

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Women

|            |                  |                |                  |                  |   |
|------------|------------------|----------------|------------------|------------------|---|
| 8 & U      | 50 Free          | 36.82          | <b>28-Jan-10</b> | NSA              | Zuné Weber - Namibian National Championships 2010             |
|            | 50 Back          | 42.35          | <b>11-Oct-19</b> | AQUA             | Roselinda Matyayi - BWK LC Gala 1 (Oct '19)                   |
|            | 50 Breast        | 46.00          | <b>1-Jan-00</b>  | TSUNM            | Tesra Broodryk - Date Unknown                                 |
|            | 50 Fly           | 42.90          | <b>10-Dec-04</b> | NSANM            | Christine Briedenhann - Set Dec 2004                          |
|            | 200 IM           | 3:29.57        | <b>11-Oct-19</b> | AQUA             | Roselinda Matyayi - BWK LC Gala 1 (Oct '19)                   |
|            | 200 Free Relay   | 2:20.78        | <b>21-Feb-19</b> | DOL              | Dolphins Relay - Ellis, Brinkmann, Naukosho, De Sousa         |
|            | 200 Medley Relay | 2:28.93        | <b>29-Aug-09</b> | NSA              | Namib Swim Academy J. Oberholzer, A. Olivotto, Y. Hierath,    |
| 9-10       | 50 Free          | 30.89          | <b>13-Dec-06</b> | NSANM            | Christine Briedenhann - Set December 2006                     |
|            | 100 Free         | 1:07.28        | <b>13-Dec-06</b> | NSANM            | Christine Briedenhann - Set December 2006                     |
|            | 50 Back          | 36.34          | <b>11-Mar-21</b> | AQUA             | Roselinda Matyayi - BKW LC Nationals 2021                     |
|            | 100 Back         | 1:18.13        | <b>4-Dec-14</b>  | DOL              | Tiana Esslinger - NTS Championships 2014                      |
|            | 50 Breast        | 41.58          | <b>13-Dec-06</b> | NSANM            | Christine Briedenhann - Set December 2006                     |
|            | 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 - Set December 2006                     |
|            | 100 Fly          | 1:21.18        | <b>13-Dec-06</b> | NSANM            | Christine Briedenhann - Set December 2006                     |
|            | 200 IM           | 2:51.28        | <b>12-Oct-13</b> | DOL              | Heleni Stergiadis - BKW LC Gala 1 Tsumeb (Oct '13)            |
|            | 200 Free Relay   | 2:23.88        | <b>29-Nov-12</b> | DOL              | Dolphins Swimming Club H. Stergiadis, V. Botha, J. Liebenber; |
|            | 200 Medley Relay | 2:42.06        | <b>22-Feb-22</b> | DOL              | Dolphins Relay - Bank Windhoek LC Nationals 2022              |
|            | 10 & U           | 400 Free Relay | 5:47.32          | <b>28-Jan-22</b> | DOL   |
| 11-12      | 50 Free          | 28.72          | <b>1-Dec-08</b>  | NSA              | Christine Briedenhann - 9th Senior African Championships (Dec |
|            | 100 Free         | 1:02.08        | <b>22-Aug-08</b> | NSA              | Christine Briedenhann - Set August 2008                       |
|            | 50 Back          | 32.42          | <b>3-May-23</b>  | NAM              | Roselinda Matyayi at CANA Zone IV SwimmingChampionship-An     |
|            | 100 Back         | 1:09.60        | <b>3-May-23</b>  | AQUA             | Roselinda Matyayi at CANA Zone IV SwimmingChampionship-An     |
|            | 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           | 29.89          | <b>20-Oct-23</b> | AQUA             | Roselinda Matyayi at BWK LC Gala 1 20-21 October 2023         |
|            | 100 Fly          | 1:10.97        | <b>3-May-23</b>  | NAM              | Roselinda Matyayi at CANA Zone IV SwimmingChampionship-An     |
|            | 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 Relay - Wahl, Preschel, Adrian, Minders              |
|            | 200 Medley Relay | 2:25.62        | <b>23-Feb-23</b> | DOL              | Dolphins Relay - S Schnebel, C Meyer, A Naukosho, V de Sousa  |
|            | 12 & U           | 200 Free       | 2:18.25          | <b>17-Mar-12</b> | NAMIB   |
| 400 Free   |                  | 4:57.81        | <b>3-May-23</b>  | NAM              | Ainoa Naukosho at CANA Zone IV SwimmingChampionship-Angc      |
| 800 Free   |                  | 10:10.10       | <b>3-May-23</b>  | DOL              | Ainoa Naukosho at CANA Zone IV SwimmingChampionship-Angc      |
| 1500 Free  |                  | 19:56.70       | <b>1-Dec-23</b>  | DOL              | Ainoa Naukosho at BW LC Gala 3 Windhoek 1-2 December 2023     |
| 200 Back   |                  | 2:33.54        | <b>7-Dec-16</b>  | DOL              | Tiana Esslinger - NTS Championships (Dec '16)                 |
| 200 Breast |                  | 3:03.77        | <b>3-Jan-04</b>  | SPANM            | Daniela Lindemeier - January 2004                             |
| 200 Fly    |                  | 2:45.26        | <b>4-Dec-14</b>  | DOL              | Heleni Stergiadis - NTS Championships (Dec '14)               |
| 400 IM     |                  | 5:33.62        | <b>21-Mar-23</b> | NSFED            | Ainoa Naukosho at SA National Junior Age Group Champs-KZN 2   |
| 13-14      |                  | 50 Free        | 27.26            | <b>13-Sep-10</b> | NSA   |
|            | 100 Free         | 1:00.53        | <b>13-Sep-10</b> | NAM              | Christine M. Briedenhann at 10th African Swimming Championsl  |
|            | 200 Free         | 2:11.21        | <b>23-Aug-17</b> | NAM              | Heleni Stergiadis at 6th FINA World Junior Swimming Champion: |
|            | 400 Free         | 4:37.61        | <b>23-Aug-17</b> | NAM              | Heleni Stergiadis at 6th FINA World Junior Swimming Champion: |
|            | 800 Free         | 9:45.33        | <b>3-Dec-12</b>  | NASU             | DOLNM Marike Meyer  |
|            | 1500 Free        | 18:54.76       | <b>15-Mar-24</b> | NSFED            | Madison S. Bergh at SA National Junior Age Group Champs-KZN 2 |
|            | 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                            |
|            | 100 Breast       | 1:17.85        | <b>8-Dec-12</b>  | NAM              | Kiah T. Borg CANA Zone VI 2012, Lusaka                        |

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### RECORDS NAM-L

|                  |                  |                  |                  |   |   |   |
|------------------|------------------|------------------|------------------|---|---|---|
| 13-14            | 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 Champions   |   |
|                  | 100 Fly          | 1:06.23          | <b>23-Aug-17</b> | NAM   | Heleni Stergiadis at 6th FINA World Junior Swimming Champion  |   |
|                  | 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 Champion  |   |
|                  | 400 IM           | 5:09.65          | <b>23-Aug-17</b> | NAM   | Heleni Stergiadis at 6th FINA World Junior Swimming Champion  |   |
|                  | 200 Free Relay   | 1:57.85          | <b>2-Dec-12</b>  | NSA   | NSA   | Schatz K Oberholzer Z Adelaar S Borg K        |
|                  | 400 Free Relay   | 4:28.95          | <b>16-Mar-12</b> | NAMIB   | Swimming Namibia  | K. Schatz, A. Roth, Z. Oberholzer, K. Bc      |
|                  | 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 | 5:07.93          | <b>26-Nov-21</b> | AQUA             | Aqua Swimming and Fitness ClubJ. Humphrey, Q. Benade, S. Rey, |   |   |
| 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          | 29.95            | <b>4-Apr-24</b>  | AQUA  | Jessica Humphrey at BWK Namibia National LC Championships 2   |   |
|                  | 100 Back         | 1:03.81          | <b>10-Dec-14</b> | NAM   | Zanré Oberholzer at African Union Sports-Region 5 Under 20 YT |   |
|                  | 200 Back         | 2:16.99          | <b>10-Dec-14</b> | NAM   | Zanré Oberholzer at African Union Sports-Region 5 Under 20 YT |   |
|                  | 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   | 1:58.56          | <b>7-Jul-15</b>  | NSA   | Namib Swim Academy  | Z. Weber, J. Coury, N. Joseph, S. Adel        |
|                  | 400 Free Relay   | 4:12.09          | <b>28-Mar-17</b> | MAC   | Marlins Swimming Club   |   |
|                  | 800 Free Relay   | 9:18.74          | <b>28-Mar-17</b> | MAC   | Marlins Swimming Club   |   |
|                  | 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 Champions           |
| 100 Back         |                  | 1:04.89          | <b>17-Mar-17</b> | TUKS- NT  | Zanré Oberholzer at SA National JNR Age Group Champs 2017-K   |   |
| 200 Back         |                  | 2:20.65          | <b>17-Mar-17</b> | TUKS- NT  | Zanré Oberholzer at SA National JNR Age Group Champs 2017-K   |   |
| 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-K  |   |
| 200 Free Relay   |                  | 1:54.10          | <b>15-Apr-13</b> | NASU  | NASU at SA NAT 2015   | Z. Oberholzer, A. Roth, S. Adelaar, K. S      |
| 400 Free Relay   |                  | 4:20.65          | <b>8-Dec-08</b>  | NAM   | NAM team, Zone 6, 2008  | Briedenhann, Wahl, Wasserfall, Lab            |
| 800 Free Relay   |                  | 9:38.34          | <b>11-Oct-21</b> | NAM   | Namibia   | N. Redecker, M. Brinkmann, R. Westerduin, "   |
| 200 Medley Relay |                  | 2:20.70          | <b>10-Nov-23</b> | AQUA  | Aqua Swimming and Fitness ClubJ. Humphrey, A. August, M. Stan |   |
| 400 Medley Relay |                  | 4:47.00          | <b>1-Jan-00</b>  | NAM   | NAM team, Zone 6, 2008  | Briedenhann, Wahl, Wasserfall, Linc           |

## Namibia Swimming Federation - Database

### RECORDS NAM-L

|           |                  |          |                  |                  |  |  |  |
|-----------|------------------|----------|------------------|------------------|--|--|--|
| 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 & O           | 50 Free  | 32.61            | <b>26-Nov-21</b> | MAC  | Ilona Sickel at LC Gala 3 (Windhoek) - 26 - 27 November 2022 |  |
|           |                  | 100 Free | 1:15.90          | <b>20-Mar-19</b> | MAC  | Jane Samson at SAMS 35th National Swimming Championship 2019 |  |
| 200 Free  |                  | 2:35.57  | <b>5-Aug-19</b>  | NAM              | Cheryl Young - 18th FINA Masters Champs 2019                       |  |  |
| 400 Free  |                  | 5:30.11  | <b>19-Aug-05</b> | NAM              | Cheryl Young - 18th FINA Masters Champs 2019                       |  |  |
| 800 Free  |                  | 11:35.17 | <b>5-Aug-19</b>  | MARL             | Cheryl Young - 18th FINA Masters Champs 2019                       |  |  |
| 1500 Free |                  | 24:46.62 | <b>25-Nov-22</b> | MAC              | Imme Hucke-McFarlane at LC Gala 3 (Windhoek) 25 - 26 November 2022 |  |  |
| 50 Back   |                  | 40.79    | <b>23-Feb-23</b> | SWA              | Lucy Louw  | BWK LC nationals 2023  |  |
| 100 Back  |                  | 1:29.03  | <b>25-Nov-22</b> | DOL              | Lena Brinkmann at LC Gala 3 (Windhoek) 25 - 26 November 2022       |  |  |
| 200 Back  |                  | 3:12.15  | <b>25-Nov-22</b> | DOL              | Lena Brinkmann at LC Gala 3 (Windhoek) 25 - 26 November 2022       |  |  |
| 50 Fly    |                  | 36.91    | <b>23-Nov-18</b> | NSA              | Jane Samson at BWK LC Gala 3 23-24 November 2018                   |  |  |
| 100 Fly   |                  | 2:01.12  | <b>14-Mar-20</b> | MAC              | Mary Fitzpatrick   | at BWK Aquapentathlon 14 March 2020                          |  |
| 200 IM    |                  | 3:00.87  | <b>19-Aug-05</b> | NAM              | Cheryl Young - 18th FINA Masters Champs 2019                       |  |  |
| 400 IM    |                  | 6:41.84  | <b>19-Aug-05</b> | NAM              | Cheryl Young - 18th FINA Master 2019                               |  |  |
| Open      | 50 Free          | 26.76    | <b>1-Jul-96</b>  | MARNM            | Monica Dahl  |  |  |
|           | 100 Free         | 57.95    | <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          | 29.95    | <b>4-Apr-24</b>  | AQUA             | Jessica Humphrey at BWK Namibia National LC Championships 2024     |  |  |
|           | 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 I      |  |  |
|           | 200 Breast       | 2:33.16  | <b>13-Apr-15</b> | NASU- ZZ         | Daniela Lindemeier at Sa National Aquatic Championship 2015 I      |  |  |
|           | 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     |  |  |
|           | 400 Free Relay   | 4:09.82  | <b>10-Dec-14</b> | NAM              | Namibia Region 5 Youth Games K Schatz, M Smalley, Z Weber, S       |  |  |
|           | 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. Ade                         |  |
|           | 400 Medley Relay | 4:28.30  | <b>15-Apr-13</b> | NASU             | NASU at SA NAT 2015  | Z. Oberholzer, D. Lindemeier, S. Adelaar                     |  |

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Men

|           |                  |                |                  |                  |   |
|-----------|------------------|----------------|------------------|------------------|---|
| 8 & U     | 50 Free          | 36.18          | <b>30-Nov-02</b> | NOONM            | Hardus Louw - Set on 30/11/2002                                   |
|           | 50 Back          | 41.79          | <b>11-Oct-19</b> | DOL              | Ryan Steyn - BWK LC Gala 1 (Oct '19)                              |
|           | 50 Breast        | 47.88          | <b>1-Jan-00</b>  | SPANM            | Francois Saayman  |
|           | 50 Fly           | 38.60          | <b>25-Nov-22</b> | DOL              | Patrick Durand at LC Gala 3 (Windhoek) 25 - 26 November 2022      |
|           | 200 IM           | 3:16.95        | <b>25-Nov-22</b> | DOL              | Patrick Durand at LC Gala 3 (Windhoek) 25 - 26 November 2022      |
|           | 200 Free Relay   | 2:47.06        | <b>21-Feb-19</b> | DOL              | Dolphins Swimming Club A. Badenhorst, J. Badenhorst, N. Jia       |
|           | 200 Medley Relay | 3:03.32        | <b>29-Aug-09</b> | DOL              | Dolphins Swimming Club  |
| 9-10      | 50 Free          | 30.70          | <b>5-Dec-19</b>  | ORA              | Nathan Bock - NCASA Champs (Dec '19)                              |
|           | 100 Free         | 1:10.38        | <b>5-Dec-19</b>  | ORA              | Nathan Bock - NCASA Champs (Dec '19)                              |
|           | 50 Back          | 36.25          | <b>28-Jan-22</b> | DOL              | Ryan Steyn at BWK LC Gala 4 (28-29 Jan '22) - WHK                 |
|           | 100 Back         | 1:19.14        | <b>6-Dec-17</b>  | DOL              | Oliver Durand - NTS Championships 2017                            |
|           | 50 Breast        | 38.26          | <b>21-Mar-24</b> | NSFED            | Oelof Badenhorst at SA Level 3 Regional Age Group Champs 202      |
|           | 100 Breast       | 1:27.24        | <b>3-Apr-18</b>  | NASU             | Oliver Durand - SA Level 3 Regional Age Group Champs (2018)       |
|           | 50 Fly           | 32.87          | <b>27-Feb-20</b> | ORA              | Nathan Bock - BWK LC Nationals 2020                               |
|           | 100 Fly          | 1:16.16        | <b>21-Mar-24</b> | NSFED            | Patrick Durand at SA Level 3 Regional Age Group Champs 2024-      |
|           | 200 IM           | 2:47.68        | <b>3-Apr-18</b>  | NASU             | Oliver Durand - SA Level 3 Regional Age Group Champs (2018)       |
|           | 200 Free Relay   | 2:16.70        | <b>4-Apr-24</b>  | DOL              | Dolphins Swimming Club D. Badenhorst, J. Coetzee, A. Diehl, I     |
|           | 200 Medley Relay | 2:34.49        | <b>4-Apr-24</b>  | DOL              | Dolphins Swimming Club A. Diehl, D. Badenhorst, P. Durand,        |
|           | 10 & U           | 400 Free Relay | 5:18.10          | <b>15-Nov-19</b> | DOL   |
| 11-12     | 50 Free          | 27.37          | <b>17-Mar-17</b> | NASU             | Mikah Burger - SA National JNR Age Group Champs (2017)            |
|           | 100 Free         | 59.23          | <b>17-Mar-17</b> | NASU             | Mikah Burger - SA National Junior Champs (2017)                   |
|           | 50 Back          | 30.86          | <b>6-Apr-22</b>  | NAM              | Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 20:      |
|           | 100 Back         | 1:06.55        | <b>6-Apr-22</b>  | NAM              | Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 20:      |
|           | 50 Breast        | 33.96          | <b>28-Mar-17</b> | NAM              | Mikah Burger - African Junior Swimming Champs (Mar '17)           |
|           | 100 Breast       | 1:15.74        | <b>7-Dec-16</b>  | DOL              | Mikah Burger - NTS Championships (2016)                           |
|           | 50 Fly           | 29.44          | <b>23-Feb-23</b> | AQUA             | Rodney Feris BWK LC Nationals 2023                                |
|           | 100 Fly          | 1:04.22        | <b>17-Mar-17</b> | NASU             | Mikah Burger - SA National Junior Champs (Mar '17)                |
|           | 200 IM           | 2:26.33        | <b>17-Mar-17</b> | NASU             | Mikah Burger - SA National Junior Champs (Mar '17)                |
|           | 200 Free Relay   | 2:01.28        | <b>23-Feb-17</b> | DOL              | Dolphins Swimming Club B. van der Walt, J. Canjulo, M. Burge      |
|           | 400 Free Relay   | 4:49.01        | <b>15-Nov-19</b> | DOL              | Dolphins Relay - R. Engelhard, L. Kinnaird, H. Grant, O. Durand   |
|           | 200 Medley Relay | 2:17.93        | <b>23-Feb-17</b> | DOL              | Dolphins Swimming Club B. van der Walt, M. Burger, J. Canjul      |
|           | 400 Medley Relay | 5:31.87        | <b>27-Nov-20</b> | DOL              | Dolphins Relay - J.Langford, F.Steyn, M.Bauernschmitt, L.Kinnairc |
| 12 & U    | 200 Free         | 2:11.42        | <b>17-Mar-17</b> | NASU             | Mikah K. Burger - SA National Junior Champs (Mar '17)             |
|           | 400 Free         | 4:39.03        | <b>21-Mar-18</b> | NASU             | Jose Canjulo - SA National Junior Champs (Mar '18)                |
|           | 800 Free         | 10:29.53       | <b>28-Nov-14</b> | DOL              | Corné le Roux BWK LC 3 (Nov '14)                                  |
|           | 1500 Free        | 19:52.37       | <b>2-Nov-18</b>  | DOL              | Nico Esslinger - BWK LC Gala 2 (Nov '18)                          |
|           | 200 Back         | 2:25.69        | <b>24-Feb-22</b> | AQUA             | Lorenzo Esterhuizen at BKW Namibia National LC Championship       |
|           | 200 Breast       | 2:48.03        | <b>20-Feb-20</b> | NAM              | Oliver Durand - CANA Zone IV (Feb '20)                            |
|           | 200 Fly          | 2:29.14        | <b>6-Apr-22</b>  | NAM              | Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 20:      |
|           | 400 IM           | 5:15.01        | <b>6-Apr-22</b>  | NAM              | Lorenzo Esterhuizen at SA National Aquatic SNR-JNR Champ 20:      |
|           | 13-14            | 50 Free        | 25.56            | <b>11-Sep-19</b> | NAM   |
| 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 |                  | 18:08.73       | <b>26-Nov-21</b> | DOL              | Oliver B. Durand at LC Gala 3 (Windhoek) 26 - 27 November 202     |
| 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   |
| 200 Back  |                  | 2:14.74        | <b>19-Mar-19</b> | NASU             | Jose Canjulo SA Junior Championships                              |

## Namibia Swimming Federation - Database

### RECORDS NAM-L

|       |                  |          |           |           |                              |  |
|-------|------------------|----------|-----------|-----------|------------------------------|--|
| 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       | 2:25.62  | 30-Aug-22 | DOL       | Oliver B. Durand             | at 8th FINA Junior Swimming Championships 20 |
|       | 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      | Corne Le Roux                | SA National JNRAge Group Champs              |
|       | 200 IM           | 2:10.29  | 30-Aug-22 | NAM       | Oliver Durand                | 8th FINA Junior World Champs                 |
|       | 400 IM           | 4:43.08  | 30-Aug-22 | DOL       | Oliver B. Durand             | at 8th FINA Junior Swimming Championships 20 |
|       | 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 |
|       | 400 Medley Relay | 4:41.06  | 25-Nov-22 | DOL       | Dolphins Swimming Club       | L. Ellis, A. Marggraff, M. Bauernschr        |
| 15-16 | 50 Free          | 24.28    | 4-Apr-24  | DOL       | Oliver B. Durand             | at BWK Namibia National LC Championships 20  |
|       | 100 Free         | 53.03    | 4-Apr-24  | DOL       | Oliver B. Durand             | at BWK Namibia National LC Championships 20  |
|       | 200 Free         | 1:54.22  | 2-Feb-24  | NAM       | Oliver B. Durand             | at WA World Aquatic Champs (LC) Doha 2024    |
|       | 400 Free         | 4:11.22  | 21-Mar-23 | NSFED     | Oliver B. Durand             | at SA National Junior Age Group Champs-KZN 2 |
|       | 800 Free         | 8:45.89  | 3-May-23  | DOL       | Oliver B. Durand             | at CANA Zone IV Swimming Championship-Angc   |
|       | 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       | 2:25.71  | 21-Mar-23 | NSFED     | Oliver B. Durand             | at SA National Junior Age Group Champs-KZN 2 |
|       | 50 Fly           | 25.89    | 4-Apr-24  | DOL       | Oliver B. Durand             | at BWK Namibia National LC Championships 20  |
|       | 100 Fly          | 57.63    | 4-Apr-24  | DOL       | Oliver B. Durand             | at BWK Namibia National LC Championships 20  |
|       | 200 Fly          | 2:06.47  | 21-Mar-23 | NSFED     | Oliver B. Durand             | at SA National Junior Age Group Champs-KZN 2 |
|       | 200 IM           | 2:06.78  | 9-Mar-24  | NAM       | Oliver B. Durand             | at 13th African Games Swimming               |
|       | 400 IM           | 4:32.04  | 9-Mar-24  | NAM       | Oliver B. Durand             | at 13th African Games Swimming               |
|       | 200 Free Relay   | 1:44.33  | 4-Nov-22  | DOL       | Dolphins Swimming Club       | O. Durand, Q. Ellis, N. Esslinger, R. E      |
|       | 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 | 1:59.67  | 4-Nov-22  | DOL       | Dolphins Swimming Club       | R. Engelhard, O. Durand, Q. Ellis, N.        |
|       | 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 Wolrd Champs                 |
|       | 100 Back         | 57.75    | 20-Aug-19 | NAM       | Ronan Wantenaar              | 7th FINA Junior Wolrd 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 Wolrd 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,                |

## Namibia Swimming Federation - Database

### RECORDS NAM-L

|        |                  |          |                  |       |  |                                      |
|--------|------------------|----------|------------------|-------|--|--------------------------------------|
| 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, Briedenhan     |
| 25-44  | 50 Free          | 25.39    | <b>23-Feb-23</b> | AQUA  | Lushano P. Lamprecht   | BWK LC Nationals 2023                |
|        | 100 Free         | 57.88    | <b>23-Feb-23</b> | AQUA  | Lushano Lamprecht  | BWK LC Nationals 2023                |
|        | 200 Free         | 2:22.81  | <b>14-Apr-22</b> | NAM   | Dentie Louw at CANA Zone IV Swimming Championship-Lusaka 2     |                                      |
|        | 400 Free         | 4:55.03  | <b>23-Feb-23</b> | AQUA  | Lushano Lamprecht  | BWK LC Nationals 2023                |
|        | 800 Free         | 11:00.89 | <b>27-Jan-23</b> | AQUA  | Lushano Lamprecht  | BWK LC gala 4                        |
|        | 1500 Free        | 22:15.06 | <b>23-Feb-23</b> | SWA   | Dentie Louw  | BWK LC nationals 2023                |
|        | 50 Back          | 29.16    | <b>23-Feb-23</b> | AQUA  | Lushano Lamprecht  | BWK LC Nationals 2023                |
|        | 100 Back         | 1:03.31  | <b>23-Feb-23</b> | AQUA  | Lushano P. Lamprecht   | BWK LC nationals 2023                |
|        | 200 Back         | 2:23.11  | <b>23-Feb-23</b> | AQUA  | Lushano Lamprecht Record Set                                   | BWK LC nationals 2023                |
|        | 50 Breast        | 35.21    | <b>24-Feb-22</b> | MAC   | Quinton Delie at BKW Namibia National LC Championships 2022    |                                      |
|        | 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           | 27.27    | <b>23-Feb-23</b> | AQUA  | Lushano P. Lamprecht   | BWK LC nationals 2023                |
|        | 100 Fly          | 1:01.86  | <b>23-Feb-23</b> | AQUA  | Lushano Lamprecht  | BWK LC Nationals 2023                |
|        | 200 Fly          | 3:14.18  | <b>31-Jan-10</b> | DOL   | Jan Louis Mostert  | LC Gala 3                            |
|        | 200 IM           | 2:37.25  | <b>23-Feb-23</b> | AQUA  | Lushano Lamprech   | BWK LC Nationals 2023                |
|        | 400 IM           | 6:17.96  | <b>23-Feb-23</b> | SWA   | Dentie Louw  | BWK LC nationals 2023                |
| 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                                    |                                      |
|        | 800 Free         | 11:18.79 | <b>20-Mar-19</b> | MARL  | Paddy Murphy - SAMS National Champs '19                        |                                      |
|        | 1500 Free        | 23:04.20 | <b>25-Jan-19</b> | NSA   | Paddy Murphy - BWK LC Gala 4                                   |                                      |
|        | 50 Back          | 38.62    | <b>23-Nov-18</b> | MARL  | Francois van der Westhuizen - BWK LC Gala 3                    |                                      |
|        | 100 Back         | 1:26.88  | <b>27-Feb-20</b> | MAC   | Johan Bekker - BKW Namibia National LC Champs '18              |                                      |
|        | 50 Breast        | 36.57    | <b>26-Nov-21</b> | MAC   | Francois van der Westhuizen at LC Gala 3 (Windhoek) 26 - 27 Nc |                                      |
|        | 100 Breast       | 1:23.76  | <b>26-Nov-21</b> | MAC   | Francois van der Westhuizen at LC Gala 3 (Windhoek) 26 - 27 Nc |                                      |
|        | 200 Breast       | 3:52.37  | <b>15-Nov-19</b> | MAC   | Johan Bekker   | at BWK LC Gala 2 15-16 November 2019 |
|        | 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           | 3:12.57  | <b>25-Nov-22</b> | AQUA  | Richard E. Coomer at LC Gala 3 (Windhoek) 25 - 26 November 21  |                                      |
|        | 400 IM           | 6:01.82  | <b>10-Feb-11</b> | DOL   | Alex Skinner   | at NASU Gala 9 and 10                |
| Open   | 50 Free          | 22.67    | <b>13-Mar-24</b> | NAM   | Alexander Skinner at 13th African Games                        |                                      |
|        | 100 Free         | 49.84    | <b>29-Jun-23</b> | DOL   | Alexander Skinner at Arizona 2023 State Championship           |                                      |
|        | 200 Free         | 1:52.11  | <b>6-Apr-22</b>  | NAM   | Alexander Skinner at SA National Aquatic SNR-JNR Champ 2022    |                                      |
|        | 400 Free         | 4:04.84  | <b>3-Apr-17</b>  | NASU  | Phillip Seidler at Sa National Aquatic Championship 2017 Durba |                                      |
|        | 800 Free         | 8:25.48  | <b>3-Apr-17</b>  | NASU  | Phillip Seidler at Sa National Aquatic Championship 2017 Durba |                                      |
|        | 1500 Free        | 16:07.86 | <b>23-Apr-18</b> | NASU  | Phillip Seidler at Sa National Aquatic Championship 2018-PE    |                                      |
|        | 50 Back          | 26.54    | <b>11-Mar-23</b> | MAC   | Ronan Z. Wantenaar at Malaysian 65th Open Swimming 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        | 27.24    | <b>12-Jun-24</b> | MAC   | Ronan Z. Wantenaar at 19th Singapore National LC Championshi   |                                      |
|        | 100 Breast       | 1:01.35  | <b>11-Mar-23</b> | MAC   | Ronan Z. Wantenaar at Malaysian 65th Open Swimming Champs      |                                      |
|        | 200 Breast       | 2:15.52  | <b>9-Mar-24</b>  | NAM   | Ronan Z. Wantenaar at 13th African Games Swimming              |                                      |
|        | 50 Fly           | 24.94    | <b>20-Jun-24</b> | DOL   | Alexander Skinner at 52nd Bahamas National Swimming Champ      |                                      |
|        | 100 Fly          | 55.77    | <b>29-Jun-23</b> | DOL   | Alexander Skinner at Arizona 2023 State Championship           |                                      |
|        | 200 Fly          | 2:06.47  | <b>21-Mar-23</b> | NSFED | Oliver B. Durand at SA Nationa                                 |                                      |
|        | 200 IM           | 2:03.64  | <b>11-Mar-23</b> | MAC   | Ronan Z. Wantenaar at Malaysian 65th Open Swimming Champs      |                                      |
|        | 400 IM           | 4:32.04  | <b>9-Mar-24</b>  | NAM   | Oliver B. Durand at 13th African Games Swimming                |                                      |
|        | 200 Free Relay   | 1:37.70  | <b>10-Dec-14</b> | NAM   | Namibia Region 5 Youth Games A Skinner, L Lamprecht, C Lamp    |                                      |
|        | 400 Free Relay   | 3:29.79  | <b>9-Mar-24</b>  | NAM   | Namibia at 13th African Games A Skinner, J Canjulo, R Wantenaa |                                      |

### Namibia Swimming Federation - Database

#### RECORDS NAM-L

|      |                  |         |                  |      |  |
|------|------------------|---------|------------------|------|--|
| Open | 800 Free Relay   | 8:05.60 | <b>25-Aug-15</b> | NAM  | NAM FINA Junior World Champs Flemming, Seidler, Lamprecht,       |
|      | 200 Medley Relay | 1:49.73 | <b>24-Feb-22</b> | AQUA | Aqua Swimming and Fitness ClubJ. Canjulo, R. Wantenaar, L. Lam   |
|      | 400 Medley Relay | 4:09.28 | <b>14-Dec-16</b> | NAM  | Namibia - R. Wantenaar, A. Loftie-Eaton, A. Oberholster, D. Nell |

## Namibia Swimming Federation - Database

### RECORDS NAM-L

#### LC Meters-Mixed

| Age Group | Distance | Stroke       | Time    | Date             | Location | Swimmers  |
|-----------|----------|--------------|---------|------------------|----------|---|
| 8 & U     | 200      | Free Relay   | 2:43.21 | <b>31-Jan-20</b> | DOL      | Dolphins Swimming Club - A. Naukosho, E. Brinkmann, J. Badenhorst   |
|           | 200      | Medley Relay | 3:01.03 | <b>15-Nov-19</b> | DOL      | Dolphins Relay - A. Naukosho, E. Brinkmann, R. Steyn, A. Badenhorst |
| 9-10      | 200      | Free Relay   | 2:18.53 | <b>28-Jan-22</b> | DOL      | Dolphins Relay - A. Badenhorst, C. Meyer, A. Naukosho, R. Steyn     |
|           | 200      | Medley Relay | 2:36.03 | <b>28-Jan-22</b> | DOL      | Dolphins Relay - R. Steyn, C. Meyer, A. Naukosho, A. Badenhorst     |
| 10 & U    | 400      | Medley Relay | 6:09.36 | <b>9-Oct-20</b>  | DOL      | Dolphins Swimming Club A. Naukosho, E. Jansen, N. Jiao, M. P        |
| 11-12     | 200      | Free Relay   | 2:06.43 | <b>28-Jan-22</b> | AQUA     | Aqua Relay - R. Feris, R. Matyayi, M. Bergh, L. Esterhuizen         |
|           | 400      | Free Relay   | 4:48.79 | <b>10-Nov-23</b> | DOL      | Dolphins Swimming Club R. Steyn, P. Durand, E. Brinkmann, M. Bauer  |
|           | 200      | Medley Relay | 2:24.34 | <b>26-Jan-24</b> | DOL      | Dolphins Swimming Club R. Steyn, C. Meyer, A. Naukosho, A. I        |
|           | 400      | Medley Relay | 5:21.54 | <b>11-Oct-21</b> | AQUA     | Aqua Relay - M. Bergh, A. Kapapa, E. Nakaleke, L. Esterhuizen       |
| 13-14     | 200      | Free Relay   | 1:55.99 | <b>31-Jan-20</b> | DOL      | Dolphins Swimming Club Q. Ellis, M. Späth, M. Stange, O. Ohm        |
|           | 400      | Free Relay   | 4:19.18 | <b>21-Nov-05</b> | DOL      | Dolphins Record LC gala 2 C Rossouw, O Durand, A Naukosho, M. Bauer |
|           | 200      | Medley Relay | 2:11.49 | <b>26-Jan-24</b> | AQUA     | Aqua Swimming and Fitness Club M. Bergh, L. Esterhuizen, R. Feris   |
|           | 400      | Medley Relay | 4:38.64 | <b>16-Feb-19</b> | NAM      | Namibia T. Mutumbulua, J. Canjulo, M. Burger, C. Viljoen            |
| 15-16     | 200      | Free Relay   | 1:51.04 | <b>26-Jan-24</b> | DOL      | Dolphins Swimming Club M. Bauernschmitt, M. Brinkmann, M. Bauer     |
|           | 200      | Medley Relay | 2:04.77 | <b>26-Jan-24</b> | DOL      | Dolphins Swimming Club M. Brinkmann, O. Durand, M. Bauer            |
| 17-18     | 400      | Free Relay   | 4:00.63 | <b>11-Oct-21</b> | NAM      | Namibia M. Burger, R. Westerduin, T. Mutumbulua, J. Canjulo         |
|           | 200      | Medley Relay | 1:56.91 | <b>23-May-14</b> | NAM      | Namibia Relay - Z. Oberholzer, N. Flemming, L. Lamprecht, S. Ade    |
| Open      | 200      | Free Relay   | 1:50.14 | <b>23-May-14</b> | NAM      | Namibia A. Roth, K. Schatz, J. Diekmann, A. Skinner                 |
|           | 400      | Free Relay   | 3:43.88 | <b>9-Mar-24</b>  | NAM      | Namibia at 13th African Games A Skinner, O Durand, J Humphrey       |
|           | 200      | Medley Relay | 1:56.91 | <b>23-May-14</b> | NAM      | Namibia Z. Oberholzer, N. Flemming, L. Lamprecht, S. Ade            |
|           | 400      | Medley Relay | 4:13.50 | <b>9-Mar-24</b>  | NAM      | Namibia at 13th African Games J Canjulo, R Wantenaar, R Wester      |