

Namibia Swimming Federation - Database

RECORDS Namibia Short C

SC Meters-Women

8 & U	50 Free	36.89	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Back	41.20	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Breast	47.53	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019
	50 Fly	39.60	19-Sep-19	AQUA	Rose Matyayi - SC Nationals 20019
	100 IM	1:26.67	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019
	200 IM	3:17.57	19-Sep-19	AQUA	Roselinda Matyayi - SC Nationals 2019
	200 Medley Relay	3:17.67	12-Jul-19	DOL	Dolphins Relay -E. Brinkmann, V. De Sousa, A. Naukosho, L. Ellis
9-10	50 Free	31.23	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Free	1:09.52	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Back	34.44	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Back	1:14.23	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Breast	40.70	1-Jan-00	MAR	Regine Hoffmann - Best Recorded Time
	100 Breast	1:31.33	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	50 Fly	33.24	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	100 Fly	1:19.61	16-Aug-13	DOL	Heleni Stergiadis - NASU SC National Champs (Aug '13)
	100 IM	1:17.76	4-Sep-21	AQUA	Roselina Matyayi - SC Gala 5 (MAC) 3 & 4 Sep '21
	200 IM	2:45.65	23-Sep-21	AQUA	Roselinda Matyayi - SC Nationals 2021
	200 Free Relay	2:38.08	29-Jul-22	DOL	Dolphins Swimming Club S. McNamara, L. Verwey, A. McNab,
	400 Free Relay	5:46.95	28-Sep-23	DOL	Dolphins Swimming Club S. Glen-Spyron, J. Oudshoorn, K. Dip
	200 Medley Relay	2:42.06	1-Jan-00	DOL	Dolphins Swimming Club - A. Naukosho, C. Meyer, C. Kalemeeera, J
	400 Medley Relay	6:07.35	28-Sep-23	DOL	Dolphins Swimming Club K. Dippenaar, J. Oudshoorn, X. Huar
11-12	50 Free	28.90	12-May-23	AQUA	Roselinda Matyayi at NASFED SC Gala 1 (WHK) 12-13 May 2023
	100 Free	1:03.22	28-Sep-23	DOL	Ainoa Naukosho at NASFED BW SC Nationals 2023
	50 Back	29.91	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	100 Back	1:06.35	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	50 Breast	37.90	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	100 Breast	1:21.31	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	50 Fly	29.50	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	100 Fly	1:04.94	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	100 IM	1:09.02	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	200 IM	2:31.46	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	200 Free Relay	2:08.53	21-Jul-23	DOL	Dolphins Swimming Club V. De Sousa, C. Meyer, L. Ellis, A. Na
	400 Free Relay	4:40.05	28-Sep-23	DOL	Dolphins Swimming Club S. Schnebel, E. Brinkmann, L. Ellis, A
	200 Medley Relay	2:26.07	20-May-15	DOL	Dolphins Swimming Club - H. Stergiadis, V. Ellmies, J. Liebenberg
	400 Medley Relay	5:21.70	28-Sep-23	DOL	Dolphins Swimming Club S. Schnebel, L. Ellis, A. Naukosho, O.
12 & U	200 Free	2:15.82	28-Sep-23	DOL	Ainoa Naukosho at NASFED BW SC Nationals 2023
	400 Free	4:44.54	28-Sep-23	DOL	Ainoa Naukosho at NASFED BW SC Nationals 2023
	800 Free	9:44.03	28-Sep-23	DOL	Ainoa Naukosho at NASFED BW SC Nationals 2023
	1500 Free	19:36.04	21-Jun-14	DOL	Heleni Stergiadis - NASU SC Gala 2 (June '14)
	200 Back	2:25.87	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	200 Breast	2:53.34	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	200 Fly	2:32.94	28-Sep-23	AQUA	Roselinda Matyayi at NASFED BW SC Nationals 2023
	400 IM	5:22.20	28-Sep-23	DOL	Ainoa Naukosho at NASFED BW SC Nationals 2023
	13-14	50 Free	26.82	15-Dec-10	NSA
100 Free		58.87	3-Sep-10	NSA	Christine Briedenhann - SC Gala 3&4 (Sep '10)
200 Free		2:11.51	9-Jun-17	DOL	Heleni Stergiadis at NASU SC Gala 1 09-10 June 2017
400 Free		4:34.24	8-Sep-17	DOL	Heleni Stergiadis - NASU SC Gala 4 (Aug '17)
800 Free		9:42.55	13-Apr-13	DOL	Molina Smalley - NASU SC Gala 4 (Apr '13)
1500 Free		19:08.81	28-Sep-23	AQUA	Madison Bergh at NASFED BW SC Nationals 2023
50 Back		29.96	16-Aug-13	NSA	Zanré Oberholzer - NASU SC National Champs (Aug '13)

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RECORDS Namibia Short C

13-14	100 Back	1:03.27	29-Sep-17	DOL	Heleni Stergiadis - Namibian SC National Champs (Sep '17)
	200 Back	2:16.75	19-Jul-13	NSA	Zanre Oberholzer NASU SC Gala 3 2013
	50 Breast	34.85	3-Sep-10	NSA	Michaela Cloete - SC Gala 3&4 (Sep '10)
	100 Breast	1:16.29	15-Sep-12	NSA	Kiah Borg - SC Champs (Sep '12)
	200 Breast	2:46.46	30-Jul-16	DOL	Heleni Stergiadis - NASU SC Gala 3 (Jun '16)
	50 Fly	29.55	29-Jul-22	AQUA	Reza Westerduin at SC Gala 3 (Windhoek) 29 - 30 July 2022
	100 Fly	1:05.39	2-Sep-22	AQUA	Reza Westerduin at NASFED SC Gala 5 (02 - 03 SEP) - WHK
	200 Fly	2:26.68	8-Sep-17	DOL	Heleni Stergiadis - NASU SC Gala 4 (Aug '17)
	100 IM	1:06.82	29-Sep-17	DOL	Heleni Stergiadis - Namibian SC National Champs (Sep '17)
	200 IM	2:23.86	9-Jun-17	DOL	Heleni Stergiadis - NASU SC Gala 1 (June '17)
	400 IM	5:06.14	25-Aug-16	DOL	Heleni Stergiadis - SA SC Champs (Aug '16)
	200 Free Relay	2:00.20	29-Jul-22	AQUA	Aqua Relay - Q. Benade, H. Humphrey, A. Kapapa, R. Westerduin
	400 Free Relay	4:21.32	17-Jun-22	AQUA	Aqua Relay - Humphrey, J., Kapapa, A., Rossouw, C., Westerduin, I
	200 Medley Relay	2:12.00	29-Jul-22	AQUA	Aqua Swimming and Fitness Club - J. Humphrey, Q. Benade, R. W
	400 Medley Relay	4:50.52	28-Sep-23	AQUA	Aqua Swimming and Fitness ClubR. Matyayi, A. Kapapa, M. Bergh
15-16	50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann - NASU SC Gala 4 (Oct '12)
	100 Free	57.58	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
	200 Free	2:08.49	27-Oct-18	DOL	Heleni Stergiadis - SC Nationals (Oct '18)
	400 Free	4:29.55	27-Oct-18	DOL	Heleni Stergiadis - SC Nationals (Oct '18)
	800 Free	9:21.12	4-Oct-14	DOL	Molina Smalley - City of Plymouth (Oct '14)
	1500 Free	18:25.53	28-Sep-23	AQUA	Reza Westerduin at NASFED BW SC Nationals 2023
	50 Back	28.80	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
	100 Back	1:00.90	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
	200 Back	2:10.95	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs (Dec '14)
	50 Breast	33.98	25-Sep-15	NSA	Sonja Adelaar - Namibia National SC Champs (Sep '15)
	100 Breast	1:14.45	16-Aug-13	NSA	Toni Roth - NASU SC National Champs (Aug '13)
	200 Breast	2:37.78	7-Aug-14	NSA	Toni Roth - SAShort Course Swimming Champs (25m) PMBG (Au
	50 Fly	28.94	14-Dec-23	AQUA	Reza Westerduin at Swim England National Winter Championshi
	100 Fly	1:04.82	25-Sep-15	NSA	Sonja Adelaar - Namibia National SC Champs (Sep '15)
	200 Fly	2:21.85	19-Sep-19	DOL	Heleni Stergiadis - SC Nationals (2019)
	100 IM	1:04.73	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Championships (Dec '14)
	200 IM	2:19.33	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
	400 IM	4:58.62	27-Oct-18	DOL	Heleni Stergiadis - SC Nationals (Oct' 188)
	200 Free Relay	1:59.63	14-Jun-24	AQUA	Aqua Swimming Club Q. Benade, M. Berg, A. Kapapa, J Hum
	400 Free Relay	4:07.49	28-Sep-23	AQUA	Aqua Swimming and Fitness ClubJ. Humphrey, S. Rey, Q. Benade,
	200 Medley Relay	2:10.16	1-Jan-00	DOL	Dolphins Swimming Club T. Esslinger, H. Stergiadis, J. Liebenl
400 Medley Relay	4:33.83	1-Jan-00	NAM	Namibia Z. Oberholzer, A. Roth, S. Adelaar, K. Schatz	
17-18	50 Free	27.41	5-Dec-21	NAM	Trisha Mutumbulua - AUSC Region 5 Champs (Dec '21) - Lesotho
	100 Free	59.38	3-Dec-14	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann - Time set on 09 April 2008
	400 Free	4:33.92	6-Nov-15	DOL	Molina Smalley - ASA South West SC Champs
	800 Free	9:30.69	25-Jul-15	DOL	Mollina Smalley - NASU SC Gala 3 (Jul '15)
	1500 Free	19:17.04	19-Jul-24	DOL	Carissa L. Steyn at SC Gala 3 (Windhoek) 19 - 20 July 2024
	50 Back	29.90	23-Sep-16	NSA	Zanré Oberholzer - Namibian SC Nationals (Sep '16)
	100 Back	1:04.64	23-Sep-16	NSA	Zanré Oberholzer - Namibian SC Nationals (Sep '16)
	200 Back	2:24.78	23-Sep-21	DOL	Tiana Esslinger - SC Nationals 2021
	50 Breast	33.85	15-Dec-10	NSA	Daniela Lindemeier - 10th FINA World Champs (Dec '10)
	100 Breast	1:13.44	15-Dec-10	NSA	Daniela Lindemeier - 10th FINA World Champs (Dec '10)
	200 Breast	2:34.33	3-Dec-14	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	50 Fly	30.09	23-Sep-16	DOL	Molina Smalley - Namibian SC Nationals (Sep '16)
	100 Fly	1:06.58	23-Sep-16	DOL	Molina Smalley - Namibia SC Nationals (Sep '16)
	200 Fly	2:25.94	22-Sep-22	DOL	Lisa Engelhard at NAMIBIA NATIONAL CHAMPIONSHIPS 2022
	100 IM	1:04.79	3-Dec-14	NAM	Toni Roth - 12th World Swimming Champs (Dec '14)
	200 IM	2:20.56	3-Dec-14	NAM	Toni Roth -12th World Swimming Champs (Dec '14)

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RECORDS Namibia Short C

17-18	400 IM	4:57.68	3-Dec-14	NAM	Toni Roth -12th World Swimming Champs (Dec '14)
	200 Free Relay	1:57.10	29-Jul-22	DOL	Dolphins Relay - M. Ohm, L. Engelhard, T. Mutumbulua, T. Essling
	400 Free Relay	4:17.13	1-Jan-00	DOL	Dolphins Swimming Club N. Redecker, C. Coetzer, L. Engelhar
	200 Medley Relay	2:13.69	12-Aug-22	DOL	Dolphins Relay - T. Esslinger, C. Coetzer, T. Mutumbulua, L. Engel
	400 Medley Relay	5:12.06	21-Jun-19	DOL	Dolphins Relay - A. Maritz, H. Stergiadis, V. Botha, C. Esslinger (Ju
Open	50 Free	26.74	5-Oct-12	NSA	Christine Briedenhann - NASU SC Gala 4 2012
	100 Free	57.58	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Champs (Dec '14)
	200 Free	2:07.53	9-Apr-08	NAM	Jonay Briedenhann (Apr '08)
	400 Free	4:29.55	27-Oct-18	DOL	Heleni Stergiadis - SC Nationals 2018
	800 Free	9:21.12	4-Oct-14	DOL	Molina Smalley - City of Plymouth 2014
	1500 Free	18:25.53	28-Sep-23	AQUA	Reza Westerduin at NASFED BW SC Nationals 2023
	50 Back	28.80	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	100 Back	1:00.90	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	200 Back	2:10.95	3-Dec-14	NAM	Zanré Oberholzer - 12th World Swimming Champs '14
	50 Breast	32.71	25-Sep-15	NSA	Daniela Lindemeier - Namibia National SC Champs 2015
	100 Breast	1:10.72	25-Sep-15	NSA	Daniela Lindemeier - Namibia National SC Champs (Sep '15)
	200 Breast	2:33.73	15-Aug-14	NSA	Daniela Lindemeier - NASU SC National Champs (Aug '14)
	50 Fly	28.94	14-Dec-23	AQUA	Reza Westerduin at Swim England National Winter Championshi
	100 Fly	1:04.82	25-Sep-15	NSA	Sonja Adelaar - Namibia National SC ChampS '15
	200 Fly	2:21.85	19-Sep-19	DOL	Heleni Stergiadis - SC Nationals (2019)
	100 IM	1:04.73	3-Dec-14	NAM	Sonja Adelaar at 12th World Swimming Championships
	200 IM	2:19.33	3-Dec-14	NAM	Sonja Adelaar - 12th World Swimming Champs (2014)
	400 IM	4:57.68	3-Dec-14	NAM	Toni Roth - 12th World Swimming Champs '14
	200 Free Relay	1:56.42	17-Jun-15	NSA	NSA Relay - A. Roth, Z. Weber, S. Adelaar,K. Schatz
	200 Medley Relay	2:02.27	20-May-15	NSA	Namib Swim Academy Z. Oberholzer, D. Lindemeier, K. Sch
	400 Medley Relay	4:20.81	3-Dec-14	NAM	Namibia at 12th World SwimmingOberholzer, Lindemaier, Adela

Namibia Swimming Federation - Database

RECORDS Namibia Short C

SC Meters-Men

8 & U	50 Free	36.03	10-May-19	ORA	Rodney Feris - NASFED SC Gala 1
	50 Back	40.19	9-Sep-16	DOL	Ryan Steyn - SC Nationals 2019
	50 Breast	46.89	16-Aug-13	DOL	Mikah Burger - NASU SC National Championships 16-18 Aug 201
	50 Fly	40.26	22-Sep-22	DOL	Patrick Durand at NAMIBIA NATIONAL CHAMPIONSHIPS 2022
	100 IM	1:31.49	22-Sep-22	DOL	Patrick Durand at NAMIBIA NATIONAL CHAMPIONSHIPS 2022
	200 IM	3:19.16	11-Jun-16	DOL	Oliver Durand - NASU Short Course Gala 1 '16
	200 Free Relay	2:49.43	29-Jul-22	DOL	Dolphins Relay - O. Badenhorst, I. Chase, P. Durand, J. Cowley
	200 Medley Relay	3:10.68	12-Jul-19	DOL	Dolphins Relay - A. Badenhorst, V. Engelhard, J. Badenhorst, R. St
9-10	50 Free	30.91	15-Nov-19	ORA	Nathan Bock - SC-LC Gala 2 (ORA) Nov '19
	100 Free	1:07.85	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	50 Back	35.24	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	100 Back	1:15.62	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	50 Breast	39.59	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	100 Breast	1:25.23	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	50 Fly	32.80	19-Sep-19	ORA	Nathan Bock - SC Nationals (2019)
	100 Fly	1:13.57	6-Jul-18	DOL	Oliver Durand - SC Gala (Jul '18)
	100 IM	1:14.32	3-Aug-18	DOL	Oliver Durand - NASU SC Gala 3 (Aug '18)
	200 IM	2:41.91	7-Sep-18	DOL	Oliver Durand - NASU SC Gala 4 (Sep '14)
	200 Free Relay	2:17.20	14-Jun-24	DOL	Dolphins Swimming Club P. Durand, Z. Thirion, J. Coetzee, D,
	400 Free Relay	5:05.15	28-Sep-23	DOL	Dolphins Swimming Club A. Diehl, D. Badenhorst, D. Cowley,
	200 Medley Relay	2:45.87	12-Jul-19	AQUA	Aqua Swimming Club - L. Esterhuizen, E. Nakaleke, K. Benade, M.
	400 Medley Relay	5:35.50	28-Sep-23	DOL	Dolphins Swimming Club A. Diehl, D. Badenhorst, P. Durand,
11-12	50 Free	26.33	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	100 Free	57.44	3-Aug-18	NSA	José Canjulo - NASU SC Gala 3 (Aug '18)
	50 Back	29.78	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
	100 Back	1:04.47	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	50 Breast	32.32	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	100 Breast	1:10.84	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	50 Fly	28.37	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	100 Fly	1:02.09	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	100 IM	1:04.06	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	200 IM	2:19.15	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	200 Free Relay	2:02.01	1-Jul-16	DOL	Dolphins Swimming Club B. van der Walt, F. Setzkorn, C. De J;
	400 Free Relay	4:42.06	17-Jun-22	DOL	Dolphins Swimming Club E. Jansen, V. Engelhard, N. Jiao, J. La
	200 Medley Relay	2:17.94	7-Jul-17	DOL	Dolphins Relay - SC Gala 2 (2017) - De Jager, Canjulo, Burger, Oh
	400 Medley Relay	5:33.87	21-Jun-19	DOL	Dolphins Relay - F. Steyn, H. Grant, O. Durand, C. McNamara
12 & U	200 Free	2:06.78	27-Oct-18	NSA	José Canjulo - SC Nationals 2019
	400 Free	4:27.46	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	800 Free	9:55.57	22-Sep-22	DOL	James Langford at NAMIBIA NATIONAL CHAMPIONSHIPS 2022
	1500 Free	19:44.56	10-May-19	DOL	Oliver Durand - NASU SC Gala 1 (May '19)
	200 Back	2:22.26	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
	200 Breast	2:48.22	7-Sep-18	NSA	José Canjulo - NASU SC Gala 4 (Sep '18)
	200 Fly	2:21.28	27-Oct-18	NSA	José Canjulo - SC Nationals 2018
	400 IM	4:50.86	27-Oct-18	NSA	José Canjulo - SC National '18
13-14	50 Free	24.95	19-Sep-19	MAC	José Canjulo - SC Nationals 2019
	100 Free	54.10	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	200 Free	1:59.88	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)
	400 Free	4:15.05	12-Aug-22	DOL	Oliver B. Durand at NASFED SC GALA 4 (12 - 13 AUG '22)
	800 Free	9:10.04	29-Jul-22	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 29 - 30 July 2022
	1500 Free	18:30.06	9-Jun-12	NSA	Lushano Lamprecht at SC Gala 1 (Jun 12)

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RECORDS Namibia Short C

13-14	50 Back	27.46	19-Sep-19	MAC	José Canjulo - SC Nationals (Sep '19)	
	100 Back	59.27	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	200 Back	2:10.15	19-Sep-19	DOL	Mikah Burger - SC Nationals (Sep '19)	
	50 Breast	30.93	21-Jun-19	NSA	José Canjulo - SC Gala 2 (June '19)	
	100 Breast	1:04.70	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	200 Breast	2:28.31	29-Jul-22	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 29 - 30 July 2022	
	50 Fly	26.29	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	100 Fly	58.81	12-Jul-19	DOL	Mikah Burger - SC Gala 3 (Jul '19)	
	200 Fly	2:13.54	19-Sep-19	DOL	Mikah Burger - SC Nationals (Sep '19)	
	100 IM	1:00.64	19-Sep-19	MAC	José Canjulo - SC Nationals (Sep '19)	
	200 IM	2:11.29	14-Mar-20	MAC	José Canjulo - Gauteng SC Grand Prix (Mar '20)	
	400 IM	4:41.23	12-Aug-22	DOL	Oliver B. Durand at NASFED SC GALA 4 (12 - 13 AUG '22)	
	200 Free Relay	1:48.29	29-Jul-22	DOL	Dolphins Relay - L. Kinnaird, F. Steyn, M. Bauernschmitt, O. Durand	
	400 Free Relay	4:03.64	17-Jun-22	DOL	Dolphins Swimming Club L. Kinnaird, L. Ellis, M. Bauernschmitt	
	200 Medley Relay	2:02.46	12-Aug-22	DOL	Dolphins Relay - M. Bauernschmitt, O. Durand, F. Steyn, L. Kinnaird	
	400 Medley Relay	4:29.89	28-Sep-23	AQUA	Aqua Swimming and Fitness Club L. Esterhuizen, L. Armstrong, E.	
	15-16	50 Free	23.80	19-Jul-24	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 19 - 20 July 2024
100 Free		51.26	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024	
200 Free		1:54.27	14-Jun-24	DOL	Oliver B. Durand SC gala 2 2024	
400 Free		3:58.57	19-Jul-24	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 19 - 20 July 2024	
800 Free		8:28.32	14-Jun-24	DOL	Oliver B. Durand SC gala 2 2024	
1500 Free		15:59.79	19-Jul-24	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 19 - 20 July 2024	
50 Back		26.52	22-Sep-22	AQUA	José N. Canjulo at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
100 Back		56.49	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024	
200 Back		2:02.92	19-Jul-14	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)	
50 Breast		29.03	22-Sep-22	AQUA	José N. Canjulo at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
100 Breast		1:03.87	22-Sep-22	AQUA	José N. Canjulo at NAMIBIA NATIONAL CHAMPIONSHIPS 2022	
200 Breast		2:18.09	28-Sep-23	DOL	Oliver B. Durand at NASFED BW SC Nationals 2023	
50 Fly		25.97	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024	
100 Fly		56.78	23-Sep-21	DOL	Mikah Burger - SC Nationals 2021	
200 Fly		2:07.36	21-Mar-18	NAM	Corné Le Roux - 2018 CANA Zone IV Swimming Champs (Mar '18)	
100 IM		56.35	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024	
200 IM		2:06.78	14-Jun-24	DOL	Oliver B. Durand SC gala 2 2024	
400 IM		4:30.33	19-Jul-24	DOL	Oliver B. Durand at SC Gala 3 (Windhoek) 19 - 20 July 2024	
200 Free Relay		1:41.48	29-Jul-22	DOL	Dolphins Relay - R. Engelhard, N. Esslinger, O. Ohm, Q. Ellis	
400 Free Relay		3:46.96	17-Jun-22	DOL	Dolphins Swimming Club Q. Ellis, N. Esslinger, D. Lasso-Drew	
200 Medley Relay		1:57.67	12-Aug-22	DOL	Dolphins Relay - O. Ohm, Q. Ellis, B. Geysler, R. Engelhard (SC 4)	
400 Medley Relay		4:12.43	28-Sep-23	DOL	Dolphins Swimming Club L. Kinnaird, O. Durand, R. Engelhard	
17-18		50 Free	23.04	25-Aug-16	DOL	Alexander Skinner - SA SC Champs (Aug '16)
		100 Free	49.77	9-Dec-16	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)
		200 Free	1:51.69	25-Aug-16	DOL	Alexander Skinner - SA SC Champs (Aug '16)
		400 Free	4:12.17	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
		800 Free	8:46.29	28-Sep-23	DOL	Nico Esslinger at NASFED BW SC Nationals 2023
	1500 Free	16:47.38	25-Jul-15	DOL	Phillip Seidler - NASU SC Gala 3 (Jul '15)	
	50 Back	26.26	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	100 Back	57.10	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	
	200 Back	2:03.64	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)	
	50 Breast	28.75	11-Dec-18	NAM	Ronan Wantenaar - 14th FINA World Champs in China (Dec '18)	
	100 Breast	1:02.91	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	200 Breast	2:20.53	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)	
	50 Fly	25.97	7-Dec-16	DOL	Alexander Skinner - FINA SC World Champs (Dec '16)	
	100 Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	
	200 Fly	2:10.10	19-Sep-19	DOL	Corné Le Roux - SC Nationals (Sep '19)	
	100 IM	57.24	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (Sep '19)	

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17-18	200 IM	2:08.04	27-Oct-18	NSA	Ronan Wantenaar - SC Nationals (Oct '18)
	400 IM	4:39.65	23-Jan-15	NSA	Lushano Lamprecht - FOBISIA Swimming Champs (Jan '15)
	200 Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Relay - B.Theron, A. Oberholster, A. Loftie-Eaton, A. Ski
	400 Free Relay	3:48.79	10-Dec-10	NAM	Zone 6 2010 BEST TIME Niemann Kulikowski Mudge Engelbrec
	400 Free Relay	4:06.01	1-Jan-21		Dolphins Swimming Club K. Rathenam, M. Gertze, M. Henning
	200 Medley Relay	1:54.36	12-Aug-22	AQUA	Aqua Relay - J. Bezuidenhout, A. Magongo, C. De Jager, B Magong
	400 Medley Relay	4:20.32	10-Dec-10	NAM	Namibian Relay - Engelbrecht, Kulikowski, Mudge, Niemann (Zo
Open	50 Free	21.85	13-Dec-22	NAM	Alexander Skinner at 16th FINA World Swimming Championship
	100 Free	48.40	17-Dec-21	NAM	Alexander Skinner at 15th FINA World Swimming Championship
	200 Free	1:47.66	17-Dec-21	NAM	Alexander Skinner - Abu Dhabi FINA SC Champs '21
	400 Free	3:57.94	19-Sep-19	DOL	Phillip Seidler - SC Chaps 2019
	800 Free	8:10.69	6-Nov-20	DOL	Phillip Seidler - LC/SC Gala 2 (Nov '20)
	1500 Free	15:35.99	19-Sep-19	DOL	Phillip Seidler - SC Nationals 2019
	50 Back	25.76	1-Sep-21	AQUA	Ronan Wantenaar - Republic of Tatarstan SC Gala (Sep '21)
	100 Back	56.49	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024
	200 Back	2:02.92	19-Jul-14	NSA	Lushano Lamprecht - NASU SC 3 (Jul '14)
	50 Breast	27.45	13-Dec-22	NAM	Ronan Z. Wantenaar at 16th FINA World Swimming Championsh
	100 Breast	1:00.35	13-Dec-22	NAM	Ronan Z. Wantenaar at 16th FINA World Swimming Championsh
	200 Breast	2:15.39	21-Oct-22	NAM	Ronan Z. Wantenaar at Thailand Short Course Swimming Champ
	50 Fly	24.82	3-Nov-22	DOL	Alexander Skinner at FINA Swimming World Cup 2022
	100 Fly	56.41	19-Sep-19	MAC	Ronan Wantenaar - SC Nationals (2019)
	200 Fly	2:07.36	21-Mar-18	NAM	Corné Le Roux - 2018 Cana Zone IV Swimming Champs - Malawi
	100 IM	56.35	16-Aug-24	DOL	Oliver B. Durand at Nasfed BW SC4 (WHK) 16-17 August 2024
	200 IM	2:03.32	21-Oct-22	NAM	Ronan Z. Wantenaar at Thailand Short Course Swimming Champ
	400 IM	4:31.82	28-Sep-23	DOL	Oliver B. Durand at NASFED BW SC Nationals 2023
	200 Free Relay	1:39.10	17-Jun-15	DOL	Dolphins Relay - B.Theron, A. Oberholster, A. Loftie-Eaton, A. Ski
	400 Free Relay	3:33.86	23-Jan-15	NSA	Namib Swim Academy
	200 Medley Relay	1:47.01	23-Jan-15	NSA	Namib Swim Academy

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RECORDS Namibia Short C

SC Meters-Mixed

9-10	200 Free Relay	2:31.69	18-Sep-09	NAMIB	Swimming Namibia	G. Cloete, J. Lamprecht, D. Nell, P. Thei
10 & U	400 Medley Relay	6:00.06	9-Aug-19	AQUA	Aqua Swimming Club	L Esterhuizen, L Nitsche, E Nakaleke,
11-12	400 Free	4:39.68	12-Jul-19	DOL	Dolphins Relay - C. McNamara, M. Ohm, A. Naukosho, O. Durand	
	200 Free Relay	2:03.77	9-Sep-16	DOL	Dolphins Swimming Club	B. van der Walt, N. Redecker, T. Ess
	200 Medley Relay	2:26.17	8-Sep-17	DOL	Dolphins Swimming Club	M. Burger, E. Hooker, T. Mutumbulu
	400 Medley Relay	5:10.04	28-Sep-23	AQUA	Aqua Swimming and Fitness Club	K. Hekandjo, R. Bergh, R. Matya
13-14	200 Free Relay	1:54.91	18-Sep-09	NAMIB	Swimming Namibia	M. Winkler, C. Lamprecht, S. Peens, A.
	400 Free Relay	4:06.98	12-Aug-22	DOL	Dolphins Swimming Club	M. Bauernschmitt, M. Geysler, M. Bri
	200 Medley Relay	2:12.92	18-Sep-09	NAMIB	Swimming Namibia	M. Hecht, M. Winkler, S. Peens, A. Broc
	400 Medley Relay	4:32.81	29-Jul-22	DOL	Dolphins Swimming Club	M. Brinkmann, O. Durand, M. Bauer
15-16	400 Medley Relay	4:21.21	28-Sep-23	DOL	Dolphins Swimming Club	M. Brinkmann, O. Durand, R. Engell
17-18	200 Medley Relay	2:26.52	10-May-19	ORA	Oranjemund Relay - Spangenberg, Witbooi, Spangenberg, Jacob (
	400 Medley Relay	4:20.92	21-Mar-18	NAM	NAM - J. Oberholzer, M. Lichtenberg, C. le Roux, Z Weber Cana Z	
Open	200 Free Relay	1:42.86	18-Sep-09	NAMIB	Swimming Namibia	B. Briedenhann, A. Ray, S. Van Zijl, A. V
	400 Free Relay	3:51.37	28-Sep-23	DOL	Dolphins Swimming Club	A. Wellmann, T. Esslinger, M. Small
	400 Medley Relay	4:18.80	28-Sep-23	DOL	Dolphins Swimming Club	A. Wellmann, M. Smalley, M. Hennir