

**LIFESAVING SOUTH AFRICA
STILLWATER NATIONALS 2010
Results - Wednesday 24/02/2010**

Event 1 Mixed 3000 LC Meter S. E. R. C. Senior Relay POOL SENIORS

Team	Relay	Finals Time
1 GATSN	A	0.01
1) Tayra Megannon W15	2) Cornelius Venter M17	
3) Jenny Sagggers W25	4) Robin Sagggers M24	
2 KZNSN	A	0.02
1) Shivaan Pillay M14	2) St John Jones M17	
3) Shannon Elion W15	4) Paul Dias M24	
3 ESTSN	A	0.03
1) Candice Kobrin W15	2) Derek Ivirne M16	
3) Jayne Broderick W23	4) Bronwyn Baumgart W28	
4 WPSEN	A	0.04
1) Di Andi Fontini W15	2) Lloyd Langenhoven M16	
3) Guinivere Rogers W19	4) Wesley Wesso M24	
5 GNLSR	A	0.05
1) Michelle Bester W17	2) Reenen du Plessis M15	
3) Ruan Marais M17	4) Barjo van Niekerk M25	
6 FSSN	A	0.06
1) Dolfie Cronje M15	2) Braam Burger M17	
3) Marishe Jordaan W15	4) Jacques Viljoen M19	

Event 2 Men 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:18.26 R 09/04/2008 Barjo van Niekerk

ILS Rec 2010: 2:09.29 W 18/11/2004 Lutz Heimann

2:28.98 HP10 High Perf 2010

2:41.61 RS10 RESCUE 2010

2:43.19 SA10 LSA 2010

Name	Age	Team	Finals Time
1 Barjo van Niekerk	25	GNLSR	2:22.43 HP10
2 Armand Marais	19	GNLSR	2:25.63 HP10
3 Werner Bosman	21	GNLSR	2:30.80 RS10
4 Stewart Hall	22	GATSN	2:31.38 RS10
5 Francois Jansen	19	GNLSR	2:32.79 RS10
6 Robin Sagggers	24	GATSN	2:34.11 RS10
7 Malcolm Hunter	21	GATSN	2:34.22 RS10
8 Craig Dingle	28	ESTSN	2:37.72 RS10
9 Mark Dingle	25	ESTSN	2:38.25 RS10
--- Kegan Murphy	27	ESTSN	x2:43.67
--- Wesley Wesso	24	WPSEN	x2:48.49
--- Gareth Dias	19	KZNSN	DQ
--- Paul Dias	24	KZNSN	DQ

Event 3 Women 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:35.55 R 15/02/2006 E van Gysen

ILS Rec 2010: 2:28.59 W 02/04/2006 Elena Prella

2:48.12 HP10 High Perf 2010

3:05.74 RS10 RESCUE 2010

3:09.99 SA10 LSA 2010

Name	Age	Team	Finals Time
1 Eloise van Gysen	25	WPSEN	2:36.74 HP10
2 Jade Antunes	22	WPSEN	2:42.55 HP10
3 Julia Schatz	23	HALS	2:43.64 HP10
4 Guinivere Rogers	19	WPSEN	2:44.56 HP10
5 Samantha Plumb	20	ESTSN	2:44.86 HP10
6 Carla Rossouw	21	ESTSN	2:46.52 HP10
7 Natalie Joubert	19	GNLSR	2:47.17 HP10
8 Jayne Broderick	23	ESTSN	2:51.37 RS10

9 Jenny Sagggers	25	GATSN	2:56.03	RS10
10 Aline Hundt	22	HALS	2:59.44	RS10
11 Yolize Du Plessis	19	ESTSN	2:59.68	RS10
12 Bronwyn Baumgart	28	ESTSN	3:03.85	RS10
13 Donnay Stewart	19	GATSN	3:05.18	RS10
14 Jenske Roukema	19	WPSEN	3:08.42	SA10
--- Coreen Bester	21	GNLSR	x3:10.50	
--- Lizette Peters	25	GNLSR	DQ	
--- Samantha Hunter	22	GATSN	DQ	

Event 4 Boys 16-18 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:22.97 R 22/04/2009 Armand Marais

ILS Rec 2010: 2:09.29 W

2:28.98 HP10 High Perf 2010

2:41.61 RS10 RESCUE 2010

2:44.06 SA10 LSA 2010

Name	Age	Team	Finals Time
1 AJ Lipowski	17	WPSEN	2:29.89 RS10
2 Cornelius Venter	17	GATSN	2:33.75 RS10
3 Lloyd Langenhoven	16	WPSEN	2:39.42 RS10
4 St John Jones	17	KZNSN	2:43.61 SA10
5 Dawie Brink	17	WPSEN	2:44.00 SA10
--- Khyle Stainton	16	ESTSN	x2:48.28
--- Gustav Gröpp	18	GNLSR	x2:49.03
--- Henko Roukema	17	WPSEN	x2:49.06
--- Werner Roussouw	16	WPSEN	DQ
--- Rikus Geldenhuys	18	WPSEN	DQ

Event 5 Girls 16-18 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:39.14 R 05/04/2006 Jade Antunes

ILS Rec 2010: 2:28.59 W

2:48.12 HP10 High Perf 2010

3:05.74 RS10 RESCUE 2010

3:10.91 SA10 LSA 2010

Name	Age	Team	Finals Time
1 Cassandra De Wet	16	GNLSR	2:48.18 RS10
2 Samantha Middlemost	17	GNLSR	2:50.07 RS10
3 Clarissa Enslin	17	ESTSN	2:50.91 RS10
4 Cristelle Davison	17	WPSEN	2:56.19 RS10
5 Marinette du Plessis	18	ESTSN	2:58.25 RS10
--- Michelle Bester	17	GNLSR	x3:11.06
--- Amy-Lee Davids	18	WPSEN	x3:12.39
--- Chantelle Kuperus	16	GATSN	x3:19.63
--- Anke Engelbrecht	16	WPSEN	x3:21.29
--- Demi du Toit	16	KZNSN	x3:22.09
--- Silke Geugis	16	WPSEN	DQ
--- Bianca von Bargaen	16	KZNSN	DQ

Event 6 Boys 14-15 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:33.76 R 09/04/2008 Ruan Marais

ILS Rec 2010: 2:09.29 W

2:28.98 HP10 High Perf 2010

2:41.61 RS10 RESCUE 2010

3:00.17 SA10 LSA 2010

Name	Age	Team	Finals Time
1 Ferdi Louw	15	GNLSR	2:31.75R RS10
2 Christiaan Malan	15	GNLSR	2:40.78 RS10
3 Dean Wesso	15	WPSEN	2:43.54 SA10

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(Event 6 Boys 14-15 200 LC Meter Super Lifesaver POOL SENIORS)

Name	Age	Team	Finals Time	
4 Viljoen Nel	15	WPSN	2:43.79	SA10
5 Sydney de Kock	15	GNLSR	2:51.77	SA10
6 Ross Borradaile	14	GATSN	2:52.15	SA10
7 Liam Fourie	14	WPSN	2:53.70	SA10
8 Dimitri Gomes	14	WPSN	2:54.32	SA10
9 Damian Wolfaardt	14	GATSN	2:54.98	SA10
10 Albert Pretorius	14	GNLSR	2:55.48	SA10
11 Ludick Nel	15	WPSN	2:56.30	SA10
12 Kyle Barends	14	WPSN	2:58.88	SA10
13 Frikkie Pretorius	15	GNLSR	2:59.03	SA10
--- Milan Swart	14	GNLSR	x3:03.29	
--- Dolfie Cronje	15	FSSN	x3:08.79	
--- Reenen du Plessis	15	GNLSR	DQ	
--- Carl-Heinrich Gröpp	15	GNLSR	DQ	

Event 7 Girls 14-15 200 LC Meter Super Lifesaver POOL SENIORS

SA Rec 2010: 2:45.72 R 07/03/2007 Tamzin McGee

ILS Rec 2010: 2:28.59 W

2:48.12 HP10 High Perf 2010

3:05.74 RS10 RESCUE 2010

3:14.23 SA10 LSA 2010

Name	Age	Team	Finals Time	
1 Katija Pimenta	15	ESTSN	2:50.66	RS10
2 Di Andi Fontini	15	WPSN	2:52.63	RS10
3 Nandi van der Sluys	15	GNLSR	2:53.37	RS10
4 Lyndall Smith	15	GATSN	2:53.41	RS10
5 Jenna Uniacke	15	KZNSN	3:00.47	RS10
6 Jozanne Luyt	15	GNLSR	3:01.21	RS10
7 Kayla Hoey	15	GATSN	3:03.12	RS10
8 Marelize Snyman	15	FSSN	3:05.80	SA10
9 Melissa Hemmings	14	GATSN	3:06.00	SA10
10 Chelsea Hayes	14	GNLSR	3:06.49	SA10
11 Lisa Cowling	15	WPSN	3:07.49	SA10
12 Marlette Smit	15	GNLSR	3:10.95	SA10
13 Samantha Nysschens	14	ESTSN	3:14.16	SA10
--- Nicola Coetzee	14	GNLSR	x3:20.35	
--- Kirsten Gelderblom	15	WPSN	x3:21.33	
--- Marishe Jordaan	15	FSSN	x3:21.88	
--- Iman Jonas	14	WPSN	x3:35.18	

Event 8 Men 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 8.93 R 22/04/2009 Gauteng LS Seniors

M Hunter, S Hall

ILS Rec 2010: 9.06 W 22/07/2008 Thomas / Longden

11.33 RS10 RESCUE 2010

Team	Relay	Finals Time	
1 GATSN	A	8.84R	RS10
1) Stewart Hall 22	2) Malcolm Hunter 21		
2 ESTSN	A	10.65	RS10
1) Craig Dingle 28	2) Mark Dingle 25		
3 GNLSR	A	21.90	
1) Werner Bosman 21	2) Armand Marais 19		
4 WPSN	A	49.44	
1) Tiaan Vogel 19	2) Wesley Wesso 24		
--- FSSN	A	DQ	
1) Jacques Viljoen 19	2) Johann Roos 19		

--- KZNSN A DQ

1) Paul Dias 24 2) Gareth Dias 19

Event 9 Women 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 13.43 R 2003 SA Commonwealth Team

ILS Rec 2010: 10.40 W 20/11/2009 Peeters / Peulen

13.00 RS10 RESCUE 2010

Team	Relay	Finals Time	
1 GATSN	A	13.96	
1) Jade Kleynhans-Rae 17	2) Donnay Stewart 19		
2 HALS	A	27.70	
3 KZNSN	A	32.30	
1) Shannon Elion 15	2) Simone Kirkham 15		
4 GNLSR	A	45.43	
1) Coreen Bester 21	2) Carly Prinsloo 19		
--- WPSN	A	DQ	
1) Guinivere Rogers 19	2) Eloise van Gysen 25		
--- ESTSN	A	DQ	
1) Yolize Du Plessis 19	2) Carla Rossouw 21		

Event 10 Boys 16-18 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 9.43 R 22/04/2009 Gauteng North Seniors

R Marais, A Marais

ILS Rec 2010: 9.06 W

11.33 RS10 RESCUE 2010

Team	Relay	Finals Time	
1 GATSN	A	11.20	RS10
1) Dumisani Nyathi 17	2) Corrie Van Niekerk 17		
2 WPSN	A	14.10	
1) Dawie Brink 17	2) Werner Roussouw 16		
3 FSSN	A	14.89	
1) Braam Burger 17	2) Christoff van der Schyff 17		
4 GNLSR	A	23.07	
1) Sibu Sithole 16	2) Ruan Marais 17		
5 KZNSN	A	43.07	
1) Michael Elion 17	2) Malec Odendaal 17		
--- ESTSN	A	DQ	
1) Derek Ivirne 16	2) Kerrin Stainton 14		

Event 11 Girls 16-18 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 13.75 R 22/04/2009 Gauteng LS Seniors

M Stephens, D Stewart

ILS Rec 2010: 10.40 W

13.00 RS10 RESCUE 2010

Team	Relay	Finals Time	
1 ESTSN	A	16.85	
1) Blaire Neely 17	2) Kerri-Ann Kobrin 18		
2 WPSN	A	18.57	
1) Melissa Crous 16	2) Anke Engelbrecht 16		
3 GATSN	A	39.97	
1) Chanelle Okes 16	2) Bronwyn Wolfaardt 16		
4 GNLSR	A	42.73	
1) Florencia Mnisi 15	2) Michelle Bester 17		
--- KZNSN	A	DQ	
1) Colette Saunt 17	2) Demi du Toit 16		

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Event 12 Boys 14-15 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 12.95 R 07/03/2007 Gauteng

J Khumalo, C Van Niekerk

ILS Rec 2010: 9.06 W

11.33 RS10 RESCUE 2010

Team	Relay	Finals Time
1 GNLSR	A	14.09
1) Kalin Govender 15	2) Christiaan Malan 15	
2 GATSN	A	16.15
1) Damian Wolfaardt 14	2) Ross Borradaile 14	
3 KZNSN	A	16.95
1) Jayde Perrins 15	2) Shivaan Pillay 14	
--- WPSN	A	DQ
1) Kyle Barends 14	2) Viljoen Nel 15	
--- FSSN	A	DQ
1) Johann Keeve 15	2) Pierre Keeve 14	

Event 13 Girls 14-15 50 LC Meter Line Throw Relay POOL SENIORS

SA Rec 2010: 17.07 R 09/04/2008 Gauteng LS Seniors

T Muldoon, L Webber

ILS Rec 2010: 10.40 W

13.00 RS10 RESCUE 2010

Team	Relay	Finals Time
1 ESTSN	A	17.18
1) Samantha Nysschens 14	2) Katija Pimenta 15	
2 WPSN	A	29.15
1) Nienke de Beer 14	2) Iman Jonas 14	
3 GATSN	A	32.82
1) Kayla Hoey 15	2) Naftalie van Niekerk 15	
4 GNLSR	A	34.89
1) Melissa Lindecke 14	2) Jozanne Luyt 15	
5 KZNSN	A	37.64
1) Samantha Rowe 14	2) Yorke Petty 15	
--- FSSN	A	DQ
1) Marishe Jordaan 15	2) Marelize Snyman 15	

Event 14 Boys 12-13 50 LC Meter Ball Throw Relay POOL NIPPERS

SA Rec 2010: 22.42 R 05/04/2006 Gauteng North

G Du Toit, J Ferreira, R Marais, T Smit

Team	Relay	Finals Time
1 GAUTN	A	23.15
1) Damian Kuperus 12	2) Khaya Mngini 13	
3) Reece Turner 13	4) Adrian Vorster 12	
2 FS N	A	41.57
1) Tinus Krugel 13	2) Paul Nel 13	
3) Johan Viviers 13	4) WP Wessels 13	
3 EASTN	A	46.58
1) Jeffrey Horne 13	2) Brandon Isemonger 12	
3) Marco Pimenta 12	4) Dean Steyn 13	
4 KZN N	A	1:03.57
1) Trent Baird 12	2) Matthew Kirkham 12	
3) Keegan Murugan 13	4) Lorcan Slabbert 12	
5 WPNIP	A	1:09.02
1) Walt Haller 13	2) Johann Minnaar 13	
3) Daniel van Zyl 13	4) Rudolf Visser 13	
--- GNLN	A	DQ
1) Brandon Bishop 13	2) Deavan Kiewiets 13	
3) Wade Meyer 13	4) Ricardo Peach 13	

Event 15 Girls 12-13 50 LC Meter Ball Throw Relay POOL NIPPERS

SA Rec 2010: 22.15 R 22/04/2009 Kwa Zulu Natal Nippers

N Schultze, S Rowe, G Hannan, K Bebington

Team	Relay	Finals Time
1 GAUTN	A	25.46
1) Kirsty Bird 13	2) Robyn Hunt 13	
3) Vayda Megannon 13	4) Claire Wiggan 13	
2 GNLN	A	34.78
1) Anelda Lourens 12	2) Danielle Luyt 13	
3) Nika Boshoff 13	4) Anika van Baalen 12	
3 WPNIP	A	40.28
1) Micaela Anderson 12	2) Lara du Plessis 13	
3) Micaela Gillian 12	4) Lizbe Swart 13	
4 EASTN	A	41.76
1) Melissa Lombaard 13	2) Lungelwa Mtyhida 13	
3) Jess-Keir Neely 13	4) Tana Wilkins 12	
5 KZN N	A	2:23.30
1) Alecia Gilmore 12	2) Giorgia Hannan 13	
3) Nerisha Metha 12	4) Gabrielle Murugan 12	

Event 16 Boys 10-11 50 LC Meter Ball Throw Relay POOL NIPPERS

SA Rec 2010: 23.39 R 1996 Western Province

Team	Relay	Finals Time
1 GAUTN	A	27.79
1) Matthew Edwards 10	2) Michael Moolman 10	
3) Alfred Purchase 11	4) Aron Visser 10	
2 GNLN	A	28.36
1) Jean Bezuidenhout 10	2) Dirk Coetzee 11	
3) Henk Pretorius 11	4) Benito Swart 11	
3 WPNIP	A	1:22.01
1) Curtley Bailey 11	2) Thys Basson 11	
3) Tiaan Priem 10	4) Fouche van Rooyen 11	
4 EASTN	A	1:25.37
1) Kelvin Goodchild-Brown 11	2) Jonathan Nel 10	
3) Garreth Prinsloo 10	4) Llewellyn Taylor 10	
--- FS N	A	DQ
1) Jan- Louis du Plessis 11	2) Emile Harel 10	
3) Stephen Pretorius 10	4) Wesley Schutte 11	
--- KZN N	A	DQ
1) Thaine Baird 10	2) Ryan Harris 11	
3) Ruan Lotz 11	4) Callum Simpson 10	

Event 17 Girls 10-11 50 LC Meter Ball Throw Relay POOL NIPPERS

SA Rec 2010: 25.06 R 1996 Free State

Team	Relay	Finals Time
1 GAUTN	A	25.54
1) Cara Borradaile 11	2) Jessica Burgess 11	
3) Emily Van Niekerk 10	4) Desray Vorster 10	
2 GNLN	A	29.52
1) Khetiwe Hadebe 11	2) Anika Roets 11	
3) Sune du Plooy 11	4) Cormari Jordaan 10	
--- WPNIP	A	DQ
1) Lene Fontini 11	2) Victoria Holland 11	
3) Tammy Ulyate 11	4) Anine van Rooyen 11	
--- KZN N	A	DQ
1) Gina Forno 11	2) Ayanda Maphumulo 10	
3) Tammy Montgomery 11	4) Kyeta Purchase 10	

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Event 18 Girls 14-15 100 LC Meter 4 x 25 Manikin Relay POOL SENIOF

SA Rec 2010: 1:53.35 R 07/04/2006 Gauteng North

T Cronje, M du Plessis, N Joubert, S Strydom

ILS Rec 2010: 1:26.39 W

1:47.99 RS10 RESCUE 2010

Team	Relay	Finals Time
1 GATSN	A	1:56.68
1) Melissa Hemmings 14	2) Kayla Hoey 15	
3) Lyndall Smith 15	4) Naftalie van Niekerk 15	
2 GNLSR	A	1:59.25
1) Chelsea Hayes 14	2) Jozanne Luyt 15	
3) Marlette Smit 15	4) Nandi van der Sluys 15	
3 ESTSN	A	2:04.38
1) Gillian Jones 15	2) Samantha Nysschens 14	
3) Katija Pimenta 15	4) Bronwynne Wilkens 14	
4 KZNSN	A	2:05.39
1) Jessica Pryor 15	2) Samantha Rowe 14	
3) Yorke Petty 15	4) Jenna Uniacke 15	
5 WPSEN	A	2:10.30
1) Janice Brooks 14	2) Di Andi Fontini 15	
3) Camiella Hassen 15	4) Iman Jonas 14	

Event 19 Boys 14-15 100 LC Meter 4 x 25 Manikin Relay POOL SENIOF

SA Rec 2010: 1:31.68 R 07/04/2006 Gauteng North

C Brink, A Marais, R Oosthuizen, P Whelpton

ILS Rec 2010: 1:10.46 W

1:28.08 RS10 RESCUE 2010

Team	Relay	Finals Time
1 WPSEN	A	1:45.44
1) Kyle Barends 14	2) Liam Fourie 14	
3) Dimitri Gomes 14	4) Viljoen Nel 15	
2 FSSN	A	1:56.35
1) Dolfie Cronje 15	2) Johann Keeve 15	
3) Marnus Nel 15	4) Stephan Weilbach 14	
3 GATSN	A	2:02.78
1) Ross Borradaile 14	2) Kyle Gamble 15	
3) Brett Redmond 15	4) Damian Wolfaardt 14	
4 KZNSN	A	2:19.82
1) Shivaan Pillay 14	2) Varish Ramautar 14	
3) Jayde Perrins 15	4) Nevada Purchase 14	
--- GNLSR	A	DQ
1) Ferdi Louw 15	2) Christiaan Malan 15	
3) Albert Pretorius 14	4) Milan Swart 14	

Event 20 Girls 16-18 100 LC Meter 4 x 25 Manikin Relay POOL SENIOF

SA Rec 2010: 1:44.75 R 25/02/2005 Easterns

Broderick, Mans, Roussouw, Thi

ILS Rec 2010: 1:26.39 W

1:47.99 RS10 RESCUE 2010

Team	Relay	Finals Time
1 GNLSR	A	1:55.54
1) Michelle Bester 17	2) Cassandra De Wet 16	
3) Samantha Middlemost 17	4) Lani van Heerden 17	
2 ESTSN	A	1:57.68
1) Marinette du Plessis 18	2) Clarissa Enslin 17	
3) Kerri-Ann Kobrin 18	4) Blaire Neely 17	

3 WPSEN	A	2:06.58
1) Amy-Lee Davids 18	2) Cristelle Davison 17	
3) Anke Engelbrecht 16	4) Jessica Higman 16	
4 GATSN	A	2:10.76
1) Kerry Gamble 16	2) Chantelle Kuperus 16	
3) Chanelle Okes 16	4) Bronwyn Wolfaardt 16	
--- KZNSN	A	DQ
1) Demi du Toit 16	2) Ilse Ras 16	
3) Colette Saunt 17	4) Bianca von Bargen 16	

Event 21 Boys 16-18 100 LC Meter 4 x 25 Manikin Relay POOL SENIOF

SA Rec 2010: 1:27.79 R 22/04/2009 Gauteng North Seniors

F Jansen, A Marais, R Marais, R Oosthuizen

ILS Rec 2010: 1:10.46 W

1:28.08 RS10 RESCUE 2010

Team	Relay	Finals Time
1 WPSEN	A	1:34.71
1) Rikus Geldenhuys 18	2) AJ Lipowski 17	
3) Lloyd Langenhoven 16	4) Werner Roussouw 16	
2 GATSN	A	1:44.94
1) Dumisani Nyathi 17	2) Insolino Ourique 17	
3) Corrie Van Niekerk 17	4) Cornelius Venter 17	
3 KZNSN	A	1:46.38
1) Michael Elion 17	2) Malec Odendaal 17	
3) St John Jones 17	4) Reino von Wielligh 16	
4 ESTSN	A	2:04.35
1) Marc Mostert 14	2) Grae Pullen 16	
3) Kerrin Stainton 14	4) Khyle Stainton 16	
--- GNLSR	A	DQ
1) Gustav Gröpp 18	2) Jason Kemp 17	
3) Ruan Marais 17	4) Tiaan Smit 17	

Event 22 Women 100 LC Meter 4 x 25 Manikin Relay POOL SENIORS

SA Rec 2010: 1:37.65 R 2004 Durban Suf Rescue

ILS Rec 2010: 1:26.39 W 21/07/2005 Ned National Team

van Keulen/ Peulen / Goossens / Driessen

1:47.99 RS10 RESCUE 2010

Team	Relay	Finals Time
1 WPSEN	A	1:48.00
1) Jade Antunes 22	2) Guinivere Rogers 19	
3) Jenske Roukema 19	4) Eloise van Gysen 25	
2 ESTSN	A	1:49.02
1) Jayne Broderick 23	2) Yolize Du Plessis 19	
3) Samantha Plumb 20	4) Carla Rossouw 21	
3 GNLSR	A	1:54.60
1) Coreen Bester 21	2) Natalie Joubert 19	
3) Lizette Peters 25	4) Regina van den Bout 25	
4 GATSN	A	1:56.94
1) Samantha Hunter 22	2) Jade Kleynhans-Rae 17	
3) Jenny Saggars 25	4) Donnay Stewart 19	
5 KZNSN	A	2:21.34
1) Shannon Elion 15	2) Simone Kirkham 15	
3) Erin Phillips 20	4) Stephanie Niemendt 16	

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Event 23 Men 100 LC Meter 4 x 25 Manikin Relay POOL SENIORS

SA Rec 2010: 1:15.46 R 22/07/2005 South Africa Proteas

B van Niekerk, Wilcox, Dingle, Dias

ILS Rec 2010: 1:10.46 W 27/02/2009 Marina Militare Csn

Mosconi/ Giugular / Fanella / Capacchione**1:28.08 RS10 RESCUE 2010**

Team	Relay	Finals Time	
1 GNLSR	A	1:22.38	RS10
1) Werner Bosman 21			
3) Armand Marais 19	4) Barjo van Niekerk 25		
2 GATSN	A	1:27.19	RS10
1) Stewart Hall 22	2) Malcolm Hunter 21		
3) Michael Palmer 20	4) Robin Saggars 24		
3 ESTSN	A	1:35.72	
1) Craig Dingle 28	2) Mark Dingle 25		
3) Mpendulo Nondumo 24	4) Kegan Murphy 27		
4 FSSN	A	1:45.94	
1) Braam Burger 17	2) Christoff van der Schyff 17		
3) Jacques Viljoen 19	4) Johann Roos 19		
--- WPSEN	A		DQ
1) Andrew Hogg 25	2) Kyle Irlam 19		
3) Tiaan Vogel 19	4) Wesley Wesso 24		
--- KZNSN	A		DQ
1) Alvin Mtatshi 18	2) Paul Dias 24		
3) Gareth Dias 19	4) Prince Shazi 18		