

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 1 Finals Saturday PM****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	Kaitlynn 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 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	
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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 1 Finals Saturday PM****Preliminaries ... (Event 102 Men 19 & Under 100 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
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 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	Nyriam Welwitschia Morais	17	Angola	31.17	
*18	Melodi Saleshando	16	Botswana	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 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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 1 Finals Saturday PM****Preliminaries ... (Event 104 Men 19 & Under 50 SC Meter Breaststroke)**

	Name	Age	Team	Prelim Time	Finals Time
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	

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 Dhembha	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	

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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 1 Finals Saturday PM****Preliminaries ... (Event 106 Men 19 & Under 100 SC Meter Backstroke)**

	Name	Age	Team	Prelim Time	Finals Time
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	
20	Mwenya Mulenga	19	Zambia	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 Mpumo	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
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

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 1 Finals Saturday PM****(Event 110 Mixed 19 & Under 4x100 SC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time
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

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	6	6	3	15
Namibia	2	2	2	6
Zimbabwe	1	1	1	3
Zambia	1	0	1	2
Botswana	0	1	1	2
Mozambique	0	0	1	1
Eswatini	0	0	1	1

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 2 Finals Sunday PM****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 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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 2 Finals Sunday PM****Preliminaries ... (Event 202 Women 19 & Under 100 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
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	
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 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	
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 Mbaio	17	Zambia	26.90	
16	Bjorn Mhlana	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	Yusurf Garmroudi	19	Botswana	27.82	
*25	Lee-Jay Armstrong	17	Namibia	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 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

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 2 Finals Sunday PM****Preliminaries ... (Event 204 Women 19 & Under 50 SC Meter Breaststroke)**

Name	Age	Team	Prelim Time	Finals Time
Preliminaries				
9 Ariana Naukosho	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 Naukosho	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 Mzenge	15	Malawi	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 Nsikelelo Sibanda	17	Zimbabwe	1:13.07	
*15 Liam Kinnaird	17	Namibia	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 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

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 2 Finals Sunday PM****Finals ... (Event 206 Women 19 & Under 100 SC Meter Backstroke)**

	Name	Age	Team	Prelim Time	Finals Time
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

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 207 Men 19 & Under 200 SC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
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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 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

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	10	11	4	25
Namibia	5	4	5	14
Botswana	1	1	3	5
Zimbabwe	1	1	2	4
Zambia	1	1	2	4
Mozambique	0	0	1	1
Eswatini	0	0	1	1

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 3 Finals Monday PM****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
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 302 Men 19 & Under 50 SC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
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	
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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 3 Finals Monday PM****Preliminaries ... (Event 302 Men 19 & Under 50 SC Meter Freestyle)**

	Name	Age	Team	Prelim Time	Finals Time
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 303 Women 19 & Under 50 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
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 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	

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 3 Finals Monday PM****Preliminaries ... (Event 304 Men 19 & Under 200 SC Meter IM)**

	Name	Age	Team	Prelim Time	Finals Time
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 305 Women 19 & Under 200 SC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
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	Kaitlynn 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 306 Men 19 & Under 200 SC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
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
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 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

AUSC Region 5 Games 2025 Namibia - 05/07/2025 to 08/07/2025**Results - Day 3 Finals Monday PM****Finals ... (Event 307 Women 19 & Under 100 SC Meter Butterfly)**

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

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	14	18	6	38
Namibia	8	6	9	23
Zimbabwe	3	1	3	7
Botswana	1	1	3	5
Zambia	1	1	2	4
Mozambique	0	0	3	3
Eswatini	0	0	1	1