



RESULTS BOOK SWIMMING

**TEAM PARTICIPATION
FINAL MEDAL COUNT
FINALS & PRELIMS RESULTS
RECORDS**



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AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Team List**

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	ANG Angola	4	5	9	56	8	64
2	BOT Botswana	4	4	8	51	8	59
3	ESW Eswatini	2	2	4	21	0	21
4	LES Lesotho	1	1	2	8	0	8
5	MAW Malawi	3	4	7	41	1	42
6	MOZ Mozambique	2	4	6	30	5	35
7	NAM Namibia	12	10	22	161	8	169
8	RSA South Africa	10	9	19	132	8	140
9	ZAM Zambia	5	5	10	50	6	56
10	ZIM Zimbabwe	12	12	24	139	8	147
		55	56	111	689	52	741

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025

Medal Count

Combined: Men + Women

Team	Gold	Silver	Bronze	Total
South Africa	21	21	7	49
Namibia	10	9	11	30
Zimbabwe	3	3	7	13
Botswana	1	2	4	7
Zambia	1	1	2	4
Mozambique	0	0	4	4
Eswatini	0	0	1	1

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Event 101 Women 19 & Under 200 SC Meter Freestyle**

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Georgia Els	19	South Africa	2:05.95	2:02.35
2	Jessica Carmody	18	South Africa	2:08.55	2:05.97
3	Alexis Johnsen	15	Zimbabwe	2:11.24	2:07.98
4	Madison Bergh	16	Namibia	2:10.07	2:08.05
5	Tori Dawe	17	Zimbabwe	2:11.17	2:08.35
6	Ainoa Naukosho	14	Namibia	2:11.61	2:08.59
7	Rhanya Espirito Santo	15	Angola	2:18.29	2:17.62
Preliminaries					
4	Kaitlynne Horne	18	South Africa	2:10.15	
8	Vitoria De Sousa	15	Namibia	2:11.90	
9	Kristin Jones	15	Zimbabwe	2:15.06	
10	Grace George	17	South Africa	2:16.41	
11	Hayley Hoy	17	Eswatini	2:16.89	
12	Lilia Ellis	15	Namibia	2:16.96	
13	Ariana Naukosho	18	Namibia	2:17.85	
15	Carissa Steyn	18	Namibia	2:18.82	

Event 101 Women 19 & Under 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Georgia Els	19	South Africa	2:05.42	2:05.95	q
2	Jessica Carmody	18	South Africa	2:04.69	2:08.55	q
3	Madison Bergh	16	Namibia	2:10.10	2:10.07	q
4	Kaitlynne Horne	18	South Africa	2:05.74	2:10.15	q
5	Tori Dawe	17	Zimbabwe	2:09.69	2:11.17	q
6	Alexis Johnsen	15	Zimbabwe	2:10.92	2:11.24	q
7	Ainoa Naukosho	14	Namibia	2:11.86	2:11.61	q
8	Vitoria De Sousa	15	Namibia	2:13.89	2:11.90	q
9	Kristin Jones	15	Zimbabwe	2:14.55	2:15.06	
10	Grace George	17	South Africa	2:10.24	2:16.41	
11	Hayley Hoy	17	Eswatini	2:17.13	2:16.89	
12	Lilia Ellis	15	Namibia	2:16.44	2:16.96	
13	Ariana Naukosho	18	Namibia	2:17.38	2:17.85	
14	Rhanya Espirito Santo	15	Angola	2:17.15	2:18.29	
15	Carissa Steyn	18	Namibia	2:20.80	2:18.82	

Event 102 Men 19 & Under 100 SC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Oliver Durand	18	Namibia	50.98	50.31
2	Joshua Esterhuysen	18	South Africa	50.24	50.42
3	Tumelo Mahan	19	South Africa	50.90	50.45
4	Luke Beukes	17	Namibia	50.12	50.52
5	Rayhan Khonat	17	Botswana	51.35	50.61
6	Cleyton Munguambe	18	Mozambique	52.38	51.73
7	Mulenga Cole	16	Zambia	52.94	53.22
8	Kyle Heyns	17	Zimbabwe	53.48	53.32
Preliminaries					
5	Matthew Pretorius	19	South Africa	51.33	
8	Guy Wessels	17	South Africa	52.43	
10	Nathan Bock	16	Namibia	53.01	
11	Rodney Feris	15	Namibia	53.37	
13	Lorenzo Esterhuizen	16	Namibia	53.56	
14	Christian Esterhuysen	18	South Africa	54.10	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 102 Men 19 & Under 100 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
15	Joshua Mulenga	16	Zambia	54.21	
16	Bjorn Mhlana	19	Zimbabwe	54.26	
17	David Alberto Padre	17	Angola	54.34	
18	Khaya Vimba	18	Zimbabwe	54.41	
19	Olivier Mukaz	18	South Africa	54.49	
20	Hugo Barradas	18	Mozambique	54.80	
21	Michael Bauernschmitt	17	Namibia	54.87	
22	Jayden De Swardt	19	Zimbabwe	54.95	
23	Gaamangwe Keitsile	18	Botswana	55.19	
24	Santiago Rocha Guimaraes	14	Angola	55.20	
25	Benaiah Mba	17	Zambia	55.45	
26	Mwenya Mulenga	19	Zambia	55.58	
27	Tichatonga Makaya	19	Zimbabwe	55.73	
28	Ashley Berejena	18	Zimbabwe	56.21	
29	Carlos Fernades	16	Angola	56.37	
30	Janel Yondu Tati	18	Angola	56.60	
31	Damien De Sousa	19	Eswatini	56.66	
32	Yusurf Garmroudi	19	Botswana	57.31	
33	Jayden Williams	17	South Africa	57.98	
34	Tasunje Mkavea	15	Malawi	1:00.22	
35	Vinjeru Msiska	15	Malawi	1:03.87	
36	Alemekezeke Chinyamu	19	Malawi	1:05.64	
37	Mokheseng Mphofe	17	Lesotho	1:25.87	

Event 102 Men 19 & Under 100 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Luke Beukes	17	Namibia	51.93	50.12 q
2	Joshua Esterhuysen	18	South Africa	50.06	50.24 q
3	Tumelo Mahan	19	South Africa	50.26	50.90 q
4	Oliver Durand	18	Namibia	50.06	50.98 q
5	Matthew Pretorius	19	South Africa	50.34	51.33 q
6	Rayhan Khonat	17	Botswana	50.88	51.35 q
7	Cleyton Munguambe	18	Mozambique	53.02	52.38 q
8	Guy Wessels	17	South Africa	51.47	52.43 q
9	Mulenga Cole	16	Zambia	52.89	52.94
10	Nathan Bock	16	Namibia	54.04	53.01
11	Rodney Feris	15	Namibia	54.12	53.37
12	Kyle Heyns	17	Zimbabwe	53.04	53.48
13	Lorenzo Esterhuizen	16	Namibia	54.92	53.56
14	Christian Esterhuysen	18	South Africa	52.51	54.10
15	Joshua Mulenga	16	Zambia	54.09	54.21
16	Bjorn Mhlana	19	Zimbabwe	52.90	54.26
17	David Alberto Padre	17	Angola	54.79	54.34
18	Khaya Vimba	18	Zimbabwe	54.17	54.41
19	Olivier Mukaz	18	South Africa	53.74	54.49
20	Hugo Barradas	18	Mozambique	53.28	54.80
21	Michael Bauernschmitt	17	Namibia	54.40	54.87
22	Jayden De Swardt	19	Zimbabwe	53.90	54.95
23	Gaamangwe Keitsile	18	Botswana	53.94	55.19
24	Santiago Rocha Guimaraes	14	Angola	55.34	55.20
25	Benaiah Mba	17	Zambia	54.26	55.45
26	Mwenya Mulenga	19	Zambia	54.52	55.58
27	Tichatonga Makaya	19	Zimbabwe	53.25	55.73
28	Ashley Berejena	18	Zimbabwe	55.37	56.21

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 102 Men 19 & Under 100 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Prelim Time
29	Carlos Fernades	16	Angola	56.75	56.37
30	Janel Yondu Tati	18	Angola	55.11	56.60
31	Damien De Sousa	19	Eswatini	56.45	56.66
32	Yusurf Garmroudi	19	Botswana	56.03	57.31
33	Jayden Williams	17	South Africa	56.89	57.98
34	Tasunje Mkavea	15	Malawi	59.54	1:00.22
35	Vinjeru Msiska	15	Malawi	1:08.91	1:03.87
36	Alemekezeke Chinyamu	19	Malawi	1:04.10	1:05.64
37	Mokheseng Mphofe	17	Lesotho	NT	1:25.87

Event 103 Women 19 & Under 50 SC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Indiana De Villiers	18	South Africa	27.75	27.49
2	Georgia Els	19	South Africa	28.66	27.96
3	Jessica Humphrey	17	Namibia	28.40	28.28
4	Jade Phiri	19	Zambia	28.43	28.32
5	Anje Van As	18	Zimbabwe	29.03	28.50
6	Mikayla Makwabarara	17	Zimbabwe	29.26	29.09
7	Roselinda Matyayi	15	Namibia	29.48	29.12
8	Carlota Filipa Silva	17	Angola	29.38	29.26

Preliminaries

7	Tamenji Miti	18	Zambia	29.31	
10	Jessica Carmody	18	South Africa	29.75	
11	Maya Mgcina	15	South Africa	30.14	
12	Tanatswa Chandiwana	17	Zimbabwe	30.20	
13	Kyra Harry	19	Botswana	30.40	
14	Alexis Johnsen	15	Zimbabwe	30.86	
15	Tori Dawe	17	Zimbabwe	30.90	
16	Ainoa Naukosho	14	Namibia	30.93	
17	Gizelle Slinger	16	Namibia	31.11	
*18	Melodi Saleshando	16	Botswana	31.17	
*18	Nyriam Welwitschia Morais	17	Angola	31.17	
20	Matida Musere	18	Zimbabwe	31.30	
21	Vhenekai Dhemba	19	Zimbabwe	31.43	
22	Nora Schlabit	16	Namibia	31.45	
23	Stephanie Jurado	17	Angola	31.50	
24	Eliecia Chivandire	15	Zimbabwe	31.61	
25	Olivia Accorsi	18	Zimbabwe	31.85	
26	Marta Mpumo	16	Mozambique	31.93	
27	Matipaishe Gondo	15	Botswana	32.93	
28	Lilia Ellis	15	Namibia	33.42	
29	Zoe Rebello	17	Malawi	35.72	
30	Kendra Mc Namara	14	Eswatini	35.95	
31	Tshenolo Ntsie	16	South Africa	36.31	
32	Danielle Kanjadza	14	Malawi	36.40	

Event 103 Women 19 & Under 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Indiana De Villiers	18	South Africa	27.41	27.75	q
2	Jessica Humphrey	17	Namibia	28.21	28.40	q
3	Jade Phiri	19	Zambia	27.73	28.43	q
4	Georgia Els	19	South Africa	27.33	28.66	q
5	Anje Van As	18	Zimbabwe	27.88	29.03	q
6	Mikayla Makwabarara	17	Zimbabwe	28.80	29.26	q

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 103 Women 19 & Under 50 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Prelim Time	
7	Tamenji Miti	18	Zambia	28.64	29.31	q
8	Carlota Filipa Silva	17	Angola	28.66	29.38	q
9	Roselinda Matyayi	15	Namibia	29.09	29.48	
10	Jessica Carmody	18	South Africa	28.39	29.75	
11	Maya Mgcina	15	South Africa	29.18	30.14	
12	Tanatswa Chandiwana	17	Zimbabwe	30.07	30.20	
13	Kyra Harry	19	Botswana	29.64	30.40	
14	Alexis Johnsen	15	Zimbabwe	30.54	30.86	
15	Tori Dawe	17	Zimbabwe	29.21	30.90	
16	Ainoa Naukosho	14	Namibia	29.77	30.93	
17	Gizelle Slinger	16	Namibia	30.60	31.11	
*18	Melodi Saleshando	16	Botswana	29.85	31.17	
*18	Nyriam Welwitschia Morais	17	Angola	30.30	31.17	
20	Matida Musere	18	Zimbabwe	31.12	31.30	
21	Vhenekai Dhemba	19	Zimbabwe	29.54	31.43	
22	Nora Schlabit	16	Namibia	32.98	31.45	
23	Stephanie Jurado	17	Angola	30.72	31.50	
24	Eliecia Chivandire	15	Zimbabwe	31.05	31.61	
25	Olivia Accorsi	18	Zimbabwe	30.88	31.85	
26	Marta Mpumo	16	Mozambique	31.16	31.93	
27	Matipaishe Gondo	15	Botswana	32.15	32.93	
28	Lilia Ellis	15	Namibia	32.20	33.42	
29	Zoe Rebello	17	Malawi	35.92	35.72	
30	Kendra Mc Namara	14	Eswatini	35.87	35.95	
31	Tshenolo Ntsie	16	South Africa	35.08	36.31	
32	Danielle Kanjadza	14	Malawi	38.67	36.40	

Event 104 Men 19 & Under 50 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Zach Moyo	19	Zambia	28.14	28.46
2	Mmusi Matthews	19	Botswana	28.41	28.82
3	Matthew Pretorius	19	South Africa	30.37	28.99
4	Teak Watson	17	Zimbabwe	30.84	30.03
5	Jayden Williams	17	South Africa	30.24	30.04
6	Nathan Bock	16	Namibia	31.46	30.25
7	Tawanda Jani	18	Zimbabwe	30.85	30.54
8	Luca Fraser	15	Eswatini	31.97	31.31
Preliminaries					
7	Jayden De Swardt	19	Zimbabwe	30.89	
9	Khaya Vimba	18	Zimbabwe	31.52	
11	Janel Yondu Tati	18	Angola	32.00	
12	Silverio Manuel	17	Angola	32.08	
13	Damien De Sousa	19	Eswatini	32.55	
14	Olivier Mukaz	18	South Africa	32.56	
15	Lee-Jay Armstrong	17	Namibia	32.63	
16	Jörn Buchert	18	Namibia	32.87	
17	Nsikelelo Sibanda	17	Zimbabwe	32.99	
18	Liam Kinnaird	17	Namibia	33.10	
19	Michael Bauernschmitt	17	Namibia	33.36	
20	Tristan Nell	17	Namibia	33.51	
21	Carlos Fernades	16	Angola	34.10	
22	Alemekezeke Chinyamu	19	Malawi	35.53	
23	Vinjeru Msiska	15	Malawi	38.61	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Event 104 Men 19 & Under 50 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Zach Moyo	19	Zambia	27.90	28.14	q
2	Mmusi Matthews	19	Botswana	29.61	28.41	q
3	Jayden Williams	17	South Africa	30.14	30.24	q
4	Matthew Pretorius	19	South Africa	29.16	30.37	q
5	Teak Watson	17	Zimbabwe	30.28	30.84	q
6	Tawanda Jani	18	Zimbabwe	31.12	30.85	q
7	Jayden De Swardt	19	Zimbabwe	30.00	30.89	q
8	Nathan Bock	16	Namibia	30.39	31.46	q
9	Khaya Vimba	18	Zimbabwe	29.89	31.52	
10	Luca Fraser	15	Eswatini	31.45	31.97	
11	Janel Yondu Tati	18	Angola	32.96	32.00	
12	Silverio Manuel	17	Angola	32.82	32.08	
13	Damien De Sousa	19	Eswatini	29.84	32.55	
14	Olivier Mukaz	18	South Africa	32.49	32.56	
15	Lee-Jay Armstrong	17	Namibia	32.40	32.63	
16	Jörn Buchert	18	Namibia	33.82	32.87	
17	Nsikelelo Sibanda	17	Zimbabwe	30.22	32.99	
18	Liam Kinnaird	17	Namibia	32.77	33.10	
19	Michael Bauernschmitt	17	Namibia	32.89	33.36	
20	Tristan Nell	17	Namibia	34.51	33.51	
21	Carlos Fernades	16	Angola	33.67	34.10	
22	Alemekezeke Chinyamu	19	Malawi	35.67	35.53	
23	Vinjeru Msiska	15	Malawi	37.99	38.61	

Event 105 Women 19 & Under 100 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time	
Finals						
1	Morgan Cope	19	South Africa	1:10.75	1:07.74	
2	Georgia Els	19	South Africa	1:10.82	1:11.13	
3	Yun-suh Chang	17	Botswana	1:15.32	1:14.62	
4	Sibongile Miti	15	Zambia	1:18.09	1:16.49	
5	Vitoria De Sousa	15	Namibia	1:17.70	1:16.54	
6	Ariana Naukosho	18	Namibia	1:19.16	1:16.68	
7	Susie Worsfold	18	Zimbabwe	1:17.72	1:17.97	
8	Johanna Coates	19	Zambia	1:16.37	1:18.11	
Preliminaries						
9	Vhenekai Dhemba	19	Zimbabwe	1:19.16		
10	Neema Bhulabhai	14	Zimbabwe	1:19.42		
11	Alexandra Kapapa	16	Zambia	1:20.31		
12	Melodi Saleshando	16	Botswana	1:20.42		
13	Kaitlynne Horne	18	South Africa	1:21.28		
14	Caitlyn Dube	16	South Africa	1:21.58		
15	Kristin Jones	15	Zimbabwe	1:22.72		
16	Carissa Steyn	18	Namibia	1:23.02		
17	Nemzi Albino	16	Mozambique	1:23.31		
18	Matipaishe Gondo	15	Botswana	1:23.35		
19	Lilia Ellis	15	Namibia	1:23.48		
20	Nora Schlabit	16	Namibia	1:23.98		
21	Tshenolo Ntsie	16	South Africa	1:26.09		
22	Sandra Schnebel	14	Namibia	1:27.86		
23	Kendra Mc Namara	14	Eswatini	1:36.96		
24	Rhinniah Mzenzo	15	Malawi	1:37.29		

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Event 105 Women 19 & Under 100 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Morgan Cope	19	South Africa	1:08.21	1:10.75 q
2	Georgia Els	19	South Africa	1:07.97	1:10.82 q
3	Yun-suh Chang	17	Botswana	1:18.95	1:15.32 q
4	Johanna Coates	19	Zambia	1:15.76	1:16.37 q
5	Vitoria De Sousa	15	Namibia	1:20.22	1:17.70 q
6	Susie Worsfold	18	Zimbabwe	1:17.02	1:17.72 q
7	Sibongile Miti	15	Zambia	1:16.26	1:18.09 q
8	Ariana Naukosho	18	Namibia	1:18.79	1:19.16 q
9	Vhenekai Dhemba	19	Zimbabwe	1:17.78	J1:19.16
10	Neema Bhulabhai	14	Zimbabwe	1:18.16	1:19.42
11	Alexandra Kapapa	16	Zambia	1:21.32	1:20.31
12	Melodi Saleshando	16	Botswana	1:20.09	1:20.42
13	Kaitlynne Horne	18	South Africa	1:20.86	1:21.28
14	Caitlyn Dube	16	South Africa	1:16.93	1:21.58
15	Kristin Jones	15	Zimbabwe	1:23.22	1:22.72
16	Carissa Steyn	18	Namibia	1:20.82	1:23.02
17	Nemzi Albino	16	Mozambique	1:20.76	1:23.31
18	Matipaishe Gondo	15	Botswana	1:21.64	1:23.35
19	Lilia Ellis	15	Namibia	1:22.44	1:23.48
20	Nora Schlabit	16	Namibia	1:26.66	1:23.98
21	Tshenolo Ntsie	16	South Africa	1:20.51	1:26.09
22	Sandra Schnebel	14	Namibia	1:30.76	1:27.86
23	Kendra Mc Namara	14	Eswatini	1:35.14	1:36.96
24	Rhinniah Mzenzo	15	Malawi	1:33.87	1:37.29

Event 105S Women 19 & Under 100 SC Meter Breaststroke Swim-off

	Name	Age	Team	Seed Time	Finals Time
- Swim-off					
1	Ariana Naukosho	18	Namibia	1:19.16	1:16.29
2	Vhenekai Dhemba	19	Zimbabwe	1:19.16	1:17.02

Event 106 Men 19 & Under 100 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Oliver Durand	18	Namibia	54.73	53.73
2	Christian Esterhuysen	18	South Africa	56.09	54.97
3	Lance Cromhout	18	South Africa	56.10	55.49
4	Lorenzo Esterhuizen	16	Namibia	57.15	56.33
5	Rayhan Khonat	17	Botswana	59.10	58.15
6	Diego Boca	19	Mozambique	58.88	58.61
7	Kaio Faftine	19	Mozambique	1:00.26	58.66
8	Emmanuel Sibanda	19	Zimbabwe	1:01.01	1:00.96
Preliminaries					
4	Joshua Esterhuysen	18	South Africa	56.54	
8	Guy Wessels	17	South Africa	59.14	
9	Mulenga Cole	16	Zambia	1:00.05	
10	Luke Beukes	17	Namibia	1:00.15	
12	Ramano Sefehle	15	South Africa	1:00.69	
14	Michael Bauernschmitt	17	Namibia	1:01.40	
15	Liam Kinnaird	17	Namibia	1:01.97	
16	Gaamangwe Keitsile	18	Botswana	1:03.53	
17	Nathan Bock	16	Namibia	1:03.57	
18	David Alberto Padre	17	Angola	1:04.91	
19	Musawake Ncube	17	Zimbabwe	1:07.48	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 106 Men 19 & Under 100 SC Meter Backstroke)**

Name	Age	Team	Prelim Time	Finals Time
20 Mwenya Mulenga	19	Zambia	1:07.62	

Event 106 Men 19 & Under 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Oliver Durand	18	Namibia	55.83	54.73 q
2 Christian Esterhuysen	18	South Africa	55.28	56.09 q
3 Lance Cromhout	18	South Africa	55.52	56.10 q
4 Joshua Esterhuysen	18	South Africa	55.78	56.54 q
5 Lorenzo Esterhuizen	16	Namibia	58.48	57.15 q
6 Diego Boca	19	Mozambique	1:00.57	58.88 q
7 Rayhan Khonat	17	Botswana	1:02.29	59.10 q
8 Guy Wessels	17	South Africa	59.46	59.14 q
9 Mulenga Cole	16	Zambia	1:03.34	1:00.05
10 Luke Beukes	17	Namibia	59.42	1:00.15
11 Kaio Faftine	19	Mozambique	58.32	1:00.26
12 Ramano Sefehle	15	South Africa	1:00.09	1:00.69
13 Emmanuel Sibanda	19	Zimbabwe	1:03.25	1:01.01
14 Michael Bauernschmitt	17	Namibia	1:01.71	1:01.40
15 Liam Kinnaird	17	Namibia	1:03.70	1:01.97
16 Gaamangwe Keitsile	18	Botswana	1:03.80	1:03.53
17 Nathan Bock	16	Namibia	1:02.78	1:03.57
18 David Alberto Padre	17	Angola	1:04.13	1:04.91
19 Musawake Ncube	17	Zimbabwe	1:06.12	1:07.48
20 Mwenya Mulenga	19	Zambia	1:07.62	1:07.62

Event 107 Women 19 & Under 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Anje Van As	18	Zimbabwe	2:15.15	2:17.28
2 Kaitlynne Horne	18	South Africa	2:19.49	2:23.30
3 Hayley Hoy	17	Eswatini	2:31.27	2:24.75
4 Ainoa Naukosho	14	Namibia	2:33.33	2:24.96
5 Tamenji Miti	18	Zambia	2:40.10	2:29.82
6 Ariana Naukosho	18	Namibia	2:38.21	2:39.08
7 Marta Mpfumo	16	Mozambique	2:44.26	2:42.03
--- Sandra Schnebel	14	Namibia	3:00.40	X2:46.60

Event 108 Men 19 & Under 4x100 SC Meter Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 South Africa	A	3:20.78	3:24.83
1) Joshua Esterhuysen 18	2) Guy Wessels 17	3) Matthew Pretorius 19	4) Tumelo Mahan 19
2 Namibia	A	3:30.84	3:28.75
1) Luke Beukes 17	2) Michael Bauernschmitt 17	3) Rodney Feris 15	4) Oliver Durand 18
3 Mozambique	A	3:32.32	3:33.37
1) Kaio Faftine 19	2) Hugo Barradas 18	3) Diego Boca 19	4) Cleyton Munguambe 18
4 Zimbabwe	A	3:33.09	3:33.42
1) Kyle Heyns 17	2) Jayden De Swardt 19	3) Khaya Vimba 18	4) Bjorn Mhlanga 19
5 Angola	A	NT	3:36.45
1) Carlos Fernades 16	2) Janel Yondu Tati 18	3) Santiago Rocha Guimaraes 14	4) David Alberto Padre 17
6 Botswana	A	3:36.90	3:39.23
1) Gaamangwe Keitsile 18	2) Mmusi Matthews 19	3) Yusurf Garmroudi 19	4) Rayhan Khonat 17

Event 109 Women 19 & Under 4x100 SC Meter Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 South Africa	A	3:49.57	3:54.38
1) Jessica Carmody 18	2) Indiana De Villiers 18	3) Morgan Cope 19	4) Maya Mgcina 15

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****(Event 109 Women 19 & Under 4x100 SC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
2 Zimbabwe	A	3:52.33	3:59.54
1) Tori Dawe 17	2) Alexis Johnsen 15	3) Anje Van As 18	4) Mikayla Makwabarara 17
3 Namibia	A	4:02.59	4:00.39
1) Madison Bergh 16	2) Roselinda Matyayi 15	3) Ainoa Naukosho 14	4) Jessica Humphrey 17
4 Angola	A	NT	4:17.16
1) Nyriam Welwitschia Morais 17	2) Stephanie Jurado 17	3) Rhanya Espirito Santo 15	4) Carlota Filipa Silva 17
5 Botswana	A	4:13.28	4:17.24
1) Kyra Harry 19	2) Yun-suh Chang 17	3) Matipaishe Gondo 15	4) Melodi Saleshando 16

Event 110 Mixed 19 & Under 4x100 SC Meter Medley Relay

Team	Relay	Seed Time	Finals Time
1 South Africa	A	4:13.18	3:58.12
1) Christian Esterhuysen M18	2) Georgia Els W19	3) Matthew Pretorius M19	4) Jessica Carmody W18
2 Namibia	A	4:04.24	4:00.33
1) Jessica Humphrey W17	2) Oliver Durand M18	3) Luke Beukes M17	4) Madison Bergh W16
3 Zambia	A	NT	4:05.46
1) Mulenga Cole M16	2) Zach Moyo M19	3) Jade Phiri W19	4) Johanna Coates W19
4 Botswana	A	4:14.80	4:15.62
1) Melodi Saleshando W16	2) Mmusi Matthews M19	3) Gaamangwe Keitsile M18	4) Kyra Harry W19
5 Zimbabwe	A	4:30.19	4:20.60
1) Olivia Accorsi W18	2) Jayden De Swardt M19	3) Kyle Heyns M17	4) Mikayla Makwabarara W17
6 Mozambique	A	4:19.21	4:25.72
1) Kaio Faftine M19	2) Nemzi Albino W16	3) Cleyton Munguambe M18	4) Marta Mpfumo W16
7 Angola	A	NT	4:26.21
1) David Alberto Padre M17	2) Silverio Manuel M17	3) Carlota Filipa Silva W17	4) Rhanya Espirito Santo W15

Event 201 Men 19 & Under 200 SC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Oliver Durand	18	Namibia	1:52.70	1:48.59
2 Joshua Esterhuysen	18	South Africa	1:53.81	1:49.97
3 Rayhan Khonat	17	Botswana	1:53.24	1:50.75
4 Mulenga Cole	16	Zambia	1:53.15	1:52.38
5 Lance Cromhout	18	South Africa	1:55.04	1:53.79
6 Hugo Barradas	18	Mozambique	1:58.77	1:58.39
7 Bjorn Mhlanga	19	Zimbabwe	2:00.24	1:58.69
8 Rodney Feris	15	Namibia	1:59.27	1:59.25
Preliminaries				
6 Tumelo Mahan	19	South Africa	1:55.34	
7 Guy Wessels	17	South Africa	1:55.75	
8 Luke Beukes	17	Namibia	1:57.01	
9 Matthew Pretorius	19	South Africa	1:57.97	
11 Lorenzo Esterhuizen	16	Namibia	1:58.84	
14 Olivier Mukaz	18	South Africa	2:00.31	
15 David Alberto Padre	17	Angola	2:00.34	
16 Liam Kinnaird	17	Namibia	2:01.86	
17 Santiago Rocha Guimaraes	14	Angola	2:02.08	
18 Jayden De Swardt	19	Zimbabwe	2:02.90	
19 Ashley Berejena	18	Zimbabwe	2:03.35	
20 Kyle Heyns	17	Zimbabwe	2:06.32	
21 Jörn Buchert	18	Namibia	2:10.55	

Event 201 Men 19 & Under 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Oliver Durand	18	Namibia	1:50.44	1:52.70 q
2 Mulenga Cole	16	Zambia	1:54.26	1:53.15 q

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 201 Men 19 & Under 200 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Prelim Time	
3	Rayhan Khonat	17	Botswana	1:53.60	1:53.24	q
4	Joshua Esterhuysen	18	South Africa	1:50.20	1:53.81	q
5	Lance Cromhout	18	South Africa	1:57.57	1:55.04	q
6	Tumelo Mahan	19	South Africa	1:50.40	1:55.34	q
7	Guy Wessels	17	South Africa	1:53.90	1:55.75	q
8	Luke Beukes	17	Namibia	1:58.03	1:57.01	q
9	Matthew Pretorius	19	South Africa	1:54.01	1:57.97	
10	Hugo Barradas	18	Mozambique	1:55.81	1:58.77	
11	Lorenzo Esterhuizen	16	Namibia	1:58.45	1:58.84	
12	Rodney Feris	15	Namibia	2:00.95	1:59.27	
13	Bjorn Mhlanga	19	Zimbabwe	1:57.70	2:00.24	
14	Olivier Mukaz	18	South Africa	2:00.67	2:00.31	
15	David Alberto Padre	17	Angola	1:57.91	2:00.34	
16	Liam Kinnaird	17	Namibia	2:05.05	2:01.86	
17	Santiago Rocha Guimaraes	14	Angola	2:08.78	2:02.08	
18	Jayden De Swardt	19	Zimbabwe	2:01.38	2:02.90	
19	Ashley Berejena	18	Zimbabwe	2:04.62	2:03.35	
20	Kyle Heyns	17	Zimbabwe	1:57.16	2:06.32	
21	Jörn Buchert	18	Namibia	2:07.14	2:10.55	

Event 202 Women 19 & Under 100 SC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Jessica Carmody	18	South Africa	58.95	57.06
2	Indiana De Villiers	18	South Africa	59.48	57.99
3	Tori Dawe	17	Zimbabwe	59.49	58.43
4	Jade Phiri	19	Zambia	1:00.25	58.47
5	Jessica Humphrey	17	Namibia	58.35	58.48
6	Mikayla Makwabarara	17	Zimbabwe	58.34	59.04
7	Vitoria De Sousa	15	Namibia	1:00.17	1:00.43
8	Melodi Saleshando	16	Botswana	1:01.54	1:01.16
Preliminaries					
6	Anje Van As	18	Zimbabwe	59.64	
7	Alexis Johnsen	15	Zimbabwe	59.68	
8	Tanatswa Chandiwana	17	Zimbabwe	1:00.06	
10	Maya Mgcina	15	South Africa	1:00.23	
12	Ainoa Naukosho	14	Namibia	1:00.54	
13	Morgan Cope	19	South Africa	1:00.98	
14	Kaitlynne Horne	18	South Africa	1:01.22	
15	Madison Bergh	16	Namibia	1:01.34	
17	Roselinda Matyayi	15	Namibia	1:01.57	
18	Kyra Harry	19	Botswana	1:01.90	
19	Matida Musere	18	Zimbabwe	1:02.43	
20	Kristin Jones	15	Zimbabwe	1:02.45	
21	Nyriam Welwitschia Morais	17	Angola	1:02.99	
22	Yun-suh Chang	17	Botswana	1:03.05	
23	Lilia Ellis	15	Namibia	1:03.11	
24	Alexandra Kapapa	16	Zambia	1:03.36	
25	Carlota Filipa Silva	17	Angola	1:03.39	
26	Susie Worsfold	18	Zimbabwe	1:03.87	
27	Marta Mpfumo	16	Mozambique	1:04.16	
28	Stephanie Jurado	17	Angola	1:06.72	
29	Matipaishe Gondo	15	Botswana	1:08.16	
30	Zoe Rebello	17	Malawi	1:08.65	
31	Tshenolo Ntsie	16	South Africa	1:10.58	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 202 Women 19 & Under 100 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
32	Kendra Mc Namara	14	Eswatini	1:12.98	
33	Danielle Kanjadza	14	Malawi	1:14.04	
34	Rhinniah Mzenzo	15	Malawi	1:18.24	

Event 202 Women 19 & Under 100 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Mikayla Makwabarara	17	Zimbabwe	57.27	58.34 q
2	Jessica Humphrey	17	Namibia	57.97	58.35 q
3	Jessica Carmody	18	South Africa	55.82	58.95 q
4	Indiana De Villiers	18	South Africa	57.84	59.48 q
5	Tori Dawe	17	Zimbabwe	57.72	59.49 q
6	Anje Van As	18	Zimbabwe	58.40	59.64 q
7	Alexis Johnsen	15	Zimbabwe	58.94	59.68 q
8	Tanatswa Chandiwana	17	Zimbabwe	1:00.49	1:00.06 q
9	Vitoria De Sousa	15	Namibia	1:01.09	1:00.17
10	Maya Mgcina	15	South Africa	59.53	1:00.23
11	Jade Phiri	19	Zambia	1:00.53	1:00.25
12	Ainoa Naukosho	14	Namibia	1:00.84	1:00.54
13	Morgan Cope	19	South Africa	58.76	1:00.98
14	Kaitlynne Horne	18	South Africa	1:00.12	1:01.22
15	Madison Bergh	16	Namibia	1:00.97	1:01.34
16	Melodi Saleshando	16	Botswana	1:01.16	1:01.54
17	Roselinda Matyayi	15	Namibia	1:01.97	1:01.57
18	Kyra Harry	19	Botswana	1:01.50	1:01.90
19	Matida Musere	18	Zimbabwe	1:00.48	1:02.43
20	Kristin Jones	15	Zimbabwe	1:01.65	1:02.45
21	Nyriam Welwitschia Morais	17	Angola	1:01.77	1:02.99
22	Yun-suh Chang	17	Botswana	1:05.45	1:03.05
23	Lilia Ellis	15	Namibia	1:02.87	1:03.11
24	Alexandra Kapapa	16	Zambia	1:02.58	1:03.36
25	Carlota Filipa Silva	17	Angola	1:00.68	1:03.39
26	Susie Worsfold	18	Zimbabwe	1:00.66	1:03.87
27	Marta Mpumo	16	Mozambique	1:03.96	1:04.16
28	Stephanie Jurado	17	Angola	1:09.56	1:06.72
29	Matipaishe Gondo	15	Botswana	1:05.67	1:08.16
30	Zoe Rebello	17	Malawi	1:08.13	1:08.65
31	Tshenolo Ntsie	16	South Africa	1:09.22	1:10.58
32	Kendra Mc Namara	14	Eswatini	1:13.73	1:12.98
33	Danielle Kanjadza	14	Malawi	1:15.22	1:14.04
34	Rhinniah Mzenzo	15	Malawi	1:14.12	1:18.24

Event 203 Men 19 & Under 50 SC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Matthew Pretorius	19	South Africa	24.55	24.26
2	Christian Esterhuysen	18	South Africa	24.96	25.17
3	Luke Beukes	17	Namibia	25.81	25.63
4	Cleyton Munguambe	18	Mozambique	25.88	25.85
5	Michael Bauernschmitt	17	Namibia	26.12	25.99
6	Diego Boca	19	Mozambique	26.47	26.18
7	Gaamangwe Keitsile	18	Botswana	26.27	26.44
8	Tichatonga Makaya	19	Zimbabwe	26.68	26.48
Preliminaries					
3	Joshua Esterhuysen	18	South Africa	25.74	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 203 Men 19 & Under 50 SC Meter Butterfly)**

	Name	Age	Team	Prelim Time	Finals Time
6	Guy Wessels	17	South Africa	26.00	
9	Tumelo Mahan	19	South Africa	26.28	
10	Nathan Bock	16	Namibia	26.44	
13	Lorenzo Esterhuizen	16	Namibia	26.72	
14	Kyle Heyns	17	Zimbabwe	26.76	
15	Benaiah Mbao	17	Zambia	26.90	
16	Bjorn Mhlanga	19	Zimbabwe	26.97	
17	Ramano Sefehle	15	South Africa	27.10	
18	Jayden Williams	17	South Africa	27.30	
19	Ethan Kruger	18	Zimbabwe	27.35	
*20	Olivier Mukaz	18	South Africa	27.38	
*20	Joshua Mulenga	16	Zambia	27.38	
22	Mwenya Mulenga	19	Zambia	27.51	
23	Rodney Feris	15	Namibia	27.61	
24	Musawake Ncube	17	Zimbabwe	27.70	
*25	Lee-Jay Armstrong	17	Namibia	27.82	
*25	Yusurf Garmroudi	19	Botswana	27.82	
27	Janel Yondu Tati	18	Angola	28.09	
28	Silverio Manuel	17	Angola	28.78	
29	Tasunje Mkavea	15	Malawi	28.79	
30	Carlos Fernades	16	Angola	28.95	
31	Vinjeru Msiska	15	Malawi	31.02	

Event 203 Men 19 & Under 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Matthew Pretorius	19	South Africa	24.00	24.55 q
2	Christian Esterhuysen	18	South Africa	24.70	24.96 q
3	Joshua Esterhuysen	18	South Africa	24.41	25.74 q
4	Luke Beukes	17	Namibia	24.96	25.81 q
5	Cleyton Munguambe	18	Mozambique	25.66	25.88 q
6	Guy Wessels	17	South Africa	25.19	26.00 q
7	Michael Bauernschmitt	17	Namibia	25.96	26.12 q
8	Gaamangwe Keitsile	18	Botswana	25.42	26.27 q
9	Tumelo Mahan	19	South Africa	26.24	26.28
10	Nathan Bock	16	Namibia	26.64	26.44
11	Diego Boca	19	Mozambique	25.45	26.47
12	Tichatonga Makaya	19	Zimbabwe	25.70	26.68
13	Lorenzo Esterhuizen	16	Namibia	26.29	26.72
14	Kyle Heyns	17	Zimbabwe	25.64	26.76
15	Benaiah Mbao	17	Zambia	26.79	26.90
16	Bjorn Mhlanga	19	Zimbabwe	24.94	26.97
17	Ramano Sefehle	15	South Africa	26.02	27.10
18	Jayden Williams	17	South Africa	26.44	27.30
19	Ethan Kruger	18	Zimbabwe	28.67	27.35
*20	Olivier Mukaz	18	South Africa	26.50	27.38
*20	Joshua Mulenga	16	Zambia	27.22	27.38
22	Mwenya Mulenga	19	Zambia	26.43	27.51
23	Rodney Feris	15	Namibia	26.18	27.61
24	Musawake Ncube	17	Zimbabwe	26.34	27.70
*25	Lee-Jay Armstrong	17	Namibia	27.48	27.82
*25	Yusurf Garmroudi	19	Botswana	26.85	27.82
27	Janel Yondu Tati	18	Angola	28.46	28.09
28	Silverio Manuel	17	Angola	28.67	28.78
29	Tasunje Mkavea	15	Malawi	28.76	28.79

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 203 Men 19 & Under 50 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Prelim Time
30	Carlos Fernades	16	Angola	28.93	28.95
31	Vinjeru Msiska	15	Malawi	33.50	31.02

Event 204 Women 19 & Under 50 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Morgan Cope	19	South Africa	32.44	31.49
2	Georgia Els	19	South Africa	32.20	31.83
3	Yun-suh Chang	17	Botswana	34.33	33.49
4	Sibongile Miti	15	Zambia	35.06	34.26
5	Johanna Coates	19	Zambia	35.44	35.14
6	Vhenekai Dhemba	19	Zimbabwe	35.91	35.43
7	Melodi Saleshando	16	Botswana	35.64	35.89
8	Susie Worsfold	18	Zimbabwe	36.26	36.31

Preliminaries

9	Ariana Naukosh	18	Namibia	36.35
10	Neema Bhulabhai	14	Zimbabwe	36.38
11	Mikayla Makwabarara	17	Zimbabwe	36.50
12	Caitlyn Dube	16	South Africa	36.84
13	Vitoria De Sousa	15	Namibia	36.90
14	Matipaishe Gondo	15	Botswana	37.01
15	Tamenji Miti	18	Zambia	37.20
16	Alexandra Kapapa	16	Zambia	37.30
17	Nemzi Albino	16	Mozambique	37.74
18	Nora Schlabit	16	Namibia	37.81
19	Ainoa Naukosh	14	Namibia	38.13
20	Lilia Ellis	15	Namibia	38.84
21	Kristin Jones	15	Zimbabwe	38.96
22	Tshenolo Ntsie	16	South Africa	39.11
23	Carissa Steyn	18	Namibia	39.90
24	Zoe Rebello	17	Malawi	40.58
25	Kendra Mc Namara	14	Eswatini	42.37
26	Rhinniah Mzen	15	Malawi	43.24

Event 204 Women 19 & Under 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Georgia Els	19	South Africa	30.92	32.20 q
2	Morgan Cope	19	South Africa	30.93	32.44 q
3	Yun-suh Chang	17	Botswana	34.44	34.33 q
4	Sibongile Miti	15	Zambia	34.43	35.06 q
5	Johanna Coates	19	Zambia	32.82	35.44 q
6	Melodi Saleshando	16	Botswana	34.55	35.64 q
7	Vhenekai Dhemba	19	Zimbabwe	35.07	35.91 q
8	Susie Worsfold	18	Zimbabwe	35.10	36.26 q
9	Ariana Naukosh	18	Namibia	36.18	36.35
10	Neema Bhulabhai	14	Zimbabwe	34.82	36.38
11	Mikayla Makwabarara	17	Zimbabwe	34.64	36.50
12	Caitlyn Dube	16	South Africa	32.30	36.84
13	Vitoria De Sousa	15	Namibia	37.63	36.90
14	Matipaishe Gondo	15	Botswana	34.56	37.01
15	Tamenji Miti	18	Zambia	35.84	37.20
16	Alexandra Kapapa	16	Zambia	36.04	37.30
17	Nemzi Albino	16	Mozambique	36.30	37.74
18	Nora Schlabit	16	Namibia	38.40	37.81

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 204 Women 19 & Under 50 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Prelim Time
19	Ainoa Naukosho	14	Namibia	36.99	38.13
20	Lilia Ellis	15	Namibia	38.75	38.84
21	Kristin Jones	15	Zimbabwe	37.38	38.96
22	Tshenolo Ntsie	16	South Africa	37.38	39.11
23	Carissa Steyn	18	Namibia	38.91	39.90
24	Zoe Rebello	17	Malawi	41.72	40.58
25	Kendra Mc Namara	14	Eswatini	40.78	42.37
26	Rhinniah Mzenzo	15	Malawi	41.84	43.24

Event 205 Men 19 & Under 100 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Mmusi Matthews	19	Botswana	1:04.67	1:02.43
2	Zach Moyo	19	Zambia	1:05.52	1:02.44
3	Oliver Durand	18	Namibia	1:05.08	1:02.50
4	Jayden De Swardt	19	Zimbabwe	1:06.23	1:04.28
5	Matthew Pretorius	19	South Africa	1:06.11	1:04.48
6	Tawanda Jani	18	Zimbabwe	1:05.23	1:04.76
7	Jayden Williams	17	South Africa	1:06.58	1:05.56
8	Nathan Bock	16	Namibia	1:07.70	1:06.02
Preliminaries					
8	Khaya Vimba	18	Zimbabwe	1:06.99	
10	Teak Watson	17	Zimbabwe	1:08.30	
11	Silverio Manuel	17	Angola	1:10.00	
12	Luca Fraser	15	Eswatini	1:10.23	
13	Damien De Sousa	19	Eswatini	1:11.80	
14	Lee-Jay Armstrong	17	Namibia	1:12.30	
*15	Liam Kinnaird	17	Namibia	1:13.07	
*15	Nsikelelo Sibanda	17	Zimbabwe	1:13.07	
17	Janel Yondu Tati	18	Angola	1:13.15	
18	Michael Bauernschmitt	17	Namibia	1:13.76	
19	Tristan Nell	17	Namibia	1:14.09	
20	Carlos Fernades	16	Angola	1:14.54	
21	Tasunje Mkavea	15	Malawi	1:14.69	
22	Alemekezeke Chinyamu	19	Malawi	1:19.45	
23	Vinjeru Msiska	15	Malawi	1:23.05	

Event 205 Men 19 & Under 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Mmusi Matthews	19	Botswana	1:04.81	1:04.67 q
2	Oliver Durand	18	Namibia	1:02.14	1:05.08 q
3	Tawanda Jani	18	Zimbabwe	1:08.36	1:05.23 q
4	Zach Moyo	19	Zambia	1:02.15	1:05.52 q
5	Matthew Pretorius	19	South Africa	1:07.59	1:06.11 q
6	Jayden De Swardt	19	Zimbabwe	1:05.86	1:06.23 q
7	Jayden Williams	17	South Africa	1:05.04	1:06.58 q
8	Khaya Vimba	18	Zimbabwe	1:08.68	1:06.99 q
9	Nathan Bock	16	Namibia	1:07.32	1:07.70
10	Teak Watson	17	Zimbabwe	1:07.94	1:08.30
11	Silverio Manuel	17	Angola	1:14.04	1:10.00
12	Luca Fraser	15	Eswatini	1:09.24	1:10.23
13	Damien De Sousa	19	Eswatini	1:08.37	1:11.80
14	Lee-Jay Armstrong	17	Namibia	1:13.69	1:12.30
*15	Liam Kinnaird	17	Namibia	1:14.25	1:13.07

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 205 Men 19 & Under 100 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Prelim Time
*15	Nsikelelo Sibanda	17	Zimbabwe	1:08.55	1:13.07
17	Janel Yondu Tati	18	Angola	1:13.02	1:13.15
18	Michael Bauernschmitt	17	Namibia	1:14.61	1:13.76
19	Tristan Nell	17	Namibia	1:16.48	1:14.09
20	Carlos Fernades	16	Angola	1:17.69	1:14.54
21	Tasunje Mkavea	15	Malawi	1:14.47	1:14.69
22	Alemekezeke Chinyamu	19	Malawi	1:20.25	1:19.45
23	Vinjeru Msiska	15	Malawi	1:26.97	1:23.05

Event 206 Women 19 & Under 100 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Jessica Humphrey	17	Namibia	1:02.96	1:00.75
2	Roselinda Matyayi	15	Namibia	1:03.71	1:03.02
3	Jessica Carmody	18	South Africa	1:07.78	1:06.26
4	Olivia Accorsi	18	Zimbabwe	1:09.94	1:08.64
5	Stephanie Jurado	17	Angola	1:09.97	1:08.74
6	Carlota Filipa Silva	17	Angola	1:10.64	1:10.19
7	Eliecia Chivandire	15	Zimbabwe	1:08.98	1:11.00
---	Indiana De Villiers	18	South Africa	1:04.70	DQ 1:01.99

Swimmers head did not surface at or before 15 meter mark following the start or turn

Preliminaries

4	Madison Bergh	16	Namibia	1:06.01
6	Ainoa Naukosho	14	Namibia	1:08.55
10	Alexis Johnsen	15	Zimbabwe	1:10.61
12	Kaitlynne Horne	18	South Africa	1:10.71
13	Ariana Naukosho	18	Namibia	1:12.17
14	Lilia Ellis	15	Namibia	1:12.44
15	Nyriam Welwitschia Morais	17	Angola	1:15.39
16	Marta Mpfumo	16	Mozambique	1:17.70
17	Rhanya Espirito Santo	15	Angola	1:18.58
18	Matipaishe Gondo	15	Botswana	1:19.28

Event 206 Women 19 & Under 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Jessica Humphrey	17	Namibia	1:00.95	1:02.96 q
2	Roselinda Matyayi	15	Namibia	1:04.58	1:03.71 q
3	Indiana De Villiers	18	South Africa	1:02.05	1:04.70 q
4	Madison Bergh	16	Namibia	1:06.76	1:06.01 q
5	Jessica Carmody	18	South Africa	1:07.42	1:07.78 q
6	Ainoa Naukosho	14	Namibia	1:08.90	1:08.55 q
7	Eliecia Chivandire	15	Zimbabwe	1:09.66	1:08.98 q
8	Olivia Accorsi	18	Zimbabwe	1:07.73	1:09.94 q
9	Stephanie Jurado	17	Angola	1:12.89	1:09.97
10	Alexis Johnsen	15	Zimbabwe	1:12.38	1:10.61
11	Carlota Filipa Silva	17	Angola	1:10.90	1:10.64
12	Kaitlynne Horne	18	South Africa	1:09.84	1:10.71
13	Ariana Naukosho	18	Namibia	1:11.34	1:12.17
14	Lilia Ellis	15	Namibia	1:13.27	1:12.44
15	Nyriam Welwitschia Morais	17	Angola	1:10.96	1:15.39
16	Marta Mpfumo	16	Mozambique	1:17.55	1:17.70
17	Rhanya Espirito Santo	15	Angola	1:14.26	1:18.58
18	Matipaishe Gondo	15	Botswana	1:17.33	1:19.28

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Event 207 Men 19 & Under 200 SC Meter Butterfly**

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Oliver Durand	18	Namibia	2:04.34	2:01.18
2	Guy Wessels	17	South Africa	2:09.75	2:05.09
3	Lorenzo Esterhuizen	16	Namibia	2:08.80	2:06.47
4	Kaio Faftine	19	Mozambique	2:12.52	2:06.82
5	Tumelo Mahan	19	South Africa	2:10.54	2:08.17
6	Tawanda Jani	18	Zimbabwe	2:14.20	2:13.33
Preliminaries					
7	Tristan Nell	17	Namibia	2:18.70	
8	Gaamangwe Keitsile	18	Botswana	2:18.83	
9	Olivier Mukaz	18	South Africa	2:18.84	
10	Ramano Sefehle	15	South Africa	2:20.87	
11	Michael Bauernschmitt	17	Namibia	2:22.36	

Event 207 Men 19 & Under 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Oliver Durand	18	Namibia	2:01.96	2:04.34 q
2	Lorenzo Esterhuizen	16	Namibia	2:08.60	2:08.80 q
3	Guy Wessels	17	South Africa	2:03.80	2:09.75 q
4	Tumelo Mahan	19	South Africa	2:08.07	2:10.54 q
5	Kaio Faftine	19	Mozambique	2:05.33	2:12.52 q
6	Tawanda Jani	18	Zimbabwe	2:27.87	2:14.20 q
7	Tristan Nell	17	Namibia	2:22.85	2:18.70 q
8	Gaamangwe Keitsile	18	Botswana	2:18.53	2:18.83 q
9	Olivier Mukaz	18	South Africa	2:20.50	2:18.84
10	Ramano Sefehle	15	South Africa	2:20.57	2:20.87
11	Michael Bauernschmitt	17	Namibia	2:17.80	2:22.36

Event 208 Mixed 19 & Under 4x100 SC Meter Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	South Africa	A	3:32.70	3:41.41
	1) Joshua Esterhuysen M18	2) Jessica Carmody W18	3) Tumelo Mahan M19	4) Indiana De Villiers W18
2	Namibia	A	3:41.26	3:42.69
	1) Luke Beukes M17	2) Madison Bergh W16	3) Jessica Humphrey W17	4) Oliver Durand M18
3	Zambia	A	NT	3:45.34
	1) Mulenga Cole M16	2) Joshua Mulenga M16	3) Jade Phiri W19	4) Johanna Coates W19
4	Zimbabwe	A	3:40.93	3:46.59
	1) Kyle Heyns M17	2) Tori Dawe W17	3) Mikayla Makwabarara W17	4) Bjorn Mhlanga M19
5	Botswana	A	3:47.48	3:53.94
	1) Gaamangwe Keitsile M18	2) Kyra Harry W19	3) Melodi Saleshando W16	4) Rayhan Khonat M17
6	Angola	A	NT	3:55.37
	1) Janel Yondu Tati M18	2) Nyriam Welwitschia Morais W17	3) Carlota Filipa Silva W17	4) Santiago Rocha Guimaraes M14
7	Mozambique	A	3:52.93	4:05.14
	1) Kaio Faftine M19	2) Marta Mpfumo W16	3) Nemzi Albino W16	4) Cleyton Munguambe M18

Event 301 Women 19 & Under 400 SC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Kaitlynn Horne	18	South Africa	4:34.28	4:22.99
2	Madison Bergh	16	Namibia	4:33.36	4:29.23
3	Alexis Johnsen	15	Zimbabwe	4:35.64	4:32.10
4	Jessica Carmody	18	South Africa	4:37.95	4:32.60
5	Vitoria De Sousa	15	Namibia	4:38.05	4:41.34
6	Hayley Hoy	17	Eswatini	4:52.38	4:42.41
7	Rhanya Espirito Santo	15	Angola	4:53.17	4:43.06

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Finals ... (Event 301 Women 19 & Under 400 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
8	Kristin Jones	15	Zimbabwe	4:49.40	4:52.28

Preliminaries

6	Ainoa Naukosho	14	Namibia	4:38.09	
7	Grace George	17	South Africa	4:47.61	
8	Carissa Steyn	18	Namibia	4:49.29	
10	Lilia Ellis	15	Namibia	4:52.18	
13	Lara Steyn	16	Namibia	4:55.85	

Event 301 Women 19 & Under 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
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Preliminaries

1	Madison Bergh	16	Namibia	4:37.09	4:33.36 q
2	Kaitlynne Horne	18	South Africa	4:19.44	4:34.28 q
3	Alexis Johnsen	15	Zimbabwe	4:41.75	4:35.64 q
4	Jessica Carmody	18	South Africa	4:34.93	4:37.95 q
5	Vitoria De Sousa	15	Namibia	4:40.36	4:38.05 q
6	Ainoa Naukosho	14	Namibia	4:39.46	4:38.09 q
7	Grace George	17	South Africa	4:37.38	4:47.61 q
8	Carissa Steyn	18	Namibia	4:47.94	4:49.29 q

9	Kristin Jones	15	Zimbabwe	4:54.82	4:49.40
10	Lilia Ellis	15	Namibia	4:47.43	4:52.18

11	Hayley Hoy	17	Eswatini	4:45.33	4:52.38
12	Rhanya Espirito Santo	15	Angola	4:55.95	4:53.17
13	Lara Steyn	16	Namibia	4:57.25	4:55.85

Event 302 Men 19 & Under 50 SC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
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Finals

1	Joshua Esterhuysen	18	South Africa	23.39	22.97
2	Tumelo Mahan	19	South Africa	23.45	23.08
3	Luke Beukes	17	Namibia	23.38	23.19
4	Rayhan Khonat	17	Botswana	24.10	23.62
5	Janel Yondu Tati	18	Angola	24.11	23.73
6	Cleyton Munguambe	18	Mozambique	24.05	23.84
7	Kyle Heyns	17	Zimbabwe	23.99	23.88
8	Diego Boca	19	Mozambique	24.44	24.20

Preliminaries

4	Guy Wessels	17	South Africa	23.59	
5	Matthew Pretorius	19	South Africa	23.79	
10	Christian Esterhuysen	18	South Africa	24.15	
12	Jayden De Swardt	19	Zimbabwe	24.67	
13	Bjorn Mhlanga	19	Zimbabwe	24.78	
14	Khaya Vimba	18	Zimbabwe	24.82	
15	Rodney Feris	15	Namibia	24.90	
16	Nathan Bock	16	Namibia	24.94	
17	Benaiah Mbao	17	Zambia	24.96	
18	Michael Bauernschmitt	17	Namibia	24.98	
19	Santiago Rocha Guimaraes	14	Angola	25.01	
20	Ethan Kruger	18	Zimbabwe	25.18	
21	Teak Watson	17	Zimbabwe	25.28	
22	Mwenya Mulenga	19	Zambia	25.34	
23	Damien De Sousa	19	Eswatini	25.35	
24	Musawake Ncube	17	Zimbabwe	25.36	
25	Hugo Barradas	18	Mozambique	25.37	
26	Joshua Mulenga	16	Zambia	25.39	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 302 Men 19 & Under 50 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
27	Tichatonga Makaya	19	Zimbabwe	25.43	
28	Zach Moyo	19	Zambia	25.53	
29	Liam Kinnaird	17	Namibia	25.60	
30	Gaamangwe Keitsile	18	Botswana	25.63	
31	Carlos Fernades	16	Angola	25.75	
32	Olivier Mukaz	18	South Africa	25.80	
33	Lee-Jay Armstrong	17	Namibia	25.88	
34	Jayden Williams	17	South Africa	26.10	
35	Luca Fraser	15	Eswatini	26.47	
36	Alemekezeke Chinyamu	19	Malawi	28.09	
37	Vinjeru Msiska	15	Malawi	28.56	
38	Ephraim Themba	18	Malawi	28.71	
39	Mokheseng Mphofe	17	Lesotho	34.09	

Event 302 Men 19 & Under 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Luke Beukes	17	Namibia	22.91	23.38 q
2	Joshua Esterhuysen	18	South Africa	22.65	23.39 q
3	Tumelo Mahan	19	South Africa	23.54	23.45 q
4	Guy Wessels	17	South Africa	23.11	23.59 q
5	Matthew Pretorius	19	South Africa	22.87	23.79 q
6	Kyle Heyns	17	Zimbabwe	23.57	23.99 q
7	Cleyton Munguambe	18	Mozambique	23.73	24.05 q
8	Rayhan Khonat	17	Botswana	23.60	24.10 q
9	Janel Yondu Tati	18	Angola	24.06	24.11
10	Christian Esterhuysen	18	South Africa	23.69	24.15
11	Diego Boca	19	Mozambique	24.03	24.44
12	Jayden De Swardt	19	Zimbabwe	24.20	24.67
13	Bjorn Mhlanga	19	Zimbabwe	23.98	24.78
14	Khaya Vimba	18	Zimbabwe	24.58	24.82
15	Rodney Feris	15	Namibia	24.37	24.90
16	Nathan Bock	16	Namibia	24.72	24.94
17	Benaiah Mbao	17	Zambia	24.43	24.96
18	Michael Bauernschmitt	17	Namibia	24.62	24.98
19	Santiago Rocha Guimaraes	14	Angola	24.38	25.01
20	Ethan Kruger	18	Zimbabwe	24.45	25.18
21	Teak Watson	17	Zimbabwe	25.47	25.28
22	Mwenya Mulenga	19	Zambia	24.47	25.34
23	Damien De Sousa	19	Eswatini	24.68	25.35
24	Musawake Ncube	17	Zimbabwe	24.84	25.36
25	Hugo Barradas	18	Mozambique	24.72	25.37
26	Joshua Mulenga	16	Zambia	24.67	25.39
27	Tichatonga Makaya	19	Zimbabwe	24.38	25.43
28	Zach Moyo	19	Zambia	25.37	25.53
29	Liam Kinnaird	17	Namibia	25.05	25.60
30	Gaamangwe Keitsile	18	Botswana	24.95	25.63
31	Carlos Fernades	16	Angola	25.92	25.75
32	Olivier Mukaz	18	South Africa	25.25	25.80
33	Lee-Jay Armstrong	17	Namibia	25.48	25.88
34	Jayden Williams	17	South Africa	25.38	26.10
35	Luca Fraser	15	Eswatini	26.90	26.47
36	Alemekezeke Chinyamu	19	Malawi	28.37	28.09
37	Vinjeru Msiska	15	Malawi	30.65	28.56
38	Ephraim Themba	18	Malawi	NT	28.71

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 302 Men 19 & Under 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time
39 Mokheseng Mphofe	17	Lesotho	NT	34.09

Event 303 Women 19 & Under 50 SC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
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Finals

1	Jessica Humphrey	17	Namibia	28.95	28.72
2	Indiana De Villiers	18	South Africa	29.21	28.93
3	Roselinda Matyayi	15	Namibia	29.11	29.25
4	Jessica Carmody	18	South Africa	31.11	30.31
5	Melodi Saleshando	16	Botswana	31.54	31.11
6	Eliecia Chivandire	15	Zimbabwe	32.02	31.44
7	Carlota Filipa Silva	17	Angola	32.52	32.13
8	Olivia Accorsi	18	Zimbabwe	32.56	32.26

Preliminaries

5	Madison Bergh	16	Namibia	31.29
7	Ainoa Naukosho	14	Namibia	31.64
9	Georgia Els	19	South Africa	32.06
12	Alexis Johnsen	15	Zimbabwe	32.68
13	Gizelle Slinger	16	Namibia	32.91
14	Tanatswa Chandiwana	17	Zimbabwe	33.02
15	Nyriam Welwitschia Morais	17	Angola	33.05
16	Stephanie Jurado	17	Angola	33.08
17	Kaitlynne Horne	18	South Africa	33.14
18	Matida Musere	18	Zimbabwe	33.33
*19	Lilia Ellis	15	Namibia	34.22
*19	Matipaishe Gondo	15	Botswana	34.22
21	Caitlyn Dube	16	South Africa	34.26
22	Nemzi Albino	16	Mozambique	34.70
23	Yun-suh Chang	17	Botswana	34.74
24	Marta Mpumo	16	Mozambique	34.80
25	Zoe Rebello	17	Malawi	35.84
26	Danielle Kanjadza	14	Malawi	38.19

Event 303 Women 19 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
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Preliminaries

1	Jessica Humphrey	17	Namibia	28.50	28.95	q
2	Roselinda Matyayi	15	Namibia	29.79	29.11	q
3	Indiana De Villiers	18	South Africa	28.77	29.21	q
4	Jessica Carmody	18	South Africa	29.73	31.11	q
5	Madison Bergh	16	Namibia	31.00	31.29	q
6	Melodi Saleshando	16	Botswana	31.53	31.54	q
7	Ainoa Naukosho	14	Namibia	31.99	31.64	q
8	Eliecia Chivandire	15	Zimbabwe	31.66	32.02	q
9	Georgia Els	19	South Africa	32.19	32.06	
10	Carlota Filipa Silva	17	Angola	31.53	32.52	
11	Olivia Accorsi	18	Zimbabwe	31.54	32.56	
12	Alexis Johnsen	15	Zimbabwe	32.84	32.68	
13	Gizelle Slinger	16	Namibia	33.90	32.91	
14	Tanatswa Chandiwana	17	Zimbabwe	32.95	33.02	
15	Nyriam Welwitschia Morais	17	Angola	32.00	33.05	
16	Stephanie Jurado	17	Angola	33.50	33.08	
17	Kaitlynne Horne	18	South Africa	32.31	33.14	
18	Matida Musere	18	Zimbabwe	31.60	33.33	
*19	Lilia Ellis	15	Namibia	34.36	34.22	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 303 Women 19 & Under 50 SC Meter Backstroke)**

	Name	Age	Team	Seed Time	Prelim Time
*19	Matipaishe Gondo	15	Botswana	34.86	34.22
21	Caitlyn Dube	16	South Africa	33.70	34.26
22	Nemzi Albino	16	Mozambique	33.34	34.70
23	Yun-suh Chang	17	Botswana	33.87	34.74
24	Marta Mpumo	16	Mozambique	35.40	34.80
25	Zoe Rebello	17	Malawi	36.86	35.84
26	Danielle Kanjadza	14	Malawi	39.13	38.19

Event 304 Men 19 & Under 200 SC Meter IM

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Oliver Durand	18	Namibia	2:09.84	1:59.52
2	Guy Wessels	17	South Africa	2:09.87	2:05.76
3	Kaio Faftine	19	Mozambique	2:13.55	2:06.55
4	Rayhan Khonat	17	Botswana	2:13.28	2:06.93
5	Mulenga Cole	16	Zambia	2:10.77	2:07.82
6	Lorenzo Esterhuizen	16	Namibia	2:12.78	2:08.35
7	Jayden De Swardt	19	Zimbabwe	2:11.24	2:10.22
8	Tawanda Jani	18	Zimbabwe	2:15.54	2:16.57
Preliminaries					
8	Nathan Bock	16	Namibia	2:13.97	
9	Luke Beukes	17	Namibia	2:14.13	
11	Matthew Pretorius	19	South Africa	2:16.14	
12	Joshua Esterhuysen	18	South Africa	2:16.23	
13	Michael Bauernschmitt	17	Namibia	2:17.64	
14	Jayden Williams	17	South Africa	2:19.63	
15	Liam Kinnaird	17	Namibia	2:20.84	
16	Silverio Manuel	17	Angola	2:24.08	
17	Teak Watson	17	Zimbabwe	2:24.79	
18	Santiago Rocha Guimaraes	14	Angola	2:26.71	
19	Tasunje Mkavea	15	Malawi	2:29.94	
20	Nsikelelo Sibanda	17	Zimbabwe	2:40.26	

Event 304 Men 19 & Under 200 SC Meter IM

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Oliver Durand	18	Namibia	1:59.26	2:09.84 q
2	Guy Wessels	17	South Africa	2:08.57	2:09.87 q
3	Mulenga Cole	16	Zambia	2:17.60	2:10.77 q
4	Jayden De Swardt	19	Zimbabwe	2:12.06	2:11.24 q
5	Lorenzo Esterhuizen	16	Namibia	2:10.01	2:12.78 q
6	Rayhan Khonat	17	Botswana	2:19.85	2:13.28 q
7	Kaio Faftine	19	Mozambique	2:04.32	2:13.55 q
8	Nathan Bock	16	Namibia	2:15.81	2:13.97 q
9	Luke Beukes	17	Namibia	2:16.02	2:14.13
10	Tawanda Jani	18	Zimbabwe	2:21.81	2:15.54
11	Matthew Pretorius	19	South Africa	2:10.05	2:16.14
12	Joshua Esterhuysen	18	South Africa	2:09.98	2:16.23
13	Michael Bauernschmitt	17	Namibia	2:16.89	2:17.64
14	Jayden Williams	17	South Africa	2:17.87	2:19.63
15	Liam Kinnaird	17	Namibia	2:21.31	2:20.84
16	Silverio Manuel	17	Angola	2:32.94	2:24.08
17	Teak Watson	17	Zimbabwe	2:25.09	2:24.79
18	Santiago Rocha Guimaraes	14	Angola	2:44.43	2:26.71
19	Tasunje Mkavea	15	Malawi	2:33.17	2:29.94

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 304 Men 19 & Under 200 SC Meter IM)**

Name	Age	Team	Seed Time	Prelim Time
20 Nsikelelo Sibanda	17	Zimbabwe	2:34.21	2:40.26

Event 305 Women 19 & Under 200 SC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
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Finals

1	Morgan Cope	19	South Africa	2:35.89	2:30.42
2	Georgia Els	19	South Africa	2:40.66	2:35.32
3	Ariana Naukosho	18	Namibia	2:44.83	2:42.51
4	Vitoria De Sousa	15	Namibia	2:45.57	2:43.08
5	Johanna Coates	19	Zambia	2:47.73	2:47.76
6	Yun-suh Chang	17	Botswana	2:55.84	2:49.89
7	Alexandra Kapapa	16	Zambia	2:54.92	2:53.91
---	Neema Bhulabhai	14	Zimbabwe	2:52.90	DQ 2:49.78

Body not on the breast

Preliminaries

7	Kaitlynne Horne	18	South Africa	2:53.30
8	Carissa Steyn	18	Namibia	2:53.81
10	Lilia Ellis	15	Namibia	2:55.81
12	Caitlyn Dube	16	South Africa	2:58.64
13	Melodi Saleshando	16	Botswana	2:58.85
14	Vhenekai Dhemba	19	Zimbabwe	2:59.58
15	Sandra Schnebel	14	Namibia	3:07.02
16	Nemzi Albino	16	Mozambique	3:08.14
17	Nora Schlabit	16	Namibia	3:09.49
18	Tshenolo Ntsie	16	South Africa	3:10.22

Event 305 Women 19 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
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Preliminaries

1	Morgan Cope	19	South Africa	2:29.67	2:35.89	q
2	Georgia Els	19	South Africa	2:32.39	2:40.66	q
3	Ariana Naukosho	18	Namibia	2:46.40	2:44.83	q
4	Vitoria De Sousa	15	Namibia	2:50.49	2:45.57	q
5	Johanna Coates	19	Zambia	2:45.14	2:47.73	q
6	Neema Bhulabhai	14	Zimbabwe	2:57.04	2:52.90	q
7	Kaitlynne Horne	18	South Africa	2:49.44	2:53.30	q
8	Carissa Steyn	18	Namibia	2:55.42	2:53.81	q
9	Alexandra Kapapa	16	Zambia	2:57.94	2:54.92	
10	Lilia Ellis	15	Namibia	3:01.22	2:55.81	
11	Yun-suh Chang	17	Botswana	2:59.75	2:55.84	
12	Caitlyn Dube	16	South Africa	2:51.46	2:58.64	
13	Melodi Saleshando	16	Botswana	2:57.02	2:58.85	
14	Vhenekai Dhemba	19	Zimbabwe	2:55.73	2:59.58	
15	Sandra Schnebel	14	Namibia	3:13.82	3:07.02	
16	Nemzi Albino	16	Mozambique	2:56.25	3:08.14	
17	Nora Schlabit	16	Namibia	3:07.06	3:09.49	
18	Tshenolo Ntsie	16	South Africa	2:58.85	3:10.22	

Event 306 Men 19 & Under 200 SC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
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Finals

1	Oliver Durand	18	Namibia	2:03.47	1:57.92
2	Lance Cromhout	18	South Africa	2:03.16	1:59.26
3	Christian Esterhuysen	18	South Africa	2:04.18	2:02.06
4	Lorenzo Esterhuizen	16	Namibia	2:09.94	2:04.96
5	Mulenga Cole	16	Zambia	2:11.30	2:14.77

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Finals ... (Event 306 Men 19 & Under 200 SC Meter Backstroke)**

	Name	Age	Team	Prelim Time	Finals Time
6	Emmanuel Sibanda	19	Zimbabwe	2:16.86	2:15.38
7	David Alberto Padre	17	Angola	2:17.76	2:15.44
8	Yusurf Garmroudi	19	Botswana	2:27.04	2:23.64

Preliminaries

5	Luke Beukes	17	Namibia	2:10.76
8	Rodney Feris	15	Namibia	2:17.72
10	Tristan Nell	17	Namibia	2:20.12
11	Liam Kinnaird	17	Namibia	2:20.66
13	Ashley Berejena	18	Zimbabwe	2:29.73
---	Joshua Esterhuysen	18	South Africa	DQ

Event 306 Men 19 & Under 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Lance Cromhout	18	South Africa	2:01.36	2:03.16 q
2	Oliver Durand	18	Namibia	2:02.93	2:03.47 q
3	Christian Esterhuysen	18	South Africa	2:01.66	2:04.18 q
4	Lorenzo Esterhuizen	16	Namibia	2:10.10	2:09.94 q
5	Luke Beukes	17	Namibia	2:11.85	2:10.76 q
6	Mulenga Cole	16	Zambia	2:20.56	2:11.30 q
7	Emmanuel Sibanda	19	Zimbabwe	2:24.61	2:16.86 q
8	Rodney Feris	15	Namibia	2:20.42	2:17.72 q
9	David Alberto Padre	17	Angola	2:21.03	2:17.76
10	Tristan Nell	17	Namibia	2:24.10	2:20.12
11	Liam Kinnaird	17	Namibia	2:19.93	2:20.66
12	Yusurf Garmroudi	19	Botswana	2:34.53	2:27.04
13	Ashley Berejena	18	Zimbabwe	2:32.68	2:29.73
---	Joshua Esterhuysen	18	South Africa	2:04.84	DQ 2:06.12

Swimmers head did not surface at or before 15 meter mark following the start or turn

Event 307 Women 19 & Under 100 SC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time	
Finals	1	Anje Van As	18	Zimbabwe	1:02.51	1:01.01
	2	Indiana De Villiers	18	South Africa	1:04.64	1:01.36
	3	Georgia Els	19	South Africa	1:03.74	1:03.20
	4	Jade Phiri	19	Zambia	1:05.85	1:04.03
	5	Roselinda Matyayi	15	Namibia	1:05.25	1:04.49
	6	Jessica Humphrey	17	Namibia	1:06.13	1:04.56
	7	Tamenji Miti	18	Zambia	1:07.03	1:05.32
	8	Kyra Harry	19	Botswana	1:07.46	1:07.49
Preliminaries	7	Maya Mgcina	15	South Africa	1:06.87	
	10	Carlota Filipa Silva	17	Angola	1:07.52	
	11	Jessica Carmody	18	South Africa	1:08.27	
	12	Ainoa Naukosho	14	Namibia	1:08.38	
	13	Hayley Hoy	17	Eswatini	1:09.02	
	14	Matida Musere	18	Zimbabwe	1:09.06	
	15	Gizelle Slinger	16	Namibia	1:10.10	
	16	Mikayla Makwabarara	17	Zimbabwe	1:10.70	
	17	Nyriam Welwitschia Morais	17	Angola	1:11.06	
	18	Kaitlynne Horne	18	South Africa	1:11.11	
	19	Vitoria De Sousa	15	Namibia	1:12.30	
	20	Stephanie Jurado	17	Angola	1:12.52	
	21	Ariana Naukosho	18	Namibia	1:13.57	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 307 Women 19 & Under 100 SC Meter Butterfly)**

	Name	Age	Team	Prelim Time	Finals Time
22	Marta Mpumo	16	Mozambique	1:13.62	
23	Caitlyn Dube	16	South Africa	1:14.10	

Event 307 Women 19 & Under 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Anje Van As	18	Zimbabwe	1:00.98	1:02.51 q
2	Georgia Els	19	South Africa	1:01.49	1:03.74 q
3	Indiana De Villiers	18	South Africa	1:01.94	1:04.64 q
4	Roselinda Matyayi	15	Namibia	1:04.94	1:05.25 q
5	Jade Phiri	19	Zambia	1:03.57	1:05.85 q
6	Jessica Humphrey	17	Namibia	1:04.95	1:06.13 q
7	Maya Mgcina	15	South Africa	1:07.26	1:06.87 q
8	Tamenji Miti	18	Zambia	1:06.40	1:07.03 q
9	Kyra Harry	19	Botswana	1:06.64	1:07.46
10	Carlota Filipa Silva	17	Angola	1:06.22	1:07.52
11	Jessica Carmody	18	South Africa	1:05.72	1:08.27
12	Ainoa Naukosho	14	Namibia	1:06.93	1:08.38
13	Hayley Hoy	17	Eswatini	1:06.34	1:09.02
14	Matida Musere	18	Zimbabwe	1:08.09	1:09.06
15	Gizelle Slinger	16	Namibia	1:11.52	1:10.10
16	Mikayla Makwabarara	17	Zimbabwe	1:07.81	1:10.70
17	Nyriam Welwitschia Morais	17	Angola	1:10.80	1:11.06
18	Kaitlynne Horne	18	South Africa	1:05.17	1:11.11
19	Vitoria De Sousa	15	Namibia	1:10.46	1:12.30
20	Stephanie Jurado	17	Angola	1:13.91	1:12.52
21	Ariana Naukosho	18	Namibia	1:10.10	1:13.57
22	Marta Mpumo	16	Mozambique	1:11.43	1:13.62
23	Caitlyn Dube	16	South Africa	1:11.56	1:14.10

Event 308 Men 19 & Under 4x100 SC Meter Medley Relay

	Team	Relay	Seed Time	Finals Time
1	South Africa	A	3:44.02	3:45.03
	1) Christian Esterhuysen 18	2) Matthew Pretorius 19	3) Tumelo Mahan 19	4) Joshua Esterhuysen 18
2	Namibia	A	3:53.07	3:48.21
	1) Lorenzo Esterhuizen 16	2) Oliver Durand 18	3) Michael Bauernschmitt 17	4) Luke Beukes 17
3	Mozambique	A	3:55.87	3:53.86
	1) Diego Boca 19	2) Kaio Faftine 19	3) Cleyton Munguambe 18	4) Hugo Barradas 18
4	Zambia	A	NT	3:53.93
	1) Mulenga Cole 16	2) Zach Moyo 19	3) Benaiah Mbao 17	4) Joshua Mulenga 16
5	Botswana	A	4:00.52	3:56.34
	1) Gaamangwe Keitsile 18	2) Mmusi Matthews 19	3) Yusurf Garmroudi 19	4) Rayhan Khonat 17
6	Zimbabwe	A	4:21.34	3:56.81
	1) Emmanuel Sibanda 19	2) Jayden De Swardt 19	3) Kyle Heyns 17	4) Bjorn Mhlanga 19
7	Angola	A	NT	4:07.37
	1) David Alberto Padre 17	2) Silverio Manuel 17	3) Santiago Rocha Guimaraes 14	4) Janel Yondu Tati 18

Event 309 Women 19 & Under 4x50 SC Meter Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Zimbabwe	A	1:45.87	1:46.60
	1) Tori Dawe 17	2) Alexis Johnsen 15	3) Tanatswa Chandiwana 17	4) Mikayla Makwabarara 17
2	South Africa	A	1:46.79	1:48.04
	1) Indiana De Villiers 18	2) Jessica Carmody 18	3) Morgan Cope 19	4) Caitlyn Dube 16
3	Namibia	A	1:50.81	1:49.51
	1) Roselinda Matyayi 15	2) Vitoria De Sousa 15	3) Ainoa Naukosho 14	4) Jessica Humphrey 17
4	Zambia	A	NT	1:50.39
	1) Jade Phiri 19	2) Johanna Coates 19	3) Tamenji Miti 18	4) Sibongile Miti 15

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****(Event 309 Women 19 & Under 4x50 SC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
5 Botswana	A	1:51.99	1:52.49
1) Kyra Harry 19	2) Yun-suh Chang 17	3) Matipaishe Gondo 15	4) Melodi Saleshando 16
6 Angola	A	NT	1:53.56
1) Carlota Filipa Silva 17	2) Rhanya Espirito Santo 15	3) Stephanie Jurado 17	4) Nyriam Welwitschia Morais 17

Event 401 Men 19 & Under 400 SC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Lance Cromhout	18	South Africa	4:06.87	3:55.81
2 Oliver Durand	18	Namibia	4:05.41	3:55.85
3 Rayhan Khonat	17	Botswana	4:07.29	3:57.81
4 Mulenga Cole	16	Zambia	4:07.35	3:57.93
5 Guy Wessels	17	South Africa	4:07.98	4:05.83
6 Hugo Barradas	18	Mozambique	4:16.75	4:14.36
7 David Alberto Padre	17	Angola	4:19.58	4:15.34
8 Rodney Feris	15	Namibia	4:20.56	4:19.07
Preliminaries				
7 Lorenzo Esterhuizen	16	Namibia	4:18.24	
10 Liam Kinnaird	17	Namibia	4:23.16	
11 Tristan Nell	17	Namibia	4:25.97	
12 Santiago Rocha Guimaraes	14	Angola	4:29.22	
13 Ashley Berejena	18	Zimbabwe	4:31.14	
14 Tawanda Jani	18	Zimbabwe	4:34.24	

Event 401 Men 19 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Oliver Durand	18	Namibia	3:56.43	4:05.41 q
2 Lance Cromhout	18	South Africa	4:06.58	4:06.87 q
3 Rayhan Khonat	17	Botswana	4:09.09	4:07.29 q
4 Mulenga Cole	16	Zambia	4:06.42	4:07.35 q
5 Guy Wessels	17	South Africa	4:17.80	4:07.98 q
6 Hugo Barradas	18	Mozambique	4:09.62	4:16.75 q
7 Lorenzo Esterhuizen	16	Namibia	4:22.80	4:18.24 q
8 David Alberto Padre	17	Angola	4:15.63	4:19.58 q
9 Rodney Feris	15	Namibia	4:25.68	4:20.56
10 Liam Kinnaird	17	Namibia	4:23.15	4:23.16
11 Tristan Nell	17	Namibia	4:30.24	4:25.97
12 Santiago Rocha Guimaraes	14	Angola	4:30.99	4:29.22
13 Ashley Berejena	18	Zimbabwe	4:34.70	4:31.14
14 Tawanda Jani	18	Zimbabwe	4:42.66	4:34.24

Event 402 Women 19 & Under 50 SC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Jessica Carmody	18	South Africa	26.68	26.18
2 Mikayla Makwabarara	17	Zimbabwe	26.63	26.58
3 Tanatswa Chandiwana	17	Zimbabwe	27.15	26.94
4 Morgan Cope	19	South Africa	27.10	27.01
5 Jessica Humphrey	17	Namibia	27.28	27.04
6 Jade Phiri	19	Zambia	27.01	27.21
7 Melodi Saleshando	16	Botswana	27.68	27.64
8 Roselinda Matyayi	15	Namibia	27.77	27.85
Preliminaries				
6 Indiana De Villiers	18	South Africa	27.16	
8 Alexis Johnsen	15	Zimbabwe	27.38	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 402 Women 19 & Under 50 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
9	Tori Dawe	17	Zimbabwe	27.50	
10	Georgia Els	19	South Africa	27.59	
12	Maya Mgcina	15	South Africa	27.69	
14	Johanna Coates	19	Zambia	27.84	
15	Ainoa Naukosho	14	Namibia	28.11	
16	Yun-suh Chang	17	Botswana	28.17	
17	Kyra Harry	19	Botswana	28.19	
18	Tamenji Miti	18	Zambia	28.38	
19	Carlota Filipa Silva	17	Angola	28.52	
20	Eliecia Chivandire	15	Zimbabwe	28.56	
21	Nyriam Welwitschia Morais	17	Angola	28.74	
*22	Rhanya Espirito Santo	15	Angola	28.79	
*22	Madison Bergh	16	Namibia	28.79	
*24	Kristin Jones	15	Zimbabwe	28.97	
*24	Lilia Ellis	15	Namibia	28.97	
26	Kaitlynne Horne	18	South Africa	28.99	
27	Matipaishe Gondo	15	Botswana	29.06	
28	Vitoria De Sousa	15	Namibia	29.11	
29	Susie Worsfold	18	Zimbabwe	29.17	
30	Vhenekai Dhemba	19	Zimbabwe	29.34	
31	Sibongile Miti	15	Zambia	29.35	
32	Marta Mpfumo	16	Mozambique	29.50	
*33	Neema Bhulabhai	14	Zimbabwe	29.68	
*33	Stephanie Jurado	17	Angola	29.68	
35	Caitlyn Dube	16	South Africa	29.90	
36	Nemzi Albino	16	Mozambique	29.92	
37	Olivia Accorsi	18	Zimbabwe	30.13	
38	Zoe Rebello	17	Malawi	30.35	
39	Kendra Mc Namara	14	Eswatini	31.08	
40	Rhinniah Mzenzo	15	Malawi	32.71	
41	Danielle Kanjadza	14	Malawi	33.32	
42	Naleli Makote	13	Lesotho	48.13	

Event 402 Women 19 & Under 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Mikayla Makwabarara	17	Zimbabwe	25.80	26.63 q
2	Jessica Carmody	18	South Africa	25.43	26.68 q
3	Jade Phiri	19	Zambia	27.36	27.01 q
4	Morgan Cope	19	South Africa	26.28	27.10 q
5	Tanatswa Chandiwana	17	Zimbabwe	26.62	27.15 q
6	Indiana De Villiers	18	South Africa	26.26	27.16 q
7	Jessica Humphrey	17	Namibia	26.48	27.28 q
8	Alexis Johnsen	15	Zimbabwe	26.95	27.38 q
9	Tori Dawe	17	Zimbabwe	26.50	27.50
10	Georgia Els	19	South Africa	27.29	27.59
11	Melodi Saleshando	16	Botswana	27.52	27.68
12	Maya Mgcina	15	South Africa	27.46	27.69
13	Roselinda Matyayi	15	Namibia	27.60	27.77
14	Johanna Coates	19	Zambia	27.36	27.84
15	Ainoa Naukosho	14	Namibia	27.79	28.11
16	Yun-suh Chang	17	Botswana	29.04	28.17
17	Kyra Harry	19	Botswana	27.74	28.19
18	Tamenji Miti	18	Zambia	28.28	28.38
19	Carlota Filipa Silva	17	Angola	27.27	28.52

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 402 Women 19 & Under 50 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Prelim Time
20	Eliecia Chivandire	15	Zimbabwe	28.61	28.56
21	Nyriam Welwitschia Morais	17	Angola	28.16	28.74
*22	Madison Bergh	16	Namibia	28.84	28.79
*22	Rhanya Espirito Santo	15	Angola	28.81	28.79
*24	Lilia Ellis	15	Namibia	28.95	28.97
*24	Kristin Jones	15	Zimbabwe	28.52	28.97
26	Kaitlynne Horne	18	South Africa	29.18	28.99
27	Matipaishe Gondo	15	Botswana	28.31	29.06
28	Vitoria De Sousa	15	Namibia	28.47	29.11
29	Susie Worsfold	18	Zimbabwe	30.45	29.17
30	Vhenekai Dhemba	19	Zimbabwe	27.60	29.34
31	Sibongile Miti	15	Zambia	28.15	29.35
32	Marta Mpumo	16	Mozambique	29.21	29.50
*33	Neema Bhulabhai	14	Zimbabwe	29.37	29.68
*33	Stephanie Jurado	17	Angola	31.52	29.68
35	Caitlyn Dube	16	South Africa	28.82	29.90
36	Nemzi Albino	16	Mozambique	29.50	29.92
37	Olivia Accorsi	18	Zimbabwe	28.86	30.13
38	Zoe Rebello	17	Malawi	31.18	30.35
39	Kendra Mc Namara	14	Eswatini	31.50	31.08
40	Rhinniah Mzenzo	15	Malawi	31.52	32.71
41	Danielle Kanjadza	14	Malawi	33.08	33.32
42	Naleli Makote	13	Lesotho	NT	48.13

Event 403 Men 19 & Under 50 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Christian Esterhuysen	18	South Africa	25.95	25.54
2	Joshua Esterhuysen	18	South Africa	26.09	25.89
3	Diego Boca	19	Mozambique	27.26	26.90
4	Lorenzo Esterhuizen	16	Namibia	26.84	27.22
5	Kaio Faftine	19	Mozambique	27.65	27.32
6	Emmanuel Sibanda	19	Zimbabwe	27.97	27.69
7	Michael Bauernschmitt	17	Namibia	28.41	28.00
8	Gaamangwe Keitsile	18	Botswana	28.24	28.20
Preliminaries					
3	Lance Cromhout	18	South Africa	26.26	
6	Ramano Sefehle	15	South Africa	27.61	
11	Guy Wessels	17	South Africa	28.44	
12	Luke Beukes	17	Namibia	28.49	
13	Ethan Kruger	18	Zimbabwe	28.68	
14	Musawake Ncube	17	Zimbabwe	28.89	
15	Liam Kinnaird	17	Namibia	29.07	
16	Rodney Feris	15	Namibia	29.09	
17	Zach Moyo	19	Zambia	29.88	
18	Carlos Fernades	16	Angola	29.97	
19	Jörn Buchert	18	Namibia	31.13	
20	Luca Fraser	15	Eswatini	35.98	
21	Vinjeru Msiska	15	Malawi	37.09	

Event 403 Men 19 & Under 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Christian Esterhuysen	18	South Africa	25.57	25.95 q
2	Joshua Esterhuysen	18	South Africa	27.32	26.09 q
3	Lance Cromhout	18	South Africa	25.73	26.26 q

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 403 Men 19 & Under 50 SC Meter Backstroke)**

	Name	Age	Team	Seed Time	Prelim Time	
4	Lorenzo Esterhuizen	16	Namibia	27.75	26.84	q
5	Diego Boca	19	Mozambique	27.13	27.26	q
6	Ramano Sefehle	15	South Africa	28.02	27.61	q
7	Kaio Faftine	19	Mozambique	27.24	27.65	q
8	Emmanuel Sibanda	19	Zimbabwe	28.39	27.97	q
9	Gaamangwe Keitsile	18	Botswana	28.55	28.24	
10	Michael Bauernschmitt	17	Namibia	28.60	28.41	
11	Guy Wessels	17	South Africa	28.22	28.44	
12	Luke Beukes	17	Namibia	28.36	28.49	
13	Ethan Kruger	18	Zimbabwe	29.63	28.68	
14	Musawake Ncube	17	Zimbabwe	28.69	28.89	
15	Liam Kinnaird	17	Namibia	29.17	29.07	
16	Rodney Feris	15	Namibia	29.31	29.09	
17	Zach Moyo	19	Zambia	NT	29.88	
18	Carlos Fernades	16	Angola	30.83	29.97	
19	Jörn Buchert	18	Namibia	31.74	31.13	
20	Luca Fraser	15	Eswatini	31.34	35.98	
21	Vinjeru Msiska	15	Malawi	39.07	37.09	

Event 404 Women 19 & Under 200 SC Meter IM

	Name	Age	Team	Prelim Time	Finals Time	
Finals						
1	Georgia Els	19	South Africa	2:20.63	2:17.23	
2	Anje Van As	18	Zimbabwe	2:24.78	2:22.17	
3	Ainoa Naukosho	14	Namibia	2:25.13	2:24.51	
4	Vitoria De Sousa	15	Namibia	2:26.05	2:24.62	
5	Maya Mgcina	15	South Africa	2:29.48	2:27.12	
6	Alexis Johnsen	15	Zimbabwe	2:31.36	2:30.20	
7	Alexandra Kapapa	16	Zambia	2:35.79	2:32.66	
8	Johanna Coates	19	Zambia	2:31.14	2:41.34	
Preliminaries						
6	Kaitlynne Horne	18	South Africa	2:30.19		
9	Lilia Ellis	15	Namibia	2:31.65		
10	Ariana Naukosho	18	Namibia	2:32.82		
11	Matida Musere	18	Zimbabwe	2:35.67		
13	Stephanie Jurado	17	Angola	2:38.77		
14	Melodi Saleshando	16	Botswana	2:38.89		
15	Caitlyn Dube	16	South Africa	2:39.32		
16	Vhenekai Dhemba	19	Zimbabwe	2:40.26		
17	Carissa Steyn	18	Namibia	2:41.34		
18	Sibongile Miti	15	Zambia	2:48.26		
19	Marta Mpfumo	16	Mozambique	2:49.72		
20	Zoe Rebello	17	Malawi	2:58.98		

Event 404 Women 19 & Under 200 SC Meter IM

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Georgia Els	19	South Africa	2:16.33	2:20.63	q
2	Anje Van As	18	Zimbabwe	2:33.77	2:24.78	q
3	Ainoa Naukosho	14	Namibia	2:28.90	2:25.13	q
4	Vitoria De Sousa	15	Namibia	2:26.45	2:26.05	q
5	Maya Mgcina	15	South Africa	2:30.57	2:29.48	q
6	Kaitlynne Horne	18	South Africa	2:21.16	2:30.19	q
7	Johanna Coates	19	Zambia	2:36.68	2:31.14	q
8	Alexis Johnsen	15	Zimbabwe	2:33.83	2:31.36	q

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 404 Women 19 & Under 200 SC Meter IM)**

	Name	Age	Team	Seed Time	Prelim Time
9	Lilia Ellis	15	Namibia	2:28.91	2:31.65
10	Ariana Naukosho	18	Namibia	2:30.58	2:32.82
11	Matida Musere	18	Zimbabwe	2:33.65	2:35.67
12	Alexandra Kapapa	16	Zambia	2:38.53	2:35.79
13	Stephanie Jurado	17	Angola	2:41.73	2:38.77
14	Melodi Saleshando	16	Botswana	2:33.12	2:38.89
15	Caitlyn Dube	16	South Africa	2:36.44	2:39.32
16	Vhenekai Dhemba	19	Zimbabwe	2:40.16	2:40.26
17	Carissa Steyn	18	Namibia	2:39.04	2:41.34
18	Sibongile Miti	15	Zambia	2:38.81	2:48.26
19	Marta Mpfumo	16	Mozambique	2:46.70	2:49.72
20	Zoe Rebello	17	Malawi	2:59.69	2:58.98

Event 405 Men 19 & Under 200 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Oliver Durand	18	Namibia	2:25.00	2:14.86
2	Mmusi Matthews	19	Botswana	2:25.53	2:17.64
3	Tawanda Jani	18	Zimbabwe	2:22.77	2:18.40
4	Jayden De Swardt	19	Zimbabwe	2:24.12	2:18.58
5	Jayden Williams	17	South Africa	2:25.03	2:22.00
6	Nathan Bock	16	Namibia	2:32.02	2:28.86
7	Luca Fraser	15	Eswatini	2:33.03	2:33.53
Preliminaries					
7	Teak Watson	17	Zimbabwe	2:33.01	
9	Nsikelelo Sibanda	17	Zimbabwe	2:40.41	
10	Lee-Jay Armstrong	17	Namibia	2:41.04	
11	Liam Kinnaird	17	Namibia	2:43.18	
---	Silverio Manuel	17	Angola	DQ	
---	Tasunje Mkavea	15	Malawi	DQ	

Event 405 Men 19 & Under 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Tawanda Jani	18	Zimbabwe	2:21.05	2:22.77 q
2	Jayden De Swardt	19	Zimbabwe	2:25.71	2:24.12 q
3	Oliver Durand	18	Namibia	2:18.09	2:25.00 q
4	Jayden Williams	17	South Africa	2:21.31	2:25.03 q
5	Mmusi Matthews	19	Botswana	2:26.03	2:25.53 q
6	Nathan Bock	16	Namibia	2:31.23	2:32.02 q
7	Teak Watson	17	Zimbabwe	2:44.20	2:33.01 q
8	Luca Fraser	15	Eswatini	2:38.60	2:33.03 q
9	Nsikelelo Sibanda	17	Zimbabwe	2:38.68	2:40.41
10	Lee-Jay Armstrong	17	Namibia	2:43.52	2:41.04
11	Liam Kinnaird	17	Namibia	2:40.69	2:43.18
---	Silverio Manuel	17	Angola	2:42.57	DQ 2:31.98
	Executed more than one butterfly kick at the start or turn				
---	Tasunje Mkavea	15	Malawi	2:52.45	DQ 2:43.38
	Leg Movements not simultaneous or in the same horizontal plane				

Event 406 Women 19 & Under 200 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Jessica Humphrey	17	Namibia	2:19.11	2:14.24
2	Indiana De Villiers	18	South Africa	2:20.85	2:18.26

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Finals ... (Event 406 Women 19 & Under 200 SC Meter Backstroke)**

	Name	Age	Team	Prelim Time	Finals Time
3	Kaitlynne Horne	18	South Africa	2:25.10	2:20.48
4	Madison Bergh	16	Namibia	2:22.35	2:20.88
5	Eliecia Chivandire	15	Zimbabwe	2:39.27	2:35.29
6	Rhanya Espirito Santo	15	Angola	2:40.15	2:36.32

Preliminaries

4	Roselinda Matyayi	15	Namibia	2:23.39	
6	Ainoa Naukosho	14	Namibia	2:27.49	
7	Jessica Carmody	18	South Africa	2:28.23	
8	Clio Smidt	19	South Africa	2:29.91	
9	Sandra Schnebel	14	Namibia	2:36.55	
10	Carissa Steyn	18	Namibia	2:36.90	

Event 406 Women 19 & Under 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Jessica Humphrey	17	Namibia	2:14.66	2:19.11	q
2	Indiana De Villiers	18	South Africa	2:17.59	2:20.85	q
3	Madison Bergh	16	Namibia	2:21.28	2:22.35	q
4	Roselinda Matyayi	15	Namibia	2:20.76	2:23.39	q
5	Kaitlynne Horne	18	South Africa	2:17.76	2:25.10	q
6	Ainoa Naukosho	14	Namibia	2:29.75	2:27.49	q
7	Jessica Carmody	18	South Africa	2:21.91	2:28.23	q
8	Clio Smidt	19	South Africa	2:25.52	2:29.91	q
9	Sandra Schnebel	14	Namibia	2:39.37	2:36.55	
10	Carissa Steyn	18	Namibia	2:35.86	2:36.90	
11	Eliecia Chivandire	15	Zimbabwe	2:34.56	2:39.27	
12	Rhanya Espirito Santo	15	Angola	2:35.13	2:40.15	

Event 407 Men 19 & Under 100 SC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Matthew Pretorius	19	South Africa	53.78	53.46
2	Christian Esterhuysen	18	South Africa	55.68	55.21
3	Oliver Durand	18	Namibia	56.59	55.34
4	Cleyton Munguambe	18	Mozambique	56.74	55.98
5	Luke Beukes	17	Namibia	57.64	56.59
6	Kaio Faftine	19	Mozambique	58.00	56.90
7	Gaamangwe Keitsile	18	Botswana	59.26	59.13
8	Kyle Heyns	17	Zimbabwe	59.84	1:00.51
Preliminaries					
3	Joshua Esterhuysen	18	South Africa	55.79	
4	Tumelo Mahan	19	South Africa	56.51	
7	Guy Wessels	17	South Africa	56.89	
10	Michael Bauernschmitt	17	Namibia	58.53	
11	Olivier Mukaz	18	South Africa	58.72	
12	Nathan Bock	16	Namibia	59.18	
14	Lorenzo Esterhuizen	16	Namibia	59.49	
16	Khaya Vimba	18	Zimbabwe	59.93	
17	Benaiah Mbao	17	Zambia	1:00.50	
18	Mmusi Matthews	19	Botswana	1:00.70	
19	Tichatonga Makaya	19	Zimbabwe	1:01.15	
20	Ramano Sefehle	15	South Africa	1:01.24	
21	Tristan Nell	17	Namibia	1:01.96	
22	Mwenya Mulenga	19	Zambia	1:01.97	
23	Yusurf Garmroudi	19	Botswana	1:02.29	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Preliminaries ... (Event 407 Men 19 & Under 100 SC Meter Butterfly)**

	Name	Age	Team	Prelim Time	Finals Time
24	Santiago Rocha Guimaraes	14	Angola	1:02.61	
25	Jayden Williams	17	South Africa	1:02.93	
26	Joshua Mulenga	16	Zambia	1:03.36	
27	Ashley Berejena	18	Zimbabwe	1:05.87	
28	Silverio Manuel	17	Angola	1:06.35	
29	Tasunje Mkavea	15	Malawi	1:09.63	

Event 407 Men 19 & Under 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Matthew Pretorius	19	South Africa	54.21	53.78 q
2	Christian Esterhuysen	18	South Africa	54.36	55.68 q
3	Joshua Esterhuysen	18	South Africa	54.29	55.79 q
4	Tumelo Mahan	19	South Africa	54.98	56.51 q
5	Oliver Durand	18	Namibia	54.55	56.59 q
6	Cleyton Munguambe	18	Mozambique	56.14	56.74 q
7	Guy Wessels	17	South Africa	54.87	56.89 q
8	Luke Beukes	17	Namibia	56.47	57.64 q
9	Kaio Faftine	19	Mozambique	55.58	58.00
10	Michael Bauernschmitt	17	Namibia	58.63	58.53
11	Olivier Mukaz	18	South Africa	57.85	58.72
12	Nathan Bock	16	Namibia	1:00.17	59.18
13	Gaamangwe Keitsile	18	Botswana	57.42	59.26
14	Lorenzo Esterhuizen	16	Namibia	57.32	59.49
15	Kyle Heyns	17	Zimbabwe	58.26	59.84
16	Khaya Vimba	18	Zimbabwe	59.92	59.93
17	Benaiah Mbaao	17	Zambia	1:01.71	1:00.50
18	Mmusi Matthews	19	Botswana	1:01.28	1:00.70
19	Tichatonga Makaya	19	Zimbabwe	57.63	1:01.15
20	Ramano Sefehle	15	South Africa	59.02	1:01.24
21	Tristan Nell	17	Namibia	1:01.87	1:01.96
22	Mwenya Mulenga	19	Zambia	1:03.74	1:01.97
23	Yusurf Garmroudi	19	Botswana	1:01.03	1:02.29
24	Santiago Rocha Guimaraes	14	Angola	1:02.39	1:02.61
25	Jayden Williams	17	South Africa	1:02.35	1:02.93
26	Joshua Mulenga	16	Zambia	1:03.21	1:03.36
27	Ashley Berejena	18	Zimbabwe	1:02.79	1:05.87
28	Silverio Manuel	17	Angola	1:06.63	1:06.35
29	Tasunje Mkavea	15	Malawi	1:09.13	1:09.63

Event 408 Women 19 & Under 4x100 SC Meter Medley Relay

	Team	Relay	Seed Time	Finals Time
1	South Africa	A	4:07.57	4:15.03
	1) Indiana De Villiers 18	2) Morgan Cope 19	3) Georgia Els 19	4) Jessica Carmody 18
2	Namibia	A	4:25.65	4:21.04
	1) Jessica Humphrey 17	2) Ariana Naukosho 18	3) Roselinda Matyayi 15	4) Madison Bergh 16
3	Zimbabwe	A	4:23.00	4:27.14
	1) Olivia Accorsi 18	2) Vhenekai Dhemba 19	3) Anje Van As 18	4) Mikayla Makwabarara 17
4	Zambia	A	NT	4:29.19
	1) Tamenji Miti 18	2) Sibongile Miti 15	3) Jade Phiri 19	4) Johanna Coates 19
5	Botswana	A	4:41.83	4:39.46
	1) Melodi Saleshando 16	2) Yun-suh Chang 17	3) Kyra Harry 19	4) Matipaishe Gondo 15
6	Angola	A	NT	4:50.81
	1) Rhanya Espirito Santo 15	2) Stephanie Jurado 17	3) Carlota Filipa Silva 17	4) Nyriam Welwitschia Morais 17

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results****Event 409 Men 19 & Under 4x50 SC Meter Freestyle Relay**

Team	Relay	Seed Time	Finals Time
1 South Africa	A	1:31.01	1:31.83
1) Joshua Esterhuysen 18	2) Tumelo Mahan 19	3) Matthew Pretorius 19	4) Guy Wessels 17
2 Namibia	A	1:35.45	1:33.68
1) Oliver Durand 18	2) Michael Bauernschmitt 17	3) Rodney Feris 15	4) Luke Beukes 17
3 Zimbabwe	A	1:36.13	1:35.65
1) Kyle Heyns 17	2) Jayden De Swardt 19	3) Khaya Vimba 18	4) Bjorn Mhlanga 19
4 Mozambique	A	1:36.83	1:36.31
1) Kaio Faftine 19	2) Diego Boca 19	3) Hugo Barradas 18	4) Cleyton Munguambe 18
5 Botswana	A	1:38.62	1:36.90
1) Mmusi Matthews 19	2) Yusurf Garmroudi 19	3) Gaamangwe Keitsile 18	4) Rayhan Khonat 17
*6 Angola	A	NT	1:37.27
1) Janel Yondu Tati 18	2) Carlos Fernades 16	3) David Alberto Padre 17	4) Santiago Rocha Guimaraes 14
*6 Zambia	A	NT	1:37.27
1) Benaiah Mbao 17	2) Joshua Mulenga 16	3) Mulenga Cole 16	4) Mwenya Mulenga 19
8 Malawi	A	NT	1:49.36
1) Vinjeru Msiska 15	2) Ephraim Themba 18	3) Alemekezeke Chinyamu 19	4) Tasunje Mkavea 15

AUSC Region 5 Games 2025 Namibia - 7/5/2025 to 7/8/2025**AUSC SCM Region 5 - Records**

101	Women 19&U 200 Free	2:02.35	7/7/2025	Georgia Els - RSA
102	Men 19&U 100 Free	50.12	7/7/2025	Luke Beukes - NAM
103	Women 19&U 50 Fly	27.49	7/7/2025	Indiana De Villiers - RSA
104	Men 19&U 50 Breast	28.14	7/7/2025	Zach Moyo - ZAM
105	Women 19&U 100 Breast	1:07.74	7/7/2025	Morgan Cope - RSA
106	Men 19&U 100 Back	53.73	7/7/2025	Oliver Durand - NAM
107	Women 19&U 200 Fly	2:17.28	7/7/2025	Anje Van As - ZIM
108	Men 19&U 4x100 Free Relay	3:24.83	7/7/2025	South Africa - RSA J Esterhuysen, G Wessels, M Pretorius, T Mahan
109	Women 19&U 4x100 Free Relay	3:54.38	7/7/2025	South Africa - RSA J Carmody, I De Villiers, M Cope, M Mgcina
110	Mixed 19&U 4x100 Medley Relay	3:58.12	7/7/2025	South Africa - RSA C Esterhuysen, G Els, M Pretorius, J Carmody
201	Men 19&U 200 Free	1:48.59	7/8/2025	Oliver Durand - NAM
202	Women 19&U 100 Free	57.06	7/8/2025	Jessica Carmody - RSA
203	Men 19&U 50 Fly	24.26	7/8/2025	Matthew Pretorius - RSA
204	Women 19&U 50 Breast	31.49	7/8/2025	Morgan Cope - RSA
205	Men 19&U 100 Breast	1:02.43	7/8/2025	Mmusi Matthews - BOT
206	Women 19&U 100 Back	1:00.75	7/8/2025	Jessica Humphrey - NAM
207	Men 19&U 200 Fly	2:01.18	7/8/2025	Oliver Durand - NAM
208	Mixed 19&U 4x100 Free Relay	3:41.41	7/8/2025	South Africa - RSA J Esterhuysen, J Carmody, T Mahan, I De Villiers
301	Women 19&U 400 Free	4:22.99	7/7/2025	Kaitlynne Horne - RSA
302	Men 19&U 50 Free	22.97	7/7/2025	Joshua Esterhuysen - RSA
303	Women 19&U 50 Back	28.72	7/7/2025	Jessica Humphrey - NAM
304	Men 19&U 200 IM	1:59.52	7/7/2025	Oliver Durand - NAM
305	Women 19&U 200 Breast	2:30.30	2010	Kelly Gunnell - RSA
306	Men 19&U 200 Back	1:57.92	7/7/2025	Oliver Durand - NAM
307	Women 19&U 100 Fly	1:01.01	7/7/2025	Anje Van As - ZIM
308	Men 19&U 4x100 Medley Relay	3:45.03	7/7/2025	South Africa - RSA C Esterhuysen, M Pretorius, T Mahan, J Esterhuysen
309	Women 19&U 4x50 Free Relay	1:46.60	7/7/2025	Zimbabwe - ZIM T Dawe, A Johnsen, T Chandiwana, M Makwabarara
401	Men 19&U 400 Free	3:53.47	2010	Myles Brown - RSA
402	Women 19&U 50 Free	26.18	7/8/2025	Jessica Carmody - RSA
403	Men 19&U 50 Back	25.18	2021	Ruard van Renen - RSA
404	Women 19&U 200 IM	2:17.23	7/8/2025	Georgia Els - RSA
405	Men 19&U 200 Breast	2:14.86	7/8/2025	Oliver Durand - NAM
406	Women 19&U 200 Back	2:14.24	7/8/2025	Jessica Humphrey - NAM
407	Men 19&U 100 Fly	53.46	7/8/2025	Matthew Pretorius - RSA
408	Women 19&U 4x100 Medley Relay	4:15.03	7/8/2025	South Africa - RSA I De Villiers, M Cope, G Els, J Carmody
409	Men 19&U 4x50 Free Relay	1:31.83	7/8/2025	South Africa - RSA J Esterhuysen, T Mahan, M Pretorius, G Wessels