

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#8 Men 13-14 50 Meter Breast

RECORD: 31.49 # 2019 Cory Werrett

Name	Age	Team	Finals Time
1 Vimba, Khaya	14	ZIM	31.96
2 Dreyer, Hein J	14	RSA	32.13
3 Durand, Oliver B	14	NAM	32.39
4 Kalipengule, Limbikani	13	ZIM	34.01
5 Sethi, Khalil	14	BOT	34.40
6 Cooney, Zoah	14	ZAM	34.90
7 Okore, Austin I	13	TAN	34.94
8 Nsereko, Nathan	13	UGA	35.01
9 Cataldi, Giacinto	13	ZAM	35.88
10 Fraser, Tiano	13	ESWAT	36.03
11 Mpungose, Art N	13	RSA	36.06
12 Keitsile, Gaamangwe J	14	BOT	36.36
13 Cochofel, Jose	14	ANG	36.67
14 Inhesiko, Peterson	13	UGA	36.69
15 Bredel, Rafael	14	ANG	38.75
16 Ferreira, Bruno R	14	MOZ	38.80
17 De Sousa, Pedro	13	ESWAT	39.65
--- Mukani, Isaac	13	TAN	DQ

#9 Women 15-16 50 Meter Breast

RECORD: 33.75 # 2017 Christin Mundell

Name	Age	Team	Finals Time
1 Fernandes, Nhara	15	ANG	36.14
2 Dhemba, Vhenekai	15	ZIM	36.34
3 Olsen, Amber J	16	RSA	36.60
4 Mubiru, Swagiah	16	UGA	36.75
5 Stange, Maya A	16	NAM	37.17
6 Liacopoulos, Antonia	16	ZAM	37.59
7 Naukosho, Ariana	15	NAM	38.61
8 Musere, Matida	15	ZIM	39.20
9 Coates, Johanna K	15	ZAM	39.37
10 Rana, Ameya	15	KENYA-ZZ	39.66
11 Makwenda, Jessica T	16	MAW	40.11
12 Guymer, Rachel O	16	RSA	40.14
13 Harry, Kyra	15	BOT	40.32
*14 Williams, Ella	15	BOT	41.46
*14 Fernandes, Sophie M	15	MOZ	41.46
16 Lourenco, Milena	15	ANG	41.49
17 Tibazarwa, Sarah K	16	TAN	42.59
18 Correia, Maira L	16	MOZ	47.34

#10 Men 15-16 50 Meter Breast

RECORD: 30.27 # 2020 Matthew Lawrence

Name	Age	Team	Finals Time
1 Lobo, Caio M	16	MOZ	30.29
2 Phillips, Haytham	16	RSA	30.90
3 Moyo, Zach	15	ZAM	31.56
4 Matthews, Mmusi	15	BOT	31.73
5 Nkunzi, Awande	16	RSA	32.29
6 Madziyire, Nigel	16	ZIM	32.31
7 Nagapin, Nathan	16	SEY	32.67
8 Kudwoli, Haniel	16	KENYA-ZZ	32.68
9 Ngwenya, Onesimus	15	ZIM	33.50
10 Magongo, Brave	16	NAM	34.21
11 Boca, Diego	15	MOZ	34.26
12 Alimanya, Ethan	15	TAN	35.73
13 Ipilinga, Delbert	15	TAN	35.79
14 Garmroudi, Yusurf	15	BOT	36.03
15 Zulu, Pempho	15	MAW	36.54
16 Jele, Cameron T	15	ESWAT	36.77

17 Banda, Asher 16 MAW 37.01

#11 Women 17-29 50 Meter Breast

Name	Age	Team	Finals Time
1 Namutebi, Kirabo	17	UGA	33.29
2 Paljk, Tilka	25	ZAM	33.66
3 Mbite, Christine R	18	RSA	34.97
4 Jacobs, Hannah P	18	RSA	35.02
5 Freitas, Maria Lopes	25	ANG	35.09
6 Katai, Donata	17	ZIM	35.37
7 Mgbemena, Chinyere	18	ZIM	35.40
8 Hughes, Naya L	17	BOT	37.41
9 Redecker, Nicole	18	NAM	37.50
10 Mutumbulua, Trisha	17	NAM	37.51
11 Langa, Kyara	18	MOZ	38.32
12 Matthews, Tselane	18	BOT	38.39
13 Chibiya, Temwani A	18	ZAM	39.55
14 Munhemeze, Domingas	20	MOZ	40.90
15 Gaikwad, Muskan	18	TAN	46.87
--- Elizabeth, Khema	17	SEY	NS

#12 Men 17-29 50 Meter Breast

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	28.54
2 Werrett, Cory	17	ZIM	29.82
3 Miller, Joshua	17	SEY	30.07
4 Mukalazi, Tendo	19	UGA	30.56
5 Goveia, Ralph W	26	ZAM	31.06
6 Burger, Mikah K	17	NAM	31.09
7 Rorke, Benjamin	17	ZIM	31.11
8 Pires, Djamel	18	ANG	31.83
9 Vidot, Alain	17	SEY	31.90
10 Freitas, Filipe Simoes	17	ANG	32.71
11 Dlamini, Simanga	24	ESWAT	32.83
12 Sethi, Reyhaan	18	BOT	33.19
13 Ampaire, Namanya	17	UGA	33.46
14 Xavier, Kelsey D	19	MOZ	33.55
15 Wellmann, Arkell J	19	NAM	34.12
16 Kanja, Evans	17	KENYA-ZZ	34.19
17 Swarts, Keeno A	17	RSA	34.23
18 Mwamba, Wina M	18	ZAM	34.94
--- Gondo, Takundanashe	17	BOT	DQ

#13 Women 12&U 100 Meter Back

RECORD: 1:11.95 # 2016 PHIRI Mia

Name	Age	Team	Finals Time
1 Demello, Filbertha	12	TAN	1:18.23
36.94	1:18.23		
2 Saleshando, Melodi	12	BOT	1:20.25
3 Miti, Sibongile	11	ZAM	1:22.26
39.74	1:22.26		
4 Kachra, Aminaz	12	TAN	1:22.31
39.03	1:22.31		
5 Santo, Rhanya Daniela	12	ANG	1:22.50
40.99	1:22.50		
6 Naukosho, Ainoa	11	NAM	1:22.77
41.25	1:22.77		
7 Choto, Ruvarashe	11	ZIM	1:22.99
39.64	1:22.99		
8 Sibanda, Mbali	12	ZIM	1:24.08
42.16	1:24.08		
9 Kirabo, Paloma	12	UGA	1:24.98
10 Onderi, Jade I	12	KENYA-ZZ	1:25.16
41.48	1:25.16		

11 Alala, Marion J 11 KENYA-ZZ 1:25.65

12 Pereira, Kelly 12 MOZ 1:26.63

41.76 1:26.63

13 Mpumfo, Marta 12 MOZ 1:27.03

42.58 1:27.03

14 Mbanga, Zara M 10 UGA 1:29.22

15 Kesilwe, Kutlo L 12 BOT 1:31.16

16 Moyo, Nandipa 11 ZAM 1:31.85

45.58 1:31.85

17 Misomali, Elyana 11 MAW 1:41.06

48.23 1:41.06

#14 Men 12&U 100 Meter Back

RECORD: 1:10.43 # 2017 Victor AH Yong

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	1:10.76
34.39	1:10.76		
2 Menete, Lazaro	12	MOZ	1:16.01
3 Guta, Kyle	12	ZIM	1:18.92
37.73	1:18.92		
4 Olengo, Neo O	11	KENYA-ZZ	1:20.32
39.45	1:20.32		
5 Viseu, Keanu E	12	MOZ	1:21.69
38.81	1:21.69		
6 Nkomazana, Kwandokul	11	ZIM	1:21.78
39.76	1:21.78		
7 Mosho, Abby	12	ZAM	1:22.29
8 Missokia, Julius	11	TAN	1:23.92
40.30	1:23.92		
9 Yasser, Salman	12	TAN	1:23.99
40.17	1:23.99		
10 Furtado, Marco	12	ANG	1:24.13
39.93	1:24.13		
11 Modirelabangwe, Tema	12	BOT	1:26.21
40.58	1:26.21		
12 Makwenda, Jeremiah T	12	MAW	1:27.40
41.83	1:27.40		
13 Sento, Leruo	12	BOT	1:32.14

#15 Women 13-14 100 Meter Back

RECORD: 1:09.08 # 2019 Lise Coetzee

Name	Age	Team	Finals Time
1 Froneman, Timara M	14	RSA	1:09.76
33.78	1:09.76		
2 Accorsi, Olivia	14	ZIM	1:11.34
34.72	1:11.34		
3 Findlay, Marlise R	14	ZAM	1:12.22
33.84	1:12.22		
4 Leask, Keira C	14	RSA	1:12.89
35.25	1:12.89		
5 Hoy, Hayley	14	ESWAT	1:14.24
36.24	1:14.24		
6 Williams, Angel	13	KENYA-ZZ	1:14.63
36.31	1:14.63		
7 Dawe, Tori	14	ZIM	1:16.68
8 Labuschagne, Isabelle	14	SEY	1:17.72
37.20	1:17.72		
9 Ohm, Michaela	14	NAM	1:17.95
37.56	1:17.95		
10 Morais, Nyriam	13	ANG	1:18.19
38.42	1:18.19		
11 Magezi, Isabella	14	UGA	1:20.22
38.62	1:20.22		

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#15 Women 13-14 100 Meter Back

12	Langat, Audrey Chebet	14	KENYA-ZZ	1:21.28
	38.65	1:21.28		
13	Domingues, Ana Beatriz	14	MOZ	1:22.79
	39.21	1:22.79		
14	Rossouw, Chloe	14	NAM	1:22.81
	40.35	1:22.81		
15	Goyayi, Lina	13	TAN	1:25.09
	40.49	1:25.09		
16	Mulenga, Avrora M	13	ZAM	1:26.37
	40.96	1:26.37		
17	Ngoshani, Mischa K	14	TAN	1:26.82
18	Ingwe, Sally	14	BOT	1:27.49
	40.05	1:27.49		
19	Williams, Amy	13	BOT	1:30.11
	42.75	1:30.11		
20	Wood, Devi E	13	MOZ	1:30.29

#16 Men 13-14 100 Meter Back

RECORD: 1:03.24 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time	
1 Durand, Oliver B	14	NAM	1:05.99	
	33.49	1:05.99		
2 September, Dominic J	14	RSA	1:08.95	
	33.56	1:08.95		
3 Barradas, Hugo O	14	MOZ	1:09.12	
	33.47	1:09.12		
4 Seetso, Nathan	14	BOT	1:09.60	
	33.38	1:09.60		
5 Keitsile, Gaamangwe J	14	BOT	1:10.86	
	34.21	1:10.86		
6 Bhana, Kayden	14	ZIM	1:12.51	
7 Njowola, Douglas	14	ZIM	1:13.11	
	34.76	1:13.11		
8 Padre, David	14	ANG	1:14.21	
	36.59	1:14.21		
9 Monnaemang, Ofentse B	14	RSA	1:15.22	
	36.86	1:15.22		
10 Okore, Austin I	13	TAN	1:15.35	
	36.16	1:15.35		
11 Bredel, Rafael	14	ANG	1:15.84	
12 Mwase, Matthew P	14	UGA	1:17.42	
	37.17	1:17.42		
13 Mulenga, Joshua	13	ZAM	1:18.11	
	37.96	1:18.11		
14 Gomes, Seth	13	ZAM	1:19.88	
15 Inhesiko, Peterson	13	UGA	1:21.10	
	38.37	1:21.10		
16 Mukani, Isaac	13	TAN	1:24.13	
---	Cochofel, Jose	14	ANG	NS

#17 Women 15-16 100 Meter Back

RECORD: 1:07.87 # 2019 Kelsea Munro

Name	Age	Team	Finals Time
1 Ingwe, Kimberly N	16	BOT	1:12.04
	35.35	1:12.04	
2 Ramajan, Saira	16	ZIM	1:12.83
	34.93	1:12.83	
3 Smidt, Clio J	15	RSA	1:14.52
	35.53	1:14.52	
4 Finnis, Tiara L	16	RSA	1:15.91
	36.33	1:15.91	

5 Stange, Maya A	16	NAM	1:16.43	
	37.06	1:16.43		
6 Phiri, Jade A	15	ZAM	1:16.80	
	36.84	1:16.80		
7 Bianchi, Maria	16	KENYA-ZZ	1:16.84	
8 Naukosho, Ariana	15	NAM	1:16.99	
	37.43	1:16.99		
9 Harry, Kyra	15	BOT	1:21.68	
	38.95	1:21.68		
10 Pollen, Paige	16	ZAM	1:22.04	
	38.96	1:22.04		
11 Xavier, Filipa	15	MOZ	1:22.09	
	37.86	1:22.09		
12 Lourenco, Milena	15	ANG	1:22.41	
	39.88	1:22.41		
13 Young, Raya	16	ESWAT	1:23.22	
	41.56	1:23.22		
14 Fernandes, Nhara	15	ANG	1:23.27	
	40.22	1:23.27		
15 Correia, Maira L	16	MOZ	1:27.19	
	42.18	1:27.19		
16 Dlamini, Siwakhile T	16	ESWAT	1:27.48	
	41.07	1:27.48		
---	Musere, Matida	15	ZIM	DQ
	33.77	DQ		

#18 Men 15-16 100 Meter Back

RECORD: 1:00.95 # 2017 Ronan Z Wantenaar

Name	Age	Team	Finals Time
1 Faftine, Kaio d	16	MOZ	1:02.82
	31.30	1:02.82	
2 Nkunzi, Awande	16	RSA	1:04.29
	31.64	1:04.29	
3 Lobo, Caio M	16	MOZ	1:04.34
	31.02	1:04.34	
4 Magongo, Brave	16	NAM	1:04.64
	31.92	1:04.64	
5 Ohm, Oliver	16	NAM	1:04.88
	31.49	1:04.88	
6 Matthews, Mmusi	15	BOT	1:07.05
7 Madziyire, Nigel	16	ZIM	1:09.52
	33.61	1:09.52	
8 Mhlope, Andile T	15	ZIM	1:10.98
	33.88	1:10.98	
9 Fortes, Alex	16	ANG	1:11.31
10 Phillips, Haytham	16	RSA	1:11.46
	34.75	1:11.46	
11 Mulenga, Mwenya	16	ZAM	1:12.29
	34.72	1:12.29	
12 Garmroudi, Yusurf	15	BOT	1:15.53
	35.49	1:15.53	
13 Ipilinga, Delbert	15	TAN	1:17.72
	36.93	1:17.72	
14 Mulenga, Frank J	15	ZAM	1:18.17
	38.01	1:18.17	
15 Joseph, Michael J	16	TAN	1:18.60
	37.43	1:18.60	
16 Kumbatira, Tsinde	16	MAW	1:22.30
	37.99	1:22.30	

#19 Women 17-29 100 Meter Back

Name	Age	Team	Finals Time
1 Katai, Donata	17	ZIM	1:06.31
	32.45	1:06.31	

2 Thorpe, Imara Bella	21	KENYA-ZZ	1:10.65	
	33.53	1:10.65		
3 Esslinger, Tiana	18	NAM	1:10.83	
	34.78	1:10.83		
4 Rollo, Riana	18	ZIM	1:11.39	
	34.90	1:11.39		
5 Hughes, Naya L	17	BOT	1:11.71	
	35.03	1:11.71		
6 Matthews, Tselane	18	BOT	1:14.21	
	35.69	1:14.21		
7 Young, Robyn	21	ESWAT	1:14.72	
	35.45	1:14.72		
8 Soukup, Therese	18	SEY	1:14.78	
	36.32	1:14.78		
9 Mutumbulua, Trisha	17	NAM	1:15.78	
	36.05	1:15.78		
10 Ncube, Angela L	18	RSA	1:17.33	
11 Munhemeze, Domingas	20	MOZ	1:18.22	
	37.59	1:18.22		
12 Chibiya, Temwani A	18	ZAM	1:20.61	
	38.78	1:20.61		
13 Gaikwad, Muskan	18	TAN	1:29.95	
	43.21	1:29.95		
14 Chang'anamuno, Tayam	21	MAW	1:30.22	
---	Santo, Rafaela Espirito	17	ANG	DQ
	39.36	DQ		

#20 Men 17-29 100 Meter Back

Name	Age	Team	Finals Time	
1 Fred, Tyler	19	SEY	1:03.32	
	30.79	1:03.32		
2 Pale, Justino	19	MOZ	1:03.47	
	31.03	1:03.47		
3 Swarts, Keeno A	17	RSA	1:03.73	
4 Wellmann, Arkell J	19	NAM	1:03.75	
	31.82	1:03.75		
5 Henning, Marco T	19	NAM	1:04.31	
	30.81	1:04.31		
6 Saliboko, Collins P	20	TAN	1:04.43	
	31.98	1:04.43		
7 Kabuye, Adnan	19	UGA	1:04.77	
	32.01	1:04.77		
8 Rorke, Benjamin	17	ZIM	1:05.41	
	31.15	1:05.41		
9 Werrett, Cory	17	ZIM	1:06.43	
	33.08	1:06.43		
10 Furtado, Yusseni	17	ANG	1:07.38	
	31.96	1:07.38		
11 Tamele, Alan J	20	MOZ	1:08.92	
	32.55	1:08.92		
12 Sethi, Reyhaan	18	BOT	1:10.54	
	35.26	1:10.54		
13 Moosa, Shaquille D	20	ZAM	1:10.63	
	34.03	1:10.63		
14 Gondo, Takundanashe	17	BOT	1:11.03	
	34.08	1:11.03		
15 Lumonya, Joshua	17	UGA	1:11.10	
	32.87	1:11.10		
16 Mwaba, George B	20	ZAM	1:11.17	
17 Lutango, Emanuel	17	ANG	1:14.65	
	35.93	1:14.65		
---	Pires, Djamel	18	ANG	SCR

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#25 Women 12&U 200 Meter Breast

Name	Age	Team	Finals Time
7 Suubi, Mary P	11	UGA	3:31.58
45.47	1:39.77	2:37.11	3:31.58
8 Phiri, Lambira K	12	ZAM	3:33.49
46.10	1:39.05	2:35.18	3:33.49
9 Sibanda, Mbali	12	ZIM	3:33.92
47.33	1:41.80	2:39.45	3:33.92
10 Pereira, Kelly	12	MOZ	3:35.41
47.20	1:41.01	2:37.74	3:35.41
11 Demello, Filbertha	12	TAN	3:36.12
45.94		2:38.69	3:36.12
12 Ipilinga, Maryam	11	TAN	3:38.64
	1:38.91	2:39.68	3:38.64
13 Onyadile, Tuduetso T	11	BOT	4:06.84
51.63	1:55.41	3:00.76	4:06.84
--- Santo, Rhanya Daniela	12	ANG	SCR

#26 Men 12&U 200 Meter Breast

RECORD: 2:48.03 # 2020 Oliver B Durand

Name	Age	Team	Finals Time
1 Cohen, Mason E	12	MOZ	2:57.95
	1:22.20	2:09.97	2:57.95
2 Fraser, Luca	11	ESWAT	3:02.87
39.74	1:25.47	2:15.32	3:02.87
3 Menete, Lazaro	12	MOZ	3:12.34
42.71	1:31.97	2:22.07	3:12.34
4 Guta, Kyle	12	ZIM	3:15.65
41.24	1:29.32	2:22.49	3:15.65
5 Banda, Mapalo	12	ZAM	3:18.44
41.87	1:32.25	2:25.53	3:18.44
6 Findlay, Marcus F	12	ZAM	3:29.43
46.48	1:39.70	2:35.41	3:29.43
7 Tibazarwa, Mark	12	TAN	3:30.63
44.14	1:38.34	2:36.22	3:30.63
8 Barretto, Enrico	12	TAN	3:30.87
44.11	1:37.91	2:36.14	3:30.87
9 Furtado, Marco	12	ANG	3:32.54
44.40	1:39.14	2:36.49	3:32.54
10 Khango, Letshego	12	BOT	3:33.09
	1:41.48	3:33.09	3:33.09
11 Sento, Leruo	12	BOT	3:35.94
50.15	1:48.33	2:45.19	3:35.94
12 Jerahuni, Nathaniel	11	ZIM	3:40.83
43.24	1:36.33	2:36.66	3:40.83
13 Chongwe, Ian	11	MAW	3:45.15
49.53	1:47.00	2:47.40	3:45.15
14 Chizonda, Jordan	12	MAW	3:52.38
47.35	1:47.92	2:52.16	3:52.38

#27 Women 13-14 200 Meter Breast

RECORD: 2:41.59 # 2017 Tailyn Seyffert

Name	Age	Team	Finals Time
1 Valli, Farhah	14	RSA	2:57.75
40.72	1:25.58	2:11.77	2:57.75
2 Caffini, Duini G	13	KENYA-ZZ	2:59.16
40.94	1:25.43	2:12.89	2:59.16
3 Leask, Keira C	14	RSA	3:02.95
40.86	1:27.83	2:15.51	3:02.95
4 Rossouw, Chloe	14	NAM	3:12.62
42.14	1:29.64	2:19.97	3:12.62
5 Wishart, Peyton	13	ZIM	3:15.23
43.69	1:33.56	2:24.74	3:15.23

6 Hoy, Hayley	14	ESWAT	3:17.12
43.79	1:35.13	2:27.06	3:17.12
7 Chandiwana, Tanatswa	13	ZIM	3:20.29
43.95	1:34.33	2:26.61	3:20.29
8 Chang, Yun-suh	13	BOT	3:21.46
42.34	1:33.05	2:26.72	3:21.46
9 Correia, Gabriella C	14	MOZ	3:30.18
46.12	1:40.02	2:36.12	3:30.18
10 Mulenga, Mutale M	13	ZAM	3:34.87
45.71	1:38.00	2:36.39	3:34.87
11 Goyayi, Lina	13	TAN	3:35.22
46.24	1:40.61	2:38.76	3:35.22
12 Deshpande, Khyati	14	UGA	3:38.66
46.22	1:41.46	2:40.60	3:38.66
13 Mkavea, Tujaliwe	14	MAW	3:39.86
48.06	1:43.39	2:42.47	3:39.86
14 Ngoshani, Mischa K	14	TAN	3:42.24
50.36	1:48.48	2:47.33	3:42.24
15 Nunes, Ana	14	ANG	3:49.08
47.81	1:44.86	2:47.46	3:49.08
--- Chang, Ji-eun	14	BOT	SCR

#28 Men 13-14 200 Meter Breast

RECORD: 2:32.09 # 2017 Oliver Wong Chap Lar

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	2:32.30
33.50	1:12.96	1:53.75	2:32.30
2 Dreyer, Hein J	14	RSA	2:45.07
35.68	1:18.86	2:02.65	2:45.07
3 Cooney, Zoah	14	ZAM	2:46.23
37.62	1:21.48	2:04.51	2:46.23
4 Sethi, Khalil	14	BOT	2:48.31
	1:20.57	2:48.31	2:48.31
5 Madamombe, Tarirai	14	ZIM	2:49.83
36.49	1:20.01	2:03.79	2:49.83
6 Kalipengule, Limbikani	13	ZIM	2:55.88
38.23		2:09.25	2:55.88
7 Mpungose, Art N	13	RSA	2:59.74
38.29	1:23.26	2:10.90	2:59.74
8 Ferreira, Bruno R	14	MOZ	3:07.40
40.88	1:30.08	2:20.70	3:07.40
9 Cataldi, Giacinto	13	ZAM	3:07.45
40.00	1:28.36	2:18.09	3:07.45
10 Okore, Austin I	13	TAN	3:08.03
38.92	1:25.93	2:17.17	3:08.03
11 Keitsile, Gaamangwe J	14	BOT	3:10.61
40.64	1:29.41	2:20.16	3:10.61
12 Cochofel, Jose	14	ANG	3:11.95
	1:27.73	3:11.95	3:11.95
13 De Sousa, Pedro	13	ESWAT	3:23.03
43.22	1:33.66	2:28.09	3:23.03
14 Mukani, Isaac	13	TAN	3:29.57
43.20	1:37.10	2:33.59	3:29.57
--- Fraser, Tiano	13	ESWAT	DQ
41.85	1:31.51	2:24.75	DQ
--- Nsereko, Nathan	13	UGA	DQ
41.09	1:28.30	2:17.38	DQ
--- Nuwagaba, Daniel	13	UGA	DQ
41.13	1:28.88	2:17.95	DQ

#29 Women 15-16 200 Meter Breast

RECORD: 2:39.44 # 2017 Christin Mundell

Name	Age	Team	Finals Time
1 Olsen, Amber J	16	RSA	2:59.77
	1:26.52	2:59.77	2:59.77
2 Bianchi, Maria	16	KENYA-ZZ	3:00.05
38.42	1:23.40	2:11.53	3:00.05
3 Naukosho, Ariana	15	NAM	3:03.11
41.28	1:27.86	2:15.65	3:03.11
4 Kinnaird, Brynné B	15	NAM	3:07.56
42.25	1:29.43	2:18.26	3:07.56
5 Mubiru, Swagiah	16	UGA	3:10.22
	1:28.07	3:10.22	3:10.22
6 Rana, Ameya	15	KENYA-ZZ	3:10.64
41.89	1:29.31	2:19.09	3:10.64
7 Dhemba, Vhenekai	15	ZIM	3:11.32
41.20	1:28.07	2:17.79	3:11.32
8 Liacopoulos, Antonia	16	ZAM	3:12.11
41.14	1:29.83	2:20.34	3:12.11
9 Fernandes, Nhara	15	ANG	3:13.40
41.96	1:31.28	2:22.41	3:13.40
10 Ramajan, Saira	16	ZIM	3:15.80
43.45	1:32.07	2:21.45	3:15.80
11 Mosho, Chisanga	15	ZAM	3:19.47
44.53	1:35.38	2:27.20	3:19.47
12 Harry, Kyra	15	BOT	3:27.07
43.63	1:35.23	2:31.06	3:27.07
13 Lourenco, Milena	15	ANG	3:35.28
45.73	1:38.92	2:36.54	3:35.28

#30 Men 15-16 200 Meter Breast

RECORD: 2:27.49 # 2016 DAVIS Liam

Name	Age	Team	Finals Time
1 Phillips, Haytham	16	RSA	2:31.15
33.87	1:12.28	1:51.85	2:31.15
2 Lobo, Caio M	16	MOZ	2:31.89
33.93	1:12.74	1:52.34	2:31.89
3 Nkunzi, Awande	16	RSA	2:36.85
34.70	1:14.14	1:55.12	2:36.85
4 Faftine, Kaio d	16	MOZ	2:37.66
35.01	1:16.50	1:57.78	2:37.66
5 Moyo, Zach	15	ZAM	2:46.51
34.31	1:15.89	2:00.50	2:46.51
6 Nagapin, Nathan	16	SEY	2:49.31
36.07	1:17.53	2:02.26	2:49.31
7 Ngwenya, Onesimus	15	ZIM	2:50.84
37.61	1:20.55	2:06.33	2:50.84
8 Mwamba, Mutale	15	ZAM	2:54.46
36.32	1:20.04	2:06.27	2:54.46
9 Matthews, Mmusi	15	BOT	2:56.68
	1:21.34	2:09.11	2:56.68
10 Kudwoli, Haniel	16	KENYA-ZZ	2:57.47
37.02	1:20.00	2:08.23	2:57.47
11 Ipilinga, Delbert	15	TAN	3:00.49
40.07	1:26.09	2:14.18	3:00.49
12 Madziyire, Nigel	16	ZIM	3:03.79
36.81	1:22.57	2:12.28	3:03.79
13 Mokobi, Kgotla Z	16	BOT	3:05.41
38.59	1:23.48	2:13.60	3:05.41
14 Nyanzi, Tebi	15	UGA	3:07.35
39.82	1:26.28	2:16.93	3:07.35
15 Zulu, Pempho	15	MAW	3:24.70
42.40	1:32.61	2:28.37	3:24.70

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#30 Men 15-16 200 Meter Breast

---	Alimanya, Ethan	15	TAN	DQ
	37.73	1:27.10	2:22.66	DQ

#31 Women 17-29 200 Meter Breast

Name	Age	Team	Finals Time	
1 Mbite, Christine R	18	RSA	2:51.32	
	38.92	1:21.97	2:07.77	2:51.32
2 Paljk, Tilka	25	ZAM	2:51.40	
	37.84	1:20.91	2:05.94	2:51.40
3 Redecker, Nicole	18	NAM	2:52.45	
	38.70	1:22.84	2:07.93	2:52.45
4 Freitas, Maria Lopes	25	ANG	2:54.80	
	38.68	1:22.86	2:08.70	2:54.80
5 Jacobs, Hannah P	18	RSA	2:57.35	
	39.12	1:23.67	2:10.63	2:57.35
6 Mgbemena, Chinyere	18	ZIM	2:57.58	
	40.32	1:25.50	2:11.49	2:57.58
7 Elizabeth, Khema	17	SEY	3:05.00	
	41.66	1:29.39	2:16.31	3:05.00
8 Schultz, Timea	17	ZIM	3:09.66	
	41.12	1:29.24	2:18.31	3:09.66
9 Chibiya, Temwani A	18	ZAM	3:25.43	
	43.91	1:37.33	2:34.07	3:25.43
10 Langa, Kyara	18	MOZ	3:29.72	
	43.22	1:34.21	2:31.22	3:29.72
11 Gaikwad, Muskan	18	TAN	3:45.50	
	47.96	1:45.59	2:45.57	3:45.50

#32 Men 17-29 200 Meter Breast

Name	Age	Team	Finals Time	
1 Miller, Joshua	17	SEY	2:28.85	
	32.92	1:10.10	1:49.39	2:28.85
2 Werrett, Cory	17	ZIM	2:34.73	
	35.56	1:14.64	1:54.75	2:34.73
3 Swarts, Keeno A	17	RSA	2:45.79	
		1:16.08	2:45.79	
4 Sethi, Reyhaan	18	BOT	2:46.47	
	36.77	1:19.92	2:04.06	2:46.47
5 Shone, Matthew	29	ZAM	2:50.10	
	35.24	1:16.82	2:02.48	2:50.10
6 Ampaire, Namanya	17	UGA	2:51.04	
	37.97	1:21.87	2:08.20	2:51.04
7 Franceys, Ryan	17	ZIM	2:51.57	
	35.11	1:17.93	2:04.63	2:51.57
8 Pires, Djamel	18	ANG	2:51.72	
	36.52		2:04.96	2:51.72
9 Freitas, Filipe Simoes	17	ANG	2:51.87	
	34.02	1:16.28	2:02.51	2:51.87
10 Pene, Leonel J	17	MOZ	3:15.40	
	37.57	1:25.46	2:20.24	3:15.40
---	Tamele, Alan J	20	MOZ	SCR

#33 Women 12&U 50 Meter Back

RECORD: 33.07 # 2016 PHIRI Mia

Name	Age	Team	Finals Time
1 Demello, Filbertha	12	TAN	35.47
2 Choto, Ruvarashe	11	ZIM	35.56
3 Holscher, Courtney	12	ZAM	36.21
4 Miti, Sibongile	11	ZAM	36.48
5 Kachra, Aminaz	12	TAN	36.79
6 Saleshando, Melodi	12	BOT	36.95
7 Alala, Marion J	11	KENYA-ZZ	37.16

8 Naukosho, Ainoa	11	NAM	37.40
9 Santo, Rhanya Daniela	12	ANG	37.55
10 Sibanda, Mbali	12	ZIM	37.58
11 Onderi, Jade I	12	KENYA-ZZ	38.43
12 Kirabo, Paloma	12	UGA	38.78
13 Mbanga, Zara M	10	UGA	39.07
14 Mpfumo, Marta	12	MOZ	39.14
15 Kesilwe, Kutlo L	12	BOT	39.58
16 Pereira, Kelly	12	MOZ	40.10
17 Kanjadza, Danielle	11	MAW	42.81
18 Misomali, Elyana	11	MAW	44.19

#34 Men 12&U 50 Meter Back

RECORD: 32.63 # 2020 Oliver B Durand

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	32.30#
2 Guta, Kyle	12	ZIM	34.28
3 Menete, Lazaro	12	MOZ	35.24
4 Furtado, Marco	12	ANG	35.42
5 Olengo, Neo O	11	KENYA-ZZ	35.51
6 Mosho, Abby	12	ZAM	35.95
7 Viseu, Keanu E	12	MOZ	36.06
8 Nkomazana, Kwandokul	11	ZIM	37.04
9 Yasser, Salman	12	TAN	38.71
10 Modirelabangwe, Tema	12	BOT	38.77
11 Missokia, Julius	11	TAN	39.01
12 Makwenda, Jeremiah T	12	MAW	39.88
13 Sento, Leruo	12	BOT	41.49
14 Chongwe, Ian	11	MAW	43.68

#35 Women 13-14 50 Meter Back

RECORD: 31.85 # 2016 KOENIG Camille

Name	Age	Team	Finals Time	
1 Accorsi, Olivia	14	ZIM	32.26	
2 Findlay, Marlise R	14	ZAM	32.96	
3 Leask, Keira C	14	RSA	34.02	
4 Labuschagne, Isabelle	14	SEY	34.09	
5 Miti, Tamenji	14	ZAM	34.33	
6 Morais, Nyriam	13	ANG	34.41	
7 Chandiwana, Tanatswa	13	ZIM	34.69	
8 Hoy, Hayley	14	ESWAT	34.85	
9 Ohm, Michaela	14	NAM	35.20	
10 Langat, Audrey Chebet	14	KENYA-ZZ	35.95	
11 Magezi, Isabella	14	UGA	36.01	
12 Domingues, Ana Beatriz	14	MOZ	36.67	
13 Katemba, Karimah	14	UGA	36.84	
14 Dube, Caitlyn	13	RSA	37.34	
15 Caffini, Duini G	13	KENYA-ZZ	37.70	
16 Chang, Yun-suh	13	BOT	37.77	
17 Rossouw, Chloe	14	NAM	38.15	
18 Goyayi, Lina	13	TAN	38.62	
19 Ngoshani, Mischa K	14	TAN	39.17	
20 Wood, Devi E	13	MOZ	40.60	
21 Nunes, Ana	14	ANG	43.64	
---	Chang, Ji-eun	14	BOT	NS

#36 Men 13-14 50 Meter Back

RECORD: 29.81 # 2015 Érico M Cuna

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	29.74#
2 Keitsile, Gaamangwe J	14	BOT	30.71
3 Seetso, Nathan	14	BOT	31.60
4 Vimba, Khaya	14	ZIM	32.02
5 September, Dominic J	14	RSA	32.05

6 Bredel, Rafael	14	ANG	32.18	
7 Barradas, Hugo O	14	MOZ	32.28	
8 Kalipengule, Limbikani	13	ZIM	32.57	
9 Okore, Austin I	13	TAN	33.44	
10 Mwase, Matthew P	14	UGA	33.76	
11 Mbaio, Benaiah M	14	ZAM	34.07	
12 Padre, David	14	ANG	34.20	
13 Inhesiko, Peterson	13	UGA	34.76	
14 Gomes, Seth	13	ZAM	35.28	
15 Ferreira, Bruno R	14	MOZ	35.99	
16 Mpungose, Art N	13	RSA	36.28	
17 Mukani, Isaac	13	TAN	37.14	
---	Cochofel, Jose	14	ANG	SCR

#37 Women 15-16 50 Meter Back

RECORD: 31.15 # 2020 Mia A Phiri

Name	Age	Team	Finals Time
1 Musere, Matida	15	ZIM	32.20
2 Ingwe, Kimberly N	16	BOT	33.74
3 Ramajan, Saira	16	ZIM	33.84
4 Smidt, Clio J	15	RSA	33.88
5 Stange, Amber J	16	RSA	34.00
6 Stange, Maya A	16	NAM	34.81
7 Phiri, Jade A	15	ZAM	35.06
8 Xavier, Filipa	15	MOZ	35.18
9 Pollen, Paige	16	ZAM	35.55
10 Mubiru, Swagiah	16	UGA	35.82
11 Harry, Kyra	15	BOT	35.96
12 Kinnaird, Brynné B	15	NAM	36.24
13 Fernandes, Sophie M	15	MOZ	37.13
14 Lourenco, Milena	15	ANG	38.43
15 Dlamini, Siwakhile T	16	ESWAT	39.37
16 Young, Raya	16	ESWAT	39.46
17 Lorenzo, Jasmine	15	ANG	39.71

#38 Men 15-16 50 Meter Back

RECORD: 28.88 # 2017 Ronan Z Wantenaar

Name	Age	Team	Finals Time
1 Nkunzi, Awande	16	RSA	29.26
2 Boca, Diego	15	MOZ	29.28
3 Lobo, Caio M	16	MOZ	29.34
4 Magongo, Brave	16	NAM	29.80
5 Matthews, Mmusi	15	BOT	29.91
6 Ohm, Oliver	16	NAM	30.34
7 Mulenga, Mwenya	16	ZAM	31.59
*8 Newman, Khumo	16	BOT	31.80
*8 Fortes, Alex	16	ANG	31.80
10 Mhlope, Andile T	15	ZIM	31.84
11 Phillips, Haytham	16	RSA	33.07
12 Kudwoli, Haniel	16	KENYA-ZZ	33.53
13 Joseph, Michael J	16	TAN	33.80
14 Mhlanga, Bjorn N	15	ZIM	34.05
15 Kumbatira, Tsinde	16	MAW	34.84
16 Mulenga, Frank J	15	ZAM	35.41
17 Iplinga, Delbert	15	TAN	35.90
18 Jeje, Cameron T	15	ESWAT	39.04

#39 Women 17-29 50 Meter Back

Name	Age	Team	Finals Time
1 Katai, Donata	17	ZIM	30.49
2 Namutebi, Kirabo	17	UGA	32.29
3 Schultz, Timea	17	ZIM	32.33
4 Thorpe, Imara Bella	21	KENYA-ZZ	32.68
5 Hughes, Naya L	17	BOT	33.04

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#39 Women 17-29 50 Meter Back

6 Ncube, Angela L	18	RSA	33.43
7 Esslinger, Tiana	18	NAM	33.59
8 Soukup, Therese	18	SEY	33.89
9 Mutumbulua, Trisha	17	NAM	34.15
10 Matthews, Tselane	18	BOT	34.36
11 Young, Robyn	21	ESWAT	34.79
12 Munhemeze, Domingas	20	MOZ	35.74
13 Santo, Rafaela Espirito	17	ANG	36.01
14 Jacobs, Hannah P	18	RSA	36.03
15 Chibiya, Temwani A	18	ZAM	36.20
16 Chang'anamuno, Tayam	21	MAW	40.84
17 Gaikwad, Muskan	18	TAN	44.08

#40 Men 17-29 50 Meter Back

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	28.35
2 Mukalazi, Tendo	19	UGA	28.37
3 Rorke, Benjamin	17	ZIM	28.65
4 Burger, Mikah K	17	NAM	29.18
*5 Saliboko, Collins P	20	TAN	29.36
*5 Furtado, Yusseni	17	ANG	29.36
7 Pale, Justino	19	MOZ	29.42
8 Gondo, Takundanashe	17	BOT	29.67
9 Kabuye, Adnan	19	UGA	29.69
10 Wellmann, Arkell J	19	NAM	29.70
11 Pires, Djamel	18	ANG	30.02
12 Swarts, Keeno A	17	RSA	30.26
13 Werrett, Cory	17	ZIM	30.44
14 Moosa, Shaquille D	20	ZAM	31.92
15 Sethi, Reyhaan	18	BOT	32.17
16 Mwaba, George B	20	ZAM	32.31
--- Fred, Tyler	19	SEY	SCR

#41 Women 12&U 200 Meter Free

RECORD: 2:18.99 # 2016 VAN DER WESTHUIZE

Name	Age	Team	Finals Time
1 Demello, Filbertha	12	TAN	2:31.32
	1:12.11	2:31.32	
2 Santo, Rhanya Daniela	12	ANG	2:31.71
	34.58	1:13.08	1:53.05
3 Kalombo, Macrine A	12	KENYA-ZZ	2:32.72
	1:14.33	2:32.72	
4 Choto, Ruvarashe	11	ZIM	2:34.09
	33.55	1:12.45	1:53.72
5 Tome, Zuri R	12	MOZ	2:35.32
	34.27	1:53.94	2:35.32
6 Naukosho, Ainoa	11	NAM	2:35.58
	36.26	1:15.37	1:55.76
7 Mpfumo, Marta	12	MOZ	2:36.07
	34.78	1:13.92	1:55.65
8 Kirabo, Paloma	12	UGA	2:36.87
	36.16	1:17.39	1:59.13
9 Saleshando, Melodi	12	BOT	2:37.25
	1:16.21	2:37.25	
10 Onderi, Jade I	12	KENYA-ZZ	2:37.44
	35.03	1:16.00	1:59.76
11 Sibanda, Mbali	12	ZIM	2:42.68
	36.34	1:17.63	2:00.68
12 Kachra, Aminaz	12	TAN	2:44.87
	34.63	1:14.35	1:59.09
13 Holscher, Courtney	12	ZAM	2:45.86
	36.23	1:18.14	2:02.04

14 Mbanga, Zara M	10	UGA	2:47.87
	1:20.97	2:47.87	
15 Onyadile, Tduetso T	11	BOT	2:57.20
	37.39	2:08.87	2:57.20
16 Moyo, Nandipa	11	ZAM	2:58.89
	40.62	1:26.45	2:13.40

#42 Men 12&U 200 Meter Free

RECORD: 2:17.08 # 2020 Oliver B Durand

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	2:10.74#
	29.32	1:02.43	1:37.02
2 Tibazarwa, Mark	12	TAN	2:22.17
	1:06.14	2:22.17	
3 Cohen, Mason E	12	MOZ	2:26.90
	31.49	1:08.07	1:48.32
4 Furtado, Marco	12	ANG	2:31.77
	33.37	1:13.94	1:55.90
5 Guta, Kyle	12	ZIM	2:32.37
	33.61	1:12.45	1:53.26
6 Viseu, Keanu E	12	MOZ	2:32.63
	33.52	1:12.36	1:54.22
7 Fraser, Luca	11	ESWAT	2:32.66
	33.07	1:10.75	1:53.04
8 Mosho, Abby	12	ZAM	2:34.38
	35.11	1:15.16	1:56.86
9 Makwenda, Jeremiah T	12	MAW	2:41.74
	35.50	1:15.36	1:59.24
10 Jerahuni, Nathaniel	11	ZIM	2:44.28
		1:12.99	2:44.28
11 Mkavea, Tasunje	12	MAW	2:48.35
	33.72	1:17.34	2:02.47
*12 Nthomiwa, Wapego	11	BOT	2:50.50
	37.97	1:22.92	2:08.48
*12 Yasser, Salman	12	TAN	2:50.50
	1:20.01	2:50.50	
14 Modirelabangwe, Tema	12	BOT	2:50.85
	35.04	1:17.20	2:03.40

#43 Women 13-14 200 Meter Free

RECORD: 2:10.21 # 2019 Lise Coetzee

Name	Age	Team	Finals Time
1 Froneman, Timara M	14	RSA	2:14.90
	29.99	1:04.46	1:40.14
2 Dawe, Tori	14	ZIM	2:18.56
	30.88	1:06.03	1:42.89
3 Williams, Angel	13	KENYA-ZZ	2:22.88
	32.73	1:09.05	1:46.42
4 Ohm, Michaela	14	NAM	2:23.77
		1:09.20	2:23.77
5 Findlay, Marlise R	14	ZAM	2:24.28
		1:05.46	2:24.28
6 Hoy, Hayley	14	ESWAT	2:24.69
	32.15	1:08.79	1:47.42
7 Mahobebe, Loyiso	14	ZIM	2:27.47
	32.81	1:08.80	1:47.51
8 Rossouw, Chloe	14	NAM	2:28.24
		1:10.83	2:28.24
9 Valli, Farhah	14	RSA	2:29.95
	34.27	1:12.47	1:51.70
10 Langat, Audrey Chebet	14	KENYA-ZZ	2:31.80
	32.79	1:09.73	1:49.67
11 Atia, Tendo	13	UGA	2:37.54
	34.68	1:13.32	1:54.97

12 Williams, Amy	13	BOT	2:39.74
	35.31	1:15.67	1:58.55
13 Goyayi, Lina	13	TAN	2:43.31
	35.84	1:17.64	2:01.61
14 Santo, Inara	14	ANG	2:43.69
	36.08	1:17.51	2:01.75
15 Mulenga, Avrora M	13	ZAM	2:47.67
		1:18.10	2:47.67
16 Ngoshani, Mischa K	14	TAN	2:50.10
	36.78	1:19.67	2:06.92
17 Wood, Devi E	13	MOZ	2:50.56
	36.75	1:20.27	2:50.56
18 Deshpande, Khyati	14	UGA	2:52.07
		1:20.80	2:52.07
--- Correia, Gabriella C	14	MOZ	DNF
	38.38		
--- Morais, Nyriam	13	ANG	NS
--- Chang, Ji-eun	14	BOT	SCR

#44 Men 13-14 200 Meter Free

RECORD: 2:02.48 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	2:04.78
		1:03.12	2:04.78
2 Munguambe, Cleyton	14	MOZ	2:06.83
		1:01.43	2:06.83
3 Matimu, Nathan	13	KENYA-ZZ	2:08.49
	28.87	1:01.52	1:36.16
4 Barradas, Hugo O	14	MOZ	2:09.17
	28.72	1:01.24	1:35.54
5 Mothibatsela, Ntsika	14	BOT	2:14.59
	30.30	1:04.50	1:40.28
6 Mbaio, Benaiah M	14	ZAM	2:15.20
	30.51		1:40.31
7 Vimba, Khaya	14	ZIM	2:15.69
	32.34	1:08.44	1:42.88
8 Bredel, Rafael	14	ANG	2:15.81
	28.78	1:02.03	1:38.09
9 September, Dominic J	14	RSA	2:16.12
	30.09	1:03.34	1:39.67
10 Kalipengule, Limbikani	13	ZIM	2:16.25
	31.31	1:06.27	1:43.25
11 Keitsile, Gaamangwe J	14	BOT	2:17.27
	30.44	1:05.66	1:42.52
12 Dreyer, Hein J	14	RSA	2:18.80
	31.69	1:07.17	1:43.15
13 Cooney, Zoah	14	ZAM	2:21.47
		1:07.65	2:21.47
14 Okore, Austin I	13	TAN	2:22.41
	31.01	1:07.21	1:44.83
15 Cochofel, Jose	14	ANG	2:24.02
	33.13	1:09.55	1:46.38
16 Mukani, Isaac	13	TAN	2:31.81
	33.54	1:12.81	1:53.58
17 De Sousa, Pedro	13	ESWAT	2:42.61
	38.43	1:20.59	2:42.61
18 Barungi, Ryan	13	UGA	2:44.83
		1:18.14	2:44.83
--- Padre, David	14	ANG	SCR

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#45 Women 15-16 200 Meter Free

RECORD: 2:10.53 # 2020 Paige van der Westhu

Name	Age	Team	Finals Time
1 Finnis, Tiara L	16	RSA	2:17.89
	1:07.17	2:17.89	
2 Guymer, Rachel O	16	RSA	2:19.11
	31.77	1:07.26	1:43.76
3 Mahobebe, Mkhusele	16	ZIM	2:21.38
	32.80	1:08.57	1:44.85
4 Stange, Maya A	16	NAM	2:21.51
	31.34	1:07.17	1:44.91
5 Musere, Matida	15	ZIM	2:21.86
	33.20	1:10.00	1:44.87
6 Kinnaird, Brynné B	15	NAM	2:23.98
	32.29	1:08.62	1:47.11
7 Phiri, Jade A	15	ZAM	2:25.31
	1:08.94	2:25.31	
8 Coates, Johanna K	15	ZAM	2:26.15
	1:09.31	2:26.15	
9 Ingwe, Kimberly N	16	BOT	2:26.52
	33.33	1:10.16	1:48.25
10 Fernandes, Nhara	15	ANG	2:31.04
	31.47	1:08.32	1:48.49
11 Xavier, Filipa	15	MOZ	2:36.04
	35.14	1:14.80	1:55.59
12 Lorenzo, Jasmine	15	ANG	2:37.58
	33.90	1:14.51	1:56.98
13 Williams, Ella	15	BOT	2:38.60
	35.40	2:00.55	2:38.60
14 Correia, Maira L	16	MOZ	2:44.21
	34.77	1:16.27	2:01.46
15 Makwenda, Jessica T	16	MAW	2:45.11
	34.31	1:15.72	2:02.05
16 Young, Raya	16	ESWAT	2:46.68
	1:20.92	2:46.68	
17 Dlamini, Siwakhile T	16	ESWAT	2:48.47
	36.84	1:19.47	2:04.47

#46 Men 15-16 200 Meter Free

RECORD: 1:58.34 # 2017 James S Freeman

Name	Age	Team	Finals Time
1 Ohm, Oliver	16	NAM	2:01.37
	26.91	56.98	1:29.07
2 Faftine, Kaio d	16	MOZ	2:02.71
	27.86	58.76	1:30.85
3 Pheeha, Junior J	16	RSA	2:06.68
	28.57	1:00.26	1:33.84
4 Mhlanga, Bjorn N	15	ZIM	2:08.41
	28.61	1:01.05	1:35.14
5 Magongo, Brave	16	NAM	2:10.96
	29.05	1:01.70	1:36.59
6 Nkunzi, Awande	16	RSA	2:12.01
	29.08	1:02.48	1:37.81
7 Ngwenya, Onesimus	15	ZIM	2:13.49
	29.09	1:01.88	1:37.42
8 Boca, Diego	15	MOZ	2:13.71
	1:00.15	2:13.71	
9 Fortes, Alex	16	ANG	2:15.55
	30.47	1:04.04	1:39.27
10 Mulenga, Frank J	15	ZAM	2:17.21
	31.74	1:07.21	1:44.04
11 Matthews, Mmusi	15	BOT	2:19.56
	29.62	1:03.96	1:41.69

12 Mulenga, Mwenya	16	ZAM	2:20.21
	29.14	1:03.60	1:42.84
13 Mokobi, Kgotla Z	16	BOT	2:20.77
	32.74	1:08.36	1:44.11
14 Ipilinga, Delbert	15	TAN	2:21.42
	1:07.12	2:21.42	
15 Joseph, Michael J	16	TAN	2:28.74
	32.37	1:11.12	1:52.18
16 Moosa, Muhammad A	16	MAW	2:31.50
	31.44	1:09.66	1:50.63
17 Nyanzi, Tebi	15	UGA	2:35.18
	33.98	1:13.65	1:55.44
18 Jele, Cameron T	15	ESWAT	2:35.52
	1:11.45	2:35.52	

#47 Women 17-29 200 Meter Free

Name	Age	Team	Finals Time
1 Freitas, Maria Lopes	25	ANG	2:14.97
	1:04.66	2:14.97	
2 Chitsurura, Tanatsirwa	17	ZIM	2:16.33
	1:06.34	2:16.33	
3 Soukup, Therese	18	SEY	2:17.45
	32.56	1:07.89	1:43.67
4 Esslinger, Tiana	18	NAM	2:18.78
	32.46	1:09.42	1:44.89
5 Mutumbulua, Trisha	17	NAM	2:18.82
	30.89	1:05.24	1:42.02
6 Schultz, Timea	17	ZIM	2:19.32
	32.01	1:06.98	1:43.64
7 Santo, Rafaela Espirito	17	ANG	2:22.18
	1:06.98	2:22.18	
8 Mateus, Alicia	17	MOZ	2:22.63
	32.08	1:07.93	1:45.59
9 Mbite, Christine R	18	RSA	2:22.86
	34.16	1:11.86	1:48.96
10 Elizabeth, Khema	17	SEY	2:24.11
	32.07	1:07.45	1:45.13
11 Matthews, Tselane	18	BOT	2:24.21
	32.60	1:09.04	1:46.31
12 Hughes, Naya L	17	BOT	2:32.88
	34.60	1:13.92	1:53.60
13 Munhemeze, Domingas	20	MOZ	2:32.94
	34.37	1:12.62	1:53.08
14 Ncube, Angela L	18	RSA	2:42.15
	36.41	1:17.90	2:01.48
15 Gaikwad, Muskan	18	TAN	2:50.39
	37.10	1:20.75	2:05.86

#48 Men 17-29 200 Meter Free

Name	Age	Team	Finals Time
1 Saliboko, Collins P	20	TAN	2:00.07
	27.66	58.08	1:29.04
2 Franceys, Ryan	17	ZIM	2:02.18
	27.76	59.18	1:30.91
3 Pale, Justino	19	MOZ	2:02.61
	28.46	58.81	1:30.35
4 Burger, Mikah K	17	NAM	2:03.02
	27.90	59.77	1:33.03
5 Rorke, Benjamin	17	ZIM	2:03.99
	58.71	2:03.99	
6 Wellmann, Arkell J	19	NAM	2:04.94
	28.84	1:00.85	1:33.00
7 Swarts, Keeno A	17	RSA	2:08.62
	28.79	59.97	1:32.95

8 Tamele, Alan J	20	MOZ	2:08.80
	58.89	2:08.80	
9 Vidot, Alain	17	SEY	2:10.05
	28.64	1:00.84	1:35.08
10 van Rooyen, Benco G	18	BOT	2:10.87
	28.97	1:02.33	1:36.70
11 Saleh, Fadhil T	20	UGA	2:15.27
	29.02	1:02.95	1:39.57
12 Mwamba, Wina M	18	ZAM	2:16.41
	28.88	1:02.94	1:39.90
13 Kanja, Evans	17	KENYA-ZZ	2:21.14
	31.62	1:07.35	1:44.39
14 Lutango, Emanuel	17	ANG	2:26.59
	32.43	1:09.74	1:48.64
15 Gondo, Takundanashe	17	BOT	2:27.54
	33.90	1:09.88	2:27.54
--- Freitas, Filipe Simoes	17	ANG	SCR
--- Fred, Tyler	19	SEY	SCR

#49 Women 12&U 50 Meter Fly

RECORD: 31.07 # 2016 PHIRI Mia

Name	Age	Team	Finals Time
1 Miti, Sibongile	11	ZAM	31.56
2 Pereira, Kelly	12	MOZ	33.13
3 Demello, Filbertha	12	TAN	33.99
4 Alala, Marion J	11	KENYA-ZZ	34.04
5 Choto, Ruvarashe	11	ZIM	34.67
6 Sibanda, Mbali	12	ZIM	34.84
7 Mpfumo, Marta	12	MOZ	35.21
8 Mbanga, Zara M	10	UGA	35.45
9 Saleshando, Melodi	12	BOT	35.48
10 Naukosho, Ainoa	11	NAM	35.53
11 Holscher, Courtney	12	ZAM	35.91
12 Suubi, Mary P	11	UGA	35.96
13 Onderi, Jade I	12	KENYA-ZZ	36.11
14 Kachra, Aminaz	12	TAN	36.67
15 Kesilwe, Kutlo L	12	BOT	39.08
16 Kanjadza, Danielle	11	MAW	48.33
17 Misomali, Elyana	11	MAW	51.56

#50 Men 12&U 50 Meter Fly

RECORD: 28.98 # 2020 Junior Keitsile

Name	Age	Team	Finals Time
1 Guta, Kyle	12	ZIM	30.28
2 Cole, Mulenga	12	ZAM	30.57
3 Furtado, Marco	12	ANG	30.64
4 Tibazarwa, Mark	12	TAN	31.83
5 Viseu, Keanu E	12	MOZ	31.87
6 Olengo, Neo O	11	KENYA-ZZ	32.20
7 Cohen, Mason E	12	MOZ	32.88
8 Fraser, Luca	11	ESWAT	33.43
9 Mosho, Abby	12	ZAM	33.79
10 Missokia, Julius	11	TAN	33.93
11 Nyakundi, Joel	11	KENYA-ZZ	34.15
12 Nkomazana, Kwandokul	11	ZIM	34.21
13 Modirelabangwe, Tema	12	BOT	34.86
14 Mkavea, Tasunje	12	MAW	34.93
15 Nthomiwa, Wapego	11	BOT	38.69
16 Chongwe, Ian	11	MAW	39.34

#51 Women 13-14 50 Meter Fly

RECORD: 30.08 # 2016 KOENIG Camille

Name	Age	Team	Finals Time
1 Hoy, Hayley	14	ESWAT	30.33

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#51 Women 13-14 50 Meter Fly

2 Miti, Tamenji	14	ZAM	30.63
3 Froneman, Timara M	14	RSA	31.09
4 Leask, Keira C	14	RSA	31.10
5 Chandiwana, Tanatswa	13	ZIM	31.24
6 Findlay, Marlise R	14	ZAM	31.32
7 Dawe, Tori	14	ZIM	32.09
8 Katemba, Karimah	14	UGA	32.14
9 Williams, Angel	13	KENYA-ZZ	32.31
10 Labuschagne, Isabelle	14	SEY	32.87
11 Ohm, Michaela	14	NAM	33.72
12 Domingues, Ana Beatriz	14	MOZ	33.80
13 Rossouw, Chloe	14	NAM	33.93
14 Atia, Tendo	13	UGA	34.26
*15 Williams, Amy	13	BOT	37.17
*15 Santo, Inara	14	ANG	37.17
17 Desai, Mahek	13	TAN	37.99
18 Goyayi, Lina	13	TAN	38.00
19 Haiya, Chisomo	14	MAW	38.15
20 Correia, Gabriella C	14	MOZ	38.41
21 Nzengo, Rhinnah	13	MAW	46.96
--- Morais, Nyriam	13	ANG	NS
--- Chang, Ji-eun	14	BOT	SCR

#52 Men 13-14 50 Meter Fly

RECORD: 27.18 # 2015 Érico M Cuna

Name	Age	Team	Finals Time
1 Keitsile, Gaamangwe J	14	BOT	27.36
2 Barradas, Hugo O	14	MOZ	27.79
*3 Munguambe, Cleyton	14	MOZ	28.18
*3 Durand, Oliver B	14	NAM	28.18
5 Mothibatsela, Ntsika	14	BOT	28.69
6 Bredel, Rafael	14	ANG	28.97
7 Matimu, Nathan	13	KENYA-ZZ	29.08
8 Kaumi, Pendo	14	UGA	29.35
9 Kalipengule, Limbikani	13	ZIM	29.44
10 Vimba, Khaya	14	ZIM	29.45
11 Mbao, Benaiah M	14	ZAM	29.79
12 Cochofel, Jose	14	ANG	30.11
13 Okore, Austin I	13	TAN	30.49
14 Gomes, Seth	13	ZAM	30.73
15 Fraser, Tiano	13	ESWAT	30.76
16 Mpungose, Art N	13	RSA	31.34
17 Mwase, Matthew P	14	UGA	31.66
18 September, Dominic J	14	RSA	33.02
19 Mukani, Isaac	13	TAN	33.61
20 De Sousa, Pedro	13	ESWAT	35.82

#53 Women 15-16 50 Meter Fly

RECORD: 29.35 # 2017 Lesley C Blignaut

Name	Age	Team	Finals Time
1 Phiri, Jade A	15	ZAM	29.71
2 Goodinson, Kiara	16	ZIM	30.64
3 Dhemba, Vhenekai	15	ZIM	30.73
4 Ingwe, Kimberly N	16	BOT	31.08
5 Harry, Kyra	15	BOT	31.11
6 Bianchi, Maria	16	KENYA-ZZ	31.25
7 Ngambi, Gabriella	15	ZAM	31.30
8 Smidt, Clio J	15	RSA	31.64
9 Guymer, Rachel O	16	RSA	32.72
10 Lourenco, Milena	15	ANG	33.03
11 Fernandes, Sophie M	15	MOZ	33.12
12 Naukosho, Ariana	15	NAM	33.54

13 Mubiru, Swagiah	16	UGA	33.99
14 Makwenda, Jessica T	16	MAW	34.84
15 Dlamini, Siwakhile T	16	ESWAT	34.93
16 Fernandes, Nhara	15	ANG	35.23
17 Young, Raya	16	ESWAT	35.44
18 Kinnaird, Brynné B	15	NAM	35.49
19 Correia, Maira L	16	MOZ	36.21

#54 Men 15-16 50 Meter Fly

RECORD: 25.39 # 2020 Matthew Lawrence

Name	Age	Team	Finals Time
1 Lobo, Caio M	16	MOZ	26.75
2 Mhlanga, Bjorn N	15	ZIM	27.07
3 Boca, Diego	15	MOZ	27.18
4 Magongo, Brave	16	NAM	27.35
*5 Nagapin, Nathan	16	SEY	27.51
*5 Nkunzi, Awande	16	RSA	27.51
7 Ohm, Oliver	16	NAM	27.80
8 Matthews, Mmusi	15	BOT	27.89
9 Pheeha, Junior J	16	RSA	27.95
10 Mulenga, Frank J	15	ZAM	28.63
11 Ngwenya, Onesimus	15	ZIM	28.65
12 Mulenga, Mwenya	16	ZAM	28.88
13 Newman, Khumo	16	BOT	29.06
14 Fortes, Alex	16	ANG	29.54
15 Alimanya, Ethan	15	TAN	30.47
16 Kumbatira, Tsinde	16	MAW	30.54
17 Joseph, Michael J	16	TAN	30.67
18 Banda, Asher	16	MAW	31.71
19 Jele, Cameron T	15	ESWAT	34.32

#55 Women 17-29 50 Meter Fly

Name	Age	Team	Finals Time
1 Thorpe, Imara Bella	21	KENYA-ZZ	29.03
2 Katai, Donata	17	ZIM	29.06
3 Namutebi, Kirabo	17	UGA	29.30
4 Jacobs, Hannah P	18	RSA	30.20
5 Elizabeth, Khema	17	SEY	30.42
6 Chitsurura, Tanatsirwa	17	ZIM	30.49
7 Mateus, Alicia	17	MOZ	30.75
8 Mbite, Christine R	18	RSA	31.21
9 Mutumbulua, Trisha	17	NAM	31.44
10 Redecker, Nicole	18	NAM	31.51
11 Paljk, Tilka	25	ZAM	32.64
12 Hughes, Naya L	17	BOT	33.20
13 Chibiyi, Temwani A	18	ZAM	34.60
14 Young, Robyn	21	ESWAT	34.69
15 Matthews, Tselane	18	BOT	34.98
16 Chang'anamuno, Tayam	21	MAW	35.72
17 Langa, Kyara	18	MOZ	37.04
18 Gaikwad, Muskan	18	TAN	45.04

#56 Men 17-29 50 Meter Fly

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	24.85
2 Moncherry, Adam	23	SEY	25.77
3 Saliboko, Collins P	20	TAN	26.39
4 Xavier, Kelsey D	19	MOZ	26.49
5 Furtado, Yusseni	17	ANG	26.59
6 Goveia, Ralph W	26	ZAM	26.64
7 Henning, Marco T	19	NAM	26.73
8 Mukalazi, Tendo	19	UGA	26.75
9 Burger, Mikah K	17	NAM	27.15
10 Rorke, Benjamin	17	ZIM	27.21

11 Pires, Djamel	18	ANG	27.27
12 Mwaba, George B	20	ZAM	27.29
13 Werrett, Cory	17	ZIM	27.44
14 Kabuye, Adnan	19	UGA	27.46
15 Gondo, Takundanashé	17	BOT	28.03
16 Dlamini, Simanga	24	ESWAT	28.66
17 van Rooyen, Benco G	18	BOT	28.84
18 Swarts, Keeno A	17	RSA	28.87
--- Fred, Tyler	19	SEY	SCR

#57 Women 14&U 4x100 Meter Free Relay

RECORD: 4:13.21 # 2016 MAURITIUS

Team	Relay	Finals Time
1 ZIM	A	4:20.51
Chandiwana, Tafadzwa 13	Chandiwana, Tanatswa 13	
Mahobebe, Loyiso 14	Dawe, Tori 14	
	1:05.47	2:11.14
	3:17.40	4:20.51
2 RSA	A	4:23.63
Froneman, Timara M 14	Dube, Caitlyn 13	
Leask, Keira C 14	Valli, Farhah 14	
30.09	1:02.22	2:11.59
2:41.48	3:15.49	4:23.63
3 ZAM	A	4:29.63
Findlay, Marlise R 14	Miti, Tamenji 14	
Miti, Sibongile 11	Holscher, Courtney 12	
30.13	1:03.96	2:10.36
2:42.12	3:18.09	4:29.63
4 KENYA-ZZ	A	4:33.17
Caffini, Duini G 13	Kalombo, Macrine A 12	
Onderi, Jade I 12	Williams, Angel 13	
31.29	1:05.15	2:13.89
2:48.17	3:26.42	4:33.17
5 BOT	A	4:44.15
Chang, Yun-suh 13	Ingwe, Sally 14	
Kesilwe, Kutlo L 12	Saleshando, Melodi 12	
32.68	1:08.81	2:20.95
2:54.67	3:32.23	4:44.15
6 MOZ	A	4:44.47
Pereira, Kelly 12	Tome, Zuri R 12	
Mpfumo, Marta 12	Domingues, Ana Beatriz F 12	
33.18	1:10.22	2:21.99
2:55.41	3:32.99	4:44.47
7 UGA	A	4:48.32
Atia, Tendo 13	Kirabo, Paloma 12	
Deshpande, Khyati 14	Katemba, Karimah 14	
33.63	1:11.70	2:27.10
3:02.94	3:43.61	4:48.32
8 TAN	A	4:52.41
Demello, Filbertha 12	Ngoshani, Mischa K 14	
Goyayi, Lina 13	Kachra, Aminaz 12	
32.53	1:08.96	2:23.61
2:59.19	3:39.81	4:52.41
9 MAW	A	5:23.46
Rebello, Zoe 14	Chatama, Tyra 11	
Mkavea, Tujaliwe 14	Haiya, Chisomo 14	
34.08	1:16.28	2:47.53
3:23.51	4:10.50	5:23.46
--- ANG	A	SCR
Santo, Rhanya Daniela 12	Nunes, Ana 14	
Santo, Inara 14	Morais, Nyriam 13	

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#58 Men 14&U 4x100 Meter Free Relay

RECORD: 3:53.33 # 2017 Republic of South Afr

E Spieker, S Maseko, B Remley, L Taukobong

Team	Relay	Finals Time	
1 ZAM	A	4:03.20	
Cole, Mulenga 12	Mbao, Benaiah M 14		
Mulenga, Joshua 13	Cataldi, Giacinto 13		
28.45	58.45	1:25.89	1:57.61
2:26.68	3:00.60	3:29.67	4:03.20
2 MOZ	A	4:04.57	
Munguambe, Cleyton 14	Ferreira, Bruno R 14		
Cohen, Mason E 12	Barradas, Hugo O 14		
27.13	58.21	1:28.33	2:02.72
2:32.45	3:07.35	3:34.27	4:04.57
3 ZIM	A	4:08.13	
Bhana, Kayden 14	Vimba, Khaya 14		
Guta, Kyle 12	Kalipengule, Limbikani 13		
	1:01.57	2:01.23	
	3:08.65	4:08.13	
4 RSA	A	4:10.04	
September, Dominic J 14	Dreyer, Hein J 14		
Mpungose, Art N 13	Monnaemang, Ofentse B 14		
29.09	1:01.14	1:30.49	2:04.16
2:34.38	3:07.45	3:36.45	4:10.04
5 BOT	A	4:13.02	
Mothibatsela, Ntsika 14	Sethi, Khalil 14		
Seetso, Nathan 14	Keitsile, Gaamangwe J 14		
28.78	1:00.50	1:32.09	2:07.86
2:38.28	3:12.33	3:40.61	4:13.02
6 ANG	A	4:14.22	
Cochofel, Jose 14	Padre, David 14		
Furtado, Marco 12	Bredel, Rafael 14		
	1:02.40	2:05.99	
	3:14.50	4:14.22	
7 UGA	A	4:15.82	
Mwase, Matthew P 14	Kaumi, Pendo 14		
Inhesiko, Peterson 13	Nsereko, Nathan 13		
32.04	1:07.65	1:37.29	2:08.32
2:38.58	3:11.75	3:42.90	4:15.82
8 TAN	A	4:35.66	
Tibazarwa, Mark 12	Missokia, Julius 11		
Mukani, Isaac 13	Okore, Austin I 13		
31.77		1:42.38	2:20.11
2:53.37	3:31.40	4:01.44	4:35.66
9 MAW	A	5:15.70	
Chongwe, Ian 11	Chizonda, Jordan 12		
Makwenda, Jeremiah T 12	Mkavea, Tasunje 12		
37.03	1:17.84	1:55.25	2:41.17
3:19.01	5:15.70		
#59 Women 15&O 4x100 Meter Free Relay			
RECORD: 4:09.62 # 2020 Zimbabwe			
N Mjimba, R Rollo, C Brown, P van der Westhuizen			
Team	Relay	Finals Time	
1 ZIM	A	4:10.79	
Goodinson, Kiara 16	Schultz, Timea 17		
Rollo, Riana 18	Chitsurura, Tanatsirwa 17		
	1:04.74	2:06.56	
	3:08.18	4:10.79	
2 NAM	A	4:13.65	
Stange, Maya A 16	Engelhard, Lisa 17		
Esslinger, Tiana 18	Mutumbulua, Trisha 17		
30.65	1:04.74	1:34.50	2:07.71
2:37.44	3:11.21	3:40.56	4:13.65

3 ANG	A	4:19.76	
Fernandes, Nhara 15	Lorenzo, Jasmine 15		
Santo, Rafaela Espirito 17	Freitas, Maria Lopes 25		
30.66	1:05.00	1:37.36	2:12.91
2:43.20	3:18.03	3:47.58	4:19.76
4 ZAM	A	4:19.92	
Paljk, Tilka 25	Phiri, Jade A 15		
Ngambi, Gabriella 15	Coates, Johanna K 15		
30.39	1:03.89	1:34.00	2:07.36
2:37.75	3:12.27	3:43.25	4:19.92
5 RSA	A	4:22.83	
Mbite, Christine R 18	Finnis, Tiara L 16		
Ncube, Angela L 18	Olsen, Amber J 16		
30.67	1:03.53	1:34.10	2:08.47
2:41.03	3:17.78	3:47.46	4:22.83
6 BOT	A	4:23.26	
Ingwe, Kimberly N 16	Hughes, Naya L 17		
Harry, Kyra 15	Matthews, Tselane 18		
30.78	1:05.30	1:37.23	2:12.96
2:43.87	3:18.27	3:48.69	4:23.26
7 KENYA-ZZ	A	4:32.48	
Bianchi, Maria 16	Rana, Ameya 15		
Langat, Audrey Chebet 14	Thorpe, Imara Bella 21		
30.53	1:04.72	2:22.18	
2:53.68	3:30.56	3:59.65	4:32.48
8 MOZ	A	4:36.42	
Xavier, Filipa 15	Munhemeze, Domingas 20		
Fernandes, Sophie M 15	Mateus, Alicia 17		
34.07	1:12.11	1:44.18	2:20.56
2:53.35	3:30.92	4:01.58	4:36.42
--- TAN	A	SCR	
Demello, Filbertha 12	Ngoshani, Mischa K 14		
Goyayi, Lina 13	Kachra, Aminaz 12		
#60 Men 15&O 4x100 Meter Free Relay			
RECORD: 3:37.94 # 2016 MAURITIUS			
Team	Relay	Finals Time	
1 MOZ	A	3:38.36	
Boca, Diego 15	Faftine, Kaio d 16		
Pale, Justino 19	Lawrence, Matthew G 18		
	56.28	1:51.57	
	2:46.32	3:38.36	
2 ZIM	A	3:40.57	
Rorke, Benjamin 17	Mhlanga, Bjorn N 15		
Franceys, Ryan 17	Werrett, Cory 17		
26.48	55.34	1:22.16	1:51.70
2:18.04	2:47.67	3:12.75	3:40.57
3 UGA	A	3:40.84	
Saleh, Fadhil T 20	Mukalazi, Tendo 19		
Kabuye, Adnan 19	Settumba, Paulsen 17		
	54.56	1:48.10	
	2:43.54	3:40.84	
4 NAM	A	3:41.77	
Henning, Marco T 19	Wellmann, Arkell J 19		
Magongo, Brave 16	Ohm, Oliver 16		
26.17	54.76	1:21.83	1:51.00
2:17.22	2:47.59	3:13.04	3:41.77
5 SEY	A	3:48.06	
Vidot, Alain 17	Moncherry, Adam 23		
Payet, Damien 18	Miller, Joshua 17		
26.48	56.52	1:22.22	1:51.33
2:20.50	2:52.70	3:18.49	3:48.06

6 RSA	A	3:51.00	
Swarts, Keeno A 17	Pheeha, Junior J 16		
Phillips, Haytham 16	Nkunzi, Awande 16		
27.03	56.00	1:22.30	1:51.25
2:19.98	2:51.70	3:19.46	3:51.00
7 ANG	A	3:57.70	
Furtado, Yusseni 17	Fortes, Alex 16		
Lutango, Emanuel 17	Pires, Djamel 18		
27.13	57.17	1:24.51	1:55.95
2:25.23	2:58.36	3:26.31	3:57.70
8 BOT	A	3:57.72	
van Rooyen, Benco G 18	Newman, Khumo 16		
Matthews, Mmusi 15	Gondo, Takundanashwe 17		
28.92	1:00.88	1:28.10	1:59.01
2:26.38	2:58.61	3:26.22	3:57.72
9 ZAM	A	3:58.24	
Mwaba, George B 20	Mwamba, Wina M 18		
Mulenga, Mwenya 16	Moosa, Shaquille D 20		
27.47	58.55	1:26.30	1:58.21
2:25.66	2:57.50	3:24.84	3:58.24
10 TAN	A	4:07.69	
Saliboko, Collins P 20	Ipilinga, Delbert 15		
Alimanya, Ethan 15	Joseph, Michael J 16		
26.12	54.26	1:23.61	1:58.42
2:28.32	3:04.94	3:33.73	4:07.69
--- MAW	A	SCR	
Banda, Asher 16	Kumbatira, Tsinde 16		
Zulu, Pempfo 15	Moosa, Muhammad A 16		

#61 Women 14&U 400 Meter Free

RECORD: 4:37.97 # 2019 Lise Coetzee

Name	Age	Team	Finals Time
1 Williams, Angel	13	KENYA-ZZ	5:08.04
34.09	1:12.29	1:51.21	2:30.98
3:10.35	3:50.87	4:30.60	5:08.04
2 Ohm, Michaela	14	NAM	5:09.44
	1:11.98		2:31.60
	3:51.19	5:09.44	
3 Katemba, Karimah	14	UGA	5:11.26
34.10		1:53.11	
3:13.98	3:54.56	4:34.69	5:11.26
4 Findlay, Marlise R	14	ZAM	5:13.69
	1:12.66		2:32.55
	3:54.86	5:13.69	
5 Mahobebe, Loyiso	14	ZIM	5:15.86
34.05	1:11.82	1:51.05	2:31.31
3:12.28	3:53.62	4:35.55	5:15.86
6 Valli, Farhah	14	RSA	5:16.05
35.52	1:14.99	1:56.52	2:37.77
3:18.50	3:58.57	4:38.35	5:16.05
7 Hoy, Hayley	14	ESWAT	5:18.17
33.83	1:12.90	1:53.99	2:35.64
3:17.52	3:57.90	4:39.30	5:18.17
8 Rossouw, Chloe	14	NAM	5:23.58
35.23	1:14.72	1:55.67	2:37.98
3:19.89	4:02.12	4:43.33	5:23.58
9 Accorsi, Olivia	14	ZIM	5:24.05
33.12	1:11.91	1:54.24	2:36.28
3:19.89	4:04.60	4:45.34	5:24.05
10 Demello, Filbertha	12	TAN	5:35.90
	1:15.52		2:42.18
	4:09.58	5:35.90	

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#61 Women 14&U 400 Meter Free

11 Santo, Rhanya Daniela	12	ANG	5:36.37
			1:20.98
			2:48.17
			4:16.74
12 Domingues, Ana Beatriz	14	MOZ	5:37.34
			35.58
			1:17.09
			2:00.33
			2:44.38
			3:28.39
			4:12.76
			4:56.57
			5:37.34
13 Tome, Zuri R	12	MOZ	5:40.01
			37.91
			1:21.40
			2:04.91
			2:49.59
			4:18.72
			5:40.01
14 Williams, Amy	13	BOT	5:42.43
			36.18
			1:17.57
			2:01.81
			2:46.63
			4:19.09
			5:42.43
15 Goyayi, Lina	13	TAN	5:45.22
			36.00
			1:17.44
			2:00.27
			2:45.52
			3:29.93
			4:16.25
			5:01.82
			5:45.22
16 Dube, Caitlyn	13	RSA	5:50.91
			38.50
			1:22.66
			2:08.57
			2:55.12
			3:40.01
			4:24.43
			5:07.78
			5:50.91
17 Nunes, Ana	14	ANG	6:00.45
			37.92
			1:21.06
			2:06.23
			2:51.65
			3:39.37
			4:25.95
			5:13.21
			6:00.45
18 Deshpande, Khyati	14	UGA	6:01.77
			36.96
			1:21.55
			2:09.63
			2:56.99
			3:44.59
			4:31.12
			6:01.77
19 Mulenga, Avrora M	13	ZAM	6:20.62
			39.53
			1:24.78
			2:11.95
			3:01.53
			3:51.78
			4:42.39
			5:32.28
			6:20.62
20 Ingwe, Sally	14	BOT	6:25.28
			37.00
			1:20.45
			2:08.48
			3:00.29
			3:51.56
			4:44.78
			5:35.96
			6:25.28

#62 Men 14&U 400 Meter Free

RECORD: 4:27.15 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	4:30.51
			30.48
			1:04.97
			1:41.32
			2:17.43
			2:50.81
			3:24.77
			3:58.12
			4:30.51
2 Barradas, Hugo O	14	MOZ	4:41.24
			1:04.74
			2:17.49
			3:29.37
			4:41.24
3 Cole, Mulenga	12	ZAM	4:49.62
			31.84
			1:07.04
			1:43.49
			2:20.98
			2:58.73
			3:36.19
			4:13.78
			4:49.62
4 Matimu, Nathan	13	KENYA-ZZ	4:53.01
			31.09
			1:07.08
			1:44.06
			2:22.28
			3:00.18
			3:38.83
			4:16.41
			4:53.01
5 Dreyer, Hein J	14	RSA	4:55.12
			33.20
			1:09.77
			1:46.66
			2:24.32
			3:02.13
			3:40.27
			4:18.97
			4:55.12
6 Ferreira, Bruno R	14	MOZ	4:56.72
			31.71
			1:08.85
			1:46.62
			2:24.82
			3:03.16
			3:42.06
			4:20.57
			4:56.72
7 Kaumi, Pendo	14	UGA	4:58.80
			31.34
			1:06.21
			1:43.51
			2:22.49
			3:01.53
			4:58.80
8 Cooney, Zoah	14	ZAM	4:58.83
			32.87
			1:46.54
			3:03.53
			4:21.59
			4:58.83
9 September, Dominic J	14	RSA	5:02.08
			32.43
			1:08.71
			1:48.18
			2:26.25
			3:04.77
			3:44.02
			4:23.81
			5:02.08

10 Kalipengule, Limbikani	13	ZIM	5:05.70
			1:09.94
			2:28.82
			3:48.64
			5:05.70
11 Vimba, Khaya	14	ZIM	5:05.81
			33.29
			1:10.71
			1:50.20
			2:29.04
			3:08.46
			3:48.07
			4:28.67
			5:05.81
12 Okore, Austin I	13	TAN	5:06.13
			32.02
			1:08.51
			1:47.96
			2:27.37
			3:08.16
			3:48.11
			4:27.89
			5:06.13
13 Tibazarwa, Mark	12	TAN	5:09.53
			1:10.02
			2:29.94
			3:49.98
			5:09.53
14 Mothibatsela, Ntsika	14	BOT	5:09.63
			34.01
			1:11.24
			1:50.15
			2:31.11
			3:12.03
			3:52.57
			4:32.81
			5:09.63
15 Seetso, Nathan	14	BOT	5:10.75
			34.19
			1:11.61
			1:51.73
			2:31.22
			3:11.99
			3:52.79
			5:10.75
16 Cochofel, Jose	14	ANG	5:21.11
			1:13.67
			2:35.11
			3:59.30
			5:21.11
17 Nuwagaba, Daniel	13	UGA	5:29.94
			34.93
			1:15.26
			1:57.45
			2:39.32
			3:22.92
			4:06.71
			4:50.01
			5:29.94
18 Furtado, Marco	12	ANG	5:47.62
			38.48
			1:21.43
			2:05.51
			2:50.46
			3:33.64
			4:09.00
			5:03.46
			5:47.62
19 Makwenda, Jeremiah T	12	MAW	5:49.39
			2:48.32
			5:49.39

#63 Women 15&O 400 Meter Free

RECORD: 4:33.50 # 2017 ROBYN LEE

Name	Age	Team	Finals Time
1 Finnis, Tiara L	16	RSA	4:50.02
			1:09.73
			2:23.81
			3:38.06
			4:15.01
			4:50.02
2 Soukup, Therese	18	SEY	4:52.92
			33.84
			1:10.90
			1:48.78
			2:25.80
			3:02.49
			3:39.58
			4:16.61
			4:52.92
3 Esslinger, Tiana	18	NAM	4:56.85
			33.70
			1:11.84
			1:50.71
			2:30.03
			3:07.36
			3:45.21
			4:21.40
			4:56.85
4 Chitsurura, Tanatsirwa	17	ZIM	5:00.07
			34.12
			1:11.79
			1:50.22
			2:29.20
			3:07.30
			3:46.93
			4:23.41
			5:00.07
5 Freitas, Maria Lopes	25	ANG	5:02.22
			33.21
			1:10.42
			1:48.30
			2:27.10
			3:06.01
			3:45.28
			4:24.48
			5:02.22
6 Guymer, Rachel O	16	RSA	5:04.47
			34.18
			1:12.00
			1:50.43
			2:29.12
			3:07.97
			3:47.62
			4:27.18
			5:04.47
7 Rollo, Riana	18	ZIM	5:05.77
			34.79
			1:11.46
			1:51.15
			2:30.11
			3:08.20
			3:47.29
			5:05.77
8 Matthews, Tselane	18	BOT	5:07.99
			3:11.62
			3:50.90
			4:30.33
			5:07.99
9 Santo, Rafaela Espirito	17	ANG	5:11.60
			33.54
			1:11.81
			1:51.74
			2:31.72
			3:12.01
			3:52.84
			4:33.23
			5:11.60
10 Stange, Maya A	16	NAM	5:12.08
			34.10
			1:11.76
			1:51.71
			2:31.22
			3:11.67
			3:51.83
			4:32.99
			5:12.08

11 Ingwe, Kimberly N	16	BOT	5:14.38
			34.87
			1:13.20
			1:52.73
			2:32.90
			3:13.33
			3:54.33
			4:35.22
			5:14.38
12 Coates, Johanna K	15	ZAM	5:21.16
			35.13
			1:14.54
			1:55.42
			2:36

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#64 Men 15&O 400 Meter Free

13 Mokobi, Kgotta Z	16 BOT	5:10.59	
34.08	1:12.47	1:51.10	2:30.97
3:08.89	3:49.63	5:10.59	
14 Shone, Matthew	29 ZAM	5:24.19	
31.88	1:08.51	1:46.61	2:27.43
3:09.35	3:53.22	4:39.26	5:24.19
15 Pene, Leonel J	17 MOZ	5:30.88	
32.28	1:09.79	1:50.85	2:34.36
3:18.15	4:03.88	4:49.26	5:30.88
16 Mwamba, Mutale	15 ZAM	5:31.55	
	1:15.56		2:41.32
	4:09.06	5:31.55	
17 Jele, Cameron T	15 ESWAT	5:56.27	
36.23	1:16.23	1:59.71	2:44.71
3:33.34	4:22.99	5:12.47	5:56.27
---	Freitas, Filipe Simoes	17 ANG	SCR

#65 Women 12&U 100 Meter Fly

RECORD: 1:12.77 # 2016 PHIRI Mia

Name	Age	Team	Finals Time
1 Miti, Sibongile	11 ZAM		1:16.23
2 Demello, Filbertha	12 TAN		1:17.86
35.48	1:17.86		
3 Kirabo, Paloma	12 UGA		1:18.97
4 Choto, Ruvarashe	11 ZIM		1:19.94
36.61	1:19.94		
5 Pereira, Kelly	12 MOZ		1:22.37
36.21	1:22.37		
6 Mpfumo, Marta	12 MOZ		1:26.30
38.91	1:26.30		
7 Suubi, Mary P	11 UGA		1:26.64
39.11	1:26.64		
8 Holscher, Courtney	12 ZAM		1:28.98
38.25	1:28.98		
9 Saleshando, Melodi	12 BOT		1:29.84
38.45	1:29.84		
10 Kachra, Aminaz	12 TAN		1:29.95
37.05	1:29.95		
11 Kesilwe, Kutlo L	12 BOT		1:30.81
12 Bhana, Adrianna	12 ZIM		1:32.00
40.37	1:32.00		
13 Onderi, Jade I	12 KENYA-ZZ		1:32.26
38.72	1:32.26		
---	Naukosho, Ainoa	11 NAM	DQ
			38.59

#66 Men 12&U 100 Meter Fly

RECORD: 1:06.20 # 2017 Mikah K Burger

Name	Age	Team	Finals Time
1 Cole, Mulenga	12 ZAM		1:10.28
2 Furtado, Marco	12 ANG		1:12.36
34.27	1:12.36		
3 Olengo, Neo O	11 KENYA-ZZ		1:12.40
33.67	1:12.40		
4 Tibazarwa, Mark	12 TAN		1:15.09
33.16	1:15.09		
5 Moshu, Abby	12 ZAM		1:15.14
34.90	1:15.14		
6 Nkomazana, Kwandokul	11 ZIM		1:17.95
33.90	1:17.95		
7 Nyakundi, Joel	11 KENYA-ZZ		1:19.23
35.68	1:19.23		

8 Cohen, Mason E	12 MOZ	1:19.28	
33.91	1:19.28		
9 Guta, Kyle	12 ZIM	1:19.49	
34.18	1:19.49		
10 Missokia, Julius	11 TAN	1:21.93	
35.70	1:21.93		
11 Viseu, Keanu E	12 MOZ	1:22.53	
33.96	1:22.53		
12 Modirelabangwe, Tema	12 BOT	1:23.09	
35.54	1:23.09		
13 Fraser, Luca	11 ESWAT	1:26.10	
36.02	1:26.10		
14 Mkavea, Tasunje	12 MAW	1:29.24	
37.42	1:29.24		
15 Sento, Leruo	12 BOT	1:35.25	
42.27	1:35.25		

#67 Women 13-14 100 Meter Fly

RECORD: 1:07.40 # 2017 Tori C Oliver

Name	Age	Team	Finals Time
1 Hoy, Hayley	14 ESWAT		1:09.76
31.85	1:09.76		
2 Froneman, Timara M	14 RSA		1:10.39
32.15	1:10.39		
3 Miti, Tamenji	14 ZAM		1:11.04
4 Leask, Keira C	14 RSA		1:13.09
32.21	1:13.09		
5 Chandiwana, Tanatswa	13 ZIM		1:14.65
32.66	1:14.65		
6 Mahobebe, Loyiso	14 ZIM		1:18.87
34.92	1:18.87		
7 Rossouw, Chloe	14 NAM		1:19.93
36.38	1:19.93		
8 Morais, Nyriam	13 ANG		1:20.73
38.91	1:20.73		
9 Ohm, Michaela	14 NAM		1:23.45
38.02	1:23.45		
10 Deshpande, Khyati	14 UGA		1:27.68
38.67	1:27.68		
11 Desai, Mahek	13 TAN		1:28.04
12 Correia, Gabriella C	14 MOZ		1:29.87
39.89	1:29.87		
13 Mulenga, Mutale M	13 ZAM		1:35.12
38.23	1:35.12		
14 Ingwe, Sally	14 BOT		1:37.73
42.20	1:37.73		
---	Santo, Inara	14 ANG	DQ
			42.85

#68 Men 13-14 100 Meter Fly

RECORD: 1:00.89 # 2019 Victor AH Yong

Name	Age	Team	Finals Time
1 Munguambe, Cleyton	14 MOZ		1:00.76#
28.11	1:00.76		
2 Keitsile, Gaamangwe J	14 BOT		1:00.87
3 Durand, Oliver B	14 NAM		1:01.13
29.56	1:01.13		
4 Mothibatsela, Ntsika	14 BOT		1:05.69
30.47	1:05.69		
5 Matimu, Nathan	13 KENYA-ZZ		1:05.73
29.80	1:05.73		
6 Bredel, Rafael	14 ANG		1:05.91
31.57	1:05.91		

7 Kaumi, Pendo	14 UGA	1:08.21	
31.06	1:08.21		
8 Vimba, Khaya	14 ZIM	1:08.45	
31.65	1:08.45		
9 Kalipengule, Limbikani	13 ZIM	1:09.11	
31.48	1:09.11		
10 Okore, Austin I	13 TAN	1:09.77	
31.46	1:09.77		
11 Gomes, Seth	13 ZAM	1:09.86	
32.40	1:09.86		
12 Mbaio, Benaiah M	14 ZAM	1:10.85	
13 Mpungose, Art N	13 RSA	1:11.74	
33.57	1:11.74		
14 Monnaemang, Ofentse B	14 RSA	1:13.60	
33.07	1:13.60		
15 Padre, David	14 ANG	1:15.36	
34.93	1:15.36		
16 Mukani, Isaac	13 TAN	1:18.52	
34.76	1:18.52		

#69 Women 15-16 100 Meter Fly

RECORD: 1:06.62 # 2016 WONG Elodie

Name	Age	Team	Finals Time
1 Phiri, Jade A	15 ZAM		1:09.39
32.31	1:09.39		
2 Mahobebe, Mkhusele	16 ZIM		1:09.78
32.76	1:09.78		
3 Bianchi, Maria	16 KENYA-ZZ		1:10.71
4 Dhemba, Vhenekai	15 ZIM		1:11.23
32.75	1:11.23		
5 Smidt, Clio J	15 RSA		1:11.63
6 Ingwe, Kimberly N	16 BOT		1:11.68
33.30	1:11.68		
7 Guymer, Rachel O	16 RSA		1:13.83
33.97	1:13.83		
8 Naukosho, Ariana	15 NAM		1:15.32
9 Harry, Kyra	15 BOT		1:15.79
32.74	1:15.79		
10 Moshu, Chisanga	15 ZAM		1:16.19
34.66	1:16.19		
11 Kinnaird, Brynné B	15 NAM		1:19.92
37.00	1:19.92		
12 Fernandes, Sophie M	15 MOZ		1:20.50
34.51	1:20.50		
13 Fernandes, Nhara	15 ANG		1:20.78
34.84	1:20.78		
14 Lourenco, Milena	15 ANG		1:30.82
38.50	1:30.82		

#70 Men 15-16 100 Meter Fly

RECORD: 57.24 # 2020 Victor AH Yong

Name	Age	Team	Finals Time
1 Boca, Diego	15 MOZ		1:00.77
2 Lobo, Caio M	16 MOZ		1:00.80
28.04	1:00.80		
3 Pheeha, Junior J	16 RSA		1:02.05
28.59	1:02.05		
4 Mhlanga, Bjorn N	15 ZIM		1:02.93
28.36	1:02.93		
5 Magongo, Brave	16 NAM		1:03.11
29.16	1:03.11		
6 Nkunzi, Awande	16 RSA		1:04.15
29.22	1:04.15		

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#70 Men 15-16 100 Meter Fly

7 Nagapin, Nathan	16	SEY	1:04.39
28.37	1:04.39		
8 Mulenga, Frank J	15	ZAM	1:04.68
9 Ngwenya, Onesimus	15	ZIM	1:04.71
29.33	1:04.71		
10 Garmroudi, Yusurf	15	BOT	1:06.59
11 Newman, Khumo	16	BOT	1:07.05
28.67	1:07.05		
12 Mulenga, Mwenya	16	ZAM	1:08.50
29.74	1:08.50		
13 Ipilinga, Delbert	15	TAN	1:17.21
34.12	1:17.21		
14 Moosa, Muhammad A	16	MAW	1:18.38
33.37	1:18.38		
--- Jele, Cameron T	15	ESWAT	DQ
--- Joseph, Michael J	16	TAN	DQ
33.17	DQ		

#71 Women 17-29 100 Meter Fly

Name	Age	Team	Finals Time
1 Thorpe, Imara Bella	21	KENYA-ZZ	1:04.31
29.66	1:04.31		
2 Katai, Donata	17	ZIM	1:04.81
3 Jacobs, Hannah P	18	RSA	1:06.85
31.39	1:06.85		
4 Engelhard, Lisa	17	NAM	1:07.98
31.46	1:07.98		
5 Mateus, Alicia	17	MOZ	1:10.81
32.63	1:10.81		
6 Schultz, Timea	17	ZIM	1:10.90
32.99	1:10.90		
7 Mbite, Christine R	18	RSA	1:11.80
8 Redecker, Nicole	18	NAM	1:12.72
32.94	1:12.72		

#72 Men 17-29 100 Meter Fly

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	56.51
25.66	56.51		
2 Burger, Mikah K	17	NAM	58.40
27.28	58.40		
3 Saliboko, Collins P	20	TAN	58.57
4 Mwaba, George B	20	ZAM	1:00.51
27.66	1:00.51		
5 Pale, Justino	19	MOZ	1:00.56
28.55	1:00.56		
6 Wellmann, Arkell J	19	NAM	1:00.66
28.31	1:00.66		
7 Furtado, Yusseni	17	ANG	1:01.56
8 Vidot, Alain	17	SEY	1:01.71
27.92	1:01.71		
9 Franceys, Ryan	17	ZIM	1:02.41
27.53	1:02.41		
10 Dlamini, Simanga	24	ESWAT	1:03.81
29.18	1:03.81		
11 Ngwenya, Nathan	17	ZIM	1:05.69
29.34	1:05.69		
12 Mwamba, Wina M	18	ZAM	1:06.37
29.25	1:06.37		
13 Lutango, Emanuel	17	ANG	1:06.53
30.77	1:06.53		

14 van Rooyen, Benco G	18	BOT	1:09.24
29.84	1:09.24		
15 Sethi, Reyhaan	18	BOT	1:09.44
--- Kimuli, Trevor J	20	UGA	DQ
29.87	DQ		
--- Moncherry, Adam	23	SEY	SCR

#73 Women 12&U 200 Meter Back

RECORD: 2:38.99 # 2016 PHIRI Mia

Name	Age	Team	Finals Time
1 Naukosho, Ainoa	11	NAM	2:52.84
	1:25.70	2:52.84	
2 Santo, Rhanya Daniela	12	ANG	2:53.85
41.64	1:26.32	2:11.36	2:53.85
3 Demello, Filbertha	12	TAN	2:54.42
39.97	1:25.78	2:11.69	2:54.42
4 Saleshando, Melodi	12	BOT	2:55.92
40.25	1:25.36	2:11.48	2:55.92
5 Tome, Zuri R	12	MOZ	3:01.08
44.63	1:30.45	2:17.13	3:01.08
6 Mpumo, Marta	12	MOZ	3:06.35
42.55	1:31.67	2:20.43	3:06.35
7 Sibanda, Mbali	12	ZIM	3:06.97
41.50	3:06.97		
8 Kachra, Aminaz	12	TAN	3:14.19
40.84		2:23.91	3:14.19
9 Moyo, Nandipa	11	ZAM	3:15.98
46.77	1:35.61	2:26.61	3:15.98
10 Banda, Catherine C	11	ZAM	3:21.42

#74 Men 12&U 200 Meter Back

RECORD: 2:32.05 # 2020 Oliver B Durand

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	2:34.27
	1:17.57	2:34.27	
2 Menete, Lazaro	12	MOZ	2:48.29
38.97	1:23.00	2:05.80	2:48.29
3 Moshu, Abby	12	ZAM	3:00.13
	1:28.01	3:00.13	
4 Missokia, Julius	11	TAN	3:00.43
41.29	1:27.75	2:15.18	3:00.43
5 Nkomazana, Kwandokul	11	ZIM	3:02.00
42.15	1:29.20	2:16.48	3:02.00
6 Viseu, Keanu E	12	MOZ	3:05.86
43.04		2:19.91	3:05.86
7 Yasser, Salman	12	TAN	3:09.43
41.75	1:28.96	2:18.97	3:09.43
8 Makwenda, Jeremiah T	12	MAW	3:10.97
45.21	1:34.08	3:10.97	
9 Nthomiwa, Wapego	11	BOT	3:11.03
	3:11.03	3:11.03	
10 Sento, Leruo	12	BOT	3:17.27
46.85	1:36.86	2:28.38	3:17.27
--- Guta, Kyle	12	ZIM	DQ
	1:27.62	2:16.63	DQ

#75 Women 13-14 200 Meter Back

RECORD: 2:26.88 # 2019 Lise Coetzee

Name	Age	Team	Finals Time
1 Froneman, Timara M	14	RSA	2:34.03
34.84	1:14.58	1:54.96	2:34.03
2 Accorsi, Olivia	14	ZIM	2:38.58
34.89	1:16.87	1:59.15	2:38.58

3 Williams, Angel	13	KENYA-ZZ	2:39.97
36.53	1:16.59	1:58.63	2:39.97
4 Findlay, Marlise R	14	ZAM	2:40.36
36.15	1:16.78	1:58.33	2:40.36
5 Leask, Keira C	14	RSA	2:43.13
	1:18.16	2:43.13	
6 Hoy, Hayley	14	ESWAT	2:43.51
37.94	1:20.29	2:01.83	2:43.51
7 Dawe, Tori	14	ZIM	2:46.97
37.69	1:19.28	2:03.62	2:46.97
8 Morais, Nyriam	13	ANG	2:54.25
40.66	1:25.32	2:09.05	2:54.25
9 Domingues, Ana Beatriz	14	MOZ	2:59.21
	1:26.46	2:59.21	
10 Magezi, Isabella	14	UGA	3:02.44
	1:24.58	3:02.44	
11 Williams, Amy	13	BOT	3:08.75
	1:32.83	3:08.75	
12 Wood, Devi E	13	MOZ	3:09.73
42.56	1:31.54	2:21.42	3:09.73
13 Mulenga, Avrora M	13	ZAM	3:10.01
42.48	1:30.76	2:20.64	3:10.01
14 Desai, Mahek	13	TAN	3:18.59
43.55	1:33.23	2:26.19	3:18.59
15 Nunes, Ana	14	ANG	3:20.47
45.94		2:28.27	3:20.47
16 Ingwe, Sally	14	BOT	3:20.88
2:27.28	1:34.77	3:20.88	

#76 Men 13-14 200 Meter Back

RECORD: 2:16.91 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	2:25.29
	1:13.09	2:25.29	
2 Seetso, Nathan	14	BOT	2:28.27
34.54	1:12.31	1:51.42	2:28.27
3 September, Dominic J	14	RSA	2:37.59
36.04	1:16.42	1:57.89	2:37.59
4 Bhana, Kayden	14	ZIM	2:39.35
36.15	1:16.28	1:58.81	2:39.35
5 Njowola, Douglas	14	ZIM	2:44.23
6 Bredel, Rafael	14	ANG	2:45.28
38.53	1:22.15	2:04.80	2:45.28
7 Nahamya, Malcolm	13	UGA	2:46.28
37.30	1:17.98	2:02.18	2:46.28
8 Padre, David	14	ANG	2:46.59
39.65	1:22.63	2:05.33	2:46.59
9 Monnaemang, Ofentse E	14	RSA	2:46.89
38.53	1:20.15	2:04.72	2:46.89
10 Desai, Aaryan	13	ZAM	2:51.84
39.94	1:23.08	2:08.00	2:51.84
11 Ferreira, Bruno R	14	MOZ	2:55.25
38.74	1:24.76	2:11.54	2:55.25
12 Mukani, Isaac	13	TAN	2:58.15
40.35	1:26.30	2:13.46	2:58.15
--- Mulenga, Joshua	13	ZAM	DQ
	1:21.82	DQ	
--- Otieno, Barak	13	UGA	DQ
38.09	1:21.89	2:07.94	DQ
--- Cochofel, Jose	14	ANG	SCR

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#77 Women 15-16 200 Meter Back

RECORD: 2:27.64 # 2020 Tiana Esslinger

Name	Age	Team	Finals Time
1 Olsen, Amber J	16	RSA	2:36.43
	1:14.51	2:36.43	
2 Ingwe, Kimberly N	16	BOT	2:38.69
	35.76	1:15.18	1:57.03
			2:38.69
3 Mahobebe, Mkhusele	16	ZIM	2:41.66
	38.25	1:20.51	2:01.42
			2:41.66
4 Musere, Matida	15	ZIM	2:42.41
	35.88	1:15.94	2:42.41
5 Smidt, Clio J	15	RSA	2:43.52
	36.88	1:18.10	2:00.11
			2:43.52
6 Kinnaird, Brynné B	15	NAM	2:46.44
	37.97	1:19.93	2:04.30
			2:46.44
7 Xavier, Filipa	15	MOZ	3:02.75
	39.31	1:24.86	2:14.05
			3:02.75
8 Young, Raya	16	ESWAT	3:03.99
	43.50	1:31.06	2:18.32
			3:03.99
9 Pollen, Paige	16	ZAM	3:07.88
10 Correia, Maira L	16	MOZ	3:08.69
	43.43	1:31.43	2:21.40
			3:08.69
11 Lorenzo, Jasmine	15	ANG	3:10.65
	43.86	1:31.82	3:10.65
--- Lourenco, Milena	15	ANG	DQ
	1:27.71	DQ	

#78 Men 15-16 200 Meter Back

RECORD: 2:15.28 # 2017 Ronan Z Wantenaar

Name	Age	Team	Finals Time
1 Faftine, Kaio d	16	MOZ	2:20.30
	32.32	1:08.21	2:20.30
2 Nkunzi, Awande	16	RSA	2:23.09
	33.98	1:10.57	1:48.66
			2:23.09
3 Magongo, Brave	16	NAM	2:23.50
	33.20	1:09.64	1:46.93
			2:23.50
4 Ohm, Oliver	16	NAM	2:26.05
	33.30	1:11.62	1:49.33
			2:26.05
5 Madziyire, Nigel	16	ZIM	2:30.07
	33.98	1:11.43	2:30.07
6 Fortes, Alex	16	ANG	2:35.99
	34.90	1:13.23	1:53.70
			2:35.99
7 Mhlope, Andile T	15	ZIM	2:38.47
	35.84	1:15.27	1:57.59
			2:38.47
8 Matthews, Mmusi	15	BOT	2:39.83
	33.39	1:12.17	2:39.83
9 Ipilinga, Delbert	15	TAN	2:48.15
	2:06.10	1:22.29	2:48.15
10 Mokobi, Kgotla Z	16	BOT	2:52.16
	40.53	1:23.56	2:06.83
			2:52.16
11 Joseph, Michael J	16	TAN	2:57.17
	38.60	1:23.99	2:12.11
			2:57.17
12 Mwamba, Mutale	15	ZAM	2:58.52
	40.07	1:24.72	2:12.27
			2:58.52
--- Mulenga, Mwenya	16	ZAM	DQ
	1:18.65	DQ	

#79 Women 17-29 200 Meter Back

Name	Age	Team	Finals Time
1 Katai, Donata	17	ZIM	2:28.33
	33.27	1:10.38	1:49.64
			2:28.33
2 Schultz, Timea	17	ZIM	2:31.78
	35.79	1:14.41	1:53.75
			2:31.78

3 Esslinger, Tiana	18	NAM	2:32.77
	36.80	1:16.90	1:55.06
			2:32.77
4 Hughes, Naya L	17	BOT	2:39.26
	35.99	1:16.65	1:57.96
			2:39.26
5 Redecker, Nicole	18	NAM	2:39.27
	37.75	1:17.81	1:59.24
			2:39.27
6 Soukup, Therese	18	SEY	2:42.90
	38.88	1:21.05	2:02.42
			2:42.90
7 Matthews, Tselane	18	BOT	2:43.54
	37.98	1:19.44	2:01.52
			2:43.54
8 Munhemeze, Domingas	20	MOZ	2:48.32
	38.75	1:21.05	2:04.92
			2:48.32
9 Santo, Rafaela Espirito	17	ANG	2:48.62
	39.25	1:22.24	2:05.97
			2:48.62
10 Ncube, Angela L	18	RSA	2:49.85
	38.76	1:22.11	2:08.19
			2:49.85
11 Young, Robyn	21	ESWAT	2:51.14
	39.45	1:23.00	2:07.31
			2:51.14
12 Freitas, Maria Lopes	25	ANG	2:53.47
	40.13	1:24.11	2:09.01
			2:53.47
13 Gaikwad, Muskan	18	TAN	3:11.45
	44.39	1:32.84	2:22.60
			3:11.45

#80 Men 17-29 200 Meter Back

Name	Age	Team	Finals Time
1 Swarts, Keeno A	17	RSA	2:17.63
	31.95	1:06.27	1:41.60
			2:17.63
2 Wellmann, Arkell J	19	NAM	2:23.27
	34.09	1:12.26	1:48.71
			2:23.27
3 Pale, Justino	19	MOZ	2:24.43
		1:09.57	2:24.43
4 Henning, Marco T	19	NAM	2:26.99
	34.79	1:12.48	1:51.02
			2:26.99
5 Kabuye, Adnan	19	UGA	2:27.03
	33.88	1:10.38	1:48.79
			2:27.03
6 Franceys, Ryan	17	ZIM	2:34.03
	34.71	1:13.38	1:53.56
			2:34.03
7 Tamele, Alan J	20	MOZ	2:38.28
	35.59	1:15.89	1:56.47
			2:38.28
8 Mwaba, George B	20	ZAM	2:40.87
	36.66	1:17.52	2:00.20
			2:40.87
9 Werrett, Cory	17	ZIM	2:43.01
	36.72	1:18.04	2:00.06
			2:43.01
10 van Rooyen, Benco G	18	BOT	2:44.85
	36.96	1:19.57	2:02.19
			2:44.85
11 Furtado, Yusseni	17	ANG	2:51.95
	36.95	1:20.05	2:06.84
			2:51.95
12 Lutango, Emanuel	17	ANG	3:00.16
	41.60	1:27.92	2:14.63
			3:00.16
--- Settumba, Paulsen	17	UGA	DQ
	34.26	1:14.19	DQ
--- Freitas, Filipe Simoes	17	ANG	SCR

#81 Women 12&U 100 Meter Breast

RECORD: 1:19.92 # 2017 Alicia Kok Shun

Name	Age	Team	Finals Time
1 Miti, Sibongile	11	ZAM	1:28.07
	41.65	1:28.07	
2 Kalombo, Macrine A	12	KENYA-ZZ	1:28.24
	41.53	1:28.24	
3 Kamotho, Christie W	11	KENYA-ZZ	1:28.71
	40.15	1:28.71	
4 Bhana, Adrianna	12	ZIM	1:29.81
	42.45	1:29.81	

5 Mbanga, Zara M	10	UGA	1:31.22
	41.97	1:31.22	
6 Phiri, Lambira K	12	ZAM	1:32.51
	42.29	1:32.51	
7 Saleshando, Melodi	12	BOT	1:33.73
	44.04	1:33.73	
8 Naukosho, Ainoa	11	NAM	1:36.33
9 Pereira, Kelly	12	MOZ	1:37.08
10 Ipilinga, Maryam	11	TAN	1:37.50
	43.52	1:37.50	
11 Sibanda, Mbali	12	ZIM	1:38.43
	45.89	1:38.43	
12 Demello, Filbertha	12	TAN	1:38.63
	44.95	1:38.63	
13 Akol, Alexis M	12	UGA	1:40.06
	47.13	1:40.06	
14 Mpfumo, Marta	12	MOZ	1:40.85
15 Chatama, Tyra	11	MAW	1:46.46
	49.65	1:46.46	
16 Kanjadza, Danielle	11	MAW	1:49.13
	48.83	1:49.13	
17 Kesilwe, Kutlo L	12	BOT	1:49.15
	51.16	1:49.15	

#82 Men 12&U 100 Meter Breast

RECORD: 1:16.36 # 2017 Mikah K Burger

Name	Age	Team	Finals Time
1 Cohen, Mason E	12	MOZ	1:17.74
	36.65	1:17.74	
2 Fraser, Luca	11	ESWAT	1:20.51
	37.44	1:20.51	
3 Olengo, Neo O	11	KENYA-ZZ	1:21.23
	38.42	1:21.23	
4 Guta, Kyle	12	ZIM	1:25.08
	39.63	1:25.08	
5 Banda, Mapalo	12	ZAM	1:28.73
	40.59	1:28.73	
6 Menete, Lazaro	12	MOZ	1:29.30
	41.77	1:29.30	
7 Furtado, Marco	12	ANG	1:29.41
	42.50	1:29.41	
8 Mkavea, Tasunje	12	MAW	1:29.88
	42.86	1:29.88	
9 Sento, Leruo	12	BOT	1:30.15
10 Jerahuni, Nathaniel	11	ZIM	1:31.26
	41.49	1:31.26	
11 Barretto, Enrico	12	TAN	1:34.17
12 Findlay, Marcus F	12	ZAM	1:35.90
	43.56	1:35.90	
13 Khango, Letshego	12	BOT	1:37.97
	45.49	1:37.97	
14 Tibazarwa, Mark	12	TAN	1:38.94
	44.98	1:38.94	
15 Chizonda, Jordan	12	MAW	1:41.98
	46.39	1:41.98	

#83 Women 13-14 100 Meter Breast

RECORD: 1:13.33 # 2016 LUTCHMANEN Varen

Name	Age	Team	Finals Time
1 Valli, Farhah	14	RSA	1:21.87
	38.93	1:21.87	
2 Caffini, Duini G	13	KENYA-ZZ	1:23.74
3 Chang, Ji-eun	14	BOT	1:25.11
	38.79	1:25.11	

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#83 Women 13-14 100 Meter Breast

4 Miti, Tamenji	14	ZAM	1:25.46
40.97	1:25.46		
5 Dube, Caitlyn	13	RSA	1:25.66
6 Chang, Yun-suh	13	BOT	1:25.84
39.18	1:25.84		
7 Wishart, Peyton	13	ZIM	1:28.11
39.18	1:28.11		
8 Rossouw, Chloe	14	NAM	1:29.74
41.77	1:29.74		
9 Masiye-Moyo, Nozintab	14	ZIM	1:31.69
41.39	1:31.69		
10 Correia, Gabriella C	14	MOZ	1:34.85
44.37	1:34.85		
11 Mulenga, Mutale M	13	ZAM	1:34.86
44.57	1:34.86		
12 Goyayi, Lina	13	TAN	1:37.46
44.56	1:37.46		
13 Haiya, Chisomo	14	MAW	1:37.62
46.20	1:37.62		
14 Mkavea, Tujaliwe	14	MAW	1:38.74
45.54	1:38.74		
15 Ngoshani, Mischa K	14	TAN	1:39.96
44.74	1:39.96		
16 Nunes, Ana	14	ANG	1:40.51
47.08	1:40.51		
17 Wood, Devi E	13	MOZ	1:45.23
49.20	1:45.23		

#84 Men 13-14 100 Meter Breast

RECORD: 1:08.64 # 2017 Oliver Wong Chap Lar

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	1:10.09
34.35	1:10.09		
2 Dreyer, Hein J	14	RSA	1:12.03
33.43	1:12.03		
3 Vimba, Khaya	14	ZIM	1:12.64
34.96	1:12.64		
4 Cooney, Zoah	14	ZAM	1:16.40
36.38	1:16.40		
5 Sethi, Khalil	14	BOT	1:17.10
35.89	1:17.10		
6 Kalipengule, Limbikani	13	ZIM	1:17.17
36.53	1:17.17		
7 Munguambe, Cleyton	14	MOZ	1:18.49
*8 Mpungose, Art N	13	RSA	1:18.66
*8 Nsereko, Nathan	13	UGA	1:18.66
38.30	1:18.66		
10 Okore, Austin I	13	TAN	1:21.82
35.73	1:21.82		
11 Cataldi, Giacinto	13	ZAM	1:22.08
37.40	1:22.08		
12 Cochofel, Jose	14	ANG	1:23.36
38.80	1:23.36		
13 Nahamya, Malcolm	13	UGA	1:23.66
40.01	1:23.66		
14 Fraser, Tiano	13	ESWAT	1:25.52
39.94	1:25.52		
15 Ferreira, Bruno R	14	MOZ	1:25.66
40.48	1:25.66		
16 De Sousa, Pedro	13	ESWAT	1:32.68
17 Keitsile, Gaamangwe J	14	BOT	1:34.86
43.46	1:34.86		

18 Mukani, Isaac	13	TAN	1:36.05
43.52	1:36.05		
19 Padre, David	14	ANG	1:41.88

#85 Women 15-16 100 Meter Breast

RECORD: 1:14.23 # 2017 Christin Mundell

Name	Age	Team	Finals Time
1 Bianchi, Maria	16	KENYA-ZZ	1:20.00
2 Olsen, Amber J	16	RSA	1:21.04
37.64	1:21.04		
3 Dhemba, Vhenekai	15	ZIM	1:22.50
39.20	1:22.50		
4 Fernandes, Nhara	15	ANG	1:23.94
39.31	1:23.94		
5 Mubiru, Swagiah	16	UGA	1:24.67
38.64	1:24.67		
6 Musere, Matida	15	ZIM	1:25.62
39.22	1:25.62		
7 Naukosho, Ariana	15	NAM	1:25.70
40.44	1:25.70		
8 Liacopoulos, Antonia	16	ZAM	1:25.91
38.63	1:25.91		
9 Rana, Ameya	15	KENYA-ZZ	1:26.05
10 Stange, Maya A	16	NAM	1:26.57
11 Coates, Johanna K	15	ZAM	1:26.73
40.26	1:26.73		
12 Makwenda, Jessica T	16	MAW	1:29.79
40.24	1:29.79		
13 Harry, Kyra	15	BOT	1:33.08
42.01	1:33.08		
14 Williams, Ella	15	BOT	1:33.96
43.06	1:33.96		
15 Tibazarwa, Sarah K	16	TAN	1:34.73
43.08	1:34.73		
16 Fernandes, Sophie M	15	MOZ	1:35.92
44.64	1:35.92		
17 Lourenco, Milena	15	ANG	1:40.27
43.22	1:40.27		
--- Smidt, Clío J	15	RSA	DQ

#86 Men 15-16 100 Meter Breast

RECORD: 1:07.47 # 2017 Liam O'Hara

Name	Age	Team	Finals Time
1 Lobo, Caio M	16	MOZ	1:06.73#
31.86	1:06.73		
2 Phillips, Haytham	16	RSA	1:07.51
31.82	1:07.51		
3 Nkunzi, Awande	16	RSA	1:10.19
33.33	1:10.19		
4 Moyo, Zach	15	ZAM	1:11.03
32.78	1:11.03		
5 Nagapin, Nathan	16	SEY	1:11.49
32.89	1:11.49		
6 Kudwoli, Haniel	16	KENYA-ZZ	1:13.35
33.69	1:13.35		
7 Ngwenya, Onesimus	15	ZIM	1:16.24
8 Matthews, Mmusi	15	BOT	1:16.58
35.49	1:16.58		
9 Mwamba, Mutale	15	ZAM	1:17.57
36.15	1:17.57		
10 Madziyire, Nigel	16	ZIM	1:17.72
35.90	1:17.72		
11 Mokobi, Kgotla Z	16	BOT	1:19.78
36.09	1:19.78		

12 Iplinga, Delbert	15	TAN	1:21.14
36.53	1:21.14		
13 Alimanya, Ethan	15	TAN	1:24.22
38.34	1:24.22		
14 Zulu, Pemphe	15	MAW	1:25.52
15 Jele, Cameron T	15	ESWAT	1:25.55
40.26	1:25.55		
16 Kumbatira, Tsinde	16	MAW	1:29.27
41.17	1:29.27		
17 Magongo, Brave	16	NAM	1:35.47
45.25	1:35.47		

#87 Women 17-29 100 Meter Breast

Name	Age	Team	Finals Time
1 Paljk, Tilka	25	ZAM	1:15.25
34.22	1:15.25		
2 Mbite, Christine R	18	RSA	1:16.60
36.42	1:16.60		
3 Mgbemena, Chinyere	18	ZIM	1:19.35
35.98	1:19.35		
4 Jacobs, Hannah P	18	RSA	1:19.67
37.29	1:19.67		
5 Redecker, Nicole	18	NAM	1:21.01
38.22	1:21.01		
6 Freitas, Maria Lopes	25	ANG	1:21.60
38.35	1:21.60		
7 Rollo, Riana	18	ZIM	1:25.07
39.39	1:25.07		
8 Hughes, Naya L	17	BOT	1:25.76
40.17	1:25.76		
9 Mutumbulua, Trisha	17	NAM	1:27.24
39.77	1:27.24		
10 Langa, Kyara	18	MOZ	1:30.89
41.49	1:30.89		
11 Munhemeze, Domingas	20	MOZ	1:31.06
12 Chibiya, Temwani A	18	ZAM	1:32.12
41.96	1:32.12		
13 Gaikwad, Muskan	18	TAN	1:43.32
46.78	1:43.32		

#88 Men 17-29 100 Meter Breast

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	1:06.95
31.80	1:06.95		
2 Miller, Joshua	17	SEY	1:06.96
3 Werrett, Cory	17	ZIM	1:07.53
32.19	1:07.53		
4 Shone, Matthew	29	ZAM	1:13.28
33.42	1:13.28		
5 Sethi, Reyhaan	18	BOT	1:14.07
34.17	1:14.07		
6 Dlamini, Simanga	24	ESWAT	1:14.25
33.83	1:14.25		
7 Kimuli, Trevor J	20	UGA	1:14.43
34.33	1:14.43		
8 Pires, Djamel	18	ANG	1:14.60
34.04	1:14.60		
9 Ampaire, Namanya	17	UGA	1:15.69
33.74	1:15.69		
10 Gondo, Takundanashe	17	BOT	1:16.47
34.13	1:16.47		
11 Xavier, Kelsey D	19	MOZ	1:17.16
35.82	1:17.16		
12 Swarts, Keeno A	17	RSA	1:17.38

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#88 Men 17-29 100 Meter Breast

13 Rorke, Benjamin	17	ZIM	1:17.86
36.67	1:17.86		
--- Freitas, Filipe Simoes	17	ANG	SCR
--- Vidot, Alain	17	SEY	SCR

#89 Women 12&U 50 Meter Free

RECORD: 28.85 # 2016 VAN DER WESTHUIZE

Name	Age	Team	Finals Time
1 Miti, Sibongile	11	ZAM	30.09
2 Choto, Rugarashe	11	ZIM	30.20
3 Kalombo, Macrine A	12	KENYA-ZZ	30.32
4 Demello, Filbertha	12	TAN	31.33
5 Kachra, Aminaz	12	TAN	31.36
6 Pereira, Kelly	12	MOZ	31.62
7 Saleshando, Melodi	12	BOT	31.66
8 Kesilwe, Kutlo L	12	BOT	31.67
9 Onderi, Jade I	12	KENYA-ZZ	31.84
10 Tome, Zuri R	12	MOZ	31.95
11 Sibanda, Mbali	12	ZIM	32.02
12 Holscher, Courtney	12	ZAM	32.18
13 Kirabo, Paloma	12	UGA	32.29
14 Santo, Rhanya Daniela	12	ANG	32.33
15 Naukosho, Ainoa	11	NAM	32.52
16 Mbangwa, Zara M	10	UGA	32.81
17 Chatama, Tyra	11	MAW	37.24
18 Kanjadza, Danielle	11	MAW	38.91

#90 Men 12&U 50 Meter Free

RECORD: 27.26 # 2019 Hugo L'Arrogant

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	26.65#
2 Guta, Kyle	12	ZIM	28.58
3 Tibazarwa, Mark	12	TAN	29.10
4 Viseu, Keanu E	12	MOZ	29.12
5 Cohen, Mason E	12	MOZ	29.40
6 Fraser, Luca	11	ESWAT	29.50
7 Furtado, Marco	12	ANG	29.78
8 Moshu, Abby	12	ZAM	30.12
9 Missokia, Julius	11	TAN	31.02
10 Nyakundi, Joel	11	KENYA-ZZ	31.06
11 Jerahuni, Nathaniel	11	ZIM	31.38
12 Modirelabangwe, Tema	12	BOT	31.40
13 Mkavea, Tasunje	12	MAW	31.54
14 Khango, Letshego	12	BOT	31.82
15 Chongwe, Ian	11	MAW	32.18

#91 Women 13-14 50 Meter Free

RECORD: 27.74 # 2019 Kirabo Namutebi

Name	Age	Team	Finals Time
1 Dawe, Tori	14	ZIM	28.29
2 Froneman, Timara M	14	RSA	28.37
3 Findlay, Marlise R	14	ZAM	29.01
4 Chandiwana, Tafadzwa	13	ZIM	29.03
5 Katemba, Karimah	14	UGA	29.06
6 Miti, Tamenji	14	ZAM	29.08
7 Hoy, Hayley	14	ESWAT	29.34
8 Morais, Nyriam	13	ANG	29.70
9 Caffini, Duini G	13	KENYA-ZZ	29.76
10 Langat, Audrey Chebet	14	KENYA-ZZ	29.97
11 Chang, Yun-suh	13	BOT	30.06
12 Ohm, Michaela	14	NAM	30.76
13 Chang, Ji-eun	14	BOT	30.91

14 Dube, Caitlyn	13	RSA	31.24
15 Rossouw, Chloe	14	NAM	31.35
16 Santo, Inara	14	ANG	31.68
17 Magezi, Isabella	14	UGA	31.92
18 Haiya, Chisomo	14	MAW	32.16
19 Goyayi, Lina	13	TAN	32.90
20 Ngoshani, Mischa K	14	TAN	33.29
21 Correia, Gabriella C	14	MOZ	34.11
22 Wood, Devi E	13	MOZ	34.83
23 Nzenzo, Rhinnah	13	MAW	35.94
--- Labuschagne, Isabelle	14	SEY	SCR

#92 Men 13-14 50 Meter Free

RECORD: 24.79 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
1 Munguambe, Cleyton	14	MOZ	25.60
2 Barradas, Hugo O	14	MOZ	26.28
3 Keitsile, Gaamangwe J	14	BOT	26.29
4 Durand, Oliver B	14	NAM	26.31
5 Matimu, Nathan	13	KENYA-ZZ	26.48
6 Mbaou, Benaiah M	14	ZAM	26.49
*7 Vimba, Khaya	14	ZIM	26.64
*7 Kalipengule, Limbikani	13	ZIM	26.64
9 Kaumi, Pendo	14	UGA	26.96
10 Cochofel, Jose	14	ANG	27.29
11 Fraser, Tiano	13	ESWAT	27.43
12 Bredel, Rafael	14	ANG	27.45
13 Mothibatsela, Ntsika	14	BOT	27.66
14 Inhesiko, Peterson	13	UGA	27.73
15 September, Dominic J	14	RSA	27.89
16 Cataldi, Giacinto	13	ZAM	27.91
17 Monnaemang, Ofentse B	14	RSA	27.94
18 Okore, Austin I	13	TAN	27.96
19 De Sousa, Pedro	13	ESWAT	31.23
20 Mukani, Isaac	13	TAN	31.98

#93 Women 15-16 50 Meter Free

RECORD: 26.95 # 2019 Kelsea Munro

Name	Age	Team	Finals Time
1 Phiri, Jade A	15	ZAM	28.55
2 Goodinson, Kiara	16	ZIM	28.80
3 Dhembu, Vhenekai	15	ZIM	28.81
4 Ngambi, Gabriella	15	ZAM	28.89
5 Fernandes, Nhara	15	ANG	28.97
6 Finnis, Tiara L	16	RSA	29.06
7 Olsen, Amber J	16	RSA	29.29
8 Stange, Maya A	16	NAM	29.45
9 Ingwe, Kimberly N	16	BOT	29.52
10 Harry, Kyra	15	BOT	29.61
11 Makwenda, Jessica T	16	MAW	29.97
12 Lorenzo, Jasmine	15	ANG	30.43
13 Mubiru, Swagiah	16	UGA	30.59
14 Dlamini, Siwakhile T	16	ESWAT	30.77
15 Fernandes, Sophie M	15	MOZ	31.01
16 Naukosho, Ariana	15	NAM	31.25
17 Correia, Maira L	16	MOZ	31.71
18 Young, Raya	16	ESWAT	32.80

#94 Men 15-16 50 Meter Free

RECORD: 24.25 # 2017 Jandre J Moll

Name	Age	Team	Finals Time
1 Ohm, Oliver	16	NAM	25.19
2 Boca, Diego	15	MOZ	25.23
3 Lobo, Caio M	16	MOZ	25.38

4 Pheeha, Junior J	16	RSA	25.39
5 Mhlanga, Bjorn N	15	ZIM	25.75
6 Fortes, Alex	16	ANG	25.90
7 Matthews, Mmusi	15	BOT	26.02
8 Mulenga, Mwenya	16	ZAM	26.10
9 Magongo, Brave	16	NAM	26.16
10 Newman, Khumo	16	BOT	26.36
11 Madziyire, Nigel	16	ZIM	26.48
12 Mulenga, Frank J	15	ZAM	26.83
13 Kumbatira, Tsinde	16	MAW	27.49
14 Joseph, Michael J	16	TAN	27.51
15 Phillips, Haytham	16	RSA	27.78
16 Banda, Asher	16	MAW	27.86
17 Nyanzi, Tebi	15	UGA	28.38
18 Jele, Cameron T	15	ESWAT	28.91
19 Alimanya, Ethan	15	TAN	29.11

#95 Women 17-29 50 Meter Free

Name	Age	Team	Finals Time
1 Namutebi, Kirabo	17	UGA	26.45
2 Thorpe, Imara Bella	21	KENYA-ZZ	27.69
3 Chitsurura, Tanatsirwa	17	ZIM	27.91
4 Paljk, Tilka	25	ZAM	28.01
5 Elizabeth, Khema	17	SEY	28.08
6 Rollo, Riana	18	ZIM	28.46
7 Mutumbulua, Trisha	17	NAM	28.78
8 Engelhard, Lisa	17	NAM	28.83
9 Freitas, Maria Lopes	25	ANG	28.93
10 Mateus, Alicia	17	MOZ	29.11
11 Matthews, Tselane	18	BOT	29.70
12 Mbite, Christine R	18	RSA	29.77
13 Santo, Rafaela Espirito	17	ANG	29.89
14 Ncube, Angela L	18	RSA	30.09
15 Hughes, Naya L	17	BOT	30.31
16 Young, Robyn	21	ESWAT	30.71
17 Chang'anamuno, Tayam	21	MAW	31.65
18 Langa, Kyara	18	MOZ	31.77
19 Chibiya, Temwani A	18	ZAM	32.00
20 Gaikwad, Muskan	18	TAN	34.80

#96 Men 17-29 50 Meter Free

Name	Age	Team	Finals Time
1 Lawrence, Matthew G	18	MOZ	23.93
*2 Werrett, Cory	17	ZIM	24.20
*2 Rorke, Benjamin	17	ZIM	24.20
4 Mukalazi, Tendo	19	UGA	24.35
5 Saleh, Fadhil T	20	UGA	24.44
6 Fred, Tyler	19	SEY	24.59
7 Xavier, Kelsey D	19	MOZ	24.91
8 Saliboko, Collins P	20	TAN	24.95
9 Henning, Marco T	19	NAM	25.10
10 Furtado, Yusseni	17	ANG	25.38
11 Burger, Mikah K	17	NAM	25.40
12 Moosa, Shaquille D	20	ZAM	25.62
13 Swarts, Keeno A	17	RSA	25.75
14 Pires, Djamel	18	ANG	25.98
15 Mwamba, Wina M	18	ZAM	26.38
16 Gondo, Takundanashu	17	BOT	26.57
17 Kanja, Evans	17	KENYA-ZZ	27.31
18 Dlamini, Simanga	24	ESWAT	27.56
19 van Rooyen, Benco G	18	BOT	28.00
--- Moncherry, Adam	23	SEY	SCR

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#97 Mixed 14&U 4x100 Meter Medley Relay

RECORD: 4:28.11 # 2019 Republic of South Afr

K Keylock, E Kuhn, L Pillay, K Brown

Team	Relay	Finals Time
1 ZIM	A	4:36.86
Accorsi, Olivia W14	Vimba, Khaya M14	
Kalipengule, Limbikani M1	Dawe, Tori W14	
34.67	1:13.03	1:47.19
2:26.54	2:56.72	3:33.32
4:03.53	4:36.86	
2 RSA	A	4:39.18
September, Dominic J M14	Dreyer, Hein J M14	
Leask, Keira C W14	Froneman, Timara M W14	
1:10.60	1:44.36	2:25.09
2:57.35	3:36.96	4:39.18
3 ZAM	A	4:40.03
Findlay, Marlise R W14	Cooney, Zoah M14	
Miti, Tamenji W14	Cole, Mulenga M12	
35.51	1:13.19	1:48.81
2:29.61	3:02.22	3:42.03
4:40.03	4:09.70	4:40.03
4 BOT	A	4:44.71
Seetso, Nathan M14	Chang, Ji-eun W14	
Keitsile, Gaamangwe J M14	Chang, Yun-suh W13	
33.59	1:08.40	1:46.25
2:33.90	3:02.48	3:36.21
4:44.71	4:08.27	4:44.71
5 MOZ	A	4:58.99
Domingues, Ana Beatriz F	Pereira, Kelly W12	
Munguambe, Cleyton M14	Barradas, Hugo O M14	
1:21.77	2:05.48	2:58.04
3:26.83	4:01.11	4:28.62
4:58.99		
6 KENYA-ZZ	A	5:00.58
Olengo, Neo O M11	Caffini, Duini G W13	
Matimu, Nathan M13	Williams, Angel W13	
37.69	1:19.69	1:59.87
2:45.11	3:15.41	3:52.38
5:00.58	4:24.78	5:00.58
7 ANG	A	5:01.70
Morais, Nyriam W13	Cochofel, Jose M14	
Bredel, Rafael M14	Santo, Rhanya Daniela W12	
38.11	1:19.54	1:58.04
2:44.00	3:13.73	3:51.84
5:01.70	4:25.26	5:01.70
8 TAN	A	5:24.47
Demello, Filbertha W12	Okore, Austin I M13	
Tibazarwa, Mark M12	Goyayi, Lina W13	
39.77	1:25.82	2:02.29
2:50.48	3:24.57	4:06.93
5:24.47	4:42.79	5:24.47
9 MAW	A	6:00.08
Makwenda, Jeremiah T M1	Mkavea, Tujaliwe W14	
Mkavea, Tasunje M12	Haiya, Chisomo W14	
44.36	1:30.37	2:16.50
3:11.06	3:50.85	4:46.11
6:00.08	5:21.01	6:00.08
--- UGA	A	DQ
Mwase, Matthew P M14	Nsereko, Nathan M13	
Deshpande, Khyati W14	Katemba, Karimah W14	
1:18.51	2:40.47	
4:07.95	DQ	

#98 Mixed 15&O 4x100 Meter Medley Relay

RECORD: 4:17.46 # 2019 Republic of South Afr

C Casali, J Terblanche, M Shepherd, K Munro

Team	Relay	Finals Time
1 ZIM	A	4:17.46#
Katai, Donata W17	Werrett, Cory M17	
Franceys, Ryan M17	Chitsurura, Tanatsirwa W1	
32.80	1:07.45	1:37.70
2:14.30	2:41.83	3:15.85
4:17.46	3:44.53	4:17.46

2 MOZ	A	4:27.71
Munhemeze, Domingas W2	Lobo, Caio M M16	
Mateus, Alicia W17	Lawrence, Matthew G M18	
37.21	1:16.88	1:48.57
2:23.41	2:55.88	3:34.79
4:27.71	4:00.36	4:27.71
3 NAM	A	4:27.90
Wellmann, Arkel J M19	Redecker, Nicole W18	
Burger, Mikah K M17	Mutumbulua, Trisha W17	
30.97	1:04.33	1:41.90
2:25.19	2:52.70	3:25.24
4:27.90	3:55.25	4:27.90
4 SEY	A	4:28.29
Soukup, Therese W18	Miller, Joshua M17	
Payet, Damien M18	Elizabeth, Khema W17	
35.74	1:13.30	1:43.75
2:19.26	3:54.12	3:25.19
4:28.29	4:28.29	
5 RSA	A	4:28.93
Olsen, Amber J W16	Phillips, Haytham M16	
Jacobs, Hannah P W18	Pheeha, Junior J M16	
35.55	1:15.26	1:46.66
2:24.13	2:55.98	3:32.64
4:28.93	3:59.35	4:28.93
6 ZAM	A	4:34.64
Mulenga, Mwenya M16	Paljk, Tilka W25	
Mwaba, George B M20	Phiri, Jade A W15	
35.34	1:12.71	1:48.16
2:29.04	2:56.00	3:31.27
4:34.64	4:00.56	4:34.64
7 UGA	A	4:37.65
Mukalazi, Tendo M19	Mubiru, Swagiah W16	
Kabuye, Adnan M19	Namutebi, Kirabo W17	
32.84	1:07.52	1:46.96
2:33.48	3:03.06	3:38.36
4:37.65	4:07.03	4:37.65
8 BOT	A	4:39.58
Hughes, Naya L W17	Sethi, Reyhaan M18	
Ingwe, Kimberly N W16	Gondo, Takundanashe M17	
35.10	1:46.87	2:26.76
2:26.76	2:58.93	4:07.77
4:39.58	4:07.77	4:39.58
9 KENYA-ZZ	A	4:41.02
Bianchi, Maria W16	Kudwoli, Haniel M16	
Thorpe, Imara Bella W21	Kanja, Evans M17	
36.62	1:17.45	1:52.72
2:34.15	3:04.43	3:40.73
4:41.02	4:08.92	4:41.02
10 ANG	A	4:41.64
Furtado, Yusseni M17	Fernandes, Nhara W15	
Pires, Djamel M18	Freitas, Maria Lopes W25	
33.09	1:09.65	1:48.33
2:35.49	3:04.19	3:38.36
4:41.64	4:08.47	4:41.64
--- TAN	A	SCR

#99 Women 14&U 200 Meter Fly

RECORD: 2:28.01 # 2017 Tori C Oliver

Name	Age	Team	Finals Time
1 Hoy, Hayley	14	ESWAT	2:41.80
34.26	1:15.46	1:58.22	2:41.80
2 Miti, Tamenji	14	ZAM	2:59.46
	1:22.31	2:59.46	
3 Accorsi, Olivia	14	ZIM	3:01.54
37.12	1:23.22	2:16.83	3:01.54
4 Naukoshu, Ainoa	11	NAM	3:06.53
41.08	1:29.45	2:18.68	3:06.53
5 Mahobebe, Loyiso	14	ZIM	3:12.96
37.08	1:24.76	2:19.20	3:12.96
6 Domingues, Ana Beatriz	14	MOZ	3:17.38
39.59	1:29.88	2:23.41	3:17.38
7 Correia, Gabriella C	14	MOZ	3:27.04
43.24	1:35.86	2:33.72	3:27.04

--- Demello, Filbertha	12	TAN	DQ
36.65			
--- Desai, Mahek	13	TAN	DQ
43.29	1:38.15		

#100 Men 14&U 200 Meter Fly

RECORD: 2:19.83 # 2019 Victor AH Yong

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	2:20.30
	1:08.35	1:46.28	2:20.30
2 Munguambe, Cleyton	14	MOZ	2:24.55
31.42	1:07.59	1:45.17	2:24.55
3 Madamombe, Tarirai	14	ZIM	2:37.11
33.72		1:55.44	2:37.11
4 Ferreira, Bruno R	14	MOZ	2:38.24
32.62	1:11.61	1:54.32	2:38.24
5 Kalipengule, Limbikani	13	ZIM	2:51.44
36.36	1:18.94	2:05.36	2:51.44
6 Gomes, Seth	13	ZAM	2:54.32
37.40	1:19.40	2:06.25	2:54.32
7 Mosho, Abby	12	ZAM	2:59.98
39.31	1:26.19	2:14.72	2:59.98
*8 Sethi, Khalil	14	BOT	3:00.86
33.38	1:18.93	2:11.87	3:00.86
*8 Bredel, Rafael	14	ANG	3:00.86
37.21	1:24.33	2:14.44	3:00.86
10 Mukani, Isaac	13	TAN	3:01.49
38.25	1:24.27	2:13.91	3:01.49
11 Tibazarwa, Mark	12	TAN	3:01.65
35.61	1:21.13	2:12.56	3:01.65
12 Monnaemang, Ofentse B	14	RSA	3:03.09
35.36	1:19.58	3:03.09	
13 Mkavea, Tasunje	12	MAW	3:36.20
43.85	1:39.80	2:38.53	3:36.20

#101 Women 15-16 200 Meter Fly

RECORD: 2:30.12 # 2019 Heleni Stergiadis

Name	Age	Team	Finals Time
1 Mahobebe, Mkhuseleli	16	ZIM	2:37.68
35.40	1:15.09	1:55.41	2:37.68
2 Smidt, Clio J	15	RSA	2:49.25
	1:18.47	2:02.55	2:49.25
3 Finnis, Tiara L	16	RSA	2:53.72
36.74	1:21.39	2:07.13	2:53.72
4 Naukoshu, Ariana	15	NAM	2:55.90
36.62	1:20.98	2:07.97	2:55.90
5 Ramajan, Saira	16	ZIM	3:04.13
39.27	1:27.94	2:15.61	3:04.13
6 Lorenzo, Jasmine	15	ANG	3:23.73
41.30	1:32.08	2:28.20	3:23.73
--- Mosho, Chisanga	15	ZAM	DQ
38.32	1:23.25	2:10.79	DQ

#102 Men 15-16 200 Meter Fly

RECORD: 2:13.68 # 2017 James S Freeman

Name	Age	Team	Finals Time
1 Faftine, Kaio d	16	MOZ	2:20.71
30.57	1:07.05	1:44.42	2:20.71
2 Ngwenya, Onesimus	15	ZIM	2:31.37
31.58	1:08.02	2:31.37	
3 Mulenga, Frank J	15	ZAM	2:41.04
33.52	1:12.39	1:54.06	2:41.04
4 Garmroudi, Yusurf	15	BOT	2:45.65
32.46	1:11.20	1:55.87	2:45.65

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#102 Men 15-16 200 Meter Fly

Name	Age	Team	Finals Time
5 Ipilinga, Delbert	15	TAN	3:07.17
	35.93	1:23.23	2:16.12
			3:07.17
6 Mhlope, Andile T	15	ZIM	3:07.41
	33.61	1:14.97	2:06.96
			3:07.41
7 Joseph, Michael J	16	TAN	3:12.51
	36.44	1:24.58	2:20.24
			3:12.51

#103 Women 17-29 200 Meter Fly

Name	Age	Team	Finals Time
1 Engelhard, Lisa	17	NAM	2:33.92
	33.19	1:12.32	1:52.51
			2:33.92
2 Redecker, Nicole	18	NAM	2:40.90
	34.30	1:15.22	1:58.18
			2:40.90
3 Jacobs, Hannah P	18	RSA	2:48.93
	34.60	1:17.59	2:02.55
			2:48.93
4 Rollo, Riana	18	ZIM	3:06.09
	34.98	1:18.81	2:10.29
			3:06.09

#104 Men 17-29 200 Meter Fly

Name	Age	Team	Finals Time
1 Burger, Mikah K	17	NAM	2:15.46
		1:04.39	1:39.90
			2:15.46
2 Saliboko, Collins P	20	TAN	2:19.21
	29.51	1:04.28	1:41.06
			2:19.21
3 Henning, Marco T	19	NAM	2:20.48
	30.19	1:05.82	1:43.01
			2:20.48
4 Payet, Damien	18	SEY	2:26.00
	32.18	1:09.47	1:47.98
			2:26.00
5 Mwamba, Wina M	18	ZAM	2:33.56
	32.11	1:09.99	1:49.99
			2:33.56
6 Dlamini, Simanga	24	ESWAT	2:34.26
	31.49	1:09.37	1:50.28
			2:34.26
7 van Rooyen, Benco G	18	BOT	2:34.45
	31.28	1:10.81	1:53.18
			2:34.45
8 Ngwenya, Nathan	17	ZIM	2:44.65
	32.35	1:11.56	2:44.65
--- Lutango, Emanuel	17	ANG	NS

#105 Women 12&U 100 Meter Free

RECORD: 1:03.80 # 2016 JVAN DER WESTHUIZ

Name	Age	Team	Finals Time
1 Kalombo, Macrine A	12	KENYA-ZZ	1:06.51
	32.39	1:06.51	
2 Choto, Ruvarashe	11	ZIM	1:07.35
	31.39	1:07.35	
3 Mitu, Sibongile	11	ZAM	1:09.43
	31.69	1:09.43	
4 Kesilwe, Kutlo L	12	BOT	1:09.94
	32.78	1:09.94	
5 Kachra, Aminaz	12	TAN	1:09.96
6 Mpfumo, Marta	12	MOZ	1:10.17
	33.56	1:10.17	
7 Demello, Filbertha	12	TAN	1:10.24
	33.04	1:10.24	
8 Saleshando, Melodi	12	BOT	1:11.16
	33.68	1:11.16	
9 Tome, Zuri R	12	MOZ	1:11.17
	34.42	1:11.17	
10 Onderi, Jade I	12	KENYA-ZZ	1:11.90
	33.70	1:11.90	
11 Naukosho, Ainoa	11	NAM	1:12.66
	34.57	1:12.66	

12 Holscher, Courtney	12	ZAM	1:13.21
13 Sibanda, Mbali	12	ZIM	1:14.63
14 Suubi, Mary P	11	UGA	1:17.93
15 Akol, Alexis M	12	UGA	1:20.17
	38.31	1:20.17	
--- Kanjadza, Danielle	11	MAW	NS
--- Santo, Rhanya Daniela	12	ANG	NS

#106 Men 12&U 100 Meter Free

RECORD: 1:00.69 # 2017 Mikah K Burger

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	58.22#
	28.01	58.22	
2 Tibazarwa, Mark	12	TAN	1:04.54
	31.16	1:04.54	
3 Guta, Kyle	12	ZIM	1:05.88
4 Cohen, Mason E	12	MOZ	1:06.36
	30.28	1:06.36	
5 Moshu, Abby	12	ZAM	1:07.00
	31.76	1:07.00	
6 Fraser, Luca	11	ESWAT	1:07.23
	31.21	1:07.23	
7 Furtado, Marco	12	ANG	1:07.39
	32.19	1:07.39	
8 Nyakundi, Joel	11	KENYA-ZZ	1:10.61
	34.23	1:10.61	
9 Jerahuni, Nathaniel	11	ZIM	1:10.64
	33.19	1:10.64	
10 Viseu, Keanu E	12	MOZ	1:11.30
	33.69	1:11.30	
11 Makwenda, Jeremiah T	12	MAW	1:11.77
	34.18	1:11.77	
12 Barretto, Enrico	12	TAN	1:12.63
13 Khango, Letshego	12	BOT	1:13.33
	35.80	1:13.33	
14 Modirelabangwe, Tema	12	BOT	1:14.68
	36.24	1:14.68	
15 Chizonda, Jordan	12	MAW	1:20.79
	38.23	1:20.79	

#107 Women 13-14 100 Meter Free

RECORD: 1:01.42 # 2019 Kelly-Ann Brown

Name	Age	Team	Finals Time
1 Froneman, Timara M	14	RSA	1:01.72
2 Dawe, Tori	14	ZIM	1:02.31
3 Findlay, Marlise R	14	ZAM	1:03.63
	30.54	1:03.63	
4 Katemba, Karimah	14	UGA	1:04.37
	30.40	1:04.37	
5 Chandiwana, Tafadzwa	13	ZIM	1:05.50
6 Caffini, Duini G	13	KENYA-ZZ	1:05.65
	30.84	1:05.65	
7 Leask, Keira C	14	RSA	1:05.89
	30.77	1:05.89	
8 Langat, Audrey Chebet	14	KENYA-ZZ	1:06.17
	31.02	1:06.17	
9 Morais, Nyriam	13	ANG	1:07.41
	32.14	1:07.41	
10 Hoy, Hayley	14	ESWAT	1:07.44
	32.04	1:07.44	
11 Rossouw, Chloe	14	NAM	1:07.74
	32.01	1:07.74	
12 Chang, Yun-suh	13	BOT	1:09.00
	33.07	1:09.00	

13 Ohm, Michaela	14	NAM	1:09.52
	31.98	1:09.52	
14 Atia, Tendo	13	UGA	1:10.89
	33.82	1:10.89	
15 Chang, Ji-eun	14	BOT	1:11.58
	33.55	1:11.58	
16 Santo, Inara	14	ANG	1:12.35
	35.42	1:12.35	
17 Haiya, Chisomo	14	MAW	1:12.76
	34.14	1:12.76	
18 Mulenga, Mutale M	13	ZAM	1:12.92
	33.87	1:12.92	
19 Ngoshani, Mischa K	14	TAN	1:13.29
	33.88	1:13.29	
20 Wood, Devi E	13	MOZ	1:16.85
21 Rebello, Zoe	14	MAW	1:17.44
	35.42	1:17.44	
22 Desai, Mahek	13	TAN	1:18.57
	36.25	1:18.57	
23 Correia, Gabriella C	14	MOZ	1:20.77
	37.60	1:20.77	
--- Labuschagne, Isabelle	14	SEY	SCR

#108 Men 13-14 100 Meter Free

RECORD: 54.81 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
*1 Munguambe, Cleyton	14	MOZ	56.83
*1 Barradas, Hugo O	14	MOZ	56.83
	27.42	56.83	
3 Durand, Oliver B	14	NAM	57.13
	27.19	57.13	
4 Matimu, Nathan	13	KENYA-ZZ	58.37
	28.08	58.37	
5 Keitsile, Gaamangwe J	14	BOT	58.44
	27.70	58.44	
6 Vimba, Khaya	14	ZIM	59.71
	29.21	59.71	
7 Mbao, Benaiah M	14	ZAM	59.99
	28.87	59.99	
8 Mothibatsela, Ntsika	14	BOT	1:00.16
	29.13	1:00.16	
9 Kalipengule, Limbikani	13	ZIM	1:00.28
10 Kaumi, Pendo	14	UGA	1:00.32
	29.94	1:00.32	
11 Bredel, Rafael	14	ANG	1:00.35
	29.01	1:00.35	
12 September, Dominic J	14	RSA	1:01.31
13 Cataldi, Giacinto	13	ZAM	1:02.73
	29.01	1:02.73	
14 Cochofel, Jose	14	ANG	1:03.46
	29.92	1:03.46	
15 Fraser, Tiano	13	ESWAT	1:03.82
	29.63	1:03.82	
16 Monnaemang, Ofentse B	14	RSA	1:03.87
17 Inhesiko, Peterson	13	UGA	1:04.34
18 Okore, Austin I	13	TAN	1:04.36
	30.91	1:04.36	
19 Mukani, Isaac	13	TAN	1:11.28
20 De Sousa, Pedro	13	ESWAT	1:11.66
	35.18	1:11.66	
--- Padre, David	14	ANG	SCR

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#109 Women 15-16 100 Meter Free

RECORD: 59.82 # 2019 Kelsea Munro

Name	Age	Team	Finals Time
1 Bianchi, Maria	16	KENYA-ZZ	1:03.09
	30.28	1:03.09	
2 Goodinson, Kiara	16	ZIM	1:03.11
	29.55	1:03.11	
3 Phiri, Jade A	15	ZAM	1:04.03
	30.11	1:04.03	
4 Olsen, Amber J	16	RSA	1:04.32
	30.40	1:04.32	
5 Finnis, Tiara L	16	RSA	1:04.42
6 Harry, Kyra	15	BOT	1:04.75
	31.14	1:04.75	
7 Ngambi, Gabriella	15	ZAM	1:05.06
	30.70	1:05.06	
8 Fernandes, Nhara	15	ANG	1:05.45
	30.15	1:05.45	
9 Ingwe, Kimberly N	16	BOT	1:05.64
	31.59	1:05.64	
10 Stange, Maya A	16	NAM	1:05.71
	30.64	1:05.71	
11 Kinnaird, Brynné B	15	NAM	1:06.83
	32.37	1:06.83	
12 Musere, Matida	15	ZIM	1:08.50
13 Naukosho, Ariana	15	NAM	1:10.12
	33.13	1:10.12	
14 Lourenco, Milena	15	ANG	1:10.16
	32.84	1:10.16	
15 Fernandes, Sophie M	15	MOZ	1:10.64
	32.80	1:10.64	
16 Makwenda, Jessica T	16	MAW	1:11.25
	31.91	1:11.25	
17 Correia, Maira L	16	MOZ	1:11.41
	33.40	1:11.41	
18 Dlamini, Siwakhile T	16	ESWAT	1:11.60
19 Young, Raya	16	ESWAT	1:12.72

#110 Men 15-16 100 Meter Free

RECORD: 53.39 # 2017 Matthew Bosch

Name	Age	Team	Finals Time
1 Ohm, Oliver	16	NAM	54.28
	25.70	54.28	
2 Pheeha, Junior J	16	RSA	55.91
	26.47	55.91	
3 Lobo, Caio M	16	MOZ	56.54
	27.19	56.54	
4 Mhlanga, Bjorn N	15	ZIM	56.65
5 Boca, Diego	15	MOZ	56.67
	26.88	56.67	
6 Magongo, Brave	16	NAM	57.28
	27.56	57.28	
7 Fortes, Alex	16	ANG	58.31
	27.52	58.31	
8 Mulenga, Mwenya	16	ZAM	58.58
	27.98	58.58	
9 Nkunzi, Awande	16	RSA	58.78
	28.06	58.78	
10 Newman, Khumo	16	BOT	58.99
	27.64	58.99	
11 Matthews, Mmusi	15	BOT	59.29
	28.11	59.29	

12 Ngwenya, Onesimus	15	ZIM	59.32
	28.07	59.32	
13 Mulenga, Frank J	15	ZAM	1:02.77
	30.79	1:02.77	
14 Joseph, Michael J	16	TAN	1:03.81
	30.15	1:03.81	
15 Moosa, Muhammad A	16	MAW	1:04.78
	31.25	1:04.78	
16 Ipilinga, Delbert	15	TAN	1:04.86
	31.24	1:04.86	
17 Jele, Cameron T	15	ESWAT	1:05.33
18 Nyanzi, Tebi	15	UGA	1:05.69
	30.81	1:05.69	
19 Banda, Asher	16	MAW	1:05.78
	30.11	1:05.78	

#111 Women 17-29 100 Meter Free

Name	Age	Team	Finals Time
1 Namutebi, Kirabo	17	UGA	59.83
	29.23	59.83	
2 Thorpe, Imara Bella	21	KENYA-ZZ	1:00.71
	28.88	1:00.71	
3 Freitas, Maria Lopes	25	ANG	1:01.59
	29.60	1:01.59	
4 Chitsurura, Tanatsirwa	17	ZIM	1:02.01
	29.44	1:02.01	
5 Mutumbulua, Trisha	17	NAM	1:02.02
	29.77	1:02.02	
6 Rollo, Riana	18	ZIM	1:02.73
	30.35	1:02.73	
7 Elizabeth, Khema	17	SEY	1:03.25
	30.11	1:03.25	
8 Engelhard, Lisa	17	NAM	1:03.78
	30.10	1:03.78	
9 Mbite, Christine R	18	RSA	1:03.79
10 Paljk, Tilka	25	ZAM	1:03.88
11 Santo, Rafaela Espirito	17	ANG	1:05.22
	30.66	1:05.22	
12 Mateus, Alicia	17	MOZ	1:05.29
	31.17	1:05.29	
13 Matthews, Tselane	18	BOT	1:06.24
	31.73	1:06.24	
14 Young, Robyn	21	ESWAT	1:07.50
	32.39	1:07.50	
15 Ncube, Angela L	18	RSA	1:08.96
	33.12	1:08.96	
16 Munhemeze, Domingas	20	MOZ	1:09.01
	32.12	1:09.01	
17 Hughes, Naya L	17	BOT	1:09.27
	33.30	1:09.27	
18 Chibiya, Temwani A	18	ZAM	1:14.54
	34.29	1:14.54	
19 Chang'anamuno, Tayam	21	MAW	1:16.81
	34.67	1:16.81	
20 Gaikwad, Muskan	18	TAN	1:18.22

#112 Men 17-29 100 Meter Free

Name	Age	Team	Finals Time
1 Werrett, Cory	17	ZIM	52.84
	25.92	52.84	
2 Rorke, Benjamin	17	ZIM	53.56
	25.63	53.56	
3 Lawrence, Matthew G	18	MOZ	53.57
	25.37	53.57	

4 Fred, Tyler	19	SEY	53.67
	25.84	53.67	
5 Saliboko, Collins P	20	TAN	54.74
	26.01	54.74	
6 Xavier, Kelsey D	19	MOZ	55.11
	25.70	55.11	
7 Wellmann, Arkell J	19	NAM	56.12
	27.15	56.12	
8 Burger, Mikah K	17	NAM	56.30
	26.72	56.30	
9 Saleh, Fadhil T	20	UGA	56.49
	27.49	56.49	
10 Swarts, Keeno A	17	RSA	57.64
	27.46	57.64	
11 Mwaba, George B	20	ZAM	57.78
	28.35	57.78	
12 Gondo, Takundanashe	17	BOT	58.77
13 Pires, Djamel	18	ANG	59.63
	27.99	59.63	
14 van Rooyen, Benco G	18	BOT	1:00.81
	29.13	1:00.81	
15 Kanja, Evans	17	KENYA-ZZ	1:01.02
	29.34	1:01.02	
16 Furtado, Yusseni	17	ANG	1:01.70
	28.23	1:01.70	
17 Moosa, Shaquille D	20	ZAM	1:02.99
--- Mukalazi, Tendo	19	UGA	NS
--- Dlamini, Simanga	24	ESWAT	SCR
--- Moncherry, Adam	23	SEY	SCR

#113 Women 12&U 200 Meter IM

RECORD: 2:41.25 # 2015 Tailyn Seyffert

Name	Age	Team	Finals Time
1 Kalombo, Macrine A	12	KENYA-ZZ	2:52.92
	39.50	1:24.84	2:52.92
2 Alala, Marion J	11	KENYA-ZZ	2:54.09
	36.17	1:20.45	2:13.31
			2:54.09
3 Miti, Sibongile	11	ZAM	2:54.66
	35.43	1:23.08	2:15.78
			2:54.66
4 Demello, Filbertha	12	TAN	2:55.92
	36.20	1:22.13	2:18.21
			2:55.92
5 Naukosho, Ainoa	11	NAM	2:56.61
	40.02	1:26.74	2:19.57
			2:56.61
6 Bhana, Adrianna	12	ZIM	3:01.53
	2:19.84	1:27.62	3:01.53
7 Santo, Rhanya Daniela	12	ANG	3:02.04
	41.00	1:27.68	2:24.00
			3:02.04
8 Kirabo, Paloma	12	UGA	3:02.71
	38.37	1:25.53	2:25.08
			3:02.71
9 Pereira, Kelly	12	MOZ	3:02.90
	37.35	1:26.13	2:22.15
			3:02.90
10 Tome, Zuri R	12	MOZ	3:08.15
	41.15	1:30.55	2:27.55
			3:08.15
11 Holscher, Courtney	12	ZAM	3:11.22
	39.56	1:27.28	2:28.06
			3:11.22
12 Sibanda, Mbali	12	ZIM	3:11.32
	41.17	1:32.37	2:27.80
			3:11.32
13 Kachra, Aminaz	12	TAN	3:18.82
	39.15	1:31.05	2:36.72
			3:18.82
14 Onyadile, Tudueto T	11	BOT	3:23.81
	44.65	1:39.97	2:40.86
			3:23.81
15 Kesilwe, Kutlo L	12	BOT	3:24.46
	40.93	1:35.09	2:40.17
			3:24.46

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#114 Men 12&U 200 Meter IM

RECORD: 2:31.82 # 2017 Mikah K Burger

Name	Age	Team	Finals Time
1 Cole, Mulenga	12	ZAM	2:34.43
	32.02	1:10.93	1:58.70
			2:34.43
2 Cohen, Mason E	12	MOZ	2:44.17
		1:19.91	2:44.17
3 Olengo, Neo O	11	KENYA-ZZ	2:47.86
	34.97	1:20.21	2:08.81
			2:47.86
4 Tibazarwa, Mark	12	TAN	2:48.52
	34.07	1:20.12	2:12.57
			2:48.52
5 Furtado, Marco	12	ANG	2:48.68
	33.89	1:17.41	2:11.70
			2:48.68
6 Fraser, Luca	11	ESWAT	2:51.67
	37.17	1:23.91	2:11.93
			2:51.67
7 Menete, Lazaro	12	MOZ	2:54.95
	38.23		2:12.84
			2:54.95
8 Moshu, Abby	12	ZAM	2:55.56
	34.88	1:20.65	2:15.87
			2:55.56
9 Nyakundi, Joel	11	KENYA-ZZ	2:58.44
10 Guta, Kyle	12	ZIM	2:59.28
	35.72	1:23.92	2:17.41
			2:59.28
11 Missokia, Julius	11	TAN	3:00.57
	37.24	1:24.76	2:22.15
			3:00.57
12 Jerahuni, Nathaniel	11	ZIM	3:07.17
	38.80	1:28.61	2:24.18
			3:07.17
13 Modirelabangwe, Tema	12	BOT	3:09.50
	36.46	1:25.39	2:23.26
			3:09.50
14 Nthomiwa, Wapego	11	BOT	3:16.63
	41.65	1:35.32	2:31.53
			3:16.63
15 Mkavea, Tasunje	12	MAW	3:17.74
	43.49	1:34.94	2:34.58
			3:17.74
16 Chongwe, Ian	11	MAW	3:19.58
	43.83	1:37.82	2:37.70
			3:19.58

#115 Women 13-14 200 Meter IM

RECORD: 2:30.46 # 2019 Emma A Kuhn

Name	Age	Team	Finals Time
1 Froneman, Timara M	14	RSA	2:34.72
	32.50	1:11.97	1:59.79
			2:34.72
2 Hoy, Hayley	14	ESWAT	2:40.22
	32.93	1:15.27	2:03.68
			2:40.22
3 Leask, Keira C	14	RSA	2:41.16
	2:04.02	1:13.90	2:41.16
4 Caffini, Duini G	13	KENYA-ZZ	2:42.84
	33.83	1:15.82	2:03.96
			2:42.84
5 Findlay, Marlise R	14	ZAM	2:46.31
	33.69	1:15.00	2:06.39
			2:46.31
6 Accorsi, Olivia	14	ZIM	2:46.85
	35.73	1:15.88	2:09.33
			2:46.85
7 Miti, Tamenji	14	ZAM	2:49.36
	34.01	1:18.68	2:09.06
			2:49.36
8 Rossouw, Chloe	14	NAM	2:50.25
	36.46	1:21.00	2:11.10
			2:50.25
9 Dawe, Tori	14	ZIM	2:56.99
	35.92	1:19.48	2:15.96
			2:56.99
10 Morais, Nyriam	13	ANG	2:58.70
	37.74	1:24.25	2:19.87
			2:58.70
11 Atia, Tendo	13	UGA	3:01.80
	36.20	1:22.90	2:19.60
			3:01.80
12 Williams, Amy	13	BOT	3:02.66
	37.06	1:27.14	2:22.64
			3:02.66

13 Domingues, Ana Beatriz	14	MOZ	3:03.16
	36.75	1:24.76	2:21.71
			3:03.16
14 Goyayi, Lina	13	TAN	3:05.36
		1:27.99	2:24.98
			3:05.36
15 Ingwe, Sally	14	BOT	3:06.79
	40.20	1:26.59	2:25.21
			3:06.79
16 Desai, Mahek	13	TAN	3:09.96
	39.46	1:28.84	2:25.80
			3:09.96
17 Nunes, Ana	14	ANG	3:12.08
	40.32	1:30.16	2:12.85
			3:12.08
18 Wood, Devi E	13	MOZ	3:18.50
		1:31.49	3:18.50

#116 Men 13-14 200 Meter IM

RECORD: 2:20.05 # 2017 Ethan R Spieker

Name	Age	Team	Finals Time
1 Durand, Oliver B	14	NAM	2:17.59#
	28.84	1:05.42	1:45.56
			2:17.59
2 Barradas, Hugo O	14	MOZ	2:29.89
	29.46	1:08.83	1:55.58
			2:29.89
3 Bhana, Kayden	14	ZIM	2:32.13
	32.58	1:12.07	1:56.30
			2:32.13
4 Kaumi, Pendo	14	UGA	2:33.60
	30.94	1:11.33	2:00.89
			2:33.60
5 Dreyer, Hein J	14	RSA	2:36.02
		1:16.83	1:58.78
			2:36.02
6 Cooney, Zoah	14	ZAM	2:36.28
	36.10	1:18.21	2:01.32
			2:36.28
7 Kalipengule, Limbikani	13	ZIM	2:41.74
	33.03	1:17.06	2:04.49
			2:41.74
8 Okore, Austin I	13	TAN	2:42.36
		1:16.96	2:42.36
9 Ferreira, Bruno R	14	MOZ	2:42.45
	32.30	1:18.18	2:05.55
			2:42.45
10 Mulenga, Joshua	13	ZAM	2:43.35
	33.50	1:15.95	2:06.06
			2:43.35
11 September, Dominic J	14	RSA	2:43.74
	34.86	1:16.01	2:06.80
			2:43.74
12 Seetso, Nathan	14	BOT	2:44.03
	33.41	1:13.68	2:03.33
			2:44.03
13 Cochofel, Jose	14	ANG	2:44.84
	34.04	1:16.47	2:03.84
			2:44.84
14 Sethi, Khalil	14	BOT	2:53.33
	33.36	1:22.23	2:09.15
			2:53.33
15 Barungi, Ryan	13	UGA	3:06.46
	40.76	1:31.18	2:24.27
			3:06.46
--- Mukani, Isaac	13	TAN	DQ
	35.64	1:23.80	2:16.34
			DQ

#117 Women 15-16 200 Meter IM

RECORD: 2:26.18 # 2017 Christin Mundell

Name	Age	Team	Finals Time
1 Bianchi, Maria	16	KENYA-ZZ	2:37.66
	33.03	1:15.67	2:02.70
			2:37.66
2 Ingwe, Kimberly N	16	BOT	2:39.80
		1:13.61	2:39.80
3 Naukosho, Ariana	15	NAM	2:43.14
		1:18.34	2:43.14
4 Dhembu, Vhenekai	15	ZIM	2:43.36
	33.26	1:16.59	2:03.10
			2:43.36
5 Guymer, Rachel O	16	RSA	2:44.58
	35.47	1:17.13	2:07.37
			2:44.58
6 Kinnaird, Brynné B	15	NAM	2:45.81
	36.64	1:19.40	2:07.88
			2:45.81

7 Phiri, Jade A	15	ZAM	2:46.51
		1:19.54	2:46.51
8 Mahobebe, Mkhuseleli	16	ZIM	2:47.42
	33.65	1:16.16	2:08.02
			2:47.42
9 Coates, Johanna K	15	ZAM	2:47.58
	38.54	1:21.98	2:08.74
			2:47.58
10 Finnis, Tiara L	16	RSA	2:48.83
	36.06	1:20.22	2:10.44
			2:48.83
11 Fernandes, Nhara	15	ANG	2:56.41
		1:24.44	2:56.41
12 Xavier, Filipa	15	MOZ	2:56.54
	37.60	1:24.05	2:13.89
			2:56.54
13 Fernandes, Sophie M	15	MOZ	2:56.79
	35.00	1:21.98	2:16.14
			2:56.79
14 Williams, Ella	15	BOT	3:00.60
		1:24.86	3:00.60
15 Lourenco, Milena	15	ANG	3:03.06
	37.92	1:24.60	2:20.01
			3:03.06
16 Makwenda, Jessica T	16	MAW	3:13.18
	36.74	1:25.52	2:23.17
			3:13.18
--- Dlamini, Siwakhile T	16	ESWAT	DQ
	35.43	1:26.50	2:28.79
			DQ

#118 Men 15-16 200 Meter IM

RECORD: 2:15.77 # 2019 Cameron J Casali

Name	Age	Team	Finals Time
1 Lobo, Caio M	16	MOZ	2:18.07
	29.43	1:05.75	1:44.13
			2:18.07
2 Faftine, Kaio d	16	MOZ	2:20.57
		1:06.25	2:20.57
3 Nkunzi, Awande	16	RSA	2:21.70
		1:05.94	2:21.70
4 Magongo, Brave	16	NAM	2:27.44
	29.50	1:06.59	1:51.08
			2:27.44
5 Pheeha, Junior J	16	RSA	2:29.41
	29.33	1:08.40	1:53.73
			2:29.41
6 Matthews, Mmusi	15	BOT	2:29.61
	29.65	1:06.78	1:54.74
			2:29.61
7 Ngwenya, Onesimus	15	ZIM	2:30.88
	29.92	1:09.50	1:55.66
			2:30.88
8 Madziyire, Nigel	16	ZIM	2:31.54
	29.61	1:08.65	1:54.27
			2:31.54
9 Newman, Khumo	16	BOT	2:33.42
	29.70	1:12.19	1:57.47
			2:33.42
10 Nagapin, Nathan	16	SEY	2:34.35
		1:12.51	2:34.35
11 Moyo, Zach	15	ZAM	2:35.29
	31.75	1:15.35	1:59.35
			2:35.29
12 Fortes, Alex	16	ANG	2:38.07
	30.52	1:11.79	2:00.43
			2:38.07
13 Mulenga, Mwenya	16	ZAM	2:39.07
	31.46	1:17.57	2:04.60
			2:39.07
14 Kudwoli, Haniel	16	KENYA-ZZ	2:39.78
	31.37	1:13.52	1:59.11
			2:39.78
15 Ipilinga, Delbert	15	TAN	2:39.80
16 Joseph, Michael J	16	TAN	2:48.89
	33.43	1:19.14	2:14.48
			2:48.89
17 Kumbatira, Tsinde	16	MAW	2:56.75
		1:19.84	2:56.75
18 Moosa, Muhammad A	16	MAW	2:58.40
	35.57	1:22.11	2:17.15
			2:58.40
19 Jele, Cameron T	15	ESWAT	3:02.39
		1:30.31	3:02.39

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#119 Women 17-29 200 Meter IM

Name	Age	Team	Finals Time
1 Thorpe, Imara Bella	21	KENYA-ZZ	2:32.55
29.87	1:09.38	1:56.07	2:32.55
2 Redecker, Nicole	18	NAM	2:34.14
33.24	1:14.17	1:57.96	2:34.14
3 Freitas, Maria Lopes	25	ANG	2:35.55
1:59.50	1:14.42	2:35.55	
4 Mbite, Christine R	18	RSA	2:36.16
	1:16.43	2:36.16	
5 Schultz, Timea	17	ZIM	2:36.93
	1:11.97	2:36.93	
6 Soukup, Therese	18	SEY	2:38.81
33.21	1:14.32	2:03.88	2:38.81
7 Rollo, Riana	18	ZIM	2:38.92
32.14	1:12.73	2:00.44	2:38.92
8 Esslinger, Tiana	18	NAM	2:39.41
34.70	1:14.04	2:02.97	2:39.41
9 Jacobs, Hannah P	18	RSA	2:39.75
32.58	1:16.13	2:02.97	2:39.75
10 Hughes, Naya L	17	BOT	2:50.05
34.92	1:16.69	2:08.55	2:50.05
11 Munhemeze, Domingas	20	MOZ	2:54.04
35.83	1:19.56	2:13.70	2:54.04
12 Chibiya, Temwani A	18	ZAM	3:10.00
40.11	1:29.73	2:23.67	3:10.00
--- Matthews, Tselane	18	BOT	DQ
36.76	1:19.98	2:13.91	DQ

#120 Men 17-29 200 Meter IM

Name	Age	Team	Finals Time
1 Werrett, Cory	17	ZIM	2:18.09
29.10	1:06.91	1:46.50	2:18.09
2 Burger, Mikah K	17	NAM	2:19.54
28.58	1:06.91	1:48.41	2:19.54
3 Pale, Justino	19	MOZ	2:20.52
28.77	1:03.25	1:46.71	2:20.52
4 Wellmann, Arkell J	19	NAM	2:21.72
29.70	1:08.04	1:49.62	2:21.72
5 Swarts, Keeno A	17	RSA	2:21.92
	1:06.37	2:21.92	
6 Kabuye, Adnan	19	UGA	2:22.12
28.04	1:04.45	1:48.53	2:22.12
7 Miller, Joshua	17	SEY	2:23.86
29.13	1:09.07	1:48.49	2:23.86
8 Rorke, Benjamin	17	ZIM	2:25.85
28.46	1:08.34	1:49.98	2:25.85
9 Sethi, Reyhaan	18	BOT	2:30.67
31.44	1:11.84	1:54.28	2:30.67
10 Settumba, Paulsen	17	UGA	2:33.57
30.05	1:11.05	1:57.76	2:33.57
11 Tamele, Alan J	20	MOZ	2:33.83
	1:09.62	2:33.83	
12 Gondo, Takundanash	17	BOT	2:38.14
30.23	1:13.01	2:00.12	2:38.14
13 Mwamba, Wina M	18	ZAM	2:39.35
29.66	1:14.76	2:01.73	2:39.35
--- Mwaba, George B	20	ZAM	DQ
27.64	1:09.37	1:58.56	DQ
--- Lutango, Emanuel	17	ANG	NS
--- Freitas, Filipe Simoes	17	ANG	SCR
--- Vidot, Alain	17	SEY	SCR

#121 Women 14&U 4x50 Meter Free Relay

RECORD: 1:55.27 # 2019 Republic of South Afr

K Brown, L Coetzee, C Clifton-Smith, E Kuhn

Team	Relay	Finals Time
1 ZIM	A	1:56.14
Dawe, Tori 14	Choto, Ruvarashe 11	
Chandiwana, Tanatswa 13	Chandiwana, Tafadzwa 13	
29.44	59.31	1:27.30
1:56.14		
2 ZAM	A	1:59.23
Findlay, Marlise R 14	Miti, Tamenji 14	
Miti, Sibongile 11	Mulenga, Avrora M 13	
29.00	58.08	1:27.35
1:59.23		
3 RSA	A	2:00.04
Froneman, Timara M 14	Leask, Keira C 14	
Valli, Farhah 14	Dube, Caitlyn 13	
28.56	57.90	1:29.25
2:00.04		
4 KENYA-ZZ	A	2:02.67
Kalombo, Macrine A 12	Onderi, Jade I 12	
Williams, Angel 13	Caffini, Duini G 13	
	1:03.33	2:02.67
5 UGA	A	2:03.97
Katemba, Karimah 14	Magezi, Isabella 14	
Kirabo, Paloma 12	Atia, Tendo 13	
	1:00.63	2:03.97
6 ANG	A	2:04.53
Nunes, Ana 14	Santo, Inara 14	
Santo, Rhanya Daniela 12	Morais, Nyriam 13	
32.32	2:04.63	1:34.83
2:04.53		
7 BOT	A	2:04.77
Chang, Yun-suh 13	Ingwe, Sally 14	
Saleshando, Melodi 12	Chang, Ji-eun 14	
30.51	1:02.70	1:34.46
2:04.77		
8 MOZ	A	2:06.70
Pereira, Kelly 12	Mpfumo, Marta 12	
Tome, Zuri R 12	Domingues, Ana Beatriz F 12	
32.08	1:03.24	1:35.61
2:06.70		
9 TAN	A	2:08.03
Demello, Filbertha 12	Goyayi, Lina 13	
Ngoshani, Mischa K 14	Kachra, Aminaz 12	
31.28	1:04.28	1:36.31
2:08.03		
10 MAW	A	2:16.77
Rebello, Zoe 14	Mkavea, Tujaliwe 14	
Chatama, Tyra 11	Haiya, Chisomo 14	
	1:08.40	2:16.77

#122 Men 14&U 4x50 Meter Free Relay

RECORD: 1:46.02 # 2017 Republic of South Afr

E Spieker, B Remley, L Taukobong, J Botha

Team	Relay	Finals Time
1 MOZ	A	1:48.44
Barradas, Hugo O 14	Viseu, Keanu E 12	
Cohen, Mason E 12	Munguambe, Cleyton 14	
26.17	54.39	1:23.18
1:48.44		
2 ZIM	A	1:48.74
Vimba, Khaya 14	Bhana, Kayden 14	
Guta, Kyle 12	Kalipengule, Limbikani 13	
26.29	53.98	1:22.38
1:48.74		
3 ZAM	A	1:49.09
Cole, Mulenga 12	Mbao, Benaiah M 14	
Cataldi, Giacinto 13	Gomes, Seth 13	
	53.36	1:49.09
4 BOT	A	1:50.03
Mothibatsela, Ntsika 14	Sethi, Khalil 14	
Seetso, Nathan 14	Keitsile, Gaamangwe J 14	
	56.94	1:50.03

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

*5 UGA	A	1:52.19		
Inhesiko, Peterson 13	Nahamya, Malcolm 13			
Mwase, Matthew P 14	Kaumi, Pendo 14			
	57.52	1:52.19		
*5 RSA	A	1:52.19		
Monnaemang, Ofentse B 14	Dreyer, Hein J 14			
Mpungose, Art N 13	September, Dominic J 14			
	28.18	56.15	1:24.75	1:52.19
7 ANG	A	1:52.45		
Furtado, Marco 12	Cochofel, Jose 14			
Padre, David 14	Bredel, Rafael 14			
	29.88	56.58	1:25.22	1:52.45
8 TAN	A	2:02.59		
Okore, Austin I 13	Tibazarwa, Mark 12			
Mukani, Isaac 13	Missokia, Julius 11			
	28.13	58.16	1:30.06	2:02.59
9 MAW	A	2:13.14		
Chongwe, Ian 11	Chizonda, Jordan 12			
Makwenda, Jeremiah T 12	Mkavea, Tasunje 12			
	1:09.92	2:13.14		
#123 Women 15&O 4x50 Meter Free Relay				
RECORD: 1:52.87 # 2017 ZIM A cana 17				
N Mukonoweshuro, D Leask, M Koen, R Lee				
Team	Relay	Finals Time		
1 ZIM	A	1:52.97		
Katai, Donata 17	Rollo, Riana 18			
Dhemba, Vhenekai 15	Chitsurura, Tanatsirwa 17			
	28.04	56.23	1:24.61	1:52.97
2 ZAM	A	1:54.71		
Paljk, Tilka 25	Phiri, Jade A 15			
Ngambi, Gabriella 15	Liacopoulos, Antonia 16			
	28.08	56.43	1:25.13	1:54.71
3 NAM	A	1:54.74		
Engelhard, Lisa 17	Stange, Maya A 16			
Esslinger, Tiana 18	Mutumbulua, Trisha 17			
	28.70	58.04	1:26.71	1:54.74
4 RSA	A	1:55.72		
Jacobs, Hannah P 18	Olsen, Amber J 16			
Guymer, Rachel O 16	Mbite, Christine R 18			
	28.97	58.02	1:27.10	1:55.72
5 ANG	A	1:57.27		
Fernandes, Nhara 15	Lourenco, Milena 15			
Santo, Rafaela Espirito 17	Freitas, Maria Lopes 25			
	1:00.14	1:57.27		
6 BOT	A	1:58.14		
Harry, Kyra 15	Hughes, Naya L 17			
Ingwe, Kimberly N 16	Matthews, Tselane 18			
	29.91	59.53	1:28.71	1:58.14
7 KENYA-ZZ	A	1:58.23		
Thorpe, Imara Bella 21	Rana, Ameya 15			
Langat, Audrey Chebet 14	Bianchi, Maria 16			
	30.51	1:00.31	1:29.83	1:58.23
8 ESWAT	A	2:03.32		
Young, Robyn 21	Young, Raya 16			
Dlamini, Siwakhile T 16	Hoy, Hayley 14			
	1:02.48	2:03.32		
9 MOZ	A	2:05.05		
Mateus, Alicia 17	Correia, Maira L 16			
Langa, Kyara 18	Munhemeze, Domingas 20			
	29.78	1:02.04	1:34.30	2:05.05
--- TAN	A	SCR		
Tibazarwa, Sarah K 16	Goyayi, Lina 13			
Kachra, Aminaz 12	Demello, Filbertha 12			

#124 Men 15&O 4x50 Meter Free Relay				
RECORD: 1:37.82 # 2016 MAURITIUS				
Team	Relay	Finals Time		
1 SEY	A	1:37.10		
Miller, Joshua 17	Moncherry, Adam 23			
Vidot, Alain 17	Fred, Tyler 19			
	24.39	48.52	1:13.03	1:37.10
2 ZIM	A	1:37.41		
Werrett, Cory 17	Mhlanga, Bjorn N 15			
Franceys, Ryan 17	Rorke, Benjamin 17			
	23.75	48.75	1:13.57	1:37.41
3 MOZ	A	1:37.47		
Tamele, Alan J 20	Xavier, Kelsey D 19			
Pale, Justino 19	Lawrence, Matthew G 18			
	24.79	49.26	1:13.95	1:37.47
4 UGA	A	1:37.60		
Saleh, Fadhil T 20	Mukalazi, Tendo 19			
Kabuye, Adnan 19	Lumonya, Joshua 17			
	24.47	48.45	1:13.08	1:37.60
5 NAM	A	1:40.80		
Burger, Mikah K 17	Henning, Marco T 19			
Magongo, Brave 16	Ohm, Oliver 16			
	25.83	50.69	1:16.15	1:40.80
6 RSA	A	1:43.55		
Pheeha, Junior J 16	Swarts, Keeno A 17			
Nkunzi, Awande 16	Phillips, Haytham 16			
	50.40	1:43.55		
7 ZAM	A	1:43.99		
Moosa, Shaquille D 20	Mwaba, George B 20			
Mwamba, Wina M 18	Mulenga, Mwenya 16			
	25.88	52.20	1:18.36	1:43.99
8 BOT	A	1:44.90		
Gondo, Takundanashe 17	Garmroudi, Yusurf 15			
Newman, Khumo 16	Matthews, Mmusi 15			
	26.30	52.84	1:44.90	
9 TAN	A	1:47.77		
Joseph, Michael J 16	Saliboko, Collins P 20			
Ipilinga, Delbert 15	Alimanya, Ethan 15			
	27.55	51.99	1:20.14	1:47.77
10 MAW	A	1:52.73		
Zulu, Pempho 15	Banda, Asher 16			
Moosa, Muhammad A 16	Kumbatira, Tsinde 16			
	57.14	1:52.73		
11 ESWAT	A	1:57.97		
Fraser, Tiano 13	Fraser, Luca 11			
De Sousa, Pedro 13	Jele, Cameron T 15			
	27.65	57.28	1:28.89	1:57.97
--- ANG	A	SCR		
Pires, Djamel 18	Lutango, Emanuel 17			
Fortes, Alex 16	Furtado, Yusseni 17			
#201 Women 45&O 800 Meter Free				
RECORD: 12:22.85 # 2020 Alma Saat				
Name	Age	Team	Finals Time	
1 Araujo, Ana	53	MOZ	14:31.37	
#202 Men 30-44 800 Meter Free				
Name	Age	Team	Finals Time	
1 Louw, Dentie J	38	NAM	11:13.69	
	32.95	1:10.75	1:50.03	2:30.82
		3:54.74		5:21.94
		6:49.89		8:18.86
	9:03.83	11:13.69		

#203 Women 30-44 50 Meter Breast				
Name	Age	Team	Finals Time	
1 Gomes, Urshlla	35	ZAM	53.14	
#203 Women 45&O 50 Meter Breast				
RECORD: 46.91 # 2020 Ana Araujo				
Name	Age	Team	Finals Time	
1 Araujo, Ana	53	MOZ	48.12	
2 Weltin, Antonia	51	ZAM	48.67	
3 Tembo, Chiluba Banda	46	ZAM	1:03.26	
4 Birungi, Patience	47	UGA	1:21.50	
#204 Men 30-44 50 Meter Breast				
Name	Age	Team	Finals Time	
1 Kangololo, Mulenga	33	ZAM	34.98	
2 Mwanza, Fred	33	ZAM	38.04	
3 Walesi, Yona	42	MAW	39.13	
4 Chopho, Refiloe	31	LES	39.46	
5 Mwansa, George	32	ZAM	46.86	
--- Mukambo, Billy	32	ZAM	DQ	
#204 Men 45&O 50 Meter Breast				
Name	Age	Team	Finals Time	
1 Daka, Chris S	51	ZAM	42.50	
2 Ssebanakitta, Peter W	65	UGA	46.33	
3 Rukare, Donald	53	UGA	50.33	
#205 Women 45&O 100 Meter Back				
Name	Age	Team	Finals Time	
1 Weltin, Antonia	51	ZAM	1:47.98	
#207 Women 45&O 200 Meter Breast				
Name	Age	Team	Finals Time	
1 Weltin, Antonia	51	ZAM	3:51.94	
	51.11	1:50.26	2:51.84	3:51.94
2 Araujo, Ana	53	MOZ	3:59.09	
	53.87	1:54.47	2:57.75	3:59.09
#209 Women 30-44 50 Meter Back				
Name	Age	Team	Finals Time	
1 Gomes, Urshlla	35	ZAM	52.38	
#209 Women 45&O 50 Meter Back				
Name	Age	Team	Finals Time	
1 Weltin, Antonia	51	ZAM	47.07	
2 Birungi, Patience	47	UGA	1:10.80	
--- Araujo, Ana	53	MOZ	SCR	
#210 Men 30-44 50 Meter Back				
Name	Age	Team	Finals Time	
1 Kangololo, Mulenga	33	ZAM	32.39	
2 Mweetwa, Milimo C	32	ZAM	33.62	
3 Walesi, Yona	42	MAW	42.80	
#210 Men 45&O 50 Meter Back				
Name	Age	Team	Finals Time	
1 Phiri, Guy D	52	ZAM	33.99	
#211 Women 45&O 200 Meter Free				
RECORD: 2:47.15 # 2020 Alma Saat				
Name	Age	Team	Finals Time	
1 Araujo, Ana	53	MOZ	3:14.70	
	43.10	1:31.68	2:24.26	3:14.70
2 Weltin, Antonia	51	ZAM	3:21.91	
	43.56	1:34.56	2:28.01	3:21.91

CANA Zone IV Swimming Championship-Lusaka 2022 - 14/04/2022 to 17/04/2022

Results

#212 Men 30-44 200 Meter Free

Name	Age	Team	Finals Time
1 Louw, Dentie J	38	NAM	2:22.81
	32.41	1:07.36	1:44.58
			2:22.81
2 Mwanza, Fred	33	ZAM	2:54.36
		1:17.54	2:54.36

#212 Men 45&O 200 Meter Free

Name	Age	Team	Finals Time
1 Ssebanakitta, Peter W	65	UGA	4:44.28
	53.98	2:04.53	3:23.81
			4:44.28

#213 Women 30-44 50 Meter Fly

Name	Age	Team	Finals Time
1 Gomes, Urshlla	35	ZAM	51.83

#213 Women 45&O 50 Meter Fly

RECORD: 40.13 # 2020 Ana Araujo

Name	Age	Team	Finals Time
1 Araujo, Ana	53	MOZ	39.35#
2 Weltin, Antonia	51	ZAM	48.18

#214 Men 30-44 50 Meter Fly

Name	Age	Team	Finals Time
1 Kangololo, Mulenga	33	ZAM	29.40
2 Sililo, Mmbalo S	33	ZAM	31.09
3 Louw, Dentie J	38	NAM	31.22
4 Mweetwa, Milimo C	32	ZAM	31.88
5 Walesi, Yona	42	MAW	36.30
6 Chopho, Refiloe	31	LES	37.07
7 Chimeya, Harrison	30	ZAM	40.02

#214 Men 45&O 50 Meter Fly

Name	Age	Team	Finals Time
1 Phiri, Guy D	52	ZAM	31.66
2 Rukare, Donald	53	UGA	48.00
3 Kiiza, Godfrey	51	UGA	54.63

#215 Women 45&O 400 Meter Free

RECORD: 6:02.02 # 2020 Alma Saat

Name	Age	Team	Finals Time
1 Araujo, Ana	53	MOZ	7:01.66
		1:37.01	3:24.75
		5:14.39	7:01.66
--- Weltin, Antonia	51	ZAM	SCR

#216 Men 30-44 400 Meter Free

Name	Age	Team	Finals Time
1 Louw, Dentie J	38	NAM	5:12.26
	32.25	1:10.75	1:50.07
	3:10.33	3:51.09	4:32.21
			5:12.26

#219 Women 45&O 200 Meter Back

Name	Age	Team	Finals Time
1 Weltin, Antonia	51	ZAM	3:41.78
	50.25	1:45.95	2:44.29
			3:41.78

#221 Women 45&O 100 Meter Breast

RECORD: 1:48.85 # 2020 Ana Araujo

Name	Age	Team	Finals Time
1 Weltin, Antonia	51	ZAM	1:46.21#
	49.92	1:46.21	
2 Araujo, Ana	53	MOZ	1:51.76
	53.06	1:51.76	

#222 Men 30-44 100 Meter Breast

Name	Age	Team	Finals Time
1 Walesi, Yona	42	MAW	1:34.84
	43.59	1:34.84	

#222 Men 45&O 100 Meter Breast

Name	Age	Team	Finals Time
1 Ssebanakitta, Peter W	65	UGA	2:02.07
	53.68	2:02.07	

#223 Women 30-44 50 Meter Free

Name	Age	Team	Finals Time
1 Gomes, Urshlla	35	ZAM	41.99

#223 Women 45&O 50 Meter Free

RECORD: 34.23 # 2020 Alma Saat

Name	Age	Team	Finals Time
1 Weltin, Antonia	51	ZAM	40.37
2 Birungi, Patience	47	UGA	1:08.17

#224 Men 30-44 50 Meter Free

Name	Age	Team	Finals Time
1 Kangololo, Mulenga	33	ZAM	26.68
2 Sililo, Mmbalo S	33	ZAM	27.41
3 Louw, Dentie J	38	NAM	27.77
4 Mwanza, Fred	33	ZAM	28.71
5 Mwansa, George	32	ZAM	35.61
6 Chimeya, Harrison	30	ZAM	36.68
7 Mukambo, Billy	32	ZAM	39.09
--- Walesi, Yona	42	MAW	DQ

#224 Men 45&O 50 Meter Free

Name	Age	Team	Finals Time
1 Phiri, Guy D	52	ZAM	29.40
2 Daka, Chris S	51	ZAM	35.18
3 Rukare, Donald	53	UGA	38.01
4 Ssebanakitta, Peter W	65	UGA	38.29
5 Kiiza, Godfrey	51	UGA	40.39

#227 Women 45&O 100 Meter Free

Name	Age	Team	Finals Time
1 Weltin, Antonia	51	ZAM	1:25.85
	40.47	1:25.85	
2 Araujo, Ana	53	MOZ	1:26.90

#228 Men 30-44 100 Meter Free

Name	Age	Team	Finals Time
1 Kangololo, Mulenga	33	ZAM	1:01.41
	28.92	1:01.41	
2 Louw, Dentie J	38	NAM	1:02.17
	29.37	1:02.17	
3 Walesi, Yona	42	MAW	1:20.79
	34.18	1:20.79	
--- Mwanza, Fred	33	ZAM	NS

#228 Men 45&O 100 Meter Free

Name	Age	Team	Finals Time
1 Kiiza, Godfrey	51	UGA	1:42.30
	45.22	1:42.30	
2 Ssebanakitta, Peter W	65	UGA	1:51.89
	48.54	1:51.89	

#229 Women 45&O 200 Meter IM

Name	Age	Team	Finals Time
1 Weltin, Antonia	51	ZAM	3:36.21
	49.22	1:45.43	2:46.55
			3:36.21

2 Araujo, Ana	53	MOZ	3:41.46
	45.74	1:47.05	2:49.14
			3:41.46

#230 Men 30-44 200 Meter IM

Name	Age	Team	Finals Time
1 Walesi, Yona	42	MAW	3:45.09
	40.67	1:37.30	2:42.09
			3:45.09
--- Mwanza, Fred	33	ZAM	SCR