

CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 1 Women 14 & Under 800 LC Meter Freestyle**

RECORD: 9:32,31 # 16-02-2019 Lise Coetzee

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Beyers, Emma P	14	Republic Of South Africa	10:25,75	10:10,03	18
2 Finnis, Tiara L	14	Republic Of South Africa	10:16,80	10:14,75	16
3 Mahobebe, Mkhusele	14	Zimbabwe	10:24,40	10:26,10	14
4 Ramgoolam, Jamie Prishika	14	Mauritius	10:24,78	10:27,60	12
5 Ingwe, Kimberly	14	Botswana	10:33,68	10:37,48	11
6 Naukosho, Ariana	12	Namibia	11:07,45	10:39,31	10
7 Stange, Maya A	14	Namibia	11:12,72	10:39,34	9
8 Schultz, Timea	14	Zimbabwe	11:06,35	10:44,16	8
9 Mason, Lilianna D	13	Seychelles	11:03,00	10:58,36	7
10 Mutie, Mutinda	14	Botswana	10:44,98	11:11,18	6
11 Fernandes, Sophie	13	Mozambique	11:12,10	11:19,49	5
12 Mosho, Chisanga	12	Zambia	12:11,35	11:45,39	4
13 Banona, Mary G	14	Uganda	12:00,50	12:12,74	3

Event 2 Men 14 & Under 800 LC Meter Freestyle

RECORD: 9:28,58 # 16-02-2019 Leshen A Pillay

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Ohm, Oliver	14	Namibia	10:13,60	9:46,48	18
2 Faftine, Kaio	13	Mozambique	9:51,87	9:49,20	16
3 Visagie, Leson G	14	Republic Of South Africa	10:11,01	9:50,83	14
4 LI Hing Duen, Shawn	13	Mauritius	10:20,78	9:51,57	12
5 Esslinger, Nico	14	Namibia	10:14,59	9:55,94	11
6 Makaya, Tichatonga	13	Zimbabwe	10:42,69	10:02,54	10
7 Freitas, Filipe Simoes	14	Angola	9:49,93	10:03,79	9
8 Ngwenya, Onesimus	13	Zimbabwe	10:43,32	10:24,59	8
9 Mokobi, Kgotla	13	Botswana	11:18,32	11:00,59	7
10 Kyabayinze, Zaabu D	12	Uganda	NT	11:12,92	6
11 Cooney, Zoah	12	Zambia	12:04,39	11:15,07	5
12 Molefe, Lerako	14	Botswana	12:27,27	11:58,86	4

Event 3 Women 15 & Over 800 LC Meter Freestyle

RECORD: 9:35,85 # 16-02-2017 Christin Mundell

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	9:43,60	9:38,98	18
2 Van Jaarsveld, Danica C	16	Republic Of South Africa	9:52,07	9:54,85	16
3 Egner, Maxine	15	Botswana	10:13,12	10:06,61	14
4 Botha, Vicky A	18	Namibia	10:19,61	10:14,81	12
5 Mbite, Christine R	16	Republic Of South Africa	10:16,94	10:15,96	11
6 Rollo, Riana	16	Zimbabwe	10:42,85	10:17,06	10
7 Santo, Rafaela Espirito	15	Angola	10:51,06	10:36,47	9
8 Mateus, Alicia	15	Mozambique	10:35,39	10:48,54	8
9 Loo, Caitlin	15	Botswana	NT	10:52,32	7
10 Schonken, Gemma	17	Zimbabwe	11:18,92	11:00,55	6
11 Pinto, Ammara	22	Malawi	11:09,00	11:04,99	5
12 Santos, Barbara	17	Angola	11:48,19	12:28,20	4

Event 4 Men 15 & Over 800 LC Meter Freestyle

RECORD: 8:34,68 # 20-04-2016 PINOTES Pedro

ANG

Name	Age	Team	Seed Time	Finals Time	Points
1 Freeman, James S	18	Botswana	8:07,67	8:39,05	18



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 4 Men 15 & Over 800 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
2 Bekker, Andile	16	Botswana	9:10,03	8:56,88	16
3 Payet, Damien	16	Seychelles	9:00,87	9:08,18	14
4 Cyprianos, Denilson	17	Zimbabwe	9:19,82	9:08,29	12
5 Le Roux, Corné	17	Namibia	9:49,06	9:25,98	11
6 Rakotomavo, Herinirina J	23	Republic of Madagascar	9:12,00	9:29,78	10
7 AH Yong, Victor	15	Mauritius	9:15,00	9:42,70	9
8 Franceys, Ryan	15	Zimbabwe	10:12,27	9:59,47	8
9 Pale, Justino	16	Mozambique	9:30,22	10:01,40	7
10 Andrianirina, Lalanomena A	21	Republic of Madagascar	9:30,42	10:04,51	6
11 Chonguica, Yannis	16	Mozambique	9:42,66	10:04,72	5

Event 5 Women 12 & Under 50 LC Meter Breaststroke

RECORD: 35,80 # 16-02-2017 Alicia Kok Shun

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Muslun, Alina	12	Mauritius	40,00	38,55	18
2 Chang, Ji-eun	12	Botswana	41,31	38,88	16
3 Naukosho, Ariana	12	Namibia	41,75	38,96	14
4 Makwabarara, Mikayla	11	Zimbabwe	41,10	39,17	12
5 Ramdhun, Eunnice	12	Mauritius	40,23	39,69	11
6 Mudanye, Amelia	11	Uganda	40,55	39,92	10
7 Chang, Yun-suh	11	Botswana	44,09	40,39	9
8 Hoy, Hayley	11	Eswatini	42,94	40,80	8
9 Wishart, Peyton	11	Zimbabwe	41,16	40,91	7
10 Mosho, Chisanga	12	Zambia	42,52	41,40	6
11 Mulenga, Mutale M	11	Zambia	42,97	41,75	5
12 Lutalo, Natalie	11	Uganda	43,34	42,80	4
13 Westerduin, Reza	12	Namibia	44,11	43,48	3
14 Barbosa, Tianna	11	Eswatini	NT	44,83	2
15 Pereira, Kelly	10	Mozambique	44,12	44,87	1
16 Mkavea, Tujaliwe	12	Malawi	45,89	45,41	
17 Losacco, Olivia	11	Malawi	45,77	45,51	
18 Santos, Inara	11	Angola	49,32	45,80	
19 Tati, Nelja	11	Angola	54,54	46,10	

Event 6 Men 12 & Under 50 LC Meter Breaststroke

RECORD: 34,37 # 16-02-2017 Mikah K Burger

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Vimba, Khaya	12	Zimbabwe	37,12	36,07	18
2 Durand, Oliver B	12	Namibia	38,41	36,80	16
3 Payet, Alexander	12	Seychelles	38,00	37,04	14
4 Leung Hing Wah, Timothy	12	Mauritius	38,00	37,31	12
5 Hekandjo, Kgosana O	12	Namibia	41,85	40,14	11
6 Barradas, Hugo	12	Mozambique	44,86	40,22	10
7 Cochofel, Jose	12	Angola	42,94	40,39	9
8 Kalipengule, Limbikani	11	Zimbabwe	38,67	40,45	8
9 Haskins, Ethan	12	Botswana	42,46	40,50	7
*10 Prieur, Ethan	12	Malawi	42,01	40,66	5.50
*10 Nuwagaba, Daniel R	11	Uganda	39,02	40,66	5.50
12 Sethi, Khalil	12	Botswana	41,93	41,01	4
13 Zeravica, Jack	11	Zambia	40,60	41,05	3
14 Peterson, Inhensiko S	11	Uganda	39,10	41,18	2



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 6 Men 12 & Under 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
15	Fraser, Tiano	11	Eswatini	47,72	41,78	1
16	Cataldi, Giacinto	11	Zambia	43,19	42,03	
17	Fraser, Luca	9	Eswatini	45,54	42,63	
18	Taborda, Helio	12	Angola	47,64	44,47	
19	Mkavea, Tasunje	9	Malawi	51,82	50,48	

Event 7 Women 13-14 50 LC Meter Breaststroke

RECORD: 34,48 # 16-02-2017 Paige F Brombacher

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Banza, Ingrid I	14	Republic Of South Africa	36,36	36,66	18
2	Dhemba, Vhenekai	13	Zimbabwe	37,47	36,88	16
3	Stange, Maya A	14	Namibia	39,47	37,28	14
4	Goodinson, Kiara	14	Zimbabwe	38,26	37,31	12
5	Liacopoulos, Antonia	14	Zambia	37,31	37,52	11
6	Mason, Lilianna D	13	Seychelles	38,85	37,70	10
7	Ditlhogo, Amaru	13	Botswana	40,10	38,37	9
8	Labuschagne, Abigail	14	Seychelles	39,61	38,71	8
9	Nsereko, Nanette	13	Uganda	39,10	39,67	7
10	Harry, Kyra	13	Botswana	40,98	40,03	6
11	Makwenda, Jessica	14	Malawi	41,50	40,57	5
12	Fernandes, Nhara	13	Angola	42,28	41,00	4
13	Armour, Kaeli-Peace	13	Republic Of South Africa	42,02	41,31	3
14	Rey, Salome M	13	Namibia	44,70	41,44	2
15	Chizonda, Tracy	14	Malawi	44,32	42,90	1
16	Banona, Mary G	14	Uganda	41,90	43,44	
17	Dlamini, Siwakhile T	14	Eswatini	49,41	47,13	
18	Young, Lauren	14	Eswatini	NT	53,13	

Event 8 Men 13-14 50 LC Meter Breaststroke

RECORD: 31,49 # 16-02-2019 Cory Werrett

ZIM-ZZ

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lobo, Caio	14	Mozambique	33,77	32,84	18
2	Thompson, Clayton E	14	Republic Of South Africa	34,24	33,34	16
3	Nagapin, Nathan	14	Seychelles	34,05	33,59	14
4	Chisungo, Tawanda	14	Zimbabwe	35,62	34,96	12
5	Kgomogadio, Yande Y	13	Republic Of South Africa	34,93	35,02	11
6	Matthews, Mmusi	13	Botswana	36,56	35,07	10
7	Fernando, Khushal J	14	Zambia	35,45	35,09	9
8	Mokobi, Kgotla	13	Botswana	35,78	35,24	8
9	Mulenga, Ndabila B	14	Zambia	36,63	35,26	7
10	Magongo, Brave	14	Namibia	40,12	35,50	6
11	Makaya, Tichatonga	13	Zimbabwe	36,62	35,55	5
12	Ellis, Quinn	13	Namibia	36,73	35,60	4
13	Birungi, Shane F	13	Uganda	35,66	36,86	3
14	Banda, Asher	14	Malawi	40,75	37,60	2
15	Kyabayinze, Daniel T	14	Uganda	39,43	39,16	1
16	Tati, Janel	13	Angola	42,14	39,78	
17	De Sousa, Damien	13	Eswatini	42,50	40,73	
18	Augusto, Armando	13	Angola	43,08	41,28	
19	Moosa, Muhammad Ali	14	Malawi	41,80	41,83	



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 9 Women 15-16 50 LC Meter Breaststroke**

RECORD: 33,75 # 16-02-2017 Christin Mundell		RSA				
Name	Age	Team	Seed Time	Finals Time	Points	
1	Kok Shun, Alicia	15 Mauritius	34,00	34,22	18	
2	Namutebi, Kirabo C	15 Uganda	34,79	34,40	16	
3	van der Westhuizen, Paige	16 Zimbabwe	34,40	34,51	14	
4	Chinyani, Nyasha	15 Zimbabwe	36,22	35,73	12	
5	Matonhodze, Shamiso	15 Botswana	36,41	36,00	11	
6	Mbite, Christine R	16 Republic Of South Africa	36,58	36,37	10	
7	Jose, Teagan N	16 Republic Of South Africa	37,39	36,96	9	
8	Redecker, Nicole	16 Namibia	38,61	37,84	8	
9	Mutumbulua, Trisha	15 Namibia	39,22	37,89	7	
10	Matthews, Tselane	16 Botswana	38,15	39,55	6	
11	Chibiya, Temwani A	16 Zambia	39,11	40,33	5	
12	Dlamini, Senamile	16 Eswatini	44,74	41,59	4	

Event 10 Men 15-16 50 LC Meter Breaststroke

RECORD: 30,27 # 20-02-2020 Matthew Lawrence		Mozambique				
Name	Age	Team	Seed Time	Finals Time	Points	
1	Lawrence, Matthew	16 Mozambique	29,89	30,27	18	
2	Miller, Joshua	15 Seychelles	31,79	31,17	16	
3	Werrett, Cory	15 Zimbabwe	31,49	31,62	14	
4	Santos, Fabio A	16 Republic Of South Africa	32,10	31,78	12	
5	Rouse, Brandon	16 Botswana	32,65	31,90	11	
6	Burger, Mikah K	15 Namibia	32,44	32,58	10	
7	Shamambo, Damien	16 Zambia	32,80	32,86	9	
8	Vidot, Alain	15 Seychelles	33,50	33,08	8	
9	Oostindien, Jake	16 Zimbabwe	33,66	33,70	7	
10	Gondo, Takundan Ashe	15 Botswana	34,84	33,71	6	
11	Rathenam, Keanet-Peter	15 Namibia	34,57	33,74	5	
12	Catillaz, Jeanre P	16 Republic Of South Africa	33,17	34,98	4	
13	Furtado, Yussen	15 Angola	36,36	35,99	3	
14	Ocheng, Daudi	16 Uganda	37,37	36,61	2	
15	Musoke, Raphael	16 Uganda	37,29	38,10	1	
---	Pires, Djamel	16 Angola	34,99	NS		

Event 11 Women 17 & Over 50 LC Meter Breaststroke

RECORD: 33,57 # 16-02-2017 Tilka Paljk		Zambia 2017				
Name	Age	Team	Seed Time	Finals Time	Points	
1	Mjimba, Nomvula B	17 Zimbabwe	36,25	36,09	18	
2	Gondo, Ruvarashe	17 Botswana	37,65	36,57	16	
3	Freitas, Maria Lopes	22 Angola	38,55	37,84	14	
4	Vos, Tayla S	17 Botswana	38,41	39,67	12	
5	Cahombo, Melvire	17 Angola	39,03	42,33	11	
6	Jones, Siobhan	17 Zimbabwe	41,51	42,62	10	

Event 12 Men 17 & Over 50 LC Meter Breaststroke

RECORD: 29,45 # 16-02-2019 Adrian Robinson		BOT				
Name	Age	Team	Seed Time	Finals Time	Points	
1	Gomes, Filipe	22 Malawi	30,54	30,25	18	
2	Bachmann, Mathieu	23 Seychelles	30,90	30,42	16	
3	Goveia, Ralph W	23 Zambia	29,26	30,64	14	
4	Naidu, Kumaren M	22 Zambia	30,61	31,28	12	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 12 Men 17 & Over 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Mills, Tait	17	Zimbabwe	31,79	31,89	11
6 Fischer, Ethan	17	Botswana	31,67	31,94	10
7 Dlamini, Simanga	22	Eswatini	32,05	32,05	9
8 Mukalazi, Tendo	17	Uganda	31,03	32,44	8
9 Cyprianos, Denilson	17	Zimbabwe	31,73	33,78	7
10 Xavier, Kelsey	17	Mozambique	35,43	34,92	6
11 Wellmann, Arkell J	17	Namibia	36,72	35,02	5
12 Silva, Lucas	18	Angola	34,47	35,23	4
13 Gertze, Matthew R	17	Namibia	37,81	36,60	3
14 Sebikiri, Maemo	20	Botswana	38,10	37,84	2

Event 13 Women 12 & Under 100 LC Meter Backstroke

RECORD: 1:11,95 # 20-04-2016 PHIRI Mia

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Labuschagne, Isabelle	12	Seychelles	1:13,00	1:15,60	18
2 Westerduin, Reza	12	Namibia	1:19,72	1:15,82	16
3 Naukosho, Ariana	12	Namibia	1:21,38	1:16,05	14
4 Hoy, Hayley	11	Eswatini	1:21,09	1:18,82	12
5 Miti, Tamenji	12	Zambia	1:20,43	1:19,82	11
6 Dawe, Tori	12	Zimbabwe	1:21,58	1:20,81	10
7 Sine, Michelle K	12	Uganda	1:22,99	1:22,01	9
8 Wishart, Peyton	11	Zimbabwe	1:26,81	1:22,74	8
9 Ramdhun, Eunnice	12	Mauritius	1:24,45	1:24,55	7
10 Pereira, Kelly	10	Mozambique	1:27,15	1:24,99	6
11 Domingues, Ana Beatriz	12	Mozambique	1:23,87	1:25,21	5
12 Silva, Welwitschia	12	Angola	1:28,79	1:26,68	4
13 Lutalo, Natalie	11	Uganda	1:23,83	1:26,75	3
14 Moyo, Zoe	11	Zambia	1:30,33	1:27,70	2
15 Ramakoloi, Thata	12	Botswana	1:33,79	1:27,73	1
16 Losacco, Olivia	11	Malawi	1:31,59	1:30,95	
17 Merafhe, Naledi	11	Botswana	1:35,06	1:32,54	
18 Morais, Nyriam	11	Angola	1:30,68	1:37,71	
19 Barbosa, Tianna	11	Eswatini	NT	1:49,51	

Event 14 Men 12 & Under 100 LC Meter Backstroke

RECORD: 1:10,43 # 16-02-2017 Victor AH Yong

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	1:13,70	1:10,78	18
2 Heyns, Kyle	12	Zimbabwe	NT	1:16,02	16
3 Hekandjo, Kgosana O	12	Namibia	1:17,81	1:16,30	14
4 Bredel, Rafael	12	Angola	1:23,70	1:16,74	12
5 Barradas, Hugo	12	Mozambique	1:20,84	1:18,33	11
6 Coombs Tembo, Nkhosi J	12	Zambia	1:23,92	1:18,90	10
7 Haskins, Ethan	12	Botswana	1:23,70	1:19,96	9
8 Payet, Thierry	12	Seychelles	1:24,48	1:21,17	8
9 Reilly, Sean	11	Zimbabwe	1:22,51	1:21,56	7
10 Mmesesi, Abaleng	12	Botswana	1:26,67	1:21,93	6
11 Zeravica, Jack	11	Zambia	1:22,70	1:22,26	5
12 Kyabayinze, Zaabu D	12	Uganda	1:19,22	1:23,57	4
13 Elias, Yano	12	Angola	1:32,17	1:24,45	3
14 Nuwagaba, Daniel R	11	Uganda	1:22,35	1:25,66	2



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 14 Men 12 & Under 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
15	Makwenda, Jeremiah	9	Malawi	1:42,32	1:31,97	1
16	Fraser, Luca	9	Eswatini	NT	1:39,89	
17	Mkavea, Tasunje	9	Malawi	1:48,93	1:47,49	

Event 15 Women 13-14 100 LC Meter Backstroke

RECORD: 1:09,08 # 16-02-2019 Lise Coetzee

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Schultz, Timea	14	Zimbabwe	1:11,18	1:09,56	18
2	Ramajan, Saira	14	Zimbabwe	1:13,59	1:12,18	16
3	Smidt, Clio J	13	Republic Of South Africa	1:14,27	1:14,24	14
4	Jack, Michelle	14	Botswana	1:14,78	1:15,05	12
5	Phiri, Jade A	13	Zambia	1:18,57	1:15,55	11
6	Stange, Maya A	14	Namibia	1:17,74	1:15,80	10
7	Armour, Kaeli-Peace	13	Republic Of South Africa	1:15,25	1:16,08	9
8	Ingwe, Kimberly	14	Botswana	1:16,53	1:16,27	8
9	Coates, Johanna K	13	Zambia	1:17,86	1:19,04	7
10	Rey, Salome M	13	Namibia	1:23,33	1:20,52	6
11	Fernandes, Sophie	13	Mozambique	1:20,74	1:20,92	5
12	Young, Raya	14	Eswatini	1:27,21	1:26,33	4
13	Nsereko, Nanette	13	Uganda	NT	1:29,53	3
14	Dlamini, Siwakhile T	14	Eswatini	1:32,51	1:31,14	2

Event 16 Men 13-14 100 LC Meter Backstroke

RECORD: 1:03,24 # 16-02-2017 Ethan R Spieker

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lobo, Caio	14	Mozambique	1:06,83	1:06,84	18
2	Visagie, Leson G	14	Republic Of South Africa	1:10,36	1:09,75	16
3	Faftine, Kaio	13	Mozambique	1:10,44	1:10,50	14
4	Ellis, Quinn	13	Namibia	1:12,37	1:11,03	12
5	Makaya, Tichatonga	13	Zimbabwe	1:13,46	1:12,14	11
6	Ohm, Oliver	14	Namibia	1:13,22	1:12,44	10
7	Freitas, Filipe Simoes	14	Angola	1:14,89	1:13,05	9
8	Chisungo, Tawanda	14	Zimbabwe	1:16,29	1:13,60	8
9	Fernando, Khushal J	14	Zambia	1:13,86	1:13,90	7
10	LI Hing Duen, Shawn	13	Mauritius	1:17,56	1:16,98	6
11	Matthews, Mmusi	13	Botswana	1:19,21	1:17,31	5
12	Kgomogadio, Yande Y	13	Republic Of South Africa	1:20,40	1:18,21	4
13	Mokobi, Kgotla	13	Botswana	1:20,78	1:19,54	3
14	Mulenga, Mwenya	13	Zambia	1:21,40	1:19,93	2
15	Moosa, Muhammad Ali	14	Malawi	1:30,83	1:23,66	1
16	Kumbatira, Tsinde	14	Malawi	1:26,42	1:24,14	
17	De Sousa, Damien	13	Eswatini	1:30,57	1:30,12	
---	Fortes, Alex	14	Angola	1:20,30	DQ	

Event 17 Women 15-16 100 LC Meter Backstroke

RECORD: 1:07,87 # 16-02-2019 Kelsea Munro

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tendrinaivalona, Idealy D	15	Republic of Madagascar	1:07,15	1:08,02	18
2	Phiri, Mia A	16	Zambia	1:08,53	1:09,08	16
3	Esslinger, Tiana	16	Namibia	1:09,27	1:09,37	14
4	van der Westhuizen, Paige	16	Zimbabwe	1:10,15	1:10,13	12



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 17 Women 15-16 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Gebert, Ines	15	Mauritius	1:11,80	1:10,60	11
6 Rollo, Riana	16	Zimbabwe	1:13,68	1:12,10	10
7 Swanepoel, Abigail	16	Republic Of South Africa	1:13,03	1:12,24	9
8 Matthews, Tselane	16	Botswana	1:12,39	1:13,73	8
9 Mutumbulua, Trisha	15	Namibia	1:13,43	1:14,21	7
10 Hughes, Naya	15	Botswana	1:16,46	1:15,44	6
11 Vahed, Layla T	16	Republic Of South Africa	1:15,87	1:16,64	5
12 Elizabeth, Khema	15	Seychelles	1:20,57	1:17,75	4
13 Chibiya, Temwani A	16	Zambia	1:22,26	1:20,55	3
14 Santo, Rafaela Espirito	15	Angola	1:21,14	1:21,07	2

Event 18 Men 15-16 100 LC Meter Backstroke

RECORD: 1:00,95 # 16-02-2017 Ronan Z Wantenaar

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Bekker, Andile	16	Botswana	1:02,37	1:02,17	18
2 Burger, Mikah K	15	Namibia	1:03,12	1:02,89	16
3 AH Yong, Victor	15	Mauritius	1:02,00	1:03,12	14
4 Landmann, Ramon	16	Republic Of South Africa	1:04,05	1:04,18	12
5 Pale, Justino	16	Mozambique	1:04,12	1:05,33	11
6 Verster, Dewie	16	Republic Of South Africa	1:05,40	1:05,37	10
7 Ciceron, Adrien	16	Mauritius	1:09,46	1:05,94	9
8 Werrett, Cory	15	Zimbabwe	1:08,89	1:06,59	8
9 Sepetu, Isam A	15	Tanzania	1:09,10	1:07,35	7
10 Setzkorn, Friedrich	16	Namibia	1:08,77	1:07,93	6
11 Kaganda, Ben	16	Uganda	1:05,72	1:08,36	5
12 Mpofo, Jasper	16	Zimbabwe	1:07,99	1:08,43	4
13 Furtado, Yussen	15	Angola	1:12,98	1:11,12	3
14 Gondo, Takundan Ashe	15	Botswana	1:11,72	1:13,02	2
15 Francisco, Alexandre	15	Angola	1:14,86	1:14,87	1

Event 19 Women 17 & Over 100 LC Meter Backstroke

RECORD: 1:06,07 # 16-02-2017 Robyn Lee

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	1:07,87	1:08,60	18
2 Botha, Vicky A	18	Namibia	1:12,46	1:11,86	16
3 Young, Robyn	19	Eswatini	1:13,97	1:14,01	14
4 Meya, Avicé	25	Uganda	1:12,03	1:16,23	12
5 Freitas, Maria Lopes	22	Angola	1:16,17	1:17,67	11
6 Pinto, Ammara	22	Malawi	1:16,78	1:19,27	10
7 Jones, Siobhan	17	Zimbabwe	1:17,65	1:20,07	9
8 van Rooyen, Leone	17	Botswana	1:22,19	1:21,66	8
9 Schonken, Gemma	17	Zimbabwe	1:20,27	1:22,64	7
10 Chang'anamuno, Tayamika	19	Malawi	1:21,79	1:28,68	6
11 Santos, Barbara	17	Angola	1:29,75	1:33,09	5

Event 20 Men 17 & Over 100 LC Meter Backstroke

RECORD: 58,66 # 16-02-2017 DONKER Tom

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Cyprianos, Denilson	17	Zimbabwe	57,60	1:00,30	18
2 Fred, Tyler	17	Seychelles	1:04,70	1:03,12	16
3 Freeman, James S	18	Botswana	1:00,70	1:04,21	14



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 20 Men 17 & Over 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Andrianirina, Lalanomena A	21	Republic of Madagascar	1:02,24	1:04,41	12
5 Mukalazi, Tendo	17	Uganda	1:04,00	1:05,08	11
6 Tayali, Quintin T	18	Zimbabwe	1:03,43	1:05,13	10
7 Wellmann, Arkell J	17	Namibia	1:08,03	1:06,06	9
8 Silva, Lucas	18	Angola	1:11,66	1:09,86	7
9 Dzingai, Solomon	19	Botswana	1:12,13	1:11,00	5
--- Moosa, Shaquille D	17	Zambia	1:09,55	DQ	6

Event 21 Women 14 & Under 200 LC Meter Medley Relay

RECORD: 1:58,98 # 20-04-2016 SOUTH AFRICA

RSA

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	2:11,51	2:11,80	36
1) Schultz, Timea 14	2) Dhemba, Vhenekai 13	3) Ramajan, Saira 14	4) Goodinson, Kiara 14	
2 Republic Of South Africa	A	2:12,36	2:13,09	32
1) Smidt, Clio J 13	2) Banza, Ingrid I 14	3) Beyers, Emma P 14	4) Finnis, Tiara L 14	
3 Botswana	A	2:18,73	2:14,78	28
1) Jack, Michelle 14	2) Dithlogo, Amaru 13	3) Mutie, Mutinda 14	4) Harry, Kyra 13	
4 Zambia	A	NT	2:15,59	24
1) Vidmar, Julijana 13	2) Liacopoulos, Antonia 14	3) Miti, Tamenji 12	4) Phiri, Jade A 13	
5 Seychelles	A	2:15,57	2:17,73	22
1) Labuschagne, Isabelle 12	2) Mason, Lilianna D 13	3) Kerai, Tejasvi 13	4) Labuschagne, Abigail 14	
6 Namibia	A	2:21,96	2:18,93	20
1) Ohm, Michaela 12	2) Stange, Maya A 14	3) Westerduin, Reza 12	4) Spath, Mackenzie 14	
7 Uganda	A	2:20,65	2:27,31	18
1) Banona, Mary G 14	2) Mudanye, Amelia 11	3) Nakasule, Rahmah K 11	4) Sine, Michelle K 12	
8 Angola	A	NT	2:42,42	16
1) Morais, Nyriam 11	2) Santos, Inara 11	3) Silva, Welwitschia 12	4) Tati, Nelja 11	

Event 22 Men 14 & Under 200 LC Meter Medley Relay

RECORD: 1:58,49 # 16-02-2017 Republic of South Africa

RSA

B Remley, J Botha, L Taukobong, E Spieker

Team	Relay	Seed Time	Finals Time	Points
1 Republic Of South Africa	A	2:05,42	2:02,30	36
1) Visagie, Leson G 14	2) Kgomogadio, Yande Y 13	3) Kotze, Pierce 14	4) Thompson, Clayton E 14	
2 Namibia	A	2:12,14	2:04,99	32
1) Durand, Oliver B 12	2) Ellis, Quinn 13	3) Magongo, Brave 14	4) Ohm, Oliver 14	
3 Zimbabwe	A	2:05,24	2:05,09	28
1) Makaya, Tichatonga 13	2) Vimba, Khaya 12	3) Chisungo, Tawanda 14	4) Mhlanga, Bjorn N 13	
4 Botswana	A	2:09,28	2:07,04	24
1) Matthews, Mmusi 13	2) Mokobi, Kgotla 13	3) Keitsile, Junior 12	4) Molefe, Lerako 14	
5 Zambia	A	NT	2:10,95	22
1) Fernando, Khushal J 14	2) Mulenga, Ndabila B 14	3) Mulenga, Mwenya 13	4) Zeravica, Jack 11	
6 Angola	A	NT	2:18,17	20
1) Bredel, Rafael 12	2) Elias, Yano 12	3) Freitas, Filipe Simoes 14	4) Fortes, Alex 14	
7 Malawi	A	2:24,72	2:22,06	18
1) Moosa, Muhammad Ali 14	2) Prieur, Ethan 12	3) Kumbatira, Tsinde 14	4) Banda, Asher 14	
8 Uganda	A	2:08,72	2:23,10	16
1) Kyabayinze, Zaabu D 12	2) Birungi, Shane F 13	3) Ssengooba, Ethani M 11	4) Peterson, Inhensiko S 11	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 23 Women 15 & Over 200 LC Meter Medley Relay****RECORD: 2:03,95 # 16-02-2019 Republic of South Africa RSA****S Mbatha, A Volkwyn, M Shepherd, K Munro**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	2:04,68	2:07,07	36
1) Rollo, Riana 16	2) van der Westhuizen, Paige 16	3) Mjimba, Nomvula B 17	4) Brown, Courtney 17	
2 Botswana	A	2:09,74	2:08,74	32
1) Matthews, Tselane 16	2) Matonhodze, Shamiso 15	3) Loo, Caitlin 15	4) Egner, Maxine 15	
3 Republic Of South Africa	A	2:10,35	2:09,56	28
1) Vahed, Layla T 16	2) Mbite, Christine R 16	3) Young, Alexia 16	4) Van Jaarsveld, Danica C 16	
4 Mauritius	A	2:13,54	2:09,88	24
1) Gebert, Ines 15	2) Kok Shun, Alicia 15	3) Ramdhun, Eunnice 12	4) Ramgoolam, Jamie Prishika 14	
5 Namibia	A	2:11,48	2:10,71	22
1) Esslinger, Tiana 16	2) Redecker, Nicole 16	3) Stergiadis, Heleni 17	4) Mutumbulua, Trisha 15	
6 Angola	A	NT	2:21,03	20
1) Santo, Rafaela Espirito 15	2) Freitas, Maria Lopes 22	3) Cahombo, Melvire 17	4) Fernandes, Nhara 13	
7 Malawi	A	2:22,01	2:25,31	18
1) Pinto, Ammara 22	2) Makwenda, Jessica 14	3) Chang'anamuno, Tayamika 19	4) Chizonda, Tracy 14	

Event 24 Men 15 & Over 200 LC Meter Medley Relay**RECORD: 1:48,03 # 20-04-2016 ZAMBIA ZAM**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	1:49,80	1:50,39	36
1) Cyprianos, Denilson 17	2) Werrett, Cory 15	3) McKonie, Joash 17	4) Jones, Brett 17	
2 Botswana	A	1:52,05	1:51,33	32
1) Bekker, Andile 16	2) Fischer, Ethan 17	3) Freeman, James S 18	4) Dzingai, Solomon 19	
3 Seychelles	A	1:51,43	1:51,79	28
1) Fred, Tyler 17	2) Miller, Joshua 15	3) Vidot, Alain 15	4) Bachmann, Mathieu 23	
4 Zambia	A	NT	1:52,60	24
1) Goveia, Ralph W 23	2) Naidu, Kumaren M 22	3) Mwamba, Wina M 16	4) Moosa, Shaquille D 17	
5 Mozambique	A	1:52,63	1:52,72	22
1) Pale, Justino 16	2) Lawrence, Matthew 16	3) Lobo, Caio 14	4) Xavier, Kelsey 17	
6 Republic Of South Africa	A	1:55,09	1:54,98	20
1) Verster, Dewie 16	2) Santos, Fabio A 16	3) Correia, Gabriel L 16	4) Landmann, Ramon 16	
7 Namibia	A	1:57,55	1:58,51	18
1) Burger, Mikah K 15	2) Rathenam, Keanet-Peter 15	3) Le Roux, Corné 17	4) Wellmann, Arkell J 17	
8 Uganda	A	NT	2:01,41	16
1) Kaganda, Ben 16	2) Mukalazi, Tendo 17	3) Musoke, Raphael 16	4) Ocheng, Daudi 16	
9 Angola	A	NT	2:03,11	14
1) Silva, Gilberto 16	2) Francisco, Alexandre 15	3) Silva, Lucas 18	4) Furtado, Yussen 15	
10 Mauritius	A	1:59,84	2:03,47	12
1) Ciceron, Adrien 16	2) Leung Hing Wah, Timothy 12	3) AH Yong, Victor 15	4) LI Hing Duen, Shawn 13	

Event 25 Women 12 & Under 200 LC Meter Breaststroke**RECORD: 2:59,22 # 17-02-2017 Alicia Kok Shun MRI**

Name	Age	Team	Seed Time	Finals Time	Points
1 Naukosho, Ariana	12	Namibia	3:13,20	3:04,37	18
2 Hoy, Hayley	11	Eswatini	3:22,63	3:11,52	16
3 Muslun, Alina	12	Mauritius	3:08,00	3:12,10	14
4 Mulenga, Mutale M	11	Zambia	3:27,86	3:20,13	12
5 Chang, Ji-eun	12	Botswana	3:38,29	3:21,66	11
6 Wishart, Peyton	11	Zimbabwe	3:26,28	3:22,21	10
7 Mudanye, Amelia	11	Uganda	3:21,72	3:23,04	9
8 Mosho, Chisanga	12	Zambia	NT	3:25,87	8



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 25 Women 12 & Under 200 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Mahobebe, Loyiso	11	Zimbabwe	3:24,97	3:29,99	7
10 Pereira, Kelly	10	Mozambique	3:27,50	3:32,12	6
11 Chang, Yun-suh	11	Botswana	NT	3:34,43	5
12 Santos, Inara	11	Angola	3:51,06	3:42,54	4
13 Mkavea, Tujaliwe	12	Malawi	3:58,22	3:46,91	3
14 Tati, Nelja	11	Angola	3:58,62	3:53,06	2
15 Nakasule, Rahmah K	11	Uganda	3:48,99	3:54,10	1
16 Barbosa, Tianna	11	Eswatini	NT	3:54,67	

Event 26 Men 12 & Under 200 LC Meter Breaststroke

RECORD: 2:48,03 # 21-02-2020 Oliver B Durand

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	2:59,00	2:48,03	18
2 Vimba, Khaya	12	Zimbabwe	3:09,97	3:04,06	16
3 Kalipengule, Limbikani	11	Zimbabwe	3:09,92	3:06,66	14
4 Hekandjo, Kgosana O	12	Namibia	3:24,82	3:09,78	12
5 Cooney, Zoah	12	Zambia	3:23,43	3:11,16	11
6 Barradas, Hugo	12	Mozambique	3:27,09	3:13,55	10
7 Nuwagaba, Daniel R	11	Uganda	3:11,03	3:14,94	9
8 Keitsile, Junior	12	Botswana	3:25,23	3:17,11	8
9 Sethi, Khalil	12	Botswana	3:23,30	3:19,18	7
10 Fraser, Luca	9	Eswatini	3:37,16	3:30,01	6
11 Cataldi, Giacinto	11	Zambia	3:41,72	3:31,77	5
12 Fraser, Tiano	11	Eswatini	3:51,94	3:31,79	4
13 Prieur, Ethan	12	Malawi	4:00,03	3:53,60	3
--- Leung Hing Wah, Timothy	12	Mauritius	2:55,00	DQ	

Event 27 Women 13-14 200 LC Meter Breaststroke

RECORD: 2:41,59 # 17-02-2017 Tailyn Seyffert

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Stange, Maya A	14	Namibia	3:09,07	2:56,49	18
2 Banza, Ingrid I	14	Republic Of South Africa	3:01,63	2:57,22	16
3 Mason, Lilianna D	13	Seychelles	3:04,00	3:02,52	14
4 Ramgoolam, Jamie Prishika	14	Mauritius	3:03,70	3:04,61	12
5 Schultz, Timea	14	Zimbabwe	3:10,74	3:05,47	11
6 Ingwe, Kimberly	14	Botswana	3:12,24	3:08,66	10
7 Ditlhogo, Amaru	13	Botswana	3:11,84	3:09,17	9
8 Dhemba, Vhenekai	13	Zimbabwe	3:12,42	3:09,62	8
9 Liacopoulos, Antonia	14	Zambia	3:10,56	3:12,70	7
10 Rey, Salome M	13	Namibia	3:28,76	3:19,87	6
11 Fernandes, Nhara	13	Angola	3:37,69	3:26,67	5
12 Chizonda, Tracy	14	Malawi	3:33,84	3:35,27	4
13 Dlamini, Siwakhile T	14	Eswatini	NT	3:50,45	3

Event 28 Men 13-14 200 LC Meter Breaststroke

RECORD: 2:32,09 # 17-02-2017 Oliver Wong Chap Lan

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Lobo, Caio	14	Mozambique	2:38,35	2:36,74	18
2 Freitas, Filipe Simoes	14	Angola	2:40,03	2:44,04	16
3 Nagapin, Nathan	14	Seychelles	2:44,46	2:45,43	14
4 Ellis, Quinn	13	Namibia	3:01,99	2:54,95	12



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 28 Men 13-14 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
5	Thompson, Clayton E	14	Republic Of South Africa	2:54,16	2:55,15	11
6	Chisungo, Tawanda	14	Zimbabwe	3:02,02	2:55,86	10
7	Matthews, Mmusi	13	Botswana	3:06,05	2:58,45	9
8	Mwamba, Mutale	13	Zambia	3:03,91	3:00,89	8
9	Mokobi, Kgotla	13	Botswana	3:05,72	3:00,95	7
10	Esslinger, Nico	14	Namibia	3:13,58	3:02,42	6
11	Ngwenya, Onesimus	13	Zimbabwe	2:59,82	3:03,32	5
12	Kgomogadio, Yande Y	13	Republic Of South Africa	3:05,98	3:03,77	4
13	Birungi, Shane F	13	Uganda	3:03,70	3:08,19	3
14	Agaba, Lionel	13	Uganda	3:17,13	3:11,23	2
15	Tati, Janel	13	Angola	3:30,17	3:20,27	1
16	Banda, Asher	14	Malawi	3:27,74	3:25,68	
17	De Sousa, Damien	13	Eswatini	NT	3:32,84	

Event 29 Women 15-16 200 LC Meter BreaststrokeRECORD: 2:39,44 # 17-02-2017 **Christin Mundell**

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kok Shun, Alicia	15	Mauritius	2:50,00	2:46,93	18
2	Jose, Teagan N	16	Republic Of South Africa	2:52,86	2:51,12	16
3	Mbite, Christine R	16	Republic Of South Africa	2:53,43	2:53,21	14
4	Redecker, Nicole	16	Namibia	2:57,16	2:53,50	12
5	Rollo, Riana	16	Zimbabwe	2:58,74	2:59,34	11
6	Mutumbulua, Trisha	15	Namibia	3:10,90	3:04,16	10
7	Matonhodze, Shamiso	15	Botswana	3:04,38	3:05,40	9
8	Chinyani, Nyasha	15	Zimbabwe	3:05,33	3:05,88	8
9	Loo, Caitlin	15	Botswana	NT	3:13,97	7
10	Chibiya, Temwani A	16	Zambia	3:27,88	3:26,65	6

Event 30 Men 15-16 200 LC Meter BreaststrokeRECORD: 2:27,49 # 21-04-2016 **DAVIS Liam**

ZAM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Miller, Joshua	15	Seychelles	2:34,01	2:29,62	18
2	Santos, Fabio A	16	Republic Of South Africa	2:40,18	2:36,78	16
3	Lawrence, Matthew	16	Mozambique	2:35,21	2:37,20	14
4	Werrett, Cory	15	Zimbabwe	2:36,45	2:37,60	12
5	Oostindien, Jake	16	Zimbabwe	2:43,94	2:45,21	11
6	Pires, Djamel	16	Angola	2:59,87	2:45,61	10
7	Catillaz, Jeanre P	16	Republic Of South Africa	2:41,94	2:45,89	9
8	Shamambo, Damien	16	Zambia	2:53,49	2:47,08	8
9	Rouse, Brandon	16	Botswana	2:50,44	2:47,20	7
10	Rathenam, Keanet-Peter	15	Namibia	2:58,98	2:55,51	6
11	Chonguica, Yannis	16	Mozambique	2:52,94	3:01,84	5
12	Harry, Ethan	16	Botswana	3:08,60	3:06,78	4
13	Kisitu, Hayyan	15	Uganda	3:09,90	3:09,66	3
14	Silva, Gilberto	16	Angola	3:12,12	3:09,97	2

Event 31 Women 17 & Over 200 LC Meter BreaststrokeRECORD: 2:43,38 # 09-01-2009 **KERI J PLUMSTEAD**

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Freitas, Maria Lopes	22	Angola	3:03,85	3:02,03	18
2	Brown, Courtney	17	Zimbabwe	3:10,53	3:07,91	16



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 31 Women 17 & Over 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
3	Schonken, Gemma	17	Zimbabwe	3:33,56	3:17,12	14
4	Vos, Tayla S	17	Botswana	3:17,32	3:18,99	12
5	Gondo, Ruvarashe	17	Botswana	3:28,54	3:29,81	11

Event 32 Men 17 & Over 200 LC Meter Breaststroke

RECORD: 2:23,31 # 21-04-2016 Pedro Pinotes

ANG

	Name	Age	Team	Seed Time	Finals Time	Points
1	Gomes, Filipe	22	Malawi	2:29,75	2:29,26	18
2	Fischer, Ethan	17	Botswana	2:36,13	2:33,54	16
3	Mills, Tait	17	Zimbabwe	2:43,79	2:41,97	14
4	Wellmann, Arkell J	17	Namibia	2:53,99	2:44,81	12
5	Naidu, Kumaren M	22	Zambia	2:42,65	2:47,20	11
6	Gertze, Matthew R	17	Namibia	3:03,09	2:56,18	10
7	Jones, Brett	17	Zimbabwe	3:42,72	3:22,34	9

Event 33 Women 12 & Under 50 LC Meter Backstroke

RECORD: 33,07 # 21-04-2016 PHIRI Mia

ZAM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Labuschagne, Isabelle	12	Seychelles	33,22	34,31	18
2	Miti, Tamenji	12	Zambia	36,13	35,04	16
3	Ohm, Michaela	12	Namibia	36,92	35,54	14
4	Westerduin, Reza	12	Namibia	37,46	35,65	12
5	Dawe, Tori	12	Zimbabwe	37,92	36,14	11
6	Hoy, Hayley	11	Eswatini	38,00	37,53	10
7	Ramdhun, Eunnice	12	Mauritius	40,76	38,32	9
*8	Wishart, Peyton	11	Zimbabwe	39,17	38,52	7.50
*8	Domingues, Ana Beatriz	12	Mozambique	38,28	38,52	7.50
10	Oagile-Motso, Renee	12	Botswana	41,22	38,62	6
11	Moyo, Zoe	11	Zambia	39,83	38,68	5
12	Losacco, Olivia	11	Malawi	40,97	39,09	4
13	Morais, Nyriam	11	Angola	42,77	39,22	3
14	Silva, Welwitschia	12	Angola	39,93	40,31	2
15	Sine, Gabriella N	12	Uganda	39,30	40,74	1
16	Mudanye, Amelia	11	Uganda	39,48	40,92	
17	Merafhe, Naledi	11	Botswana	40,85	41,67	
18	Barbosa, Tianna	11	Eswatini	55,41	46,90	
19	Mkavea, Tujaliwe	12	Malawi	45,90	47,76	

Event 34 Men 12 & Under 50 LC Meter Backstroke

RECORD: 32,63 # 21-02-2020 Oliver B Durand

NAM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Durand, Oliver B	12	Namibia	34,50	32,63	18
2	Keitsile, Junior	12	Botswana	39,58	34,00	16
3	Payet, Alexander	12	Seychelles	35,00	34,52	14
4	Coombs Tembo, Nkhosi J	12	Zambia	36,96	35,05	12
5	Kalipengule, Limbikani	11	Zimbabwe	35,85	36,18	11
6	Haskins, Ethan	12	Botswana	37,65	36,38	10
7	Barradas, Hugo	12	Mozambique	36,75	36,39	9
8	Hekandjo, Kgosana O	12	Namibia	37,43	36,41	8
9	Zeravica, Jack	11	Zambia	36,42	36,46	7
10	Reilly, Sean	11	Zimbabwe	36,64	36,59	6



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 34 Men 12 & Under 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Nuwagaba, Daniel R	11	Uganda	37,96	37,70	5
12 Elias, Yano	12	Angola	41,66	39,64	4
13 Prieur, Ethan	12	Malawi	44,43	41,86	3
14 Kyabayinze, Zaabu D	12	Uganda	35,97	43,20	2
15 Fraser, Luca	9	Eswatini	NT	47,15	1
16 Fraser, Tiano	11	Eswatini	NT	47,62	
17 Mkavea, Tasunje	9	Malawi	43,23	48,70	
--- Bredel, Rafael	12	Angola	38,92	DQ	

Event 35 Women 13-14 50 LC Meter Backstroke

RECORD: 31,85 # 21-04-2016 KOENIG Camille

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Schultz, Timea	14	Zimbabwe	32,79	32,35	18
2 Ramajan, Saira	14	Zimbabwe	33,59	33,11	16
3 Stange, Maya A	14	Namibia	35,92	34,38	14
4 Smidt, Clio J	13	Republic Of South Africa	34,25	34,62	12
5 Phiri, Jade A	13	Zambia	35,13	34,88	11
6 Jack, Michelle	14	Botswana	34,35	34,90	10
7 Labuschagne, Abigail	14	Seychelles	35,69	35,51	9
8 Coates, Johanna K	13	Zambia	35,75	35,83	8
9 Armour, Kaeli-Peace	13	Republic Of South Africa	34,99	36,26	7
10 Fernandes, Sophie	13	Mozambique	37,43	36,95	6
11 Mutie, Mutinda	14	Botswana	36,16	37,18	5
12 Spath, Mackenzie	14	Namibia	38,33	38,03	4
13 Young, Raya	14	Eswatini	39,87	38,59	3
14 Banona, Mary G	14	Uganda	36,85	38,64	2
15 Nsereko, Nanette	13	Uganda	39,85	39,89	1
16 Chizonda, Tracy	14	Malawi	42,10	40,54	
17 Makwenda, Jessica	14	Malawi	40,16	41,13	
18 Young, Lauren	14	Eswatini	44,18	43,37	

Event 36 Men 13-14 50 LC Meter Backstroke

RECORD: 29,81 # 07-05-2015 Érico M Cuna

MOZ

Name	Age	Team	Seed Time	Finals Time	Points
1 Lobo, Caio	14	Mozambique	31,18	30,74	18
2 Makaya, Tichatonga	13	Zimbabwe	31,49	31,13	16
3 Magongo, Brave	14	Namibia	35,09	31,71	14
4 Ellis, Quinn	13	Namibia	33,06	32,20	12
5 Chisungo, Tawanda	14	Zimbabwe	33,43	32,54	11
*6 Visagie, Leson G	14	Republic Of South Africa	33,15	32,73	9.50
*6 Faftine, Kaio	13	Mozambique	32,67	32,73	9.50
8 Fernando, Khushal J	14	Zambia	33,31	32,79	8
9 Fortes, Alex	14	Angola	36,16	32,90	7
10 Matthews, Mmusi	13	Botswana	33,74	33,85	6
11 Mulenga, Ndabila B	14	Zambia	36,15	34,01	5
12 Kgomogadio, Yande Y	13	Republic Of South Africa	35,09	35,34	4
13 Garmroudi, Yusurf	13	Botswana	36,57	35,79	3
14 Kyabayinze, Daniel T	14	Uganda	39,24	36,50	2
15 Moosa, Muhammad Ali	14	Malawi	36,71	37,54	1
16 De Sousa, Damien	13	Eswatini	39,74	39,47	
17 Augusto, Armando	13	Angola	45,57	41,91	



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020

Results

(Event 36 Men 13-14 50 LC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time	Points
--- Kumbatira, Tsinde	14	Malawi	38,08	DQ	

Event 37 Women 15-16 50 LC Meter Backstroke

RECORD: 31,15 # 21-02-2020 Mia A Phiri

Zambia

Name	Age	Team	Seed Time	Finals Time	Points
1 Phiri, Mia A	16	Zambia	30,89	31,15	18
2 Tendrinavalona, Idealy D	15	Republic of Madagascar	31,10	32,17	16
3 Namutebi, Kirabo C	15	Uganda	32,93	32,27	14
4 Rollo, Riana	16	Zimbabwe	32,21	32,45	12
5 van der Westhuizen, Paige	16	Zimbabwe	32,08	32,78	11
6 Esslinger, Tiana	16	Namibia	33,28	32,97	10
7 Gebert, Ines	15	Mauritius	32,98	33,42	9
8 Vahed, Layla T	16	Republic Of South Africa	33,47	33,65	8
9 Mutumbulua, Trisha	15	Namibia	33,87	33,73	7
10 Matthews, Tselane	16	Botswana	33,78	34,14	6
11 Loo, Caitlin	15	Botswana	34,86	34,28	5
12 Swanepoel, Abigail	16	Republic Of South Africa	36,21	34,70	4
13 Elizabeth, Khema	15	Seychelles	34,87	34,94	3
14 Chibiya, Temwani A	16	Zambia	36,91	35,67	2
15 Santo, Rafaela Espirito	15	Angola	37,73	37,52	1
16 Dlamini, Senamile	16	Eswatini	40,01	40,16	

Event 38 Men 15-16 50 LC Meter Backstroke

RECORD: 28,88 # 17-02-2017 Ronan Z Wantenaar

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 AH Yong, Victor	15	Mauritius	29,00	29,07	18
2 Burger, Mikah K	15	Namibia	28,82	29,11	16
3 Landmann, Ramon	16	Republic Of South Africa	29,59	29,22	14
4 Bekker, Andile	16	Botswana	29,13	29,28	12
5 Pale, Justino	16	Mozambique	29,69	29,84	11
6 Ciceron, Adrien	16	Mauritius	30,75	30,20	10
7 Rouse, Brandon	16	Botswana	30,62	30,22	9
8 Verster, Dewie	16	Republic Of South Africa	30,47	30,40	8
9 Werrett, Cory	15	Zimbabwe	31,13	30,52	7
10 Sepetu, Isam A	15	Tanzania	31,97	31,05	6
11 Kaganda, Ben	16	Uganda	30,08	31,22	5
12 Shamambo, Damien	16	Zambia	31,51	31,25	4
13 Setzkorn, Friedrich	16	Namibia	32,29	31,62	3
14 Mpofu, Jasper	16	Zimbabwe	31,39	32,09	2
15 Furtado, Yussen	15	Angola	31,46	32,73	1
16 Francisco, Alexandre	15	Angola	33,11	32,81	
17 Musoke, Raphael	16	Uganda	33,91	33,37	

Event 39 Women 17 & Over 50 LC Meter Backstroke

RECORD: 30,96 # 17-02-2017 Alexis Laird

SEY

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	31,57	31,84	18
2 Rabejaona, Holy A	17	Republic of Madagascar	32,80	33,61	16
3 Young, Robyn	19	Eswatini	33,54	33,66	14
4 Botha, Vicky A	18	Namibia	34,31	34,07	12
5 Freitas, Maria Lopes	22	Angola	NT	34,72	11



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 39 Women 17 & Over 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Jones, Siobhan	17	Zimbabwe	35,31	34,98	10
7 Ruele, Bupe B	16	Botswana	33,28	35,14	9
8 Pinto, Ammara	22	Malawi	34,46	35,25	8
9 Jobe, Hannah	16	Botswana	36,20	35,96	7
10 Mjimba, Nomvula B	17	Zimbabwe	35,66	36,26	6
11 Chang'anamuno, Tayamika	19	Malawi	37,49	38,87	5
--- Meya, Avice	25	Uganda	32,87	DQ	

Event 40 Men 17 & Over 50 LC Meter Backstroke

RECORD: 27,40 # 21-04-2016 DONKER Tom

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Cyprianos, Denilson	17	Zimbabwe	27,74	27,59	18
2 Bachmann, Mathieu	23	Seychelles	28,90	28,48	16
3 Fred, Tyler	17	Seychelles	28,68	28,66	14
4 Tayali, Quintin T	18	Zimbabwe	28,79	28,70	12
5 Freeman, James S	18	Botswana	29,07	29,25	11
6 Andrianirina, Lalanomena A	21	Republic of Madagascar	28,44	29,38	10
7 Mukalazi, Tendo	17	Uganda	29,05	29,92	9
8 Naidu, Kumaren M	22	Zambia	30,23	30,21	8
9 Wellmann, Arkell J	17	Namibia	32,26	30,85	7
10 Moosa, Shaquille D	17	Zambia	31,93	31,54	6
11 Kgang, Lefa	17	Botswana	32,35	32,29	5
12 Gertze, Matthew R	17	Namibia	32,98	32,63	4

Event 41 Women 12 & Under 200 LC Meter Freestyle

RECORD: 2:18,99 # 21-04-2016 VAN DER WESTHUIZEN Paige

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Naukosho, Ariana	12	Namibia	2:34,70	2:27,44	18
2 Hoy, Hayley	11	Eswatini	2:34,99	2:28,75	16
3 Ramdhun, Eunnice	12	Mauritius	2:35,20	2:31,52	14
4 Dawe, Tori	12	Zimbabwe	2:36,77	2:32,27	12
5 Sine, Michelle K	12	Uganda	2:40,83	2:33,87	11
6 Mahobebe, Loyiso	11	Zimbabwe	2:35,71	2:36,25	10
7 Mosho, Chisanga	12	Zambia	2:40,42	2:38,20	9
8 Domingues, Ana Beatriz	12	Mozambique	2:38,64	2:38,57	8
9 Lutalo, Natalie	11	Uganda	2:36,63	2:40,08	7
10 Pereira, Kelly	10	Mozambique	2:37,26	2:41,39	6
11 Moyo, Zoe	11	Zambia	2:52,23	2:47,24	5
12 Chang, Ji-eun	12	Botswana	2:58,74	2:51,82	4
13 Ramakoloi, Thata	12	Botswana	2:58,86	2:53,75	3
14 Morais, Nyriam	11	Angola	3:11,48	2:54,38	2
15 Losacco, Olivia	11	Malawi	2:58,44	2:55,64	1
16 Santos, Inara	11	Angola	3:04,44	2:59,30	
17 Mkavea, Tujaliwe	12	Malawi	3:25,87	3:23,24	
--- Ohm, Michaela	12	Namibia	2:34,63	NS	

Event 42 Men 12 & Under 200 LC Meter Freestyle

RECORD: 2:17,08 # 21-02-2020 Oliver B Durand

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	2:28,05	2:17,08	18
2 Heyns, Kyle	12	Zimbabwe	2:25,57	2:18,60	16



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 42 Men 12 & Under 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
3	Payet, Alexander	12	Seychelles	2:23,00	2:19,12	14
4	Barradas, Hugo	12	Mozambique	2:24,58	2:23,25	12
5	Hekandjo, Kgosana O	12	Namibia	2:28,66	2:27,08	11
6	Keitsile, Junior	12	Botswana	2:40,44	2:31,41	10
7	Payet, Thierry	12	Seychelles	2:30,12	2:31,87	9
8	Cooney, Zoah	12	Zambia	2:41,04	2:32,24	8
9	Seetso, Nathan	12	Botswana	2:43,34	2:36,13	7
10	Coombs Tembo, Nkhosi J	12	Zambia	2:37,04	2:36,74	6
11	Elias, Yano	12	Angola	2:59,99	2:36,97	5
12	Cochofel, Jose	12	Angola	3:29,86	2:39,15	4
13	Vimba, Khaya	12	Zimbabwe	2:38,98	2:40,45	3
14	Kyabayinze, Zaabu D	12	Uganda	2:39,12	2:46,56	2
15	Makwenda, Jeremiah	9	Malawi	3:08,08	2:59,05	1
16	Mkavea, Tasunje	9	Malawi	3:19,87	3:20,56	

Event 43 Women 13-14 200 LC Meter Freestyle

RECORD: 2:10,21 # 17-02-2019 Lise Coetzee

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Beyers, Emma P	14	Republic Of South Africa	2:18,43	2:18,41	18
2	Finnis, Tiara L	14	Republic Of South Africa	2:19,55	2:19,52	16
3	Schultz, Timea	14	Zimbabwe	2:23,39	2:20,82	14
4	Mahobebe, Mkhusele	14	Zimbabwe	2:22,73	2:23,28	12
5	Ramgoolam, Jamie Prishika	14	Mauritius	2:24,00	2:23,32	11
6	Ingwe, Kimberly	14	Botswana	2:26,64	2:23,85	10
7	Stange, Maya A	14	Namibia	2:31,69	2:24,43	9
8	Spath, Mackenzie	14	Namibia	2:30,49	2:28,13	8
9	Jack, Michelle	14	Botswana	2:27,65	2:28,77	7
10	Mason, Lilianna D	13	Seychelles	2:30,00	2:30,02	6
11	Fernandes, Sophie	13	Mozambique	2:35,62	2:30,78	5
12	Kerai, Tejasvi	13	Seychelles	2:37,00	2:32,53	4
13	Fernandes, Nhara	13	Angola	2:41,08	2:32,83	3
14	Coates, Johanna K	13	Zambia	2:38,50	2:34,23	2
15	Young, Raya	14	Eswatini	NT	2:51,32	1
16	Nsereko, Nanette	13	Uganda	2:42,11	2:51,79	
17	Makwenda, Jessica	14	Malawi	2:31,20	2:55,50	
18	Young, Lauren	14	Eswatini	3:02,24	3:00,58	
19	Chizonda, Tracy	14	Malawi	3:02,64	3:05,05	

Event 44 Men 13-14 200 LC Meter Freestyle

RECORD: 2:02,48 # 17-02-2017 Ethan R Spieker

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Ohm, Oliver	14	Namibia	2:15,61	2:11,05	18
2	Makaya, Tichatonga	13	Zimbabwe	2:12,14	2:11,42	16
3	Visagie, Leson G	14	Republic Of South Africa	2:14,37	2:12,10	14
4	Lobo, Caio	14	Mozambique	2:19,05	2:12,29	12
5	Ellis, Quinn	13	Namibia	2:22,69	2:13,10	11
6	Pheeha, Junior J	14	Republic Of South Africa	2:21,70	2:14,16	10
7	Mhlanga, Bjorn N	13	Zimbabwe	2:20,63	2:15,19	9
8	LI Hing Duen, Shawn	13	Mauritius	2:15,58	2:15,38	8
9	Faftine, Kaio	13	Mozambique	2:16,47	2:16,02	7
10	Freitas, Filipe Simoes	14	Angola	2:12,12	2:18,26	6



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 44 Men 13-14 200 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Fortes, Alex	14	Angola	2:26,96	2:22,44	5
12 Mokobi, Kgotla	13	Botswana	2:25,34	2:22,53	4
13 Molefe, Lerako	14	Botswana	2:31,90	2:27,20	3
14 Birungi, Shane F	13	Uganda	2:23,34	2:28,52	2
15 Banda, Asher	14	Malawi	2:36,29	2:30,56	1
16 Mulenga, Mwenya	13	Zambia	2:36,07	2:30,57	
17 Moosa, Muhammad Ali	14	Malawi	2:35,57	2:34,76	
18 De Sousa, Damien	13	Eswatini	2:51,51	2:48,86	

Event 45 Women 15-16 200 LC Meter Freestyle

RECORD: 2:10,53 # 21-02-2020 Paige van der Westhuizen

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 van der Westhuizen, Paige	16	Zimbabwe	2:07,69	2:10,53	18
2 Egner, Maxine	15	Botswana	2:16,62	2:12,72	16
3 Van Jaarsveld, Danica C	16	Republic Of South Africa	2:16,27	2:13,93	14
4 Gebert, Ines	15	Mauritius	2:17,00	2:17,01	12
5 Esslinger, Tiana	16	Namibia	2:16,70	2:17,51	11
6 Rollo, Riana	16	Zimbabwe	2:21,25	2:18,41	10
7 Mutumbulua, Trisha	15	Namibia	2:24,99	2:18,53	9
8 Loo, Caitlin	15	Botswana	2:23,08	2:19,68	8
9 Kok Shun, Alicia	15	Mauritius	2:18,00	2:20,38	7
10 Mateus, Alicia	15	Mozambique	2:22,56	2:21,22	6
11 Mbite, Christine R	16	Republic Of South Africa	2:20,22	2:22,51	5
12 Santo, Rafaela Espirito	15	Angola	2:24,99	2:24,93	4
13 Elizabeth, Khema	15	Seychelles	2:20,20	2:25,36	3
14 Dlamini, Senamile	16	Eswatini	NT	2:41,39	2

Event 46 Men 15-16 200 LC Meter Freestyle

RECORD: 1:58,34 # 17-02-2017 James S Freeman

BOTS

Name	Age	Team	Seed Time	Finals Time	Points
1 Bekker, Andile	16	Botswana	1:59,17	1:58,60	18
2 Verster, Dewie	16	Republic Of South Africa	2:06,07	2:03,38	16
3 vd Westhuizen, Wietske	16	Republic Of South Africa	2:07,05	2:03,40	14
4 AH Yong, Victor	15	Mauritius	2:02,00	2:05,05	12
5 Pale, Justino	16	Mozambique	2:04,54	2:05,42	11
6 Payet, Damien	16	Seychelles	2:05,00	2:05,93	10
7 Burger, Mikah K	15	Namibia	2:10,66	2:07,06	9
8 Vidot, Alain	15	Seychelles	2:08,87	2:07,84	8
9 Franceys, Ryan	15	Zimbabwe	2:08,83	2:10,22	7
10 Sepetu, Isam A	15	Tanzania	2:14,00	2:11,73	6
11 Werrett, Cory	15	Zimbabwe	2:11,10	2:11,88	5
12 van Rooyen, Benco	15	Botswana	2:14,44	2:12,86	4
13 Mwamba, Wina M	16	Zambia	2:14,63	2:15,26	3
14 Setzkorn, Friedrich	16	Namibia	2:19,37	2:16,41	2
15 Chonguica, Yannis	16	Mozambique	2:14,75	2:18,31	1
16 Francisco, Alexandre	15	Angola	2:22,49	2:20,37	
17 Silva, Gilberto	16	Angola	2:28,08	2:23,14	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 47 Women 17 & Over 200 LC Meter Freestyle**RECORD: 2:11,26 # 17-02-2017 **Alexus Laird**

SEY

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	2:11,21	2:12,91	18
2 Botha, Vicky A	18	Namibia	2:20,15	2:19,74	16
3 Brown, Courtney	17	Zimbabwe	2:21,10	2:20,75	14
4 Mjimba, Nomvula B	17	Zimbabwe	2:18,47	2:20,90	12
5 Pinto, Ammara	22	Malawi	2:34,56	2:30,51	11
6 Ruele, Bupe B	16	Botswana	2:30,63	2:30,73	10
7 Jobe, Hannah	16	Botswana	2:33,76	2:35,29	9
8 Santos, Barbara	17	Angola	2:44,60	2:50,52	8

Event 48 Men 17 & Over 200 LC Meter FreestyleRECORD: 1:54,23 # 07-05-2015 **Pedro Pinotes**

ANG

Name	Age	Team	Seed Time	Finals Time	Points
1 Freeman, James S	18	Botswana	1:52,11	1:56,33	18
2 Gomes, Filipe	22	Malawi	2:00,67	1:59,39	16
3 Le Roux, Corné	17	Namibia	2:00,83	2:03,69	14
4 Payet, Bertrand	17	Seychelles	2:06,00	2:06,75	12
5 Xavier, Kelsey	17	Mozambique	2:07,35	2:08,22	11
6 Jones, Brett	17	Zimbabwe	2:06,09	2:09,03	10
7 Cyprianos, Denilson	17	Zimbabwe	2:01,43	2:10,04	9
8 Wellmann, Arkell J	17	Namibia	2:13,28	2:10,96	8
9 Silva, Lucas	18	Angola	2:17,75	2:14,19	7
10 Dzingai, Solomon	19	Botswana	2:19,05	2:18,92	6

Event 49 Women 12 & Under 50 LC Meter ButterflyRECORD: 31,07 # 21-04-2016 **PHIRI Mia**

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Miti, Tamenji	12	Zambia	31,77	31,37	18
2 Makwabarara, Mikayla	11	Zimbabwe	33,71	32,00	16
3 Ramdhun, Eunnice	12	Mauritius	34,08	33,33	14
4 Hoy, Hayley	11	Eswatini	33,90	33,35	12
5 Westerduin, Reza	12	Namibia	34,41	33,51	11
6 Labuschagne, Isabelle	12	Seychelles	34,60	33,58	10
7 Naukosho, Ariana	12	Namibia	35,19	33,68	9
8 Muslun, Alina	12	Mauritius	35,00	33,95	8
9 Pereira, Kelly	10	Mozambique	36,29	34,59	7
10 Mosho, Chisanga	12	Zambia	35,02	35,07	6
11 Nakasule, Rahmah K	11	Uganda	35,69	35,52	5
12 Dawe, Tori	12	Zimbabwe	35,59	35,64	4
13 Domingues, Ana Beatriz	12	Mozambique	36,75	36,25	3
14 Chang, Ji-eun	12	Botswana	38,34	36,29	2
15 Losacco, Olivia	11	Malawi	38,92	36,60	1
16 Silva, Welwitschia	12	Angola	35,33	36,84	
17 Morais, Nyriam	11	Angola	39,60	36,92	
18 Mudanye, Amelia	11	Uganda	38,00	37,95	
19 Haiya, Chisomo	12	Malawi	47,80	38,73	
20 Oagile-Motso, Renee	12	Botswana	44,06	41,64	
--- Barbosa, Tianna	11	Eswatini	NT	DQ	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 50 Men 12 & Under 50 LC Meter Butterfly**

RECORD: 28,98 # 21-02-2020 Junior Keitsile		BOT			
Name	Age	Team	Seed Time	Finals Time	Points
1	Keitsile, Junior	12 Botswana	30,81	28,98	18
2	Bredel, Rafael	12 Angola	32,63	31,42	16
3	Durand, Oliver B	12 Namibia	32,80	32,17	14
4	Barradas, Hugo	12 Mozambique	33,67	32,36	12
5	Payet, Alexander	12 Seychelles	32,00	32,37	11
6	Heyns, Kyle	12 Zimbabwe	33,24	32,40	10
7	Vimba, Khaya	12 Zimbabwe	33,09	33,24	9
8	Hekandjo, Kgosana O	12 Namibia	35,99	34,01	8
9	Haskins, Ethan	12 Botswana	35,28	34,38	7
10	Payet, Thierry	12 Seychelles	35,12	35,09	6
11	Zeravica, Jack	11 Zambia	34,70	35,52	5
12	Peterson, Inhensiko S	11 Uganda	34,45	35,58	4
13	Prieur, Ethan	12 Malawi	40,88	36,25	3
14	Furtado, Marco	10 Angola	38,87	36,29	2
15	Ssengooba, Ethani M	11 Uganda	33,88	36,77	1
16	Coombs Tembo, Nkhosi J	12 Zambia	38,36	36,85	
17	Fraser, Luca	9 Eswatini	41,58	41,00	
18	Mkavea, Tasunje	9 Malawi	47,90	53,43	

Event 51 Women 13-14 50 LC Meter Butterfly

RECORD: 30,08 # 21-04-2016 KOENIG Camille		MRI			
Name	Age	Team	Seed Time	Finals Time	Points
1	Dhemba, Vhenekai	13 Zimbabwe	31,84	30,53	18
2	Goodinson, Kiara	14 Zimbabwe	31,71	31,31	16
3	Phiri, Jade A	13 Zambia	30,78	31,56	14
4	Ingwe, Kimberly	14 Botswana	33,31	32,14	12
5	Mutie, Mutinda	14 Botswana	33,69	32,87	11
6	Beyers, Emma P	14 Republic Of South Africa	31,85	33,11	10
7	Stange, Maya A	14 Namibia	35,01	33,35	9
8	Smidt, Clio J	13 Republic Of South Africa	33,55	33,38	8
9	Labuschagne, Abigail	14 Seychelles	33,25	33,52	7
10	Fernandes, Sophie	13 Mozambique	33,59	34,10	6
11	Vidmar, Julijana	13 Zambia	34,32	34,25	5
12	Mason, Lilianna D	13 Seychelles	35,00	34,51	4
13	Spath, Mackenzie	14 Namibia	36,85	35,61	3
14	Banona, Mary G	14 Uganda	37,75	37,35	2
15	Makwenda, Jessica	14 Malawi	37,09	37,49	1
16	Dlamini, Siwakhile T	14 Eswatini	37,40	37,77	
17	Young, Raya	14 Eswatini	39,59	38,23	
18	Chizonda, Tracy	14 Malawi	40,43	41,25	

Event 52 Men 13-14 50 LC Meter Butterfly

RECORD: 27,18 # 07-05-2015 Érico M Cuna		MOZ			
Name	Age	Team	Seed Time	Finals Time	Points
1	Makaya, Tichatonga	13 Zimbabwe	27,96	27,50	18
2	Lobo, Caio	14 Mozambique	28,38	28,27	16
3	Kotze, Pierce	14 Republic Of South Africa	29,06	28,28	14
4	Nagapin, Nathan	14 Seychelles	29,21	29,46	12
5	Chisungo, Tawanda	14 Zimbabwe	29,76	29,52	11



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 52 Men 13-14 50 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Ellis, Quinn	13	Namibia	32,35	30,44	10
7 Fernando, Khushal J	14	Zambia	31,71	31,00	9
8 Mulenga, Ndabila B	14	Zambia	32,29	31,57	8
9 Seetso, Thabang	14	Botswana	32,87	31,76	7
10 Ohm, Oliver	14	Namibia	32,27	31,88	6
11 Matthews, Mmusi	13	Botswana	33,14	31,97	5
12 Devan, Darshan	14	Republic Of South Africa	33,22	32,05	4
13 Banda, Asher	14	Malawi	35,65	33,23	3
14 LI Hing Duen, Shawn	13	Mauritius	34,78	33,61	2
15 De Sousa, Damien	13	Eswatini	39,07	35,82	1
16 Kyabayinze, Daniel T	14	Uganda	36,14	36,05	
17 Tati, Janel	13	Angola	45,70	39,52	
18 Augusto, Armando	13	Angola	39,78	40,06	
--- Kumbatira, Tsinde	14	Malawi	34,31	DQ	

Event 53 Women 15-16 50 LC Meter Butterfly

RECORD: 29,35 # 17-02-2017 Lesley C Blignaut

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Phiri, Mia A	16	Zambia	29,22	29,61	18
2 Young, Alexia	16	Republic Of South Africa	30,33	29,86	16
3 Namutebi, Kirabo C	15	Uganda	30,65	29,97	14
4 van der Westhuizen, Paige	16	Zimbabwe	29,91	30,26	12
5 Mutumbulua, Trisha	15	Namibia	32,34	30,76	11
6 Egner, Maxine	15	Botswana	30,63	31,01	10
7 Loo, Caitlin	15	Botswana	31,48	31,18	9
8 Mateus, Alicia	15	Mozambique	31,28	31,25	8
9 Mbite, Christine R	16	Republic Of South Africa	32,96	31,65	7
10 Rollo, Riana	16	Zimbabwe	31,49	31,89	6
11 Redecker, Nicole	16	Namibia	34,54	32,48	5
12 Elizabeth, Khema	15	Seychelles	31,50	32,54	4
13 Dlamini, Senamile	16	Eswatini	36,98	36,17	3
--- Tendrinavalona, Idealy D	15	Republic of Madagascar	30,18	DQ	

Event 54 Men 15-16 50 LC Meter Butterfly

RECORD: 25,39 # 21-02-2020 Matthew Lawrence

Mozambique

Name	Age	Team	Seed Time	Finals Time	Points
1 Lawrence, Matthew	16	Mozambique	26,07	25,39	18
2 AH Yong, Victor	15	Mauritius	27,00	26,14	16
3 Burger, Mikah K	15	Namibia	27,77	27,76	14
4 Mwamba, Wina M	16	Zambia	27,77	27,91	12
5 Ciceron, Adrien	16	Mauritius	27,27	28,00	11
6 Rouse, Brandon	16	Botswana	28,31	28,03	10
7 Shamambo, Damien	16	Zambia	28,20	28,07	9
8 Correia, Gabriel L	16	Republic Of South Africa	27,84	28,11	8
9 vd Westhuizen, Wietske	16	Republic Of South Africa	28,75	28,14	7
10 Furtado, Yusseni	15	Angola	28,25	28,15	6
11 Miller, Joshua	15	Seychelles	28,20	28,19	5
12 Vidot, Alain	15	Seychelles	29,06	28,20	4
13 Oostindien, Jake	16	Zimbabwe	29,28	28,48	3
14 Pires, Djamel	16	Angola	27,64	28,78	2
15 Kaganda, Ben	16	Uganda	27,88	28,85	1



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 54 Men 15-16 50 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
16 Ngwenya, Nathan	15	Zimbabwe	29,02	29,03	
17 Setzkorn, Friedrich	16	Namibia	30,29	29,14	
18 Sepetu, Isam A	15	Tanzania	30,27	29,73	
19 Musoke, Raphael	16	Uganda	29,08	29,97	
--- Harry, Ethan	16	Botswana	28,93	DQ	

Event 55 Women 17 & Over 50 LC Meter Butterfly

RECORD: 28,65 # 17-02-2017 Robyn Lee

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Mjimba, Nomvula B	17	Zimbabwe	29,91	30,27	18
2 Rabejaona, Holy A	17	Republic of Madagascar	29,57	30,33	16
3 Stergiadis, Heleni	17	Namibia	30,60	30,62	14
4 Meya, Avice	25	Uganda	30,24	30,97	12
5 Jones, Siobhan	17	Zimbabwe	32,39	32,76	11
6 Mogara, Amantle	20	Botswana	31,83	33,24	10
7 Gondo, Ruvarashe	17	Botswana	32,16	33,43	9
8 Young, Robyn	19	Eswatini	NT	33,48	8
9 Cahombo, Melvire	17	Angola	33,67	33,87	7
10 Botha, Vicky A	18	Namibia	33,53	34,39	6
11 Pinto, Ammara	22	Malawi	34,76	34,83	5
12 Chang'anamuno, Tayamika	19	Malawi	34,34	35,51	4

Event 56 Men 17 & Over 50 LC Meter Butterfly

RECORD: 25,11 # 21-04-2016 GOVEIA Ralph

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Bachmann, Mathieu	23	Seychelles	25,80	25,52	18
2 Goveia, Ralph W	23	Zambia	24,33	25,62	16
3 McKonie, Joash	17	Zimbabwe	25,65	25,95	14
4 Freeman, James S	18	Botswana	25,50	26,16	12
5 Fred, Tyler	17	Seychelles	26,42	26,25	11
6 Gomes, Filipe	22	Malawi	26,29	26,38	10
7 Tayali, Quintin T	18	Zimbabwe	26,72	26,62	9
8 Rakotomavo, Herinirina J	23	Republic of Madagascar	26,30	27,23	8
9 Andrianirina, Lalanomena A	21	Republic of Madagascar	26,97	27,37	7
10 Le Roux, Corné	17	Namibia	27,38	27,54	6
11 Naidu, Kumaren M	22	Zambia	27,75	27,71	5
12 Xavier, Kelsey	17	Mozambique	27,66	27,82	4
13 Dlamini, Simanga	22	Eswatini	28,64	28,29	3
14 Mukalazi, Tendo	17	Uganda	27,80	28,33	2
15 Wellmann, Arkell J	17	Namibia	29,22	28,67	1
16 Silva, Lucas	18	Angola	28,99	28,95	
17 Sebikiri, Maemo	20	Botswana	28,62	29,36	

Event 57 Women 14 & Under 400 LC Meter Freestyle Relay

RECORD: 4:13,21 # 21-04-2016 MAURITIUS

MRI

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	4:22,55	4:19,76	36
1) Goodinson, Kiara 14	2) Ramajan, Saira 14	3) Dhemba, Vhenekai 13	4) Schultz, Timea 14	
2 Republic Of South Africa	A	4:22,45	4:26,54	32
1) Armour, Kaeli-Peace 13	2) Banza, Ingrid I 14	3) Finnis, Tiara L 14	4) Beyers, Emma P 14	
3 Seychelles	A	4:20,80	4:27,18	28
1) Labuschagne, Isabelle 12	2) Mason, Lilianna D 13	3) Labuschagne, Abigail 14	4) Kerai, Tejasvi 13	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 57 Women 14 & Under 400 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
4 Botswana	A	4:32,43	4:28,32	24
1) Dithlogo, Amaru 13	2) Ingwe, Kimberly 14	3) Mutie, Mutinda 14	4) Jack, Michelle 14	
5 Namibia	A	4:34,90	4:34,57	22
1) Spath, Mackenzie 14	2) Naukosho, Ariana 12	3) Westerduin, Reza 12	4) Stange, Maya A 14	
6 Zambia	A	4:20,53	4:37,15	20
1) Phiri, Jade A 13	2) Miti, Tamenji 12	3) Coates, Johanna K 13	4) Moshosho, Chisanga 12	
7 Uganda	A	4:55,31	4:57,19	18
1) Banona, Mary G 14	2) Sine, Michelle K 12	3) Sine, Gabriella N 12	4) Lutalo, Natalie 11	
8 Angola	A	NT	5:29,07	16
1) Tati, Nelja 11	2) Santos, Inara 11	3) Morais, Nyriam 11	4) Silva, Welwitschia 12	

Event 58 Men 14 & Under 400 LC Meter Freestyle Relay**RECORD: 3:53,33 # 17-02-2017 Republic of South Africa RSA****E Spieker, S Maseko, B Remley, L Taukobong**

Team	Relay	Seed Time	Finals Time	Points
1 Republic Of South Africa	A	4:08,18	4:00,97	36
1) Visagie, Leson G 14	2) Pheeha, Junior J 14	3) Kotze, Pierce 14	4) Thompson, Clayton E 14	
2 Zimbabwe	A	4:06,14	4:02,15	32
1) Mhlanga, Bjorn N 13	2) Ngwenya, Onesimus 13	3) Chisungo, Tawanda 14	4) Makaya, Tichatonga 13	
3 Namibia	A	4:17,47	4:02,42	28
1) Ellis, Quinn 13	2) Magongo, Brave 14	3) Esslinger, Nico 14	4) Ohm, Oliver 14	
4 Botswana	A	4:24,27	4:18,92	24
1) Mokobi, Kgotla 13	2) Matthews, Mmusi 13	3) Keitsile, Junior 12	4) Molefe, Lerako 14	
5 Zambia	A	3:39,98	4:29,89	22
1) Fernando, Khushal J 14	2) Mulenga, Mwenya 13	3) Coombs Tembo, Nkhosi J 12	4) Zeravica, Jack 11	
6 Angola	A	NT	4:37,06	20
1) Bredel, Rafael 12	2) Tati, Janel 13	3) Elias, Yano 12	4) Fortes, Alex 14	
7 Malawi	A	4:59,72	4:44,42	18
1) Banda, Asher 14	2) Makwenda, Jeremiah 9	3) Kumbatira, Tsinde 14	4) Moosa, Muhammad Ali 14	
8 Uganda	A	4:20,10	4:47,87	16
1) Kyabayinze, Daniel T 14	2) Nuwagaba, Daniel R 11	3) Agaba, Lionel 13	4) Peterson, Inhensiko S 11	

Event 59 Women 15 & Over 400 LC Meter Freestyle Relay**RECORD: 4:09,62 # 21-02-2020 Zimbabwe ZIM****N Mjimba, R Rollo, C Brown, P van der Westhuizen**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	4:06,23	4:09,62	36
1) Mjimba, Nomvula B 17	2) Rollo, Riana 16	3) Brown, Courtney 17	4) van der Westhuizen, Paige 16	
2 Namibia	A	4:15,12	4:12,95	32
1) Esslinger, Tiana 16	2) Botha, Vicky A 18	3) Mutumbulua, Trisha 15	4) Stergiadis, Heleni 17	
3 Republic Of South Africa	A	4:15,15	4:17,47	28
1) Van Jaarsveld, Danica C 16	2) Mbite, Christine R 16	3) Vahed, Layla T 16	4) Jose, Teagan N 16	
4 Botswana	A	4:16,70	4:19,09	24
1) Loo, Caitlin 15	2) Matthews, Tselane 16	3) Ruele, Bupe B 16	4) Egner, Maxine 15	
5 Angola	A	NT	4:32,56	22
1) Santo, Rafaela Espirito 15	2) Cahombo, Melvire 17	3) Fernandes, Nhara 13	4) Freitas, Maria Lopes 22	
6 Malawi	A	4:48,46	4:51,78	20
1) Chizonda, Tracy 14	2) Chang'anamuno, Tayamika 19	3) Makwenda, Jessica 14	4) Pinto, Ammara 22	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 60 Men 15 & Over 400 LC Meter Freestyle Relay**

RECORD: 3:37,94 # 21-04-2016 MAURITIUS

MRI

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	3:41,59	3:38,99	36
1) Cyprianos, Denilson 17	2) Tayali, Quintin T 18	3) Jones, Brett 17	4) McKonie, Joash 17	
2 Seychelles	A	3:40,96	3:41,37	32
1) Fred, Tyler 17	2) Payet, Bertrand 17	3) Vidot, Alain 15	4) Bachmann, Mathieu 23	
3 Botswana	A	3:42,03	3:41,39	28
1) Bekker, Andile 16	2) Dzingai, Solomon 19	3) Rouse, Brandon 16	4) Freeman, James S 18	
4 Mozambique	A	3:48,08	3:44,96	24
1) Lawrence, Matthew 16	2) Lobo, Caio 14	3) Xavier, Kelsey 17	4) Pale, Justino 16	
5 Republic Of South Africa	A	3:47,91	3:46,59	22
1) Verster, Dewie 16	2) vd Westhuizen, Wietske 16	3) Catillaz, Jeanre P 16	4) Landmann, Ramon 16	
6 Namibia	A	3:52,43	3:55,43	20
1) Burger, Mikah K 15	2) Gertze, Matthew R 17	3) Wellmann, Arkell J 17	4) Le Roux, Corné 17	
7 Zambia	A	NT	3:55,51	18
1) Goveia, Ralph W 23	2) Moosa, Shaquille D 17	3) Mwamba, Wina M 16	4) Shamambo, Damien 16	
8 Uganda	A	NT	4:02,03	16
1) Kaganda, Ben 16	2) Ocheng, Daudi 16	3) Musoke, Raphael 16	4) Mukalazi, Tendo 17	
9 Angola	A	NT	4:06,39	14
1) Silva, Lucas 18	2) Francisco, Alexandre 15	3) Freitas, Filipe Simoes 14	4) Furtado, Yussen 15	

Event 61 Women 14 & Under 400 LC Meter Freestyle

RECORD: 4:37,97 # 18-02-2019 Lise Coetzee

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Beyers, Emma P	14	Republic Of South Africa	4:51,71	4:53,71	18
2 Finnis, Tiara L	14	Republic Of South Africa	4:56,55	4:58,65	16
3 Ramgoolam, Jamie Prishika	14	Mauritius	5:07,08	5:01,81	14
4 Mahobebe, Mkhusele	14	Zimbabwe	5:10,56	5:04,38	12
5 Schultz, Timea	14	Zimbabwe	5:13,62	5:05,90	11
6 Mutie, Mutinda	14	Botswana	5:11,52	5:12,87	10
7 Mason, Lilianna D	13	Seychelles	5:15,00	5:14,05	9
8 Spath, Mackenzie	14	Namibia	5:36,57	5:14,62	8
9 Naukosho, Ariana	12	Namibia	5:27,21	5:14,81	7
10 Jack, Michelle	14	Botswana	5:14,56	5:15,87	6
11 Kerai, Tejasvi	13	Seychelles	5:36,00	5:27,81	5
12 Fernandes, Sophie	13	Mozambique	5:20,66	5:28,42	4
13 Vidmar, Julijana	13	Zambia	5:43,38	5:41,53	3
14 Sine, Gabriella N	12	Uganda	5:35,84	5:41,59	2
15 Sine, Michelle K	12	Uganda	5:36,40	6:15,75	1

Event 62 Men 14 & Under 400 LC Meter Freestyle

RECORD: 4:27,15 # 18-02-2017 Ethan R Spieker

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Ohm, Oliver	14	Namibia	5:01,71	4:40,88	18
2 Visagie, Leson G	14	Republic Of South Africa	4:46,77	4:44,03	16
3 LI Hing Duen, Shawn	13	Mauritius	5:00,20	4:44,67	14
4 Faftine, Kaio	13	Mozambique	4:47,35	4:47,24	12
5 Makaya, Tichatonga	13	Zimbabwe	5:00,75	4:49,11	11
6 Esslinger, Nico	14	Namibia	5:06,99	4:52,51	10
7 Freitas, Filipe Simoes	14	Angola	4:41,47	4:53,59	9
8 Ngwenya, Onesimus	13	Zimbabwe	5:08,47	5:03,42	8
9 Thompson, Clayton E	14	Republic Of South Africa	5:23,04	5:03,68	7



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 62 Men 14 & Under 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
10	Fortes, Alex	14	Angola	5:19,30	5:06,87	6
11	Mokobi, Kgotla	13	Botswana	5:22,40	5:14,08	5
12	Leung Hing Wah, Timothy	12	Mauritius	5:20,00	5:24,40	4
13	Cooney, Zoah	12	Zambia	5:35,16	5:25,35	3
14	Matthews, Mmusi	13	Botswana	5:46,35	5:37,58	2
15	Kyabayinze, Zaabu D	12	Uganda	5:24,59	5:39,16	1
16	Banda, Asher	14	Malawi	5:56,87	5:50,12	

Event 63 Women 15 & Over 400 LC Meter Freestyle

RECORD: 4:33,50 # 22-04-2017 ROBYN LEE

ZIM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Stergiadis, Heleni	17	Namibia	4:35,58	4:40,67	18
2	van der Westhuizen, Paige	16	Zimbabwe	4:46,03	4:40,73	16
3	Van Jaarsveld, Danica C	16	Republic Of South Africa	4:48,18	4:47,76	14
4	Swanepoel, Abigail	16	Republic Of South Africa	5:00,14	4:50,90	12
5	Egner, Maxine	15	Botswana	4:48,22	4:51,51	11
6	Esslinger, Tiana	16	Namibia	4:45,92	4:51,86	10
7	Matthews, Tselane	16	Botswana	5:00,34	5:02,95	9
8	Rollo, Riana	16	Zimbabwe	5:06,47	5:08,56	8
9	Santo, Rafaela Espirito	15	Angola	5:16,13	5:08,68	7
10	Mateus, Alicia	15	Mozambique	5:07,75	5:11,00	6
11	Pinto, Ammara	22	Malawi	5:20,00	5:24,89	5
12	Santos, Barbara	17	Angola	5:46,57	6:09,56	4

Event 64 Men 15 & Over 400 LC Meter Freestyle

RECORD: 4:04,44 # 08-05-2016 MOGNE Igor

MOZ

	Name	Age	Team	Seed Time	Finals Time	Points
1	Freeman, James S	18	Botswana	3:53,18	4:12,82	18
2	Bekker, Andile	16	Botswana	4:14,98	4:17,45	16
3	vd Westhuizen, Wietske	16	Republic Of South Africa	4:31,65	4:23,52	14
4	Gomes, Filipe	22	Malawi	4:24,35	4:23,59	12
5	Cyprianos, Denilson	17	Zimbabwe	4:22,49	4:26,00	11
6	AH Yong, Victor	15	Mauritius	4:20,00	4:27,57	10
7	Payet, Damien	16	Seychelles	4:18,28	4:29,22	9
8	Catillaz, Jeanre P	16	Republic Of South Africa	4:40,63	4:36,62	8
9	Gertze, Matthew R	17	Namibia	4:44,81	4:37,31	7
10	Payet, Bertrand	17	Seychelles	4:25,00	4:38,46	6
11	Pale, Justino	16	Mozambique	4:31,52	4:39,36	5
12	Franceys, Ryan	15	Zimbabwe	4:43,28	4:41,85	4
13	Wellmann, Arkell J	17	Namibia	4:39,78	4:45,68	3
14	Chonguica, Yannis	16	Mozambique	4:46,47	4:55,42	2
15	Silva, Gilberto	16	Angola	5:19,37	5:14,83	1
16	Musoke, Raphael	16	Uganda	5:01,37	5:45,71	

Event 65 Women 12 & Under 100 LC Meter Butterfly

RECORD: 1:12,77 # 22-04-2016 PHIRI Mia

ZAM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Miti, Tamenji	12	Zambia	1:16,94	1:13,48	18
2	Hoy, Hayley	11	Eswatini	1:20,78	1:13,84	16
3	Naukosho, Ariana	12	Namibia	1:18,57	1:15,76	14
4	Mosho, Chisanga	12	Zambia	1:22,12	1:19,00	12



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 65 Women 12 & Under 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Ohm, Michaela	12	Namibia	1:24,18	1:20,56	11
6 Ramdhun, Eunnice	12	Mauritius	1:33,45	1:22,40	10
7 Dawe, Tori	12	Zimbabwe	1:24,01	1:24,18	9
8 Domingues, Ana Beatriz	12	Mozambique	1:24,29	1:25,14	8
9 Silva, Welwitschia	12	Angola	1:28,05	1:25,22	7
10 Pereira, Kelly	10	Mozambique	1:26,43	1:25,67	6
11 Nakasule, Rahmah K	11	Uganda	1:33,31	1:26,58	5
12 Mudanye, Amelia	11	Uganda	1:26,90	1:27,68	4
13 Losacco, Olivia	11	Malawi	1:37,03	1:36,97	3
14 Chang, Ji-eun	12	Botswana	NT	1:37,68	2
15 Haiya, Chisomo	12	Malawi	2:18,00	1:42,17	1
16 Morais, Nyriam	11	Angola	1:43,76	1:45,89	
17 Merafhe, Naledi	11	Botswana	NT	1:46,40	

Event 66 Men 12 & Under 100 LC Meter Butterfly

RECORD: 1:06,20 # 18-02-2017 Mikah K Burger

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	1:12,77	1:09,41	18
2 Keitsile, Junior	12	Botswana	1:15,18	1:12,85	16
3 Kalipengule, Limbikani	11	Zimbabwe	1:17,68	1:15,62	14
4 Payet, Alexander	12	Seychelles	1:15,00	1:16,52	12
5 Hekandjo, Kgosana O	12	Namibia	1:18,01	1:16,86	11
6 Vimba, Khaya	12	Zimbabwe	1:25,06	1:21,88	10
7 Seetso, Nathan	12	Botswana	1:29,74	1:25,95	9
8 Coombs Tembo, Nkhosi J	12	Zambia	1:25,09	1:26,60	8
9 Kyabayinze, Zaabu D	12	Uganda	1:27,28	1:26,89	7
10 Ssengooba, Ethani M	11	Uganda	NT	1:28,02	6
11 Furtado, Marco	10	Angola	1:42,67	1:28,26	5
12 Taborda, Helio	12	Angola	1:42,88	1:44,69	4
--- Mkavea, Tasunje	9	Malawi	1:50,80	DQ	

Event 67 Women 13-14 100 LC Meter Butterfly

RECORD: 1:07,40 # 18-02-2017 Tori C Oliver

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Dhemba, Vhenekai	13	Zimbabwe	1:11,49	1:10,03	18
2 Mahobebe, Mkhusele	14	Zimbabwe	1:11,89	1:12,59	16
3 Ingwe, Kimberly	14	Botswana	1:14,83	1:13,04	14
4 Mutie, Mutinda	14	Botswana	1:15,47	1:13,89	12
5 Smidt, Clio J	13	Republic Of South Africa	1:15,75	1:17,77	11
6 Beyers, Emma P	14	Republic Of South Africa	1:12,72	1:18,40	10
7 Vidmar, Julijana	13	Zambia	1:19,15	1:21,61	9
8 Fernandes, Sophie	13	Mozambique	1:20,86	1:24,01	8
9 Kerai, Tejasvi	13	Seychelles	1:20,00	1:25,41	7
10 Young, Raya	14	Eswatini	1:46,00	1:33,10	6
11 Dlamini, Siwakhile T	14	Eswatini	1:37,65	1:39,70	5

Event 68 Men 13-14 100 LC Meter Butterfly

RECORD: 1:00,89 # 18-02-2019 Victor AH Yong

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Makaya, Tichatonga	13	Zimbabwe	1:04,08	1:03,96	18
2 Lobo, Caio	14	Mozambique	1:04,36	1:04,36	16



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 68 Men 13-14 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Kotze, Pierce	14	Republic Of South Africa	1:06,91	1:06,27	14
4 Chisungo, Tawanda	14	Zimbabwe	1:07,43	1:06,62	12
5 Nagapin, Nathan	14	Seychelles	1:06,86	1:06,80	11
6 Faftine, Kaio	13	Mozambique	1:09,04	1:08,77	10
7 Magongo, Brave	14	Namibia	1:18,57	1:09,01	9
8 Freitas, Filipe Simoes	14	Angola	1:05,25	1:09,59	8
9 Ellis, Quinn	13	Namibia	1:17,04	1:10,84	7
10 Devan, Darshan	14	Republic Of South Africa	1:14,12	1:13,61	6
11 Garmroudi, Yusurf	13	Botswana	1:28,98	1:18,41	5
12 Mulenga, Mwenya	13	Zambia	1:25,04	1:21,09	4
13 Moosa, Muhammad Ali	14	Malawi	1:25,08	1:25,34	3
14 Kumbatira, Tsinde	14	Malawi	1:26,93	1:26,44	2
15 Molefe, Lerako	14	Botswana	1:30,44	1:28,42	1
16 De Sousa, Damien	13	Eswatini	1:33,58	1:31,18	
17 Augusto, Armando	13	Angola	2:18,63	1:43,64	

Event 69 Women 15-16 100 LC Meter Butterfly

RECORD: 1:06,62 # 22-04-2016 WONG Elodie

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 van der Westhuizen, Paige	16	Zimbabwe	1:06,76	1:06,96	18
2 Gebert, Ines	15	Mauritius	1:07,70	1:08,23	16
3 Phiri, Mia A	16	Zambia	1:09,62	1:10,20	14
4 Young, Alexia	16	Republic Of South Africa	1:09,12	1:10,76	12
5 Tendrinavalona, Idealy D	15	Republic of Madagascar	1:07,31	1:10,78	11
6 Redecker, Nicole	16	Namibia	1:16,96	1:11,25	10
7 Mutumbulua, Trisha	15	Namibia	1:23,13	1:11,31	9
8 Loo, Caitlin	15	Botswana	1:11,04	1:12,44	8
9 Rollo, Riana	16	Zimbabwe	1:20,78	1:12,98	7
10 Egner, Maxine	15	Botswana	1:11,64	1:13,88	6
11 Mbite, Christine R	16	Republic Of South Africa	1:11,68	1:14,32	5
12 Mateus, Alicia	15	Mozambique	1:11,63	1:15,46	4
13 Elizabeth, Khema	15	Seychelles	1:18,00	1:19,09	3
14 Dlamini, Senamile	16	Eswatini	NT	1:28,58	2

Event 70 Men 15-16 100 LC Meter Butterfly

RECORD: 57,24 # 22-02-2020 Victor AH Yong

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 AH Yong, Victor	15	Mauritius	57,50	57,24	18
2 Lawrence, Matthew	16	Mozambique	58,96	57,55	16
3 Burger, Mikah K	15	Namibia	59,44	59,70	14
4 Mwamba, Wina M	16	Zambia	1:02,93	1:02,29	12
5 Vidot, Alain	15	Seychelles	1:04,67	1:03,18	11
6 vd Westhuizen, Wietske	16	Republic Of South Africa	1:03,58	1:03,47	10
7 Correia, Gabriel L	16	Republic Of South Africa	1:02,46	1:03,93	9
8 Oostindien, Jake	16	Zimbabwe	1:03,93	1:04,32	8
9 Pires, Djamel	16	Angola	1:02,97	1:04,72	7
10 Sepetu, Isam A	15	Tanzania	1:07,53	1:05,57	6
11 Ciceron, Adrien	16	Mauritius	1:00,87	1:05,64	5
12 Rouse, Brandon	16	Botswana	1:06,89	1:05,65	4
13 Ngwenya, Nathan	15	Zimbabwe	1:06,08	1:05,68	3
14 Kaganda, Ben	16	Uganda	1:04,99	1:06,41	2



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 70 Men 15-16 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
15 Furtado, Yusseni	15	Angola	1:07,48	1:06,52	1
16 Setzkorn, Friedrich	16	Namibia	1:09,71	1:06,94	
17 Shamambo, Damien	16	Zambia	1:07,48	1:07,17	
18 Bekker, Andile	16	Botswana	1:04,64	1:09,14	
19 Chonguica, Yannis	16	Mozambique	1:06,61	1:09,53	
20 Ocheng, Daudi	16	Uganda	1:18,01	1:17,48	

Event 71 Women 17 & Over 100 LC Meter Butterfly

RECORD: 1:04,43 # 18-02-2017 Robyn Lee

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	1:06,23	1:07,28	18
2 Mjimba, Nomvula B	17	Zimbabwe	1:07,72	1:10,70	16
3 Rabejaona, Holy A	17	Republic of Madagascar	1:09,17	1:12,91	14
4 Mogara, Amantle	20	Botswana	1:14,93	1:16,49	12
5 Jones, Siobhan	17	Zimbabwe	1:16,24	1:16,63	11
6 Meya, Avice	25	Uganda	1:09,25	1:18,07	10
7 Ruele, Bupe B	16	Botswana	1:16,69	1:18,78	9

Event 72 Men 17 & Over 100 LC Meter Butterfly

RECORD: 56,34 # 22-04-2016 GOVEIA Ralph

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Bachmann, Mathieu	23	Seychelles	59,00	57,07	18
2 Goveia, Ralph W	23	Zambia	54,10	57,38	16
3 McKonie, Joash	17	Zimbabwe	57,52	57,65	14
4 Freeman, James S	18	Botswana	56,24	58,67	12
5 Gomes, Filipe	22	Malawi	1:07,00	58,77	11
6 Tayali, Quintin T	18	Zimbabwe	58,01	58,87	10
7 Le Roux, Corné	17	Namibia	58,61	58,92	9
8 Rakotomavo, Herinirina J	23	Republic of Madagascar	58,50	59,96	8
9 Dlamini, Simanga	22	Eswatini	1:02,39	1:02,56	7
10 Silva, Lucas	18	Angola	1:04,77	1:03,92	6
11 Wellmann, Arkell J	17	Namibia	1:05,51	1:04,08	5
12 Xavier, Kelsey	17	Mozambique	1:03,98	1:05,47	4
13 Kgang, Lefa	17	Botswana	1:06,74	1:05,96	3

Event 73 Women 12 & Under 200 LC Meter Backstroke

RECORD: 2:38,99 # 22-04-2016 PHIRI Mia

ZAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Westerduin, Reza	12	Namibia	2:52,80	2:43,07	18
2 Naukosho, Ariana	12	Namibia	2:51,01	2:44,00	16
3 Hoy, Hayley	11	Eswatini	2:53,06	2:52,44	14
4 Miti, Tamenji	12	Zambia	3:02,57	2:58,55	12
5 Dawe, Tori	12	Zimbabwe	3:06,32	2:58,75	11
6 Lutalo, Natalie	11	Uganda	2:55,88	2:59,68	10
7 Silva, Welwitschia	12	Angola	3:02,82	3:04,59	9
8 Domingues, Ana Beatriz	12	Mozambique	3:14,75	3:05,48	8
9 Mahobebe, Loyiso	11	Zimbabwe	3:23,29	3:07,20	7
10 Ramakoloi, Thata	12	Botswana	3:15,22	3:09,64	6
11 Oagile-Motso, Renee	12	Botswana	3:19,79	3:12,39	5
12 Moyo, Zoe	11	Zambia	3:19,02	3:13,39	4
13 Losacco, Olivia	11	Malawi	3:25,14	3:23,64	3



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CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 74 Men 12 & Under 200 LC Meter Backstroke****RECORD: 2:32,05 # 22-02-2020 Oliver B Durand****NAM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	2:42,22	2:32,05	18
2 Hekandjo, Kgosana O	12	Namibia	2:50,00	2:45,66	16
3 Barradas, Hugo	12	Mozambique	2:49,44	2:45,85	14
4 Heyns, Kyle	12	Zimbabwe	2:54,69	2:46,77	12
5 Payet, Thierry	12	Seychelles	2:53,53	2:47,64	11
6 Bredel, Rafael	12	Angola	NT	2:51,26	10
7 Seetso, Nathan	12	Botswana	3:09,08	2:53,64	9
8 Reilly, Sean	11	Zimbabwe	2:57,75	2:54,84	8
9 Elias, Yano	12	Angola	3:12,99	2:55,38	7
10 Mmelesi, Abaleng	12	Botswana	3:12,33	2:56,62	6
11 Coombs Tembo, Nkhosi J	12	Zambia	3:01,45	2:57,11	5
12 Zeravica, Jack	11	Zambia	2:58,77	3:01,26	4

Event 75 Women 13-14 200 LC Meter Backstroke**RECORD: 2:26,88 # 18-02-2019 Lise Coetzee****RSA**

Name	Age	Team	Seed Time	Finals Time	Points
1 Schultz, Timea	14	Zimbabwe	2:35,63	2:29,86	18
2 Ingwe, Kimberly	14	Botswana	2:45,15	2:37,91	16
3 Armour, Kaeli-Peace	13	Republic Of South Africa	2:37,75	2:40,33	14
4 Smidt, Clio J	13	Republic Of South Africa	2:43,52	2:42,00	12
5 Stange, Maya A	14	Namibia	3:10,36	2:44,26	11
6 Ramajan, Saira	14	Zimbabwe	2:55,12	2:44,37	10
7 Mutie, Mutinda	14	Botswana	2:47,24	2:46,79	9
8 Coates, Johanna K	13	Zambia	2:46,40	2:49,83	8
9 Phiri, Jade A	13	Zambia	2:49,17	2:50,02	7
10 Fernandes, Sophie	13	Mozambique	2:53,09	2:53,51	6
11 Spath, Mackenzie	14	Namibia	3:04,67	2:58,86	5
12 Banona, Mary G	14	Uganda	3:01,23	3:04,45	4
13 Young, Raya	14	Eswatini	3:09,80	3:08,17	3
14 Young, Lauren	14	Eswatini	NT	3:31,27	2

Event 76 Men 13-14 200 LC Meter Backstroke**RECORD: 2:16,91 # 18-02-2017 Ethan R Spieker****RSA**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lobo, Caio	14	Mozambique	2:24,67	2:25,53	18
2 Visagie, Leson G	14	Republic Of South Africa	2:31,97	2:30,32	16
3 Faftine, Kaio	13	Mozambique	2:33,59	2:32,45	14
4 Freitas, Filipe Simoes	14	Angola	2:35,98	2:33,20	12
5 Esslinger, Nico	14	Namibia	2:43,80	2:35,29	11
6 Ohm, Oliver	14	Namibia	2:43,77	2:42,74	10
7 Makaya, Tichatonga	13	Zimbabwe	2:50,03	2:43,36	9
8 LI Hing Duen, Shawn	13	Mauritius	3:01,87	2:45,70	8
9 Mokobi, Kgotla	13	Botswana	2:53,90	2:48,75	7
10 Ngwenya, Onesimus	13	Zimbabwe	2:51,31	2:51,95	6
11 Mulenga, Mwenya	13	Zambia	3:31,48	3:00,01	5
12 Kumbatira, Tsinde	14	Malawi	3:36,06	3:10,64	4
13 Tati, Janel	13	Angola	NT	3:11,89	3
--- Devan, Darshan	14	Republic Of South Africa	2:50,36	DQ	
--- Matthews, Mmusi	13	Botswana	3:00,07	DQ	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 77 Women 15-16 200 LC Meter Backstroke**

RECORD: 2:27,64 # 22-02-2020 Tiana Esslinger

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Esslinger, Tiana	16	Namibia	2:25,93	2:27,64	18
2 TendrinaValona, Idealy D	15	Republic of Madagascar	2:26,24	2:29,31	16
3 Swanepoel, Abigail	16	Republic Of South Africa	2:38,04	2:34,52	14
4 Phiri, Mia A	16	Zambia	2:36,99	2:36,11	12
5 Matthews, Tselane	16	Botswana	2:36,20	2:38,42	11
6 Rollo, Riana	16	Zimbabwe	2:40,86	2:40,30	10
7 Mutumbulua, Trisha	15	Namibia	2:44,47	2:45,43	9
8 Jose, Teagan N	16	Republic Of South Africa	2:42,43	2:45,46	8
9 Hughes, Naya	15	Botswana	2:46,54	2:45,63	7
10 Chinyani, Nyasha	15	Zimbabwe	3:15,07	3:08,62	6
--- Chibiya, Temwani A	16	Zambia	2:58,44	DQ	

Event 78 Men 15-16 200 LC Meter Backstroke

RECORD: 2:15,28 # 18-02-2017 Ronan Z Wantenaar

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Bekker, Andile	16	Botswana	2:16,16	2:16,54	18
2 AH Yong, Victor	15	Mauritius	2:19,00	2:20,33	16
3 Landmann, Ramon	16	Republic Of South Africa	2:25,84	2:20,57	14
4 Pale, Justino	16	Mozambique	2:23,00	2:20,62	12
5 Verster, Dewie	16	Republic Of South Africa	2:29,90	2:24,98	11
6 Werrett, Cory	15	Zimbabwe	2:34,64	2:29,35	10
7 Setzkorn, Friedrich	16	Namibia	2:30,86	2:32,34	9
8 Mpofu, Jasper	16	Zimbabwe	2:33,22	2:36,87	8
9 Kisitu, Hayyan	15	Uganda	2:38,39	2:38,56	7
10 Silva, Gilberto	16	Angola	2:35,38	2:40,09	6
11 van Rooyen, Benco	15	Botswana	2:41,45	2:44,11	5
12 Francisco, Alexandre	15	Angola	2:47,12	2:44,93	4

Event 79 Women 17 & Over 200 LC Meter Backstroke

RECORD: 2:23,81 # 18-02-2017 Robyn Lee

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	2:23,03	2:30,99	18
2 Botha, Vicky A	18	Namibia	2:32,04	2:37,95	16
3 Freitas, Maria Lopes	22	Angola	2:47,83	2:44,01	14
4 Young, Robyn	19	Eswatini	NT	2:46,27	12
5 Jones, Siobhan	17	Zimbabwe	2:58,60	2:51,95	11
6 Jobe, Hannah	16	Botswana	2:56,99	2:54,37	10
7 van Rooyen, Leone	17	Botswana	2:58,17	2:55,30	9
8 Schonken, Gemma	17	Zimbabwe	3:15,50	3:01,06	8
9 Santos, Barbara	17	Angola	3:09,72	3:13,37	7

Event 80 Men 17 & Over 200 LC Meter Backstroke

RECORD: 2:09,41 # 22-02-2020 Denilson Cyprianos

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Cyprianos, Denilson	17	Zimbabwe	2:05,62	2:09,41	18
2 Freeman, James S	18	Botswana	2:18,26	2:17,64	16
3 Andrianirina, Lalanomena A	21	Republic of Madagascar	2:15,20	2:19,72	14
4 Wellmann, Arkell J	17	Namibia	2:37,39	2:24,81	12
5 Gertze, Matthew R	17	Namibia	2:29,70	2:30,73	11
6 Tayali, Quintin T	18	Zimbabwe	2:34,83	2:32,52	10



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CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 80 Men 17 & Over 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Silva, Lucas	18	Angola	2:53,41	2:38,98	9
8 Sebikiri, Maemo	20	Botswana	2:52,86	2:53,22	8

Event 81 Women 12 & Under 100 LC Meter Breaststroke**RECORD: 1:19,92 # 18-02-2017 Alicia Kok Shun****MRI**

Name	Age	Team	Seed Time	Finals Time	Points
1 Naukosho, Ariana	12	Namibia	1:31,10	1:27,44	18
2 Muslun, Alina	12	Mauritius	1:28,00	1:28,00	16
3 Hoy, Hayley	11	Eswatini	1:32,37	1:29,48	14
4 Ramdhun, Eunnice	12	Mauritius	1:32,21	1:29,90	12
5 Mudanye, Amelia	11	Uganda	1:32,11	1:30,00	11
6 Chang, Ji-eun	12	Botswana	1:32,00	1:31,55	10
7 Mulenga, Mutale M	11	Zambia	1:37,15	1:32,33	9
8 Mosho, Chisanga	12	Zambia	1:37,00	1:32,53	8
9 Wishart, Peyton	11	Zimbabwe	1:33,37	1:32,86	7
10 Chang, Yun-suh	11	Botswana	1:39,08	1:33,11	6
11 Mahobebe, Loyiso	11	Zimbabwe	1:35,66	1:36,47	5
12 Pereira, Kelly	10	Mozambique	1:35,76	1:38,79	4
13 Westerduin, Reza	12	Namibia	1:38,57	1:41,43	3
14 Haiya, Chisomo	12	Malawi	2:08,18	1:41,70	2
15 Barbosa, Tianna	11	Eswatini	NT	1:42,10	1
16 Mkavea, Tujaliwe	12	Malawi	1:45,59	1:43,36	
17 Morais, Nyriam	11	Angola	1:50,00	1:44,36	
18 Tati, Nelja	11	Angola	2:00,82	1:49,32	
--- Sine, Michelle K	12	Uganda	1:32,79	DQ	

Event 82 Men 12 & Under 100 LC Meter Breaststroke**RECORD: 1:16,36 # 18-02-2017 Mikah K Burger****NAM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	1:23,94	1:20,16	18
2 Leung Hing Wah, Timothy	12	Mauritius	1:24,00	1:21,89	16
3 Vimba, Khaya	12	Zimbabwe	NT	1:23,79	14
4 Kalipengule, Limbikani	11	Zimbabwe	1:28,27	1:26,55	12
5 Haskins, Ethan	12	Botswana	1:35,88	1:28,45	11
6 Hekandjo, Kgosana O	12	Namibia	1:32,65	1:30,37	10
7 Sethi, Khalil	12	Botswana	1:33,90	1:30,74	9
8 Barradas, Hugo	12	Mozambique	1:40,73	1:31,06	8
9 Cooney, Zoah	12	Zambia	1:35,33	1:31,42	7
10 Nuwagaba, Daniel R	11	Uganda	1:30,54	1:34,67	6
11 Cochofel, Jose	12	Angola	1:34,98	1:34,76	5
12 Fraser, Tiano	11	Eswatini	1:47,69	1:36,50	4
13 Cataldi, Giacinto	11	Zambia	1:40,96	1:36,51	3
14 Taborda, Helio	12	Angola	1:41,02	1:36,61	2
15 Fraser, Luca	9	Eswatini	1:38,44	1:37,16	1
16 Ssengooba, Ethani M	11	Uganda	1:34,88	1:38,31	
17 Prieur, Ethan	12	Malawi	1:37,76	1:40,89	
18 Mkavea, Tasunje	9	Malawi	1:52,98	2:03,77	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 83 Women 13-14 100 LC Meter Breaststroke**

RECORD: 1:13,33 # 22-04-2016 LUTCHMANEN Varen

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Banza, Ingrid I	14	Republic Of South Africa	1:22,31	1:21,10	18
2 Liacopoulos, Antonia	14	Zambia	1:26,10	1:23,50	16
3 Mason, Lilianna D	13	Seychelles	1:24,00	1:24,10	14
4 Ramgoolam, Jamie Prishika	14	Mauritius	1:23,15	1:24,96	12
5 Dhemba, Vhenekai	13	Zimbabwe	1:25,36	1:25,59	11
6 Dithlogo, Amaru	13	Botswana	1:28,35	1:25,74	10
7 Stange, Maya A	14	Namibia	1:28,70	1:25,93	9
8 Goodinson, Kiara	14	Zimbabwe	1:27,76	1:27,31	8
9 Labuschagne, Abigail	14	Seychelles	1:24,00	1:28,29	7
10 Armour, Kaeli-Peace	13	Republic Of South Africa	1:32,86	1:32,29	6
11 Fernandes, Nhara	13	Angola	1:37,74	1:32,36	5
12 Harry, Kyra	13	Botswana	1:31,26	1:32,63	4
13 Makwenda, Jessica	14	Malawi	1:42,38	1:32,67	3
14 Nsereko, Nanette	13	Uganda	1:27,74	1:35,36	2
15 Chizonda, Tracy	14	Malawi	1:34,91	1:36,76	1
16 Dlamini, Siwakhile T	14	Eswatini	NT	1:46,22	
17 Young, Raya	14	Eswatini	NT	1:47,22	

Event 84 Men 13-14 100 LC Meter Breaststroke

RECORD: 1:08,64 # 18-02-2017 Oliver Wong Chap Lan

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Lobo, Caio	14	Mozambique	1:12,72	1:11,86	18
2 Nagapin, Nathan	14	Seychelles	1:14,03	1:14,04	16
3 Thompson, Clayton E	14	Republic Of South Africa	1:17,37	1:16,60	14
4 Freitas, Filipe Simoes	14	Angola	1:15,71	1:16,69	12
5 Chisungo, Tawanda	14	Zimbabwe	1:18,20	1:17,88	11
6 Matthews, Mmusi	13	Botswana	1:21,66	1:18,69	10
7 Ellis, Quinn	13	Namibia	1:23,58	1:19,05	9
8 Mokobi, Kgotla	13	Botswana	1:20,35	1:20,35	8
9 Fernando, Khushal J	14	Zambia	1:21,60	1:20,65	7
10 Kgomogadio, Yande Y	13	Republic Of South Africa	1:21,39	1:21,45	6
11 Birungi, Shane F	13	Uganda	1:22,93	1:22,05	5
12 Faftine, Kaio	13	Mozambique	1:24,06	1:22,56	4
13 Magongo, Brave	14	Namibia	1:31,64	1:22,79	3
14 Mwamba, Mutale	13	Zambia	1:24,37	1:25,39	2
15 Agaba, Lionel	13	Uganda	1:26,98	1:28,26	1
16 Banda, Asher	14	Malawi	1:33,59	1:33,39	
17 De Sousa, Damien	13	Eswatini	1:37,17	1:35,70	
--- Ngwenya, Onesimus	13	Zimbabwe	1:23,28	DQ	

Event 85 Women 15-16 100 LC Meter Breaststroke

RECORD: 1:14,23 # 18-02-2017 Christin Mundell

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Kok Shun, Alicia	15	Mauritius	1:14,00	1:15,83	18
2 van der Westhuizen, Paige	16	Zimbabwe	1:18,39	1:18,02	16
3 Mbite, Christine R	16	Republic Of South Africa	1:20,36	1:19,32	14
4 Jose, Teagan N	16	Republic Of South Africa	1:18,71	1:19,69	12
5 Matonhodze, Shamiso	15	Botswana	1:21,09	1:21,97	11
6 Redecker, Nicole	16	Namibia	1:26,38	1:22,63	10



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 85 Women 15-16 100 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Chinyani, Nyasha	15	Zimbabwe	1:22,61	1:22,84	9
8 Mutumbulua, Trisha	15	Namibia	1:26,31	1:25,15	8
9 Hughes, Naya	15	Botswana	1:30,16	1:29,71	7

Event 86 Men 15-16 100 LC Meter Breaststroke

RECORD: 1:07,47 # 18-02-2017 Liam O'Hara

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Miller, Joshua	15	Seychelles	1:09,86	1:08,08	18
2 Lawrence, Matthew	16	Mozambique	1:07,99	1:08,43	16
3 Santos, Fabio A	16	Republic Of South Africa	1:11,47	1:10,08	14
4 Werrett, Cory	15	Zimbabwe	1:09,22	1:11,78	12
5 Burger, Mikah K	15	Namibia	1:11,14	1:13,08	11
6 Rouse, Brandon	16	Botswana	1:15,17	1:13,78	10
7 Shamambo, Damien	16	Zambia	1:13,95	1:14,57	9
8 Oostindien, Jake	16	Zimbabwe	1:16,64	1:14,60	8
9 Catillaz, Jeanre P	16	Republic Of South Africa	1:14,65	1:15,03	7
10 Pires, Djamel	16	Angola	1:19,59	1:16,59	6
11 Rathenam, Keanet-Peter	15	Namibia	1:17,05	1:16,94	5
12 Harry, Ethan	16	Botswana	1:21,95	1:19,31	4
13 Francisco, Alexandre	15	Angola	1:26,77	1:21,58	3
14 Kisitu, Hayyan	15	Uganda	1:23,11	1:30,25	2
--- Ocheng, Daudi	16	Uganda	1:21,16	DQ	

Event 87 Women 17 & Over 100 LC Meter Breaststroke

RECORD: 1:16,04 # 18-02-2019 Tessa IP Hen Cheung

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Freitas, Maria Lopes	22	Angola	1:26,22	1:24,73	18
2 Brown, Courtney	17	Zimbabwe	1:28,25	1:27,90	16
3 Gondo, Ruvarashe	17	Botswana	1:31,69	1:28,15	14
4 Cahombo, Melvire	17	Angola	1:28,98	1:29,76	12
5 Schonken, Gemma	17	Zimbabwe	1:37,09	1:33,00	11

Event 88 Men 17 & Over 100 LC Meter Breaststroke

RECORD: 1:05,07 # 22-04-2016 LAWSON James

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Gomes, Filipe	22	Malawi	1:07,66	1:07,40	18
2 Fischer, Ethan	17	Botswana	1:08,72	1:07,96	16
3 Mills, Tait	17	Zimbabwe	1:12,17	1:11,40	14
4 Naidu, Kumaren M	22	Zambia	1:10,13	1:12,00	12
5 Tayali, Quintin T	18	Zimbabwe	1:13,26	1:12,74	11
6 Xavier, Kelsey	17	Mozambique	1:20,84	1:18,64	10
7 Gertze, Matthew R	17	Namibia	1:23,52	1:19,49	9
8 Dzingai, Solomon	19	Botswana	1:29,18	1:28,37	8
--- Dlamini, Simanga	22	Eswatini	1:14,83	DQ	

Event 89 Women 12 & Under 50 LC Meter Freestyle

RECORD: 28,85 # 22-04-2016 VAN DER WESTHUIZEN Paige

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Labuschagne, Isabelle	12	Seychelles	29,99	29,46	18
2 Miti, Tamenji	12	Zambia	30,28	30,16	16
*3 Ramdhun, Eunnice	12	Mauritius	31,34	30,53	13
*3 Makwabarara, Mikayla	11	Zimbabwe	30,83	30,53	13



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 89 Women 12 & Under 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Dawe, Tori	12	Zimbabwe	30,87	30,85	11
6 Naukosho, Ariana	12	Namibia	32,23	31,06	10
*7 Sine, Michelle K	12	Uganda	30,99	31,07	8.50
*7 Chang, Ji-eun	12	Botswana	32,89	31,07	8.50
9 Hoy, Hayley	11	Eswatini	31,26	31,10	7
10 Ohm, Michaela	12	Namibia	31,66	31,24	6
11 Morais, Nyriam	11	Angola	33,60	31,82	5
12 Pereira, Kelly	10	Mozambique	32,05	32,26	4
13 Lutalo, Natalie	11	Uganda	32,09	32,38	3
14 Silva, Welwitschia	12	Angola	32,56	32,49	2
15 Haiya, Chisomo	12	Malawi	35,32	32,52	1
16 Domingues, Ana Beatriz	12	Mozambique	33,40	33,34	
17 Moyo, Zoe	11	Zambia	34,42	33,52	
18 Ramakoloi, Thata	12	Botswana	35,66	33,68	
19 Losacco, Olivia	11	Malawi	34,76	33,87	
20 Barbosa, Tianna	11	Eswatini	37,53	35,73	

Event 90 Men 12 & Under 50 LC Meter Freestyle

RECORD: 27,26 # 18-02-2019 Hugo L'Arrogant

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Keitsile, Junior	12	Botswana	29,41	28,01	18
2 Payet, Alexander	12	Seychelles	28,90	28,31	16
3 Heyns, Kyle	12	Zimbabwe	29,37	29,86	14
4 Kalipengule, Limbikani	11	Zimbabwe	30,06	30,11	12
5 Bredel, Rafael	12	Angola	30,85	30,16	11
6 Barradas, Hugo	12	Mozambique	31,30	30,60	10
7 Mmelesi, Abaleng	12	Botswana	31,80	31,32	9
8 Hekandjo, Kgosana O	12	Namibia	31,32	31,37	8
9 Zeravica, Jack	11	Zambia	31,48	31,78	7
10 Coombs Tembo, Nkhosi J	12	Zambia	32,61	31,84	6
11 Ssengooba, Ethani M	11	Uganda	29,92	31,91	5
12 Kyabayinze, Zaabu D	12	Uganda	30,81	32,01	4
13 Fraser, Tiano	11	Eswatini	34,68	33,03	3
14 Prieur, Ethan	12	Malawi	35,41	33,33	2
15 Furtado, Marco	10	Angola	35,06	33,76	1
16 Fraser, Luca	9	Eswatini	35,08	33,78	
17 Makwenda, Jeremiah	9	Malawi	35,96	34,87	

Event 91 Women 13-14 50 LC Meter Freestyle

RECORD: 27,74 # 18-02-2019 Kirabo Namutebi

UG

Name	Age	Team	Seed Time	Finals Time	Points
1 Goodinson, Kiara	14	Zimbabwe	29,02	28,97	18
2 Dhemba, Vhenekai	13	Zimbabwe	28,89	29,24	16
3 Stange, Maya A	14	Namibia	29,63	29,39	14
4 Phiri, Jade A	13	Zambia	29,43	29,61	12
5 Labuschagne, Abigail	14	Seychelles	29,50	30,10	11
6 Beyers, Emma P	14	Republic Of South Africa	29,73	30,31	10
7 Harry, Kyra	13	Botswana	30,59	30,40	9
8 Makwenda, Jessica	14	Malawi	30,31	30,42	8
*9 Spath, Mackenzie	14	Namibia	31,16	30,54	6.50
*9 Finnis, Tiara L	14	Republic Of South Africa	30,47	30,54	6.50



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 91 Women 13-14 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
11	Jack, Michelle	14	Botswana	30,32	30,67	5
12	Ramgoolam, Jamie Prishika	14	Mauritius	30,58	30,88	4
13	Fernandes, Nhara	13	Angola	31,74	31,38	3
14	Kerai, Tejasvi	13	Seychelles	32,60	31,57	2
15	Vidmar, Julijana	13	Zambia	32,35	32,28	1
16	Chizonda, Tracy	14	Malawi	31,71	32,85	
17	Banona, Mary G	14	Uganda	32,01	32,87	
18	Dlamini, Siwakhile T	14	Eswatini	33,64	33,01	
19	Nsereko, Nanette	13	Uganda	31,92	33,31	
20	Young, Lauren	14	Eswatini	35,97	36,78	

Event 92 Men 13-14 50 LC Meter Freestyle

RECORD: 24,79 # 18-02-2017 Ethan R Spieker

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Makaya, Tichatonga	13	Zimbabwe	27,04	26,83	18
2	Mhlanga, Bjorn N	13	Zimbabwe	26,87	27,01	16
3	Fernando, Khushal J	14	Zambia	26,86	27,13	14
4	Ohm, Oliver	14	Namibia	27,96	27,31	12
5	Ellis, Quinn	13	Namibia	28,25	27,36	11
6	Kotze, Pierce	14	Republic Of South Africa	27,52	27,49	10
7	Nagapin, Nathan	14	Seychelles	27,50	27,71	9
8	Pheeha, Junior J	14	Republic Of South Africa	29,31	28,30	8
9	Fortes, Alex	14	Angola	29,18	28,41	7
10	Mulenga, Ndabila B	14	Zambia	28,93	28,50	6
11	Molefe, Lerako	14	Botswana	28,95	29,14	5
12	Seetso, Thabang	14	Botswana	29,48	29,24	4
13	Banda, Asher	14	Malawi	31,69	29,51	3
14	Birungi, Shane F	13	Uganda	29,67	29,65	2
15	Kyabayinze, Daniel T	14	Uganda	32,16	30,71	1
16	Moosa, Muhammad Ali	14	Malawi	30,31	30,85	
17	De Sousa, Damien	13	Eswatini	32,20	31,14	
18	Augusto, Armando	13	Angola	34,59	32,94	

Event 93 Women 15-16 50 LC Meter Freestyle

RECORD: 26,95 # 18-02-2019 Kelsea Munro

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Namutebi, Kirabo C	15	Uganda	26,90	27,07	18
2	van der Westhuizen, Paige	16	Zimbabwe	27,40	27,74	16
3	Phiri, Mia A	16	Zambia	27,62	27,78	14
4	Egner, Maxine	15	Botswana	28,07	28,03	12
5	Kok Shun, Alicia	15	Mauritius	27,88	28,32	11
6	Gebert, Ines	15	Mauritius	27,89	28,49	10
7	Mutumbulua, Trisha	15	Namibia	28,99	28,61	9
8	Rollo, Riana	16	Zimbabwe	28,63	28,87	8
9	Elizabeth, Khema	15	Seychelles	29,13	28,95	7
10	Mateus, Alicia	15	Mozambique	29,28	29,42	6
11	Esslinger, Tiana	16	Namibia	29,49	29,73	5
12	Loo, Caitlin	15	Botswana	29,63	29,79	4
13	Vahed, Layla T	16	Republic Of South Africa	29,54	30,09	3
14	Santo, Rafaela Espirito	15	Angola	30,25	30,21	2
15	Jose, Teagan N	16	Republic Of South Africa	30,30	30,51	1



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 93 Women 15-16 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
16 Dlamini, Senamile	16	Eswatini	32,35	31,70	
17 Chibiya, Temwani A	16	Zambia	32,55	31,89	

Event 94 Men 15-16 50 LC Meter Freestyle

RECORD: 24,25 # 18-02-2017 Jandre J Moll			RSA		
Name	Age	Team	Seed Time	Finals Time	Points
1 Lawrence, Matthew	16	Mozambique	24,98	24,63	18
2 Werrett, Cory	15	Zimbabwe	25,49	25,53	16
3 Rouse, Brandon	16	Botswana	26,23	25,82	14
4 Ciceron, Adrien	16	Mauritius	26,32	25,86	12
5 AH Yong, Victor	15	Mauritius	25,50	25,87	11
6 Vidot, Alain	15	Seychelles	26,26	25,90	10
7 Verster, Dewie	16	Republic Of South Africa	26,38	26,08	9
8 Mwamba, Wina M	16	Zambia	26,03	26,20	8
9 Burger, Mikah K	15	Namibia	26,10	26,25	7
10 Shamambo, Damien	16	Zambia	26,11	26,27	6
11 Oostindien, Jake	16	Zimbabwe	26,92	26,37	5
12 Catillaz, Jeanre P	16	Republic Of South Africa	26,37	26,71	4
13 Kaganda, Ben	16	Uganda	26,02	26,82	3
14 Harry, Ethan	16	Botswana	26,53	26,93	2
15 Miller, Joshua	15	Seychelles	26,28	27,09	1
16 Furtado, Yusseni	15	Angola	27,46	27,16	
17 Sepetu, Isam A	15	Tanzania	27,81	27,23	
18 Setzkorn, Friedrich	16	Namibia	27,84	27,38	
19 Pires, Djamel	16	Angola	26,30	27,71	
20 Musoke, Raphael	16	Uganda	27,00	27,77	

Event 95 Women 17 & Over 50 LC Meter Freestyle

RECORD: 27,05 # 18-02-2017 Alexis Laird			SEY		
Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Courtney	17	Zimbabwe	28,16	28,52	18
2 Mjimba, Nomvula B	17	Zimbabwe	27,88	28,84	16
3 Rabejaona, Holy A	17	Republic of Madagascar	28,20	29,39	14
4 Freitas, Maria Lopes	22	Angola	29,95	29,54	12
5 Pinto, Ammara	22	Malawi	29,98	29,82	11
6 Meya, Avicé	25	Uganda	28,59	30,18	10
7 Young, Robyn	19	Eswatini	NT	30,34	9
8 Mogara, Amantle	20	Botswana	29,96	30,65	8
*9 Gondo, Ruvarashe	17	Botswana	30,44	31,28	6.50
*9 Chang'anamuno, Tayamika	19	Malawi	30,15	31,28	6.50
11 Cahombo, Melvire	17	Angola	30,70	31,38	5
--- Botha, Vicky A	18	Namibia	30,77	NS	

Event 96 Men 17 & Over 50 LC Meter Freestyle

RECORD: 23,78 # 18-02-2017 Donker Tom			ZAM		
Name	Age	Team	Seed Time	Finals Time	Points
1 Freeman, James S	18	Botswana	23,98	24,43	18
2 McKonie, Joash	17	Zimbabwe	23,95	24,59	16
3 Gomes, Filipe	22	Malawi	24,16	24,63	14
4 Bachmann, Mathieu	23	Seychelles	24,90	24,64	12
5 Jones, Brett	17	Zimbabwe	24,53	24,79	11



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 96 Men 17 & Over 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Goveia, Ralph W	23	Zambia	24,17	25,21	10
7 Moosa, Shaquille D	17	Zambia	25,30	25,42	9
8 Mukalazi, Tendo	17	Uganda	25,50	25,74	8
9 Xavier, Kelsey	17	Mozambique	25,81	25,83	7
10 Dzingai, Solomon	19	Botswana	25,75	26,10	6
11 Le Roux, Corné	17	Namibia	26,23	26,25	5
12 Rakotomavo, Herinirina J	23	Republic of Madagascar	25,15	26,43	4
13 Wellmann, Arkell J	17	Namibia	27,39	27,09	3
14 Dlamini, Simanga	22	Eswatini	26,90	27,33	2
15 Silva, Lucas	18	Angola	27,60	27,67	1

Event 97 Mixed 14 & Under 400 LC Meter Medley Relay

RECORD: 4:28,11 # 18-02-2019 Republic of South Africa RSA

K Keylock, E Kuhn, L Pillay, K Brown

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	4:38,68	4:42,21	36
1) Schultz, Timea W14	2) Vimba, Khaya M12	3) Makaya, Tichatonga M13	4) Goodinson, Kiara W14	
2 Republic Of South Africa	A	4:45,59	4:49,76	32
1) Smidt, Clivio J W13	2) Banza, Ingrid I W14	3) Kotze, Pierce M14	4) Pheeha, Junior J M14	
3 Mozambique	A	4:54,48	4:52,13	28
1) Fernandes, Sophie W13	2) Lobo, Caio M14	3) Faftine, Kaio M13	4) Pereira, Kelly W10	
4 Botswana	A	4:54,48	4:57,25	24
1) Jack, Michelle W14	2) Mokobi, Kgotla M13	3) Ingwe, Kimberly W14	4) Molefe, Lerako M14	
5 Seychelles	A	4:31,20	5:00,34	22
1) Payet, Alexander M12	2) Mason, Lilianna D W13	3) Nagapin, Nathan M14	4) Labuschagne, Abigail W14	
6 Namibia	A	5:00,31	5:04,11	20
1) Stange, Maya A W14	2) Ellis, Quinn M13	3) Westerduin, Reza W12	4) Ohm, Oliver M14	
7 Zambia	A	4:52,00	5:05,03	18
1) Fernando, Khushal J M14	2) Mwamba, Mutale M13	3) Miti, Tamenji W12	4) Phiri, Jade A W13	
8 Mauritius	A	5:05,00	5:07,53	16
1) Ramdhun, Eunnice W12	2) Leung Hing Wah, Timothy M12	3) LI Hing Duen, Shawn M13	4) Ramgoolam, Jamie Prishika W14	
9 Angola	A	NT	5:12,04	14
1) Fortes, Alex M14	2) Fernandes, Nhara W13	3) Freitas, Filipe Simoes M14	4) Silva, Welwitschia W12	
10 Uganda	A	5:03,41	5:28,80	12
1) Banona, Mary G W14	2) Birungi, Shane F M13	3) Ssengooba, Ethani M M11	4) Sine, Michelle K W12	

Event 98 Mixed 15 & Over 400 LC Meter Medley Relay

RECORD: 4:17,46 # 18-02-2019 Republic of South Africa RSA

C Casali, J Terblanche, M Shepherd, K Munro

Team	Relay	Seed Time	Finals Time	Points
1 Mauritius	A	4:19,00	4:22,09	36
1) Gebert, Ines W15	2) Kok Shun, Alicia W15	3) AH Yong, Victor M15	4) Ciceron, Adrien M16	
2 Zimbabwe	A	4:14,07	4:22,21	32
1) Cyprianos, Denilson M17	2) Werrett, Cory M15	3) Mjimba, Nomvula B W17	4) van der Westhuizen, Paige W16	
3 Botswana	A	4:23,30	4:24,34	28
1) Bekker, Andile M16	2) Fischer, Ethan M17	3) Loo, Caitlin W15	4) Egner, Maxine W15	
4 Republic of Madagascar	A	4:25,08	4:28,20	24
1) Tendrinavalona, Idealy D W15	2) Andrianirina, Lalanomena A M23	3) Rakotomavo, Herinirina J M23	4) Rabejaona, Holy A W17	
5 Zambia	A	4:28,00	4:30,71	22
1) Phiri, Mia A W16	2) Naidu, Kumaren M M22	3) Goveia, Ralph W M23	4) Chibiya, Temwani A W16	
6 Seychelles	A	4:19,80	4:30,93	20
1) Labuschagne, Isabelle W12	2) Miller, Joshua M15	3) Bachmann, Mathieu M23	4) Elizabeth, Khema W15	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 98 Mixed 15 & Over 400 LC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
7 Namibia	A	4:21,62	4:31,50	18
1) Stergiadis, Heleni W17	2) Burger, Mikah K M15	3) Le Roux, Corné M17	4) Mutumbulua, Trisha W15	
8 Republic Of South Africa	A	4:27,85	4:33,21	16
1) Verster, Dewie M16	2) Jose, Teagan N W16	3) Young, Alexia W16	4) Landmann, Ramon M16	
9 Angola	A	NT	4:50,80	14
1) Pires, Djamel M16	2) Freitas, Maria Lopes W22	3) Silva, Lucas M18	4) Santo, Rafaela Espirito W15	
10 Uganda	A	NT	5:00,98	12
1) Meya, Avice W25	2) Namutebi, Kirabo C W15	3) Musoke, Raphael M16	4) Kaganda, Ben M16	
11 Malawi	A	5:01,87	5:02,45	10
1) Pinto, Ammara W22	2) Gomes, Filipe M22	3) Moosa, Muhammad Ali M14	4) Makwenda, Jessica W14	

Event 99 Women 14 & Under 200 LC Meter Butterfly

RECORD: 2:28,01 # 19-02-2017 Tori C Oliver

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Mahobebe, Mkhusele	14	Zimbabwe	2:45,00	2:41,53	18
2 Dhemba, Vhenekai	13	Zimbabwe	2:53,67	2:46,84	16
3 Mutie, Mutinda	14	Botswana	2:47,95	2:47,26	14
4 Ingwe, Kimberly	14	Botswana	3:00,67	2:50,76	12
5 Kerai, Tejasvi	13	Seychelles	3:05,00	3:04,69	11
6 Mosho, Chisanga	12	Zambia	3:12,92	3:04,90	10
7 Vidmar, Julijana	13	Zambia	3:00,14	3:06,31	9
8 Fernandes, Sophie	13	Mozambique	2:56,56	3:12,36	8

Event 100 Men 14 & Under 200 LC Meter Butterfly

RECORD: 2:19,83 # 19-02-2019 Victor AH Yong

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Faftine, Kaio	13	Mozambique	2:33,09	2:34,62	18
2 LI Hing Duen, Shawn	13	Mauritius	2:37,40	2:37,88	16
3 Chisungo, Tawanda	14	Zimbabwe	2:51,68	2:43,23	14
4 Devan, Darshan	14	Republic Of South Africa	2:45,38	2:45,73	12
5 Ngwenya, Onesimus	13	Zimbabwe	2:56,78	2:50,64	11
6 Coombs Tembo, Nkhosi J	12	Zambia	3:59,05	3:15,13	10
7 Garmroudi, Yusurf	13	Botswana	NT	3:18,91	9
8 Augusto, Armando	13	Angola	3:52,10	3:53,78	8

Event 101 Women 15-16 200 LC Meter Butterfly

RECORD: 2:30,12 # 19-02-2019 Heleni Stergiadis

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Gebert, Ines	15	Mauritius	2:26,56	2:32,77	18
2 Swanepoel, Abigail	16	Republic Of South Africa	2:41,72	2:38,84	16
3 Loo, Caitlin	15	Botswana	2:47,51	2:47,11	14
4 Egner, Maxine	15	Botswana	2:58,35	3:02,31	12
5 Rollo, Riana	16	Zimbabwe	3:11,65	3:04,72	11
6 Dlamini, Senamile	16	Eswatini	NT	3:37,53	10
--- Mbite, Christine R	16	Republic Of South Africa	2:41,82	DQ	

Event 102 Men 15-16 200 LC Meter Butterfly

RECORD: 2:13,68 # 19-02-2017 James S Freeman

BOTS

Name	Age	Team	Seed Time	Finals Time	Points
1 AH Yong, Victor	15	Mauritius	2:08,00	2:14,39	18
2 Burger, Mikah K	15	Namibia	2:14,13	2:17,05	16
3 Mwamba, Wina M	16	Zambia	2:29,67	2:24,25	14



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 102 Men 15-16 200 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Payet, Damien	16	Seychelles	2:20,00	2:25,29	12
5 Pires, Djamel	16	Angola	2:28,84	2:34,77	11
6 Ngwenya, Nathan	15	Zimbabwe	2:47,42	2:37,10	10
7 Oostindien, Jake	16	Zimbabwe	2:43,14	2:41,24	9
8 van Rooyen, Benco	15	Botswana	2:36,87	2:42,53	8
9 Francisco, Alexandre	15	Angola	2:44,42	2:45,20	7
10 Kisitu, Hayyan	15	Uganda	2:47,96	2:57,74	6

Event 103 Women 17 & Over 200 LC Meter Butterfly

RECORD: 2:24,51 # 10-01-2009 SARAH KAY

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Stergiadis, Heleni	17	Namibia	2:29,40	2:28,48	18
2 van Rooyen, Leone	17	Botswana	2:59,26	2:57,23	16
3 Meya, Avice	25	Uganda	3:00,75	3:27,75	14
4 Gondo, Ruvarashe	17	Botswana	3:33,21	3:39,17	12

Event 104 Men 17 & Over 200 LC Meter Butterfly

RECORD: 2:06,14 # 23-04-2016 PINOTES Pedro

ANG

Name	Age	Team	Seed Time	Finals Time	Points
1 Le Roux, Corné	17	Namibia	2:11,69	2:10,78	18
2 Rakotomavo, Herinirina J	23	Republic of Madagascar	2:15,13	2:15,00	16
3 Tayali, Quintin T	18	Zimbabwe	2:19,35	2:19,32	14
4 Dlamini, Simanga	22	Eswatini	2:31,09	2:23,63	12
5 Silva, Lucas	18	Angola	2:24,02	2:24,30	11
6 Payet, Bertrand	17	Seychelles	2:24,00	2:26,31	10
7 Gertze, Matthew R	17	Namibia	2:41,97	2:29,49	9
8 Cyprianos, Denilson	17	Zimbabwe	2:22,79	2:35,44	8
9 Fischer, Ethan	17	Botswana	2:36,80	2:40,43	7

Event 105 Women 12 & Under 100 LC Meter Freestyle

RECORD: 1:03,80 # 23-04-2016 JVAN DER WESTHUIZEN Paige

ZIM

Name	Age	Team	Seed Time	Finals Time	Points
1 Labuschagne, Isabelle	12	Seychelles	1:06,03	1:05,92	18
2 Ohm, Michaela	12	Namibia	1:09,13	1:07,78	16
3 Makwabarara, Mikayla	11	Zimbabwe	1:09,40	1:08,04	14
4 Dawe, Tori	12	Zimbabwe	1:09,41	1:08,26	12
5 Naukosho, Ariana	12	Namibia	1:10,91	1:08,80	11
6 Ramdhun, Eunnice	12	Mauritius	1:08,41	1:09,59	10
7 Hoy, Hayley	11	Eswatini	1:07,81	1:10,22	9
8 Miti, Tamenji	12	Zambia	1:09,40	1:10,94	8
9 Lutalo, Natalie	11	Uganda	1:11,89	1:11,18	7
10 Pereira, Kelly	10	Mozambique	1:11,23	1:11,20	6
11 Mosho, Chisanga	12	Zambia	1:13,36	1:12,22	5
12 Sine, Gabriella N	12	Uganda	1:15,14	1:12,98	4
13 Chang, Ji-eun	12	Botswana	1:15,54	1:13,34	3
14 Silva, Welwitschia	12	Angola	1:14,73	1:13,70	2
15 Morais, Nyriam	11	Angola	1:16,77	1:14,41	1
16 Domingues, Ana Beatriz	12	Mozambique	1:12,27	1:14,48	
17 Haiya, Chisomo	12	Malawi	1:25,90	1:15,07	
18 Chang, Yun-suh	11	Botswana	1:19,22	1:15,44	
19 Losacco, Olivia	11	Malawi	1:18,69	1:18,29	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 105 Women 12 & Under 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
20 Barbosa, Tianna	11	Eswatini	1:31,94	1:23,72	

Event 106 Men 12 & Under 100 LC Meter Freestyle

RECORD: 1:00,69 # 19-02-2017 Mikah K Burger

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Payet, Alexander	12	Seychelles	1:02,50	1:02,54	18
2 Keitsile, Junior	12	Botswana	1:07,83	1:03,22	16
3 Durand, Oliver B	12	Namibia	1:07,56	1:04,31	14
4 Heyns, Kyle	12	Zimbabwe	1:05,93	1:04,98	12
5 Bredel, Rafael	12	Angola	1:09,61	1:05,32	11
6 Barradas, Hugo	12	Mozambique	1:09,41	1:07,02	10
7 Hekandjo, Kgosana O	12	Namibia	1:08,48	1:07,07	9
8 Vimba, Khaya	12	Zimbabwe	1:10,44	1:09,22	8
9 Mmelesi, Abaleng	12	Botswana	1:09,70	1:09,45	7
10 Coombs Tembo, Nkhosi J	12	Zambia	1:10,05	1:09,86	6
11 Cochofel, Jose	12	Angola	1:19,74	1:10,79	5
12 Leung Hing Wah, Timothy	12	Mauritius	1:06,00	1:10,90	4
13 Kyabayinze, Zaabu D	12	Uganda	1:10,27	1:12,16	3
14 Zeravica, Jack	11	Zambia	1:10,79	1:12,49	2
15 Peterson, Inhensiko S	11	Uganda	1:13,40	1:12,54	1
16 Fraser, Tiano	11	Eswatini	1:20,40	1:15,84	
17 Fraser, Luca	9	Eswatini	1:19,89	1:16,25	
18 Makwenda, Jeremiah	9	Malawi	1:25,95	1:21,77	
19 Mkavea, Tasunje	9	Malawi	1:30,71	1:31,63	

Event 107 Women 13-14 100 LC Meter Freestyle

RECORD: 1:01,42 # 19-02-2019 Kelly-Ann Brown

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Goodinson, Kiara	14	Zimbabwe	1:04,04	1:02,84	18
2 Schultz, Timea	14	Zimbabwe	1:03,96	1:03,88	16
3 Beyers, Emma P	14	Republic Of South Africa	1:04,22	1:04,30	14
4 Stange, Maya A	14	Namibia	1:06,06	1:05,47	12
5 Jack, Michelle	14	Botswana	1:06,63	1:05,62	11
6 Finnis, Tiara L	14	Republic Of South Africa	1:06,00	1:05,95	10
7 Phiri, Jade A	13	Zambia	1:06,29	1:06,26	9
8 Labuschagne, Abigail	14	Seychelles	1:06,21	1:06,64	8
9 Ramgoolam, Jamie Prishika	14	Mauritius	1:05,00	1:07,02	7
10 Spath, Mackenzie	14	Namibia	1:08,80	1:07,58	6
11 Dithlogo, Amaru	13	Botswana	1:07,85	1:07,75	5
12 Fernandes, Nhara	13	Angola	1:13,86	1:09,31	4
13 Makwenda, Jessica	14	Malawi	1:12,35	1:10,03	3
14 Fernandes, Sophie	13	Mozambique	1:11,09	1:10,51	2
15 Coates, Johanna K	13	Zambia	1:11,21	1:10,71	1
16 Dlamini, Siwakhile T	14	Eswatini	1:15,68	1:13,89	
17 Chizonda, Tracy	14	Malawi	1:15,88	1:16,95	
18 Nsereko, Nanette	13	Uganda	1:14,90	1:17,50	
19 Young, Lauren	14	Eswatini	1:20,38	1:21,48	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 108 Men 13-14 100 LC Meter Freestyle**

RECORD: 54,81 # 19-02-2017 Ethan R Spieker		RSA			
Name	Age	Team	Seed Time	Finals Time	Points
1 Makaya, Tichatonga	13	Zimbabwe	59,26	59,33	18
2 Mhlanga, Bjorn N	13	Zimbabwe	1:00,14	59,38	16
3 Ellis, Quinn	13	Namibia	1:02,12	59,43	14
4 Ohm, Oliver	14	Namibia	1:01,38	59,75	12
5 Pheeha, Junior J	14	Republic Of South Africa	1:03,43	1:00,31	11
6 Lobo, Caio	14	Mozambique	1:00,04	1:00,43	10
7 Kotze, Pierce	14	Republic Of South Africa	1:00,00	1:00,45	9
8 Nagapin, Nathan	14	Seychelles	1:00,68	1:01,55	8
9 Fernando, Khushal J	14	Zambia	1:00,40	1:01,75	7
10 Fortes, Alex	14	Angola	1:06,14	1:03,35	6
11 Mokobi, Kgotla	13	Botswana	1:04,65	1:04,20	5
12 Molefe, Lerako	14	Botswana	1:04,52	1:04,44	4
13 Banda, Asher	14	Malawi	1:09,21	1:04,51	3
14 LI Hing Duen, Shawn	13	Mauritius	1:03,78	1:04,74	2
15 Freitas, Filipe Simoes	14	Angola	1:01,16	1:04,76	1
16 Mulenga, Mwenya	13	Zambia	1:05,34	1:05,14	
17 Moosa, Muhammad Ali	14	Malawi	1:08,41	1:06,94	
18 Kyabayinze, Daniel T	14	Uganda	1:12,78	1:08,04	
19 Birungi, Shane F	13	Uganda	1:06,61	1:08,39	
20 De Sousa, Damien	13	Eswatini	1:15,15	1:11,82	

Event 109 Women 15-16 100 LC Meter Freestyle

RECORD: 59,82 # 19-02-2019 Kelsea Munro		RSA			
Name	Age	Team	Seed Time	Finals Time	Points
1 Namutebi, Kirabo C	15	Uganda	1:01,50	1:00,45	18
2 van der Westhuizen, Paige	16	Zimbabwe	59,53	1:00,82	16
3 Egner, Maxine	15	Botswana	1:01,17	1:00,98	14
4 Kok Shun, Alicia	15	Mauritius	1:01,00	1:01,60	12
5 Rollo, Riana	16	Zimbabwe	1:02,57	1:03,07	11
6 Mutumbulua, Trisha	15	Namibia	1:04,00	1:03,46	10
7 Esslinger, Tiana	16	Namibia	1:03,29	1:03,70	9
8 Elizabeth, Khema	15	Seychelles	1:04,68	1:04,74	8
9 Mateus, Alicia	15	Mozambique	1:04,26	1:04,83	7
10 TendrinaValona, Idealy D	15	Republic of Madagascar	1:04,17	1:05,51	6
11 Matthews, Tselane	16	Botswana	1:04,56	1:06,01	5
12 Jose, Teagan N	16	Republic Of South Africa	1:02,95	1:06,68	4
13 Santo, Rafaela Espirito	15	Angola	1:07,12	1:06,72	3
14 Vahed, Layla T	16	Republic Of South Africa	1:05,08	1:07,05	2
15 Phiri, Mia A	16	Zambia	1:01,74	1:07,45	1
16 Dlamini, Senamile	16	Eswatini	1:10,02	1:09,81	
17 Chibiya, Temwani A	16	Zambia	1:14,65	1:15,79	

Event 110 Men 15-16 100 LC Meter Freestyle

RECORD: 53,39 # 19-02-2017 Matthew Bosch		RSA			
Name	Age	Team	Seed Time	Finals Time	Points
1 Lawrence, Matthew	16	Mozambique	54,07	54,21	18
2 Bekker, Andile	16	Botswana	55,00	55,14	16
3 Verster, Dewie	16	Republic Of South Africa	56,28	55,85	14
4 Pale, Justino	16	Mozambique	56,03	55,91	12



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 110 Men 15-16 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Vidot, Alain	15	Seychelles	58,30	56,78	11
6 Rouse, Brandon	16	Botswana	57,73	57,17	10
7 Ciceron, Adrien	16	Mauritius	57,02	57,25	9
8 Werrett, Cory	15	Zimbabwe	57,84	57,29	8
9 Catillaz, Jeanre P	16	Republic Of South Africa	57,71	58,45	7
10 Mwamba, Wina M	16	Zambia	58,76	59,41	6
11 Oostindien, Jake	16	Zimbabwe	59,22	59,58	5
12 Kaganda, Ben	16	Uganda	57,81	59,61	4
13 Setzkorn, Friedrich	16	Namibia	1:01,65	1:00,52	3
14 Rathenam, Keanet-Peter	15	Namibia	1:02,41	1:00,99	2
15 Sepetu, Isam A	15	Tanzania	1:01,38	1:01,27	1
16 Musoke, Raphael	16	Uganda	59,36	1:01,28	
17 Furtado, Yussen	15	Angola	1:01,52	1:01,78	
18 Lutango, Emanuel	15	Angola	1:13,61	1:06,64	

Event 111 Women 17 & Over 100 LC Meter Freestyle

RECORD: 59,64 # 19-02-2017 Alexis Laird

SEY

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Courtney	17	Zimbabwe	1:02,44	1:02,50	18
2 Mjimba, Nomvula B	17	Zimbabwe	NT	1:02,74	16
3 Rabejaona, Holy A	17	Republic of Madagascar	1:03,20	1:04,04	14
4 Meya, Avice	25	Uganda	1:01,70	1:04,15	12
5 Freitas, Maria Lopes	22	Angola	1:05,56	1:05,08	11
6 Pinto, Ammara	22	Malawi	1:07,77	1:05,48	10
7 Botha, Vicky A	18	Namibia	1:06,36	1:06,11	9
8 Young, Robyn	19	Eswatini	1:08,14	1:06,39	8
9 Ruele, Bupe B	16	Botswana	1:05,46	1:07,59	7
10 Cahombo, Melvire	17	Angola	1:12,31	1:08,61	6
11 Mogara, Amantle	20	Botswana	1:08,85	1:08,66	5
12 Chang'anamuno, Tayamika	19	Malawi	1:13,00	1:14,06	4

Event 112 Men 17 & Over 100 LC Meter Freestyle

RECORD: 51,52 # 23-04-2016 VINCENT Bradley

MRI

Name	Age	Team	Seed Time	Finals Time	Points
1 Freeman, James S	18	Botswana	51,74	53,35	18
2 McKonie, Joash	17	Zimbabwe	54,11	53,60	16
3 Gomes, Filipe	22	Malawi	53,89	53,86	14
4 Fred, Tyler	17	Seychelles	54,66	54,00	12
5 Mukalazi, Tendo	17	Uganda	56,78	56,75	11
6 Xavier, Kelsey	17	Mozambique	57,70	57,47	10
7 Cyprianos, Denilson	17	Zimbabwe	54,59	57,62	9
8 Wellmann, Arkell J	17	Namibia	59,70	58,86	8
9 Dlamini, Simanga	22	Eswatini	59,63	58,91	7
10 Moosa, Shaquille D	17	Zambia	1:00,02	59,45	6
11 Dzingai, Solomon	19	Botswana	57,56	59,49	5
12 Gertze, Matthew R	17	Namibia	1:01,09	1:00,03	4

Event 113 Women 12 & Under 200 LC Meter IM

RECORD: 2:41,25 # 09-05-2015 Tailyn Seyffert

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Naukosho, Ariana	12	Namibia	2:49,72	2:42,95	18



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 113 Women 12 & Under 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
2 Hoy, Hayley	11	Eswatini	2:51,85	2:48,26	16
3 Muslun, Alina	12	Mauritius	2:56,00	2:52,32	14
4 Miti, Tamenji	12	Zambia	2:59,09	2:55,48	12
5 Mosho, Chisanga	12	Zambia	3:02,20	2:57,63	11
6 Ohm, Michaela	12	Namibia	3:00,69	2:58,64	10
7 Dawe, Tori	12	Zimbabwe	3:03,31	2:59,19	9
8 Lutalo, Natalie	11	Uganda	2:58,93	2:59,63	8
9 Mahobebe, Loyiso	11	Zimbabwe	3:00,97	3:03,11	7
10 Ramdhun, Eunnice	12	Mauritius	2:59,65	3:03,68	6
11 Pereira, Kelly	10	Mozambique	3:02,34	3:05,79	5
12 Sine, Gabriella N	12	Uganda	3:06,95	3:08,55	4
13 Silva, Welwitschia	12	Angola	3:03,54	3:09,04	3
14 Chang, Ji-eun	12	Botswana	3:17,79	3:15,78	2
15 Ramakoloi, Thata	12	Botswana	3:35,46	3:27,66	1
--- Tati, Nelja	11	Angola	4:12,63	DQ	
--- Losacco, Olivia	11	Malawi	3:21,89	DQ	

Event 114 Men 12 & Under 200 LC Meter IM

RECORD: 2:31,82 # 19-02-2017 Mikah K Burger

NAM

Name	Age	Team	Seed Time	Finals Time	Points
1 Durand, Oliver B	12	Namibia	2:37,63	2:34,43	18
2 Hekandjo, Kgosana O	12	Namibia	2:44,63	2:41,54	16
3 Barradas, Hugo	12	Mozambique	2:47,55	2:46,00	14
4 Bredel, Rafael	12	Angola	2:52,54	2:46,67	12
5 Keitsile, Junior	12	Botswana	2:56,57	2:47,14	11
6 Payet, Alexander	12	Seychelles	2:50,00	2:47,31	10
7 Haskins, Ethan	12	Botswana	2:55,59	2:48,26	9
8 Heyns, Kyle	12	Zimbabwe	2:46,88	2:48,55	8
9 Leung Hing Wah, Timothy	12	Mauritius	2:50,00	2:50,97	7
10 Kalipengule, Limbikani	11	Zimbabwe	2:52,41	2:50,99	6
11 Payet, Thierry	12	Seychelles	2:58,03	2:53,27	5
12 Cooney, Zoah	12	Zambia	3:04,78	2:57,57	4
13 Zeravica, Jack	11	Zambia	3:05,39	3:02,35	3
14 Taborda, Helio	12	Angola	3:26,26	3:19,18	2
--- Ssengooba, Ethani M	11	Uganda	2:59,16	DQ	

Event 115 Women 13-14 200 LC Meter IM

RECORD: 2:30,46 # 19-02-2019 Emma A Kuhn

RSA

Name	Age	Team	Seed Time	Finals Time	Points
1 Schultz, Timea	14	Zimbabwe	2:39,58	2:38,22	18
2 Ingwe, Kimberly	14	Botswana	2:44,00	2:40,90	16
3 Armour, Kaeli-Peace	13	Republic Of South Africa	2:40,74	2:41,61	14
4 Beyers, Emma P	14	Republic Of South Africa	2:39,71	2:42,22	12
5 Stange, Maya A	14	Namibia	2:50,96	2:45,05	11
6 Mutie, Mutinda	14	Botswana	2:47,14	2:45,79	10
7 Mason, Lilianna D	13	Seychelles	2:52,00	2:51,30	9
8 Mahobebe, Mkhusele	14	Zimbabwe	2:44,63	2:52,10	8
9 Fernandes, Sophie	13	Mozambique	2:51,90	2:53,64	7
10 Spath, Mackenzie	14	Namibia	3:06,39	2:54,51	6
11 Fernandes, Nhara	13	Angola	3:02,13	2:59,82	5
12 Banona, Mary G	14	Uganda	2:59,72	3:04,79	4



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 115 Women 13-14 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	Points
13	Young, Raya	14	Eswatini	NT	3:12,57	3
14	Dlamini, Siwakhile T	14	Eswatini	3:17,72	3:18,13	2
---	Phiri, Jade A	13	Zambia	2:49,48	DQ	
---	Vidmar, Julijana	13	Zambia	2:56,85	DQ	

Event 116 Men 13-14 200 LC Meter IM

RECORD: 2:20,05 # 19-02-2017 Ethan R Spieker

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lobo, Caio	14	Mozambique	2:22,71	2:23,80	18
2	Freitas, Filipe Simoes	14	Angola	2:26,59	2:30,68	16
3	Kotze, Pierce	14	Republic Of South Africa	2:31,08	2:31,62	14
4	Visagie, Leson G	14	Republic Of South Africa	2:34,62	2:34,05	12
5	Nagapin, Nathan	14	Seychelles	2:32,90	2:34,47	11
6	Ellis, Quinn	13	Namibia	2:35,72	2:35,67	10
7	Mhlanga, Bjorn N	13	Zimbabwe	2:43,13	2:36,33	9
8	Faftine, Kaio	13	Mozambique	2:32,33	2:36,37	8
9	Esslinger, Nico	14	Namibia	2:49,35	2:37,40	7
10	Makaya, Tichatonga	13	Zimbabwe	2:33,89	2:37,77	6
11	Matthews, Mmusi	13	Botswana	2:48,14	2:44,58	5
12	Fortes, Alex	14	Angola	2:54,46	2:45,93	4
13	Molefe, Lerako	14	Botswana	2:57,79	2:52,90	3
14	Kyabayinze, Daniel T	14	Uganda	2:53,50	2:53,50	2
15	Agaba, Lionel	13	Uganda	3:00,97	2:55,69	1
16	Mwamba, Mutale	13	Zambia	2:57,64	2:59,29	
17	Moosa, Muhammad Ali	14	Malawi	2:57,15	2:59,34	
18	De Sousa, Damien	13	Eswatini	3:07,13	3:14,15	

Event 117 Women 15-16 200 LC Meter IM

RECORD: 2:26,18 # 19-02-2017 Christin Mundell

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	Gebert, Ines	15	Mauritius	2:28,37	2:30,11	18
2	van der Westhuizen, Paige	16	Zimbabwe	2:32,50	2:30,48	16
3	Kok Shun, Alicia	15	Mauritius	2:35,00	2:34,82	14
4	Redecker, Nicole	16	Namibia	2:42,23	2:37,19	12
5	Esslinger, Tiana	16	Namibia	2:35,33	2:38,94	11
6	Loo, Caitlin	15	Botswana	2:44,70	2:39,57	10
7	Phiri, Mia A	16	Zambia	2:42,61	2:39,91	9
8	Rollo, Riana	16	Zimbabwe	2:43,75	2:42,78	8
9	Young, Alexia	16	Republic Of South Africa	2:39,34	2:43,47	7
10	Mbite, Christine R	16	Republic Of South Africa	2:40,67	2:43,63	6
11	Matthews, Tselane	16	Botswana	2:41,73	2:43,65	5
12	Namutebi, Kirabo C	15	Uganda	2:38,78	2:43,80	4
13	Elizabeth, Khema	15	Seychelles	2:51,04	2:51,17	3
14	Dlamini, Senamile	16	Eswatini	3:05,87	3:06,29	2
15	Chibiya, Temwani A	16	Zambia	3:12,09	3:07,39	1

Event 118 Men 15-16 200 LC Meter IM

RECORD: 2:15,77 # 19-02-2019 Cameron J Casali

RSA

	Name	Age	Team	Seed Time	Finals Time	Points
1	AH Yong, Victor	15	Mauritius	2:18,00	2:16,64	18
2	Bekker, Andile	16	Botswana	2:17,98	2:18,02	16



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 118 Men 15-16 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	Points
3	vd Westhuizen, Wietske	16	Republic Of South Africa	2:20,30	2:18,64	14
4	Burger, Mikah K	15	Namibia	2:16,23	2:19,92	12
5	Pale, Justino	16	Mozambique	2:21,50	2:22,86	11
6	Werrett, Cory	15	Zimbabwe	2:26,59	2:22,99	10
7	Miller, Joshua	15	Seychelles	2:25,56	2:30,43	9
8	Sepetu, Isam A	15	Tanzania	2:34,06	2:33,07	8
9	Franceys, Ryan	15	Zimbabwe	2:29,18	2:34,41	7
10	Francisco, Alexandre	15	Angola	2:36,83	2:34,65	6
11	Pires, Djamel	16	Angola	2:31,77	2:35,17	5
12	Rouse, Brandon	16	Botswana	2:30,14	2:35,81	4
13	Chonguica, Yannis	16	Mozambique	2:31,99	2:37,41	3
14	Rathenam, Keanet-Peter	15	Namibia	2:48,25	2:37,95	2
15	Ciceron, Adrien	16	Mauritius	2:30,67	2:38,00	1
16	Shamambo, Damien	16	Zambia	2:40,02	2:42,42	
17	Musoke, Raphael	16	Uganda	NT	2:48,97	
18	Kisitu, Hayyan	15	Uganda	2:44,03	2:50,54	
---	Correia, Gabriel L	16	Republic Of South Africa	2:32,17	DQ	

Event 119 Women 17 & Over 200 LC Meter IM**RECORD: 2:28,63 # 19-02-2017 Robyn Lee****ZIM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Stergiadis, Heleni	17	Namibia	2:25,50	2:28,76	18
2	Botha, Vicky A	18	Namibia	2:42,48	2:43,34	16
3	Mjimba, Nomvula B	17	Zimbabwe	NT	2:47,16	14
4	Brown, Courtney	17	Zimbabwe	2:48,54	2:50,69	12
5	Ruele, Bupe B	16	Botswana	2:51,40	2:52,46	11
6	Pinto, Ammara	22	Malawi	2:40,60	2:55,53	10
7	Young, Robyn	19	Eswatini	3:03,07	3:00,08	9
8	van Rooyen, Leone	17	Botswana	2:59,03	3:00,33	8

Event 120 Men 17 & Over 200 LC Meter IM**RECORD: 2:07,94 # 09-05-2015 Pedro Pinotes****ANG**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Freeman, James S	18	Botswana	2:10,82	2:15,74	18
2	Gomes, Filipe	22	Malawi	2:20,20	2:15,92	16
3	Goveia, Ralph W	23	Zambia	2:13,12	2:18,65	14
4	McKonie, Joash	17	Zimbabwe	NT	2:20,16	12
5	Cyprianos, Denilson	17	Zimbabwe	2:15,38	2:20,81	11
6	Andrianirina, Lalanomena A	21	Republic of Madagascar	2:20,16	2:22,67	10
7	Wellmann, Arkell J	17	Namibia	2:26,93	2:24,43	9
8	Fischer, Ethan	17	Botswana	2:23,52	2:25,36	8
9	Le Roux, Corné	17	Namibia	2:18,49	2:27,08	7
10	Silva, Lucas	18	Angola	2:30,67	2:32,93	6
11	Xavier, Kelsey	17	Mozambique	2:28,44	2:34,98	5
12	Naidu, Kumaren M	22	Zambia	2:28,18	2:38,33	4



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 121 Women 14 & Under 200 LC Meter Freestyle Relay****RECORD: 1:55,27 # 19-02-2019 Republic of South Africa RSA****K Brown, L Coetzee, C Clifton-Smith, E Kuhn**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	1:58,35	1:59,73	36
1) Dhemba, Vhenekai 13	2) Makwabarara, Mikayla 11	3) Schultz, Timea 14	4) Goodinson, Kiara 14	
2 Seychelles	A	2:03,69	2:01,88	32
1) Labuschagne, Isabelle 12	2) Mason, Lilianna D 13	3) Labuschagne, Abigail 14	4) Kerai, Tejasvi 13	
3 Botswana	A	2:03,91	2:02,21	28
1) Harry, Kyra 13	2) Ingwe, Kimberly 14	3) Ditlhogo, Amaru 13	4) Jack, Michelle 14	
4 Namibia	A	2:04,68	2:03,18	24
1) Spath, Mackenzie 14	2) Naukosho, Ariana 12	3) Ohm, Michaela 12	4) Stange, Maya A 14	
5 Republic Of South Africa	A	2:01,29	2:03,55	22
1) Finnis, Tiara L 14	2) Smidt, Clio J 13	3) Armour, Kaeli-Peace 13	4) Beyers, Emma P 14	
6 Uganda	A	2:02,26	2:07,47	20
1) Sine, Michelle K 12	2) Banona, Mary G 14	3) Nsereko, Nanette 13	4) Lutalo, Natalie 11	
7 Zambia	A	NT	2:10,55	18
1) Vidmar, Julijana 13	2) Coates, Johanna K 13	3) Moyo, Zoe 11	4) Liacopoulos, Antonia 14	
8 Angola	A	NT	2:21,59	16
1) Santos, Inara 11	2) Silva, Welwitschia 12	3) Tati, Nelja 11	4) Morais, Nyriam 11	

Event 122 Men 14 & Under 200 LC Meter Freestyle Relay**RECORD: 1:46,02 # 19-02-2017 Republic of South Africa RSA****E Spieker, B Remley, L Taukobong, J Botha**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	1:50,65	1:49,12	36
1) Makaya, Tichatonga 13	2) Heyns, Kyle 12	3) Chisungo, Tawanda 14	4) Mhlanga, Bjorn N 13	
2 Republic Of South Africa	A	1:53,66	1:50,75	32
1) Thompson, Clayton E 14	2) Kgomogadio, Yande Y 13	3) Kotze, Pierce 14	4) Pheeha, Junior J 14	
3 Namibia	A	1:56,75	1:51,07	28
1) Ellis, Quinn 13	2) Esslinger, Nico 14	3) Magongo, Brave 14	4) Ohm, Oliver 14	
4 Botswana	A	1:56,65	1:53,27	24
1) Matthews, Mmusi 13	2) Mokobi, Kgotla 13	3) Molefe, Lerako 14	4) Keitsile, Junior 12	
5 Zambia	A	1:54,00	1:55,25	22
1) Fernando, Khushal J 14	2) Mulenga, Ndabila B 14	3) Mulenga, Mwenya 13	4) Zeravica, Jack 11	
6 Malawi	A	2:09,77	2:01,80	20
1) Kumbatira, Tsinde 14	2) Prieur, Ethan 12	3) Banda, Asher 14	4) Moosa, Muhammad Ali 14	
7 Uganda	A	1:56,64	2:03,99	18
1) Kyabayinze, Zaabu D 12	2) Peterson, Inhensiko S 11	3) Kyabayinze, Daniel T 14	4) Birungi, Shane F 13	
8 Angola	A	NT	2:12,79	16
1) Cochofel, Jose 12	2) Augusto, Armando 13	3) Furtado, Marco 10	4) Taborda, Helio 12	

Event 123 Women 15 & Over 200 LC Meter Freestyle Relay**RECORD: 1:52,87 # 19-02-2017 ZIM A cana 17 ZIM****N Mukonoweshuro, D Leask, M Koen, R Lee**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	1:52,07	1:52,87	36
1) Schonken, Gemma 17	2) Rollo, Riana 16	3) Brown, Courtney 17	4) van der Westhuizen, Paige 16	
2 Botswana	A	1:58,67	1:56,75	32
1) Loo, Caitlin 15	2) Matthews, Tselane 16	3) Mogara, Amantle 20	4) Egner, Maxine 15	
3 Namibia	A	1:58,50	1:56,98	28
1) Stergiadis, Heleni 17	2) Botha, Vicky A 18	3) Esslinger, Tiana 16	4) Mutumbulua, Trisha 15	
4 Zambia	A	1:57,00	1:57,66	24
1) Phiri, Mia A 16	2) Phiri, Jade A 13	3) Miti, Tamenji 12	4) Chibiya, Temwani A 16	



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 123 Women 15 & Over 200 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
5 Mauritius	A	1:52,81	1:57,71	22
1) Gebert, Ines 15	2) Ramgoolam, Jamie Prishika 14	3) Kok Shun, Alicia 15	4) Ramdhun, Eunnice 12	
6 Republic Of South Africa	A	1:59,05	1:57,96	20
1) Young, Alexia 16	2) Jose, Teagan N 16	3) Vahed, Layla T 16	4) Van Jaarsveld, Danica C 16	
7 Angola	A	NT	2:01,20	18
1) Santo, Rafaela Espirito 15	2) Cahombo, Melvire 17	3) Fernandes, Nhara 13	4) Freitas, Maria Lopes 22	
8 Malawi	A	2:02,15	2:05,27	16
1) Chang'anamuno, Tayamika 19	2) Chizonda, Tracy 14	3) Makwenda, Jessica 14	4) Pinto, Ammara 22	

Event 124 Men 15 & Over 200 LC Meter Freestyle Relay**RECORD: 1:37,82 # 23-04-2016 MAURITIUS****MRI**

Team	Relay	Seed Time	Finals Time	Points
1 Zimbabwe	A	1:39,89	1:38,62	36
1) Jones, Brett 17	2) Tayali, Quintin T 18	3) Cyprianos, Denilson 17	4) McKonie, Joash 17	
2 Seychelles	A	1:40,28	1:39,36	32
1) Fred, Tyler 17	2) Payet, Bertrand 17	3) Bachmann, Mathieu 23	4) Vidot, Alain 15	
3 Zambia	A	1:39,00	1:39,70	28
1) Moosa, Shaquille D 17	2) Goveia, Ralph W 23	3) Naidu, Kumaren M 22	4) Shamambo, Damien 16	
4 Botswana	A	1:41,55	1:40,49	24
1) Bekker, Andile 16	2) Dzingai, Solomon 19	3) Rouse, Brandon 16	4) Freeman, James S 18	
5 Mozambique	A	1:44,19	1:41,20	22
1) Lawrence, Matthew 16	2) Lobo, Caio 14	3) Xavier, Kelsey 17	4) Pale, Justino 16	
6 Republic Of South Africa	A	1:44,80	1:41,43	20
1) Verster, Dewie 16	2) Catillaz, Jeanre P 16	3) Santos, Fabio A 16	4) Landmann, Ramon 16	
7 Uganda	A	NT	1:46,96	18
1) Kaganda, Ben 16	2) Ocheng, Daudi 16	3) Musoke, Raphael 16	4) Mukalazi, Tendo 17	
8 Angola	A	NT	1:47,23	16
1) Furtado, Yusseni 15	2) Silva, Lucas 18	3) Silva, Gilberto 16	4) Pires, Djamel 16	
9 Namibia	A	1:46,50	1:48,12	14
1) Le Roux, Corné 17	2) Gertze, Matthew R 17	3) Wellmann, Arkell J 17	4) Burger, Mikah K 15	
10 Mauritius	A	1:48,65	1:52,29	12
1) AH Yong, Victor 15	2) LI Hing Duen, Shawn 13	3) Ciceron, Adrien 16	4) Leung Hing Wah, Timothy 12	

Event 201 Women 25-44 800 LC Meter Freestyle**RECORD: 17:17,31 # 20-02-2020 Bontsi Z Morewane****BOT20**

Name	Age	Team	Seed Time	Finals Time
1 Morewane, Bontsi Z	37	Masters Botswana	NT	17:17,31

Event 201 Women 45 & Over 800 LC Meter Freestyle**RECORD: 12:22,85 # 20-02-2020 Alma Saat****BOT20**

Name	Age	Team	Seed Time	Finals Time
1 Saat, Alma	46	Masters Botswana	12:24,21	12:22,85
2 Weltin, Tonia N	49	Masters Zambia	13:19,59	13:36,54
3 Melrose, Sharon	58	Masters Malawi	15:57,80	14:00,79

Event 201 Men 25-44 800 LC Meter Freestyle**RECORD: 14:27,14 # 20-02-2020 Omphile Moffat****BOT20**

Name	Age	Team	Seed Time	Finals Time
1 Moffat, Omphile	27	Masters Botswana	13:57,26	14:27,14



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 201 Men 45 & Over 800 LC Meter Freestyle**

RECORD: 16:16,43 # 20-02-2020 Lawrence Gachala

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Gachala, Lawrence	49	Masters Botswana	14:57,28	16:16,43
2 Saat, Urmass	56	Masters Botswana	16:56,04	17:13,54
3 Wallace, Ronald	78	Masters South Africa	19:50,28	19:13,53

Event 203 Women 25-44 50 LC Meter Breaststroke

RECORD: 49,66 # 20-02-2020 Sophie Peach

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Peach, Sophie	32	Masters Zambia	46,06	49,66
2 Morewane, Bontsi Z	37	Masters Botswana	51,57	50,23

Event 203 Women 45 & Over 50 LC Meter Breaststroke

RECORD: 46,91 # 20-02-2020 Ana Araujo

MOZ20

Name	Age	Team	Seed Time	Finals Time
1 Araujo, Ana	51	Masters Mozambique	46,69	46,91
2 Weltin, Tonia N	49	Masters Zambia	42,90	47,05
3 Gerber, Brenda C	52	Masters Botswana	49,86	49,05
4 Melrose, Sharon	58	Masters Malawi	50,88	51,57
5 Yiannakis, Cristina	49	Masters Malawi	55,99	51,91
6 Kieslich, Tanya	49	Masters Zambia	NT	58,82

Event 203 Men 25-44 50 LC Meter Breaststroke

RECORD: 36,64 # 20-02-2020 Fred Mwanza

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Mwanza, Fred	31	Masters Zambia	34,60	36,64
2 Baleseng, Boitumelo	39	Masters Botswana	NT	39,57
3 Watson, Trevor	44	Masters Botswana	41,45	39,82
4 Mekgwe, Bonno	26	Masters Botswana	43,32	41,84
5 Ochuizen, Aubrey	28	Masters Botswana	43,84	52,67

Event 203 Men 45 & Over 50 LC Meter Breaststroke

RECORD: 40,06 # 20-02-2020 Owen Caple

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Caple, Owen	49	Masters Botswana	41,44	40,06
2 Gachala, Lawrence	49	Masters Botswana	49,42	45,47
3 Rukare, Donald	51	Masters Uganda	NT	46,83
4 Ssebanakitta, Peter	63	Masters Uganda	NT	47,29

Event 205 Women 45 & Over 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Weltin, Tonia N	49	Masters Zambia	1:29,12	1:40,27
2 Gerber, Brenda C	52	Masters Botswana	NT	1:58,36

Event 205 Men 25-44 100 LC Meter Backstroke

RECORD: 1:18,12 # 20-02-2020 Dentie J Louw

NAM20

Name	Age	Team	Seed Time	Finals Time
1 Louw, Dentie J	36	Masters Namibia	1:20,04	1:18,12
2 Keatshotse, Badiredi	32	Masters Botswana	1:29,70	1:31,59



Stanbic Bank



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 205 Men 45 & Over 100 LC Meter Backstroke**

RECORD: 1:49,72 # 20-02-2020 Molemi Matshediso

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Matshediso, Molemi	45	Masters Botswana	1:54,36	1:49,72
--- Wallace, Ronald	78	Masters South Africa	1:50,00	DQ

Event 207 Women 25-44 200 LC Meter Breaststroke

RECORD: 4:10,33 # 21-02-2020 Bontsi Z Morewane

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Morewane, Bontsi Z	37	Masters Botswana	4:18,52	4:10,33

Event 207 Women 45 & Over 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Weltin, Tonia N	49	Masters Zambia	3:29,22	3:35,40
--- Araujo, Ana	51	Masters Mozambique	4:02,56	DQ

Event 207 Men 25-44 200 LC Meter Breaststroke

RECORD: 3:30,78 # 21-02-2020 Boitumelo Baleseng

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Baleseng, Boitumelo	39	Masters Botswana	NT	3:30,78
2 Moffat, Omphile	27	Masters Botswana	NT	3:50,17
3 Mekgwe, Bonno	26	Masters Botswana	NT	4:03,38

Event 207 Men 45 & Over 200 LC Meter Breaststroke

RECORD: 4:14,22 # 21-02-2020 Lawrence Gachala

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Gachala, Lawrence	49	Masters Botswana	4:00,50	4:14,22

Event 209 Women 25-44 50 LC Meter Backstroke

RECORD: 48,46 # 21-02-2020 Sophie Peach

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Peach, Sophie	32	Masters Zambia	46,06	48,46

Event 209 Women 45 & Over 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Weltin, Tonia N	49	Masters Zambia	40,76	44,43
2 Gerber, Brenda C	52	Masters Botswana	54,82	53,35

Event 209 Men 25-44 50 LC Meter Backstroke

RECORD: 34,63 # 21-02-2020 Dentie J Louw

NAM20

Name	Age	Team	Seed Time	Finals Time
1 Louw, Dentie J	36	Masters Namibia	35,12	34,63
2 Watson, Trevor	44	Masters Botswana	38,56	38,41

Event 209 Men 45 & Over 50 LC Meter Backstroke

RECORD: 33,54 # 21-02-2020 Guy D Phiri

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Phiri, Guy D	50	Masters Zambia	33,04	33,54
2 Caple, Owen	49	Masters Botswana	37,63	36,88
3 Edirisinghe, Sheyan	46	Masters Botswana	32,21	38,85
4 Matshediso, Molemi	45	Masters Botswana	39,32	42,52
5 Wallace, Ronald	78	Masters South Africa	52,00	59,08



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 211 Women 45 & Over 200 LC Meter Freestyle**

RECORD: 2:47,15 # 21-02-2020 Alma Saat

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Saat, Alma	46	Masters Botswana	2:47,75	2:47,15
2 Weltin, Tonia N	49	Masters Zambia	2:58,25	3:01,76
3 Araujo, Ana	51	Masters Mozambique	3:29,79	3:10,74

Event 211 Men 25-44 200 LC Meter Freestyle

RECORD: 2:33,56 # 21-02-2020 Dentie J Louw

NAM20

Name	Age	Team	Seed Time	Finals Time
1 Louw, Dentie J	36	Masters Namibia	2:33,58	2:33,56
2 Watson, Trevor	44	Masters Botswana	2:54,28	2:48,60
3 Ngorosha, Tatenda	26	Masters Botswana	2:44,60	2:53,16
4 Moffat, Omphile	27	Masters Botswana	3:03,49	3:12,95

Event 211 Men 45 & Over 200 LC Meter Freestyle

RECORD: 3:17,29 # 21-02-2020 Lawrence Gachala

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Peter	45	Masters Botswana	2:44,83	2:37,42
2 Gachala, Lawrence	49	Masters Botswana	3:04,61	3:17,29
--- Saat, Urmas	56	Masters Botswana	4:01,30	DQ

Event 213 Women 25-44 50 LC Meter Butterfly

RECORD: 46,26 # 21-02-2020 Bontsi Z Morewane

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Morewane, Bontsi Z	37	Masters Botswana	44,98	46,26
2 Peach, Sophie	32	Masters Zambia	40,57	50,15

Event 213 Women 45 & Over 50 LC Meter Butterfly

RECORD: 40,13 # 21-02-2020 Ana Araujo

MOZZ0

Name	Age	Team	Seed Time	Finals Time
1 Araujo, Ana	51	Masters Mozambique	41,24	40,13
2 Saat, Alma	46	Masters Botswana	41,52	42,50
3 Melrose, Sharon	58	Masters Malawi	44,08	44,50

Event 213 Men 25-44 50 LC Meter Butterfly

RECORD: 30,74 # 21-02-2020 Joseph P Kabogoza

UGA20

Name	Age	Team	Seed Time	Finals Time
1 Ngorosha, Tatenda	26	Masters Botswana	30,23	29,53
2 Kabogoza, Joseph P	34	Masters Uganda	NT	30,74
3 Mwanza, Fred	31	Masters Zambia	30,08	32,27
4 Louw, Dentie J	36	Masters Namibia	31,47	33,85
5 Mokobi, Bokang	29	Masters Botswana	35,04	35,12
6 Keatshotse, Badiredi	32	Masters Botswana	34,01	35,25
7 Mathiba, Madome	26	Masters Botswana	33,21	36,37
8 Mekgwe, Bonno	26	Masters Botswana	41,87	41,63
--- Baleseng, Boitumelo	39	Masters Botswana	NT	DQ

Event 213 Men 45 & Over 50 LC Meter Butterfly

RECORD: 31,96 # 21-02-2020 Guy D Phiri

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Phiri, Guy D	50	Masters Zambia	31,31	31,96
2 Caple, Owen	49	Masters Botswana	NT	33,18
3 Gachala, Lawrence	49	Masters Botswana	42,77	41,46



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 215 Women 45 & Over 400 LC Meter Freestyle**

RECORD: 6:02,02 # 22-02-2020 Alma Saat

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Saat, Alma	46	Masters Botswana	5:58,63	6:02,02
2 Weltin, Tonia N	49	Masters Zambia	6:26,61	6:29,81
3 Melrose, Sharon	58	Masters Malawi	7:48,09	6:51,27
4 Araujo, Ana	51	Masters Mozambique	NT	6:53,90

Event 215 Men 25-44 400 LC Meter Freestyle

RECORD: 5:45,86 # 22-02-2020 Dentie J Louw

NAM20

Name	Age	Team	Seed Time	Finals Time
1 Louw, Dentie J	36	Masters Namibia	NT	5:45,86
2 Watson, Trevor	44	Masters Botswana	6:25,90	6:26,71
3 Moffat, Omphile	27	Masters Botswana	6:29,56	6:51,63

Event 215 Men 45 & Over 400 LC Meter Freestyle

RECORD: 7:26,59 # 22-02-2020 Lawrence Gachala

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Peter	45	Masters Botswana	6:20,59	6:02,16
2 Gachala, Lawrence	49	Masters Botswana	6:53,64	7:26,59
3 Saat, Urmas	56	Masters Botswana	8:15,26	8:31,54
4 Wallace, Ronald	78	Masters South Africa	9:30,11	9:06,42

Event 217 Women 45 & Over 100 LC Meter Butterfly

RECORD: 1:45,56 # 22-02-2020 Sharon Melrose

MAW20

Name	Age	Team	Seed Time	Finals Time
1 Melrose, Sharon	58	Masters Malawi	2:04,77	1:45,56

Event 217 Men 25-44 100 LC Meter Butterfly

RECORD: 1:30,18 # 22-02-2020 Badiredi Keatshotse

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Ngorosha, Tatenda	26	Masters Botswana	1:19,75	1:21,62
2 Keatshotse, Badiredi	32	Masters Botswana	1:35,93	1:30,18

Event 217 Men 45 & Over 100 LC Meter Butterfly

RECORD: 1:42,70 # 22-02-2020 Lawrence Gachala

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Gachala, Lawrence	49	Masters Botswana	1:41,00	1:42,70

Event 219 Women 45 & Over 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Weltin, Tonia N	49	Masters Zambia	3:14,10	3:31,30
--- Saat, Alma	46	Masters Botswana	NT	DQ

Event 219 Men 45 & Over 200 LC Meter Backstroke

RECORD: 4:20,91 # 22-02-2020 Molemi Matshediso

BOT20

Name	Age	Team	Seed Time	Finals Time
1 Matshediso, Molemi	45	Masters Botswana	4:00,34	4:20,91

Event 221 Women 25-44 100 LC Meter Breaststroke

RECORD: 2:01,99 # 22-02-2020 Sophie Peach

Zambia

Name	Age	Team	Seed Time	Finals Time
1 Peach, Sophie	32	Masters Zambia	1:41,52	2:01,99



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 221 Women 45 & Over 100 LC Meter Breaststroke**

RECORD: 1:48,85 # 22-02-2020 Ana Araujo MOZ20

Name	Age	Team	Seed Time	Finals Time
1 Weltin, Tonia N	49	Masters Zambia	1:37,89	1:44,49
2 Araujo, Ana	51	Masters Mozambique	1:52,41	1:48,85
3 Gerber, Brenda C	52	Masters Botswana	1:51,10	1:52,38

Event 221 Men 25-44 100 LC Meter Breaststroke

RECORD: 1:31,02 # 22-02-2020 Boitumelo Baleseng BOT20

Name	Age	Team	Seed Time	Finals Time
1 Baleseng, Boitumelo	39	Masters Botswana	NT	1:31,02
2 Mekgwe, Bonno	26	Masters Botswana	1:37,82	1:42,60
3 Ochuizen, Aubrey	28	Masters Botswana	NT	2:05,10

Event 221 Men 45 & Over 100 LC Meter Breaststroke

RECORD: 1:52,04 # 22-02-2020 Lawrence Gachala BOT20

Name	Age	Team	Seed Time	Finals Time
1 Gachala, Lawrence	49	Masters Botswana	1:44,92	1:52,04
2 Ssebanakitta, Peter	63	Masters Uganda	NT	2:03,77

Event 223 Women 25-44 50 LC Meter Freestyle

RECORD: 39,60 # 22-02-2020 Sophie Peach Zambia

Name	Age	Team	Seed Time	Finals Time
1 Peach, Sophie	32	Masters Zambia	36,25	39,60
2 Morewane, Bontsi Z	37	Masters Botswana	NT	43,05

Event 223 Women 45 & Over 50 LC Meter Freestyle

RECORD: 34,23 # 22-02-2020 Alma Saat BOT20

Name	Age	Team	Seed Time	Finals Time
1 Saat, Alma	46	Masters Botswana	33,26	34,23
2 Araujo, Ana	51	Masters Mozambique	36,91	36,90
3 Weltin, Tonia N	49	Masters Zambia	35,12	37,94
4 Melrose, Sharon	58	Masters Malawi	40,18	39,04
5 Yiannakis, Cristina	49	Masters Malawi	44,73	41,17
6 Gerber, Brenda C	52	Masters Botswana	40,42	42,63
7 Kieslich, Tanya	49	Masters Zambia	NT	43,24

Event 223 Men 25-44 50 LC Meter Freestyle

RECORD: 28,55 # 22-02-2020 Fred Mwanza Zambia

Name	Age	Team	Seed Time	Finals Time
1 Ngorosha, Tatenda	26	Masters Botswana	26,27	26,20
2 Mwanza, Fred	31	Masters Zambia	26,05	28,55
3 Louw, Dentie J	36	Masters Namibia	28,94	29,33
4 Watson, Trevor	44	Masters Botswana	31,00	31,34
5 Mokobi, Bokang	29	Masters Botswana	31,61	32,45
6 Mathiba, Madome	26	Masters Botswana	31,84	32,71
7 Samati, Onkagetse	32	Masters Botswana	34,31	34,14
8 Ochuizen, Aubrey	28	Masters Botswana	39,80	38,08
9 Medupi, Tshepho O	33	Masters Botswana	35,32	38,21

Event 223 Men 45 & Over 50 LC Meter Freestyle

RECORD: 28,22 # 22-02-2020 Owen Caple BOT20

Name	Age	Team	Seed Time	Finals Time
1 Caple, Owen	49	Masters Botswana	28,70	28,22



CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****(Event 223 Men 45 & Over 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
2	Phiri, Guy D	50	Masters Zambia	29,36	29,87
3	Freeman, Peter	45	Masters Botswana	30,98	30,64
4	Edirisinghe, Sheyan	46	Masters Botswana	30,08	31,38
5	Rukare, Donald	51	Masters Uganda	NT	36,49
6	Ssebanakitta, Peter	63	Masters Uganda	NT	38,51
7	Wallace, Ronald	78	Masters South Africa	49,00	45,82
8	Saat, Urmas	56	Masters Botswana	NT	47,02

Event 225 Women 45 & Over 200 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Melrose, Sharon	58	Masters Malawi	4:10,00	3:55,64

Event 225 Men 45 & Over 200 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Gachala, Lawrence	49	Masters Botswana	3:56,28	3:57,30

Event 227 Women 25-44 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Morewane, Bontsi Z	37	Masters Botswana	1:39,69	1:33,93

Event 227 Women 45 & Over 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Saat, Alma	46	Masters Botswana	1:14,32	1:16,41
2	Weltin, Tonia N	49	Masters Zambia	1:17,22	1:21,90
3	Araujo, Ana	51	Masters Mozambique	1:30,24	1:26,06
4	Gerber, Brenda C	52	Masters Botswana	1:32,36	1:34,65
5	Yiannakis, Cristina	49	Masters Malawi	NT	1:36,91

Event 227 Men 25-44 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Ngorosha, Tatenda	26	Masters Botswana	1:04,65	1:04,49
2	Louw, Dentie J	36	Masters Namibia	1:04,09	1:04,70
3	Watson, Trevor	44	Masters Botswana	1:14,63	1:12,71
4	Mokobi, Bokang	29	Masters Botswana	1:13,91	1:16,99
5	Samati, Onkagetse	32	Masters Botswana	1:31,26	1:33,07

Event 227 Men 45 & Over 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Caple, Owen	49	Masters Botswana	1:08,69	1:04,70
2	Freeman, Peter	45	Masters Botswana	1:10,05	1:08,05
3	Gachala, Lawrence	49	Masters Botswana	1:16,23	1:21,92
4	Wallace, Ronald	78	Masters South Africa	1:48,30	1:51,72
5	Saat, Urmas	56	Masters Botswana	NT	1:52,39
6	Ssebanakitta, Peter	63	Masters Uganda	NT	1:53,62
---	Edirisinghe, Sheyan	46	Masters Botswana	1:11,58	DQ

Event 229 Women 45 & Over 200 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Weltin, Tonia N	49	Masters Zambia	3:12,18	3:27,88
2	Melrose, Sharon	58	Masters Malawi	NT	3:38,99



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CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Results****Event 229 Men 25-44 200 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Ngorosha, Tatenda	26	Masters Botswana	2:52,53	3:05,21
2 Keatshotse, Badiredi	32	Masters Botswana	3:19,30	3:21,40
3 Watson, Trevor	44	Masters Botswana	NT	3:23,78

Event 229 Men 45 & Over 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Gachala, Lawrence	49	Masters Botswana	3:51,74	3:49,72

Combined Team Scores**Combined Team Scores - Through Event 230**

1. Zimbabwe	2922,5	2. Namibia	2343,5
3. Botswana	2189	4. Republic Of South Africa	1538
5. Zambia	1266	6. Seychelles	1053
7. Mozambique	977	8. Angola	928
9. Mauritius	890	10. Uganda	680
11. Malawi	454	12. Eswatini	345
13. Republic of Madagascar	270		

Scores - Women**Women - Team Rankings - Through Event 230**

1. Zimbabwe	1538,5	2. Namibia	1184,5
3. Botswana	1092	4. Republic Of South Africa	796,5
5. Zambia	608	6. Mauritius	512
7. Angola	403	8. Uganda	377,5
9. Seychelles	372	10. Eswatini	284
11. Mozambique	211,5	12. Malawi	204,5
13. Republic of Madagascar	153		

Scores - Men**Men - Team Rankings - Through Event 230**

1. Zimbabwe	1384	2. Namibia	1159
3. Botswana	1097	4. Mozambique	765,5
5. Republic Of South Africa	741,5	6. Seychelles	681
7. Zambia	658	8. Angola	525
9. Mauritius	378	10. Uganda	302,5
11. Malawi	249,5	12. Republic of Madagascar	117
13. Eswatini	61	14. Tanzania	34

