (May '15)
200 Fly		2:45.88	<b>13-Sep-14</b>	DOL	Heleni Stergiadis - SC Gala 4 (ORA) 13 Sep '14
400 IM		5:30.40	<b>27-Jun-15</b>	DOL	Heleni Stergiadis - NASU SC Gala 2 (27 June '15)
13-14	50 Free	26.82	<b>15-Dec-10</b>	NSA	Christine Briedenhann - 10th FINA World Championships, Dubai (2010)
	100 Free	58.87	<b>3-Sep-10</b>	NSA	Christine Briedenhann - SC Gala 3&4 (Sep '10)
	200 Free	2:11.51	<b>9-Jun-17</b>	DOL	Heleni Stergiadis at NASU SC Gala 1 09-10 June 2017
	400 Free	4:34.24	<b>8-Sep-17</b>	DOL	Heleni Stergiadis - NASU SC Gala 4 (Aug '17)
	800 Free	9:42.55	<b>13-Apr-13</b>	DOL	Molina Smalley - NASU SC Gala 4 (Apr '13)
	1500 Free	19:41.26	<b>9-Jun-12</b>	NSA	Zanré Oberholzer - SC Gala 1 (June '12)
	50 Back	29.96	<b>16-Aug-13</b>	NSA	Zanré Oberholzer - NASU SC National Champs (Aug '13)

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

13-14	100	Back	1:03.27	<b>29-Sep-17</b>	DOL	Heleni Stergiadis - Namibian SC National Champs (Sep '17)
	200	Back	2:16.75	<b>19-Jul-13</b>	NSA	Zanre Oberholzer NASU SC Gala 3 2013
	50	Breast	34.85	<b>3-Sep-10</b>	NSA	Michaela Cloete - SC Gala 3&4 (Sep '10)
	100	Breast	1:16.29	<b>15-Sep-12</b>	NSA	Kiah Borg - SC Champs (Sep '12)
	200	Breast	2:46.46	<b>30-Jul-16</b>	DOL	Heleni Stergiadis - NASU SC Gala 3 (Jun '16)
	50	Fly	29.55	<b>29-Jul-22</b>	AQUA	Reza Westerduin at SC Gala 3 (Windhoek) 29 - 30 July 2022
	100	Fly	1:05.39	<b>2-Sep-22</b>	AQUA	Reza Westerduin at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	200	Fly	2:26.68	<b>8-Sep-17</b>	DOL	Heleni Stergiadis - NASU SC Gala 4 (Aug '17)
	100	IM	1:06.82	<b>29-Sep-17</b>	DOL	Heleni Stergiadis - Namibian SC National Champs (Sep '17)
	200	IM	2:23.86	<b>9-Jun-17</b>	DOL	Heleni Stergiadis - NASU SC Gala 1 (June '17)
	400	IM	5:06.14	<b>25-Aug-16</b>	DOL	Heleni Stergiadis - SA SC Champs (Aug '16)
	200	Free Relay	2:00.20	<b>29-Jul-22</b>	AQUA	Aqua Relay - Q. Benade, H. Humphrey, A. Kapapa, R. Westerduin
	400	Free Relay	4:21.32	<b>17-Jun-22</b>	AQUA	Aqua Relay - Humphrey, J., Kapapa, A., Rossouw, C., Westerduin, R. (Jun '22)
	200	Medley Relay	2:12.00	<b>29-Jul-22</b>	AQUA	Aqua Swimming and Fitness Club - J. Humphrey, Q. Benade, R. Westerduin, M
	400	Medley Relay	5:36.19	<b>21-Jun-19</b>	DOL	Dolphins Relay - Nicole-Wilson, Coetzer, Mutumbulua, Stange (Jun '19)
	15-16	50	Free	26.74	<b>5-Oct-12</b>	NSA
100		Free	57.58	<b>3-Dec-14</b>	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
200		Free	2:08.49	<b>27-Oct-18</b>	DOL	Heleni Stergiadis - SC Nationals (Oct '18)
400		Free	4:29.55	<b>27-Oct-18</b>	DOL	Heleni Stergiadis - SC Nationals (Oct '18)
800		Free	9:21.12	<b>4-Oct-14</b>	DOL	Molina Smalley - City of Plymouth (Oct '14)
1500		Free	18:25.90	<b>6-Jul-18</b>	DOL	Heleni Stergiadis - NSAU SC Gala 2 (Jul '18)
50		Back	28.80	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
100		Back	1:00.90	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
200		Back	2:10.95	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
50		Breast	33.98	<b>25-Sep-15</b>	NSA	Sonja Adelaar - Namibia National SC Champs (Sep '15)
100		Breast	1:14.45	<b>16-Aug-13</b>	NSA	Toni Roth - NASU SC National Champs (Aug '13)
200		Breast	2:37.78	<b>7-Aug-14</b>	NSA	Toni Roth - SASHort Course Swimming Champs (25m) PMBG (Aug '14)
50		Fly	29.49	<b>5-Oct-12</b>	NSA	Christine Briedenhann - NASU SC Gala 4 (Oct '12)
100		Fly	1:04.82	<b>25-Sep-15</b>	NSA	Sonja Adelaar - Namibia National SC Champs (Sep '15)
200		Fly	2:21.85	<b>19-Sep-19</b>	DOL	Heleni Stergiadis - SC Nationals (2019)
100		IM	1:04.73	<b>3-Dec-14</b>	NAM	Sonja Adelaar - 12th World Swimming Championships (Dec '14)
200		IM	2:19.33	<b>3-Dec-14</b>	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
400		IM	4:58.62	<b>27-Oct-18</b>	DOL	Heleni Stergiadis - SC Nationals (Oct' 188)
200		Free Relay	2:00.63	<b>1-Jan-00</b>		Dolphins Swimming Club M. Stange, C. Coetzer, L. Engelhard, T. Mutumbulua
400		Free Relay	4:32.29	<b>9-Aug-19</b>	DOL	Dolphins Relay - N. Redecker, A. Maritz, J. Liebenberg, V. Ellmies (Aug '18)
200	Medley Relay	2:10.16	<b>1-Jan-00</b>	DOL	Dolphins Swimming Club T. Esslinger, H. Stergiadis, J. Liebenberg, V. Ell	
400	Medley Relay	4:33.83	<b>1-Jan-00</b>	NAM	Namibia Z. Oberholzer, A. Roth, S. Adelaar, K. Schatz	
17-18	50	Free	27.41	<b>5-Dec-21</b>	NAM	Trisha Mutumbulua - AUSC Region 5 Champs (Dec '21) - Lesotho
	100	Free	59.38	<b>3-Dec-14</b>	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	200	Free	2:07.53	<b>9-Apr-08</b>	NAM	Jonay Briedenhann - Time set on 09 April 2008
	400	Free	4:33.92	<b>6-Nov-15</b>	DOL	Molina Smalley - ASA South West SC Champs
	800	Free	9:30.69	<b>25-Jul-15</b>	DOL	Mollina Smalley - NASU SC Gala 3 (Jul '15)
	1500	Free	24:29.16	<b>24-Nov-17</b>	ORA	Sonique Spangenberg - SC Gala (Nov '17)
	50	Back	29.90	<b>23-Sep-16</b>	NSA	Zanré Oberholzer - Namibian SC Nationals (Sep '16)
	100	Back	1:04.64	<b>23-Sep-16</b>	NSA	Zanré Oberholzer - Namibian SC Nationals (Sep '16)
	200	Back	2:24.78	<b>23-Sep-21</b>	DOL	Tiana Esslinger - SC Nationals 2021
	50	Breast	33.85	<b>15-Dec-10</b>	NSA	Daniela Lindemeier - 10th FINA World Champs (Dec '10)
	100	Breast	1:13.44	<b>15-Dec-10</b>	NSA	Daniela Lindemeier - 10th FINA World Champs (Dec '10)
	200	Breast	2:34.33	<b>3-Dec-14</b>	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	50	Fly	30.09	<b>23-Sep-16</b>	DOL	Molina Smalley - Namibian SC Nationals (Sep '16)
	100	Fly	1:06.58	<b>23-Sep-16</b>	DOL	Molina Smalley - Namibia SC Nationals (Sep '16)
	200	Fly	2:31.89	<b>12-Aug-22</b>	DOL	Lisa Engelhard at NASFED SC GALA 4 (12 - 13 AUG '22)
	100	IM	1:04.79	<b>3-Dec-14</b>	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	200	IM	2:20.56	<b>3-Dec-14</b>	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

17-18	400 IM	4:57.68	<b>3-Dec-14</b>	NAM	Toni Roth -12th World Swimming Champs (Dec '14)
	200 Free Relay	1:57.10	<b>29-Jul-22</b>	DOL	Dolphins Relay - M. Ohm, L. Engelhard, T. Mutumbulua, T. Esslinger
	400 Free Relay	4:17.13	<b>1-Jan-00</b>	DOL	Dolphins Swimming Club N. Redecker, C. Coetzer, L. Engelhard, T. Mutum
	200 Medley Relay	2:13.69	<b>12-Aug-22</b>	DOL	Dolphins Relay - T. Esslinger, C. Coetzer, T. Mutumbulua, L. Engelhard (SC 4)
	400 Medley Relay	5:12.06	<b>21-Jun-19</b>	DOL	Dolphins Relay - A. Maritz, H. Stergiadis, V. Botha, C. Esslinger (Jun '19)
25-44	50 Free	32.52	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	100 Free	1:11.72	<b>2-Sep-22</b>	SWA	Ruth Hornickel at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	200 Free	2:45.98	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	400 Free	5:39.47	<b>26-Nov-21</b>	SWA	Ruth Hornickel at LC Gala 3 (Swakopmund) 26 - 27 November 2021
	800 Free	13:43.12	<b>3-Aug-18</b>	AQUA	Anel van der Vyver - NASU SC Gala 3 (Aug '18)
	50 Back	37.86	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	100 Back	1:26.00	<b>2-Sep-22</b>	SWA	Ruth Hornickel at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	200 Back	3:02.35	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	50 Breast	40.78	<b>27-Sep-18</b>	DOL	Sunel Badenhorst - Namibia SC Nationals (Sep '18)
	100 Breast	1:36.70	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	200 Breast	3:34.06	<b>23-Sep-21</b>	AQUA	Janine Leitner - SC Nationals 2021
	50 Fly	39.29	<b>2-Sep-22</b>	SWA	Ruth Hornickel at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	100 IM	1:22.00	<b>2-Sep-22</b>	SWA	Ruth Hornickel at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	200 IM	3:01.06	<b>2-Sep-22</b>	SWA	Ruth Hornickel at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	45 & 0	50 Free	34.19	<b>8-Oct-21</b>	SWA
100 Free		1:14.35	<b>2-Sep-22</b>	DOL	Lena Brinkmann at NASFED SC Gala 5 (02 - 03 SEP) - WHK
200 Free		3:17.81	<b>23-Sep-21</b>	AQUA	Ulrike Leitner - SC Nationals 2021
400 Free		5:45.69	<b>21-Jun-19</b>	MARL	Cheryl Young - SC Gala 2 (Jun '19)
800 Free		11:59.03	<b>21-Jun-19</b>	MARL	Cheryl Young - SC Gala 2 (Jun '19)
50 Back		39.59	<b>17-Jun-22</b>	SWA	Lucy Louw at NASFED SC Gala 2 (WHK) 17-18 June 2022
100 Back		1:25.13	<b>2-Sep-22</b>	DOL	Lena Brinkmann at NASFED SC Gala 5 (02 - 03 SEP) - WHK
200 Back		3:10.93	<b>12-Aug-22</b>	SWA	Lucy Louw at NASFED SC GALA 4 (12 - 13 AUG '22)
50 Breast		47.92	<b>2-Sep-22</b>	MAC	Imme Hucke-McFarlane at NASFED SC Gala 5 (02 - 03 SEP) - WHK
100 Breast		1:35.81	<b>2-Sep-22</b>	DOL	Lena Brinkmann at NASFED SC Gala 5 (02 - 03 SEP) - WHK
50 Fly		38.54	<b>2-Sep-22</b>	DOL	Lena Brinkmann at NASFED SC Gala 5 (02 - 03 SEP) - WHK
100 IM		1:25.70	<b>2-Sep-22</b>	DOL	Lena Brinkmann at NASFED SC Gala 5 (02 - 03 SEP) - WHK
200 IM		3:04.56	<b>12-Jul-19</b>	MAC	Cheryl Young at NASU Short Course Gala 3 12-13 July 2019
400 IM		7:08.45	<b>21-Jun-19</b>	MARL	Cheryl Young - SC Gala 2 (Jun '19)
Open		50 Free	26.74	<b>5-Oct-12</b>	NSA
	100 Free	57.58	<b>3-Dec-14</b>	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
	200 Free	2:07.53	<b>9-Apr-08</b>	NAM	Jonay Briedenhann (Apr '08)
	400 Free	4:29.55	<b>27-Oct-18</b>	DOL	Heleni Stergiadis - SC Nationals 2018
	800 Free	9:21.12	<b>4-Oct-14</b>	DOL	Molina Smalley - City of Plymouth 2014
	1500 Free	18:25.90	<b>6-Jul-18</b>	DOL	Heleni Stergiadis - NASU SC Gala 2 (Jul '18)
	50 Back	28.80	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	100 Back	1:00.90	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	200 Back	2:10.95	<b>3-Dec-14</b>	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	50 Breast	32.71	<b>25-Sep-15</b>	NSA	Daniela Lindemeier - Namibia National SC Champs 2015
	100 Breast	1:10.72	<b>25-Sep-15</b>	NSA	Daniela Lindemeier - Namibia National SC Champs (Sep '15)
	200 Breast	2:33.73	<b>15-Aug-14</b>	NSA	Daniela Lindemeier - NASU SC National Champs (Aug '14)
	50 Fly	29.49	<b>5-Oct-12</b>	NSA	Christine Briedenhann - NASU SC Gala 4 (2012)
	100 Fly	1:04.82	<b>25-Sep-15</b>	NSA	Sonja Adelaar - Namibia National SC ChampS '15
	200 Fly	2:21.85	<b>19-Sep-19</b>	DOL	Heleni Stergiadis - SC Nationals (2019)
	100 IM	1:04.73	<b>3-Dec-14</b>	NAM	Sonja Adelaar at 12th World Swimming Championships
	200 IM	2:19.33	<b>3-Dec-14</b>	NAM	Sonja Adelaar - 12th World Swimming Champs (2014)
	400 IM	4:57.68	<b>3-Dec-14</b>	NAM	Toni Roth - 12th World Swimming Champs '14
	200 Free Relay	1:56.42	<b>17-Jun-15</b>	NSA	NSA Relay - A. Roth, Z. Weber, S. Adelaar, K. Schatz
	200 Medley Relay	2:02.27	<b>20-May-15</b>	NSA	Namib Swim Academy Z. Oberholzer, D. Lindemeier, K. Schatz, S. Adela

### Namibia Swimming Federation - Database

---

#### RECORDS Namibia Short C

Open	400 Medley Relay	4:20.81	3-Dec-14	NAM	Namibia at 12th World SwimmingOberholzer, Lindemaier, Adelaar, Roth
------	------------------	---------	----------	-----	---

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

#### SC Meters-Men

8 & U	50 Free	36.03	<b>10-May-19</b>	ORA	Rodney Feris - NASFED SC Gala 1	
	50 Back	40.19	<b>9-Sep-16</b>	DOL	Ryan Steyn - SC Nationals 2019	
	50 Breast	46.89	<b>16-Aug-13</b>	DOL	Mikah Burger - NASU SC National Championships 16-18 Aug 2013	
	50 Fly	40.79	<b>19-Sep-19</b>	DOL	Ryan Steyn - SC Nationals 2019	
	100 IM	1:32.04	<b>19-Sep-19</b>	DOL	Ryan Steyn - SC Nationals 2019	
	200 IM	3:19.16	<b>11-Jun-16</b>	DOL	Oliver Durand - NASU Short Course Gala 1 '16	
	200 Free Relay	2:49.43	<b>29-Jul-22</b>	DOL	Dolphins Relay - O. Badenhorst, I. Chase, P. Durand, J. Cowley	
	200 Medley Relay	3:10.68	<b>12-Jul-19</b>	DOL	Dolphins Relay - A. Badenhorst, V. Engelhard, J. Badenhorst, R. Steyn	
9-10	50 Free	30.91	<b>15-Nov-19</b>	ORA	Nathan Bock - SC-LC Gala 2 (ORA) Nov '19	
	100 Free	1:07.85	<b>19-Sep-19</b>	ORA	Nathan Bock - SC Nationals (2019)	
	50 Back	35.24	<b>3-Aug-18</b>	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)	
	100 Back	1:15.62	<b>3-Aug-18</b>	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)	
	50 Breast	39.59	<b>19-Sep-19</b>	ORA	Nathan Bock - SC Nationals (2019)	
	100 Breast	1:25.23	<b>3-Aug-18</b>	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)	
	50 Fly	32.80	<b>19-Sep-19</b>	ORA	Nathan Bock - SC Nationals (2019)	
	100 Fly	1:13.57	<b>6-Jul-18</b>	DOL	Oliver Durand - SC Gala (Jul '18)	
	100 IM	1:14.32	<b>3-Aug-18</b>	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)	
	200 IM	2:41.91	<b>7-Sep-18</b>	DOL	Oliver Durand - NASU SC Gala 4 (Sep '14)	
	200 Free Relay	2:26.79	<b>21-Jun-19</b>	DOL	Dolphins Swimming Club R. McNamara, J. Langford, N. Jiao, L. Ellis	
	400 Free Relay	5:27.97	<b>9-Aug-19</b>	AQUA	Aqua Swimming Club - L. Esterhuizen, K. Hekandjo, M. Tibazarwa, E. Naka	
	200 Medley Relay	2:45.87	<b>12-Jul-19</b>	AQUA	Aqua Swimming Club - L. Esterhuizen, E. Nakaleke, K. Benade, M. Tibazar	
	11-12	50 Free	26.33	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018
100 Free		57.44	<b>3-Aug-18</b>	NSA	José Canjulo - NASU SC Gala 3 (Aug '18)	
50 Back		29.78	<b>7-Sep-18</b>	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)	
100 Back		1:04.47	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
50 Breast		32.32	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
100 Breast		1:10.84	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
50 Fly		28.37	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
100 Fly		1:02.09	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
100 IM		1:04.06	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
200 IM		2:19.15	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
200 Free Relay		2:02.01	<b>1-Jul-16</b>	DOL	Dolphins Swimming Club B. van der Walt, F. Setzkorn, C. De Jager, M. Bur	
400 Free Relay		4:42.06	<b>17-Jun-22</b>	DOL	Dolphins Swimming Club E. Jansen, V. Engelhard, N. Jiao, J. Langford	
200 Medley Relay		2:17.94	<b>7-Jul-17</b>	DOL	Dolphins Relay - SC Gala 2 (2017) - De Jager, Canjulo, Burger, Ohm	
400 Medley Relay		5:33.87	<b>21-Jun-19</b>	DOL	Dolphins Relay - F. Steyn, H. Grant, O. Durand, C. McNamara	
12 & U		200 Free	2:06.78	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2019
		400 Free	4:27.46	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018
	800 Free	10:16.29	<b>3-Aug-18</b>	DOL	Nico Esslinger - NASU SC Gala 3 (Aug '18)	
	1500 Free	19:44.56	<b>10-May-19</b>	DOL	Oliver Durand - NASU SC Gala 1 (May '19)	
	200 Back	2:22.26	<b>7-Sep-18</b>	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)	
	200 Breast	2:48.22	<b>7-Sep-18</b>	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)	
	200 Fly	2:21.28	<b>27-Oct-18</b>	NSA	José Canjulo - SC Nationals 2018	
	400 IM	4:50.86	<b>27-Oct-18</b>	NSA	José Canjulo - SC National '18	
	13-14	50 Free	24.95	<b>19-Sep-19</b>	MAC	José Canjulo - SC Nationals 2019
100 Free		54.10	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
200 Free		1:59.88	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
400 Free		4:15.05	<b>12-Aug-22</b>	DOL	Oliver B. Durand at NASFED SC GALA 4 (12 - 13 AUG '22)	
800 Free		9:10.04	<b>29-Jul-22</b>	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 29 - 30 July 2022	
1500 Free		18:30.06	<b>9-Jun-12</b>	NSA	Lushano Lamprecht SC Gala 1 (June '12)	
50 Back		27.46	<b>19-Sep-19</b>	MAC	José Canjulo - SC Nationals (Sep '19)	

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

13-14	100	Back	59.27	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	200	Back	2:10.15	<b>19-Sep-19</b>	DOL	Mikah Burger - SC Nationals (Sep '19)	
	50	Breast	30.93	<b>21-Jun-19</b>	NSA	José Canjulo - SC Gala 2 (June '19)	
	100	Breast	1:04.70	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	200	Breast	2:28.31	<b>29-Jul-22</b>	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 29 - 30 July 2022	
	50	Fly	26.29	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	100	Fly	58.81	<b>12-Jul-19</b>	DOL	Mikah Burger - SC Gala 3 (Jul '19)	
	200	Fly	2:13.54	<b>19-Sep-19</b>	DOL	Mikah Burger - SC Nationals (Sep '19)	
	100	IM	1:00.64	<b>19-Sep-19</b>	MAC	José Canjulo - SC Nationals (Sep '19)	
	200	IM	2:11.29	<b>14-Mar-20</b>	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	400	IM	4:41.23	<b>12-Aug-22</b>	DOL	Oliver B. Durand at NASFED SC GALA 4 (12 - 13 AUG '22)	
	200	Free Relay	1:48.29	<b>29-Jul-22</b>	DOL	Dolphins Relay - L. Kinnaird, F. Steyn, M. Bauernschmitt, O. Durand	
	400	Free Relay	4:03.64	<b>17-Jun-22</b>	DOL	Dolphins Swimming Club L. Kinnaird, L. Ellis, M. Bauernschmitt, O. Durand	
	200	Medley Relay	2:02.46	<b>12-Aug-22</b>	DOL	Dolphins Relay - M. Bauernschmitt, O. Durand, F. Steyn, L. Kinnaird (SC 4)	
	400	Medley Relay	5:00.87	<b>21-Jun-19</b>	DOL	Dolphins Relay - N. Esslinger, KP. Rathenam, Q. Ellis, L. Du Raan (Jun '19)	
	15-16	50	Free	24.23	<b>29-Sep-17</b>	NSA	Ronan Wantenaar - Namibian SC National Champs (Sep '17)
100		Free	52.81	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
200		Free	1:55.33	<b>11-Aug-22</b>	AQUA	José N. Canjulo at Sa Short Course Swimming Champs (25m) PMBG 22	
400		Free	4:05.67	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
800		Free	8:42.23	<b>23-Sep-21</b>	DOL	Oliver Ohm - SC Nationals 2021	
1500		Free	16:54.22	<b>23-Sep-21</b>	DOL	Oliver Ohm - SC Nationals 2021	
50		Back	26.64	<b>11-Aug-22</b>	AQUA	José N. Canjulo at Sa Short Course Swimming Champs (25m) PMBG 22	
100		Back	57.14	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
200		Back	2:02.92	<b>19-Jul-14</b>	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)	
50		Breast	29.08	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
100		Breast	1:04.44	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
200		Breast	2:23.63	<b>4-Aug-17</b>	NSA	Ronan Wantenaar - NASU SC Gala 3 (Aug '17)	
50		Fly	26.18	<b>23-Sep-21</b>	DOL	Mikah Burger - SC Nationals 2021	
100		Fly	56.78	<b>23-Sep-21</b>	DOL	Mikah Burger - SC Nationals 2021	
200		Fly	2:07.36	<b>21-Mar-18</b>	NAM	Corné Le Roux - 2018 CANA Zone IV Swimming Champs (Mar '18)	
100		IM	57.66	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
200		IM	2:09.25	<b>23-Sep-21</b>	AQUA	José Canjulo - SC Nationals 2021	
400		IM	4:44.22	<b>7-Jul-17</b>	NSA	Ronan Wantenaar - NASU SC Gala 2 (Jul '17)	
200		Free Relay	1:41.48	<b>29-Jul-22</b>	DOL	Dolphins Relay - R. Engelhard, N. Esslinger, O. Ohm, Q. Ellis	
400		Free Relay	3:46.96	<b>1-Jan-00</b>	DOL	Dolphins Swimming Club Q. Ellis, N. Esslinger, D. Lasso-Drews, R. Engelhard	
200		Medley Relay	1:57.67	<b>12-Aug-22</b>	DOL	Dolphins Relay - O. Ohm, Q. Ellis, B. Geysler, R. Engelhard (SC 4)	
400		Medley Relay	4:16.56	<b>1-Jan-00</b>	MAC	Marlins Swimming Club	
17-18		50	Free	23.04	<b>25-Aug-16</b>	DOL	Alexander Skinner - SA SC Champs (Aug '16)
		100	Free	49.77	<b>9-Dec-16</b>	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)
		200	Free	1:51.69	<b>25-Aug-16</b>	DOL	Alexander Skinner - SA SC Champs (Aug '16)
		400	Free	4:12.17	<b>23-Jan-15</b>	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	800	Free	9:12.32	<b>19-Sep-19</b>	DOL	Corné le Roux - Namibian SC Nationals (Sep '19)	
	1500	Free	16:47.38	<b>25-Jul-15</b>	DOL	Phillip Seidler - NASU SC Gala 3 (Jul '15)	
	50	Back	26.26	<b>27-Oct-18</b>	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	100	Back	57.10	<b>19-Sep-19</b>	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	
	200	Back	2:03.64	<b>23-Jan-15</b>	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)	
	50	Breast	28.75	<b>11-Dec-18</b>	NAM	Ronan Wantenaar - 14th FINA World Champs in China (Dec '18)	
	100	Breast	1:02.91	<b>27-Oct-18</b>	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	200	Breast	2:20.53	<b>27-Oct-18</b>	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	50	Fly	25.97	<b>7-Dec-16</b>	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)	
	100	Fly	56.41	<b>19-Sep-19</b>	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	
	200	Fly	2:10.10	<b>19-Sep-19</b>	DOL	Corné Le Roux - SC Nationals (Sep '19)	
	100	IM	57.24	<b>19-Sep-19</b>	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	
	200	IM	2:08.04	<b>27-Oct-18</b>	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	

## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

17-18	400 IM	4:39.65	<b>23-Jan-15</b>	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	200 Free Relay	1:39.10	<b>17-Jun-15</b>	DOL	Dolphins Relay - B.Theron, A. Oberholster, A. Loftie-Eaton, A. Skinner (Jun '15)
	400 Free Relay	3:48.79	<b>10-Dec-10</b>	NAM	Zone 6 2010 BEST TIME Niemann Kulikowski Mudge Engelbrecht
	400 Free Relay	4:06.01	<b>1-Jan-21</b>		Dolphins Swimming Club K. Rathenam, M. Gertze, M. Henning, A. Wellma
	200 Medley Relay	1:54.36	<b>12-Aug-22</b>	AQUA	Aqua Relay - J. Bezuidenhout, A. Magongo, C. De Jager, B Magongo (SC 4)
	400 Medley Relay	4:20.32	<b>10-Dec-10</b>	NAM	Namibian Relay - Engelbrecht, Kulikowski, Mudge, Niemann (Zone 6) - 2010
25-44	50 Free	27.54	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021
	100 Free	1:01.54	<b>17-Jun-22</b>	MAC	Jörn Diekmann at NASFED SC Gala 2 (WHK) 17-18 June 2022
	200 Free	2:20.71	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021
	400 Free	5:00.00	<b>17-Jun-22</b>	MAC	Jörn Diekmann at NASFED SC Gala 2 (WHK) 17-18 June 2022
	800 Free	10:42.19	<b>29-Jul-22</b>	MAC	Jörn Diekmann at NASFED SC Gala 3 (WHK) 29 - 30 July 2022
	50 Back	33.70	<b>27-Aug-18</b>	SWA	Dentie Louw - Namibia SC Nationals (Aug '18)
	100 Back	1:15.13	<b>23-Sep-21</b>	SWA	Dentie Louw - SC Nationals 2021
	50 Breast	33.27	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021
	100 Breast	1:18.98	<b>27-Sep-18</b>	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	200 Breast	2:50.72	<b>27-Sep-18</b>	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	50 Fly	29.44	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021
	100 Fly	1:10.38	<b>17-Jun-22</b>	MAC	Jörn Diekmann at NASFED SC Gala 2 (WHK) 17-18 June 2022
	200 Fly	3:24.41	<b>21-Jun-19</b>	DOL	Jan Louis Mostert - SC Gala 2 (Jun '19)
	100 IM	1:09.02	<b>23-Sep-21</b>	MAC	Quinton Delie - SC Nationals 2021
	200 IM	2:38.28	<b>27-Sep-18</b>	DOL	Jurie Badenhorst - Namibia SC Nationals (Sep '18)
	45 & O	50 Free	29.29	<b>23-Sep-21</b>	MAC
100 Free		1:04.74	<b>23-Sep-21</b>	MAC	Francois van der Westhuizen - SC Nationals 2021
200 Free		2:20.07	<b>30-Jan-20</b>	DOL	Alex Skinner at LC/SC Gala 3 (SWakopmund) 31 Jan - 1 Feb 2020
400 Free		5:22.63	<b>5-Oct-12</b>	NSA	Paddy Murphy at NASU SC Gala 4 5 & 6 Oct 2012 (LC gala 1)
800 Free		11:40.56	<b>19-Sep-19</b>	MAC	Paddy Murphy - SC Nationals 2019
1500 Free		22:02.59	<b>19-Sep-19</b>	MAC	Paddy Murphy - SC Nationals 2019
50 Back		36.26	<b>23-Sep-21</b>	MAC	Francois van der Westhuizen - SC Nationals 2021
100 Back		1:24.12	<b>2-Sep-22</b>	MAC	Johan Bekker at NASFED SC Gala 5 (02 - 03 SEP) - WHK
50 Breast		36.75	<b>29-Jul-22</b>	SWA	Francois van der Westhuizen at SC Gala 3 (Windhoek) 29 - 30 July 2022
100 Breast		1:24.44	<b>2-Sep-22</b>	SWA	Francois van der Westhuizen at NASFED SC Gala 5 (02 - 03 SEP) - WHK
200 Breast		3:06.85	<b>29-Jul-22</b>	SWA	Francois van der Westhuizen at SC Gala 3 (Windhoek) 29 - 30 July 2022
50 Fly		33.66	<b>21-Jun-19</b>	MAC	Gabor Salamon - SC Gala 2 (21 June '19)
100 Fly		1:36.64	<b>23-Sep-21</b>	AQUA	Richard Coomer - SC Nationals 2021
100 IM		1:24.72	<b>2-Sep-22</b>	MAC	Johan Bekker at NASFED SC Gala 5 (02 - 03 SEP) - WHK
200 IM		3:31.78	<b>23-Sep-21</b>	AQUA	Richard Coomer - SC Nationals 2021
Open		50 Free	22.59	<b>9-Aug-19</b>	DOL
	100 Free	48.40	<b>17-Dec-21</b>	NAM	Alexander Skinner - Abu Dhabi FINA SC Champs '21
	200 Free	1:47.66	<b>17-Dec-21</b>	NAM	Alexander Skinner - Abu Dhabi FINA SC Champs '21
	400 Free	3:57.94	<b>19-Sep-19</b>	DOL	Phillip Seidler - SC Chaps 2019
	800 Free	8:10.69	<b>6-Nov-20</b>	DOL	Phillip Seidler - LC/SC Gala 2 (Nov '20)
	1500 Free	15:35.99	<b>19-Sep-19</b>	DOL	Phillip Seidler - SC Nationals 2019
	50 Back	25.76	<b>1-Sep-21</b>	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	100 Back	56.97	<b>1-Sep-21</b>	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	200 Back	2:02.92	<b>19-Jul-14</b>	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)
	50 Breast	27.89	<b>27-Oct-21</b>	NAM	Ronan Wantenaar - FINA World Swimming World Cup
	100 Breast	1:01.35	<b>28-Oct-21</b>	NAM	Ronan Wantenaar - FINA World Cup 2021 - Kazan, Russia
	200 Breast	2:20.53	<b>27-Oct-18</b>	NSA	Ronan Wantenaar - SC Nationals (2018)
	50 Fly	25.97	<b>8-Dec-16</b>	DOL	Alexander Skinner - FINA SC World ChampS '16
	100 Fly	56.41	<b>19-Sep-19</b>	MAC	Ronan Wantenaar - SC Nationals (2019)
	200 Fly	2:07.36	<b>21-Mar-18</b>	NAM	Corné Le Roux - 2018 Cana Zone IV Swimming Champs - Malawi
	100 IM	56.82	<b>1-Sep-21</b>	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
200 IM	2:08.04	<b>27-Oct-18</b>	NSA	Ronan Z Wantenaar - SC Nationals (2018)	

**Namibia Swimming Federation - Database**

---

**RECORDS Namibia Short C**

Open	400 IM	4:39.65	<b>23-Jan-15</b>	NSA	Lushano Lamprecht - FOBISIA Swimming Champs 2015
	200 Free Relay	1:39.10	<b>17-Jun-15</b>	DOL	Dolphins Relay - B.Theron, A. Oberholster, A. Loftie-Eaton, A. Skinner
	400 Free Relay	3:33.86	<b>23-Jan-15</b>	NSA	Namib Swim Academy
	200 Medley Relay	1:47.01	<b>23-Jan-15</b>	NSA	Namib Swim Academy



## Namibia Swimming Federation - Database

### RECORDS Namibia Short C

#### SC Meters-Mixed

9-10	200 Free Relay	2:31.69	<b>18-Sep-09</b>	NAMIB	Swimming Namibia	G. Cloete, J. Lamprecht, D. Nell, P. Theissen
	400 Medley Relay	6:00.06	<b>9-Aug-19</b>	AQUA	Aqua Swimming Club - L. Esterhuizen, L. Nitsche, E. Nakaleke, A. Kapapa	
11-12	400 Free	4:39.68	<b>12-Jul-19</b>	DOL	Dolphins Relay - C. McNamara, M. Ohm, A. Naukosho, O. Durand	
	200 Free Relay	2:03.77	<b>9-Sep-16</b>	DOL	Dolphins Swimming Club B. van der Walt, N. Redecker, T. Esslinger, M. Bu	
	200 Medley Relay	2:26.17	<b>8-Sep-17</b>	DOL	Dolphins Swimming Club M. Burger, E. Hooker, T. Mutumbulua, J. Canjulc	
	400 Medley Relay	5:10.47	<b>29-Jul-22</b>	DOL	Dolphins Swimming Club A. Naukosho, N. Jiao, J. Langford, V. De Sousa	
13-14	200 Free Relay	1:54.91	<b>18-Sep-09</b>	NAMIB	Swimming Namibia M. Winkler, C. Lamprecht, S. Peens, A. Brock	
	400 Free Relay	4:06.98	<b>12-Aug-22</b>	DOL	Dolphins Swimming Club M. Bauernschmitt, M. Geysler, M. Brinkmann, O	
	200 Medley Relay	2:12.92	<b>18-Sep-09</b>	NAMIB	Swimming Namibia M. Hecht, M. Winkler, S. Peens, A. Brock	
	400 Medley Relay	4:32.81	<b>29-Jul-22</b>	DOL	Dolphins Swimming Club M. Brinkmann, O. Durand, M. Bauernschmitt, M	
17-18	200 Medley Relay	2:26.52	<b>10-May-19</b>	ORA	Oranjemund Relay - Spangenberg, Witbooi, Spangenberg, Jacob (May '19)	
	400 Medley Relay	4:29.27	<b>9-Aug-19</b>	DOL	Dolphins Relay - N. Redecker, J. Cioccolanti, M. Henning, V. Ellmies (Aug '19)	
Open	200 Free Relay	1:42.86	<b>18-Sep-09</b>	NAMIB	Swimming Namibia B. Briedenhann, A. Ray, S. Van Zijl, A. Van Wyk	
	400 Free Relay	3:55.65	<b>12-Jul-19</b>	DOL	Dolphins Relay - C. Le Roux, V. Botha, M. Smalley, A. Skinner	