

LIFESAVING SOUTH AFRICA
DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022
Meet Program

Event 1 Mixed 30 & Over 100 LC Meter Manikin with fins POOL MASTERS

30-34W SA RE:	1:17,94	01 May 2015	Regina van den Bout
35-39W SA RE:	1:22,69	22 Feb 2020	Nolene MacIntyre
40-44W SA RE:	1:17,51	25 Mar 2022	Nolene MacIntyre
45-49W SA RE:	1:23,82	25 Mar 2019	Tanya Osborne
50-54W SA RE:	1:34,11	02 Mar 2019	Lynne Callanan
55-59W SA RE:	1:34,89	09 Oct 2021	Carryl van Bassen Jongbloet
30-34M SA RE:	53,97	30 Apr 2016	Barjo van Niekerk
35-39M SA RE:	1:04,90	09 Oct 2021	Johan Heath
40-44M SA RE:	1:04,84	09 Oct 2021	Bradley Reen
45-49M SA RE:	1:16,93	22 Feb 2013	Douglas Herbert

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

3	Carryl van Bassen Jongbloet	W56	ROX	NT
4	Andrea Botha	W46	ROX	NT
5	Natalie Goedhals	W37	SS	NT

Heat 2 of 4 Finals

1	Earl Ingram	M43	SGLS	NT
2	Byron Smith	M43	ROX	NT
3	Melvin Trotter	M44	SGLS	NT
4	Franklin Coetzee	M37	KB	NT
5	Johan Heath	M39	SS	NT
6	Roland Jerling	M44	SGLS	NT
7	Ridwaan Rajaal	M43	SGLS	NT
8	Sergio Smith	M41	SGLS	NT

Heat 3 of 4 Finals

1	Gordon Potgieter	M50	SGLS	NT
2	Mark Hultzer	M52	ROX	NT
4	Shane Misdorp	M49	PIR	NT
6	Robert Gault	M53	KB	NT
7	Shannon Cain	M51	SGLS	NT
8	Brian Clarke	M56	KB	NT

Heat 4 of 4 Finals

1	Patrick Lewis	M61	SGLS	NT
2	Eugene Coetzee	M63	ROX	NT
3	Marco Zumpt	M50	MLN	1:11,87
4	Douglas Herbert	M55	LIN	1:24,08
5	Ross Clephane	M90	KB	NT
6	Derek Morris	M63	ROX	NT
7	Stanford Slabbert	M62	SS	NT
8	Rob Smith	M60	DS	NT

Event 2 Mixed 30 & Over 50 LC Meter Manikin Carry POOL MASTERS

30-34W SA RE:	45,89	29 Apr 2016	Regina van den Bout
35-39W SA RE:	1:05,23	25 Mar 2019	Nicolette Brand
40-44W SA RE:	49,64	09 Oct 2021	Tracy Gous
45-49W SA RE:	51,19	25 Mar 2019	Tanya Osborne
50-54W SA RE:	1:03,23	03 Feb 2019	Lynne Callanan
55-59W SA RE:	53,73	09 Oct 2021	Carryl van Bassen Jongbloet
30-34M SA RE:	31,72	29 Apr 2016	Barjo van Niekerk
35-39M SA RE:	42,37	10 Apr 2021	Theuns Smit
40-44M SA RE:	37,22	09 Oct 2021	Bradley Reen
45-49M SA RE:	46,77	20 Nov 2021	Justin Fletcher

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

3	Natalie Goedhals	W37	SS	NT
4	Carryl van Bassen Jongbloet	W56	ROX	NT
5	Andrea Botha	W46	ROX	NT

Heat 2 of 4 Finals

1	Byron Smith	M43	ROX	NT
2	Earl Ingram	M43	SGLS	NT
3	Roland Jerling	M44	SGLS	NT
4	Johan Heath	M39	SS	NT
5	Franklin Coetzee	M37	KB	NT
6	Melvin Trotter	M44	SGLS	NT
7	Ridwaan Rajaal	M43	SGLS	NT
8	Sergio Smith	M41	SGLS	NT

Heat 3 of 4 Finals

1	Brian Clarke	M56	KB	NT
2	Mark Hultzer	M52	ROX	NT
3	Robert Gault	M53	KB	NT
4	Shane Misdorp	M49	PIR	NT
7	Shannon Cain	M51	SGLS	NT
8	Gordon Potgieter	M50	SGLS	NT

Heat 4 of 4 Finals

1	Patrick Lewis	M61	SGLS	NT
2	Derek Morris	M63	ROX	NT
3	Marco Zumpt	M50	MLN	40,14
4	Douglas Herbert	M55	LIN	55,61
5	Ross Clephane	M90	KB	NT
6	Eugene Coetzee	M63	ROX	NT
7	Stanford Slabbert	M62	SS	NT
8	Rob Smith	M60	DS	NT

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Meet Program

Event 3 Mixed 70 & Over 100 LC Meter 4 X 25m Manikin Relay POOL M

SA REC 2022: 2:07,49 09 Oct 2021 Summerstrand

Tracy Gous, Luke Manthe, Bradley Reen, Johan Heath

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

2	Rox	B	NT
	1) Andrea Botha W46	2) Nic Horn M53	
	3) Mark Hultzer M52	4) Byron Smith M43	
3	Seagulls	A	NT
	1) Shannon Cain M51	2) Earl Ingram M43	
	3) Roland Jerling M44	4) Gordon Potgieter M50	
4	Rox	A	NT
	1) Eugene Coetzee M63	2) Derek Morris M63	
	3) Mike Rodda M54	4) Carryl van Bassen Jongbloet W5	
5	Kings Beach	A	NT
	1) Robert Gault M53	2) Ross Clephane M90	
	3) Brian Clarke M56	4) Franklin Coetzee M37	
6	Seagulls	B	NT
	1) Ridwaan Rajaal M43	2) Melvin Trotter M44	
	3) Sergio Smith M41	4) Patrick Lewis M61	

Event 4 Mixed 30 & Over 100 LC Meter Manikin Tow + Tube POOL MA

30-34W SA RE:	1:24,08	01 May 2015	Regina van den Bout
35-39W SA RE:	1:31,45	22 Feb 2020	Nolene MacIntyre
40-44W SA RE:	1:20,67	05 Mar 2022	Nolene MacIntyre
45-49W SA RE:	1:21,67	09 Oct 2021	Tanya Osborne
50-54W SA RE:	1:35,06	26 Mar 2019	Lynne Callanan
55-59W SA RE:	1:34,86	09 Oct 2021	Carryl van Bassen Jongbloet
30-34M SA RE:	1:11,53	22 Feb 2013	Craig Dingle
35-39M SA RE:	1:08,77	20 Nov 2021	Theuns Smit
40-44M SA RE:	1:11,12	30 Apr 2016	Morne Muller
45-49M SA RE:	1:17,91	22 Feb 2013	Douglas Herbert

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

3	Andrea Botha	W46	ROX	NT
4	Carryl van Bassen Jongbloet	W56	ROX	NT
5	Natalie Goedhals	W37	SS	NT

Heat 2 of 4 Finals

1	Ridwaan Rajaal	M43	SGLS	NT
2	Byron Smith	M43	ROX	NT
3	Roland Jerling	M44	SGLS	NT
4	Johan Heath	M39	SS	NT
5	Franklin Coetzee	M37	KB	NT
6	Melvin Trotter	M44	SGLS	NT
7	Earl Ingram	M43	SGLS	NT
8	Sergio Smith	M41	SGLS	NT

Heat 3 of 4 Finals

1	Gordon Potgieter	M50	SGLS	NT
2	Mark Hultzer	M52	ROX	NT
4	Shane Misdorp	M49	PIR	NT
6	Robert Gault	M53	KB	NT
7	Shannon Cain	M51	SGLS	NT
8	Brian Clarke	M56	KB	NT

Heat 4 of 4 Finals

1	Patrick Lewis	M61	SGLS	NT
2	Derek Morris	M63	ROX	NT
3	Marco Zumpt	M50	MLN	1:20,05
4	Douglas Herbert	M55	LIN	1:20,91
5	Ross Clephane	M90	KB	NT
6	Eugene Coetzee	M63	ROX	NT
7	Stanford Slabbert	M62	SS	NT
8	Rob Smith	M60	DS	NT

Event 5 Mixed 70 & Over 200 LC Meter 4 x 50 Medley Rescue Relay PO

SA REC 2022: 2:07,93 09 Oct 2021 Summerstrand

J.Heath, L.Manthe, B.Reen, A.Saporta

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

2	Seagulls	B	NT
	1) Gordon Potgieter M50	2) Ridwaan Rajaal M43	
	3) Sergio Smith M41	4) Melvin Trotter M44	
3	Kings Beach	A	NT
	1) Brian Clarke M56	2) Ross Clephane M90	
	3) Franklin Coetzee M37	4) Robert Gault M53	
4	Seagulls	A	NT
	1) Shannon Cain M51	2) Roland Jerling M44	
	3) Patrick Lewis M61	4) Earl Ingram M43	
5	Rox	A	NT
	1) Eugene Coetzee M63	2) Derek Morris M63	
	3) Mike Rodda M54	4) Carryl van Bassen Jongbloet W5	
6	Rox	B	NT
	1) Andrea Botha W46	2) Nic Horn M53	
	3) Mark Hultzer M52	4) Byron Smith M43	

Event 6 Mixed 30-49 200 LC Meter Obstacle POOL MASTERS

30-34W SA RE:	2:49,33	01 May 2015	Regina van den Bout
35-39W SA RE:	3:07,68	25 Mar 2019	Nicolette Brand
40-44W SA RE:	2:37,92	09 Oct 2021	Tracey Gous
45-49W SA RE:	2:48,36	09 Oct 2021	Tanya Osborne
30-34M SA RE:	4:00,89	25 Mar 2019	Franklin Coetzee
35-39M SA RE:	2:48,50	09 Oct 2021	Johan Heath
40-44M SA RE:	2:27,30	09 Oct 2021	Bradely Reen
45-49M SA RE:	2:32,26	09 Oct 2021	Dylan Botha

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

2	Natalie Goedhals	W37	SS	NT
3	Andrea Botha	W46	ROX	NT
5	Johan Heath	M39	SS	NT
6	Franklin Coetzee	M37	KB	NT

Heat 2 of 2 Finals

2	Earl Ingram	M43	SGLS	NT
3	Ridwaan Rajaal	M43	SGLS	NT
4	Roland Jerling	M44	SGLS	NT
5	Shane Misdorp	M49	PIR	NT
6	Melvin Trotter	M44	SGLS	NT
7	Byron Smith	M43	ROX	NT
8	Sergio Smith	M41	SGLS	NT

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Meet Program

Event 7 Mixed 50 & Over 100 LC Meter Obstacle POOL MASTERS

50-54W SA RE:	1:26,38	25 Mar 2019	Lynne Callanan
55-59W SA RE:	1:24,06	09 Oct 2021	Carryl van Bassen Jongbloet
50-54M SA RE:	1:13,42	09 Oct 2021	PJ Duffy
55-59M SA RE:	1:17,98	09 Oct 2021	Brian Clarke
60-64M SA RE:	1:16,80	25 Mar 2019	Marcus Burri
70&OM SA REC:	1:56,11	25 Mar 2019	Kenneth Kingma

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Carryl van Bassen Jongbloet	W56	ROX	NT
2	Mark Hultzer	M52	ROX	NT
4	Marco Zumpt	M50	MLN	NT
6	Robert Gault	M53	KB	NT
7	Shannon Cain	M51	SGLS	NT
8	Gordon Potgieter	M50	SGLS	NT

Heat 2 of 2 Finals

1	Rob Smith	M60	DS	NT
2	Stanford Slabbert	M62	SS	NT
3	Eugene Coetzee	M63	ROX	NT
4	Douglas Herbert	M55	LIN	1:36,19
5	Ross Clephane	M90	KB	NT
6	Derek Morris	M63	ROX	NT
7	Patrick Lewis	M61	SGLS	NT
8	Brian Clarke	M56	KB	NT

Event 8 Mixed 70 & Over 200 LC Meter 4 X 50M Obstacle Relay POOL M

SA REC 2022: 2:11,21 09 Oct 2021 Summerstrand Lifesaving Club

T Gous, L Manthe, B Reen, A Saporta

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

2	Seagulls	B	NT
	1) Gordon Potgieter M50	2) Ridwaan Rajaal M43	
	3) Sergio Smith M41	4) Melvin Trotter M44	
3	Kings Beach	A	NT
	1) Brian Clarke M56	2) Ross Clephane M90	
	3) Franklin Coetzee M37	4) Robert Gault M53	
4	Rox	A	NT
	1) Eugene Coetzee M63	2) Derek Morris M63	
	3) Mike Rodda M54	4) Carryl van Bassen Jongbloet W5	
5	Seagulls	A	NT
	1) Shannon Cain M51	2) Earl Ingram M43	
	3) Roland Jerling M44	4) Patrick Lewis M61	
6	Rox	B	NT
	1) Andrea Botha W46	2) Nic Horn M53	
	3) Mark Hultzer M52	4) Byron Smith M43	

Event 9 Mixed 30 & Over 50 LC Meter Line Throw Relay POOL MASTERS

SA REC 2022: 19,38 09 Oct 2021 Umhlanga Rocks

Derek Morris, Mike Rodda

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

3	Seagulls	D	NT
	1) Sergio Smith M41	2) Melvin Trotter M44	
4	Rox	C	NT
	1) Andrea Botha W46	2) Carryl van Bassen Jongbloet W5	
5	Seagulls	C	NT
	1) Gordon Potgieter M50	2) Ridwaan Rajaal M43	
6	Rox	D	NT
	1) Mark Hultzer M52	2) Nic Horn M53	

Heat 2 of 2 Finals

1	Seagulls	B	NT
	1) Roland Jerling M44	2) Patrick Lewis M61	
2	Seagulls	A	NT
	1) Shannon Cain M51	2) Earl Ingram M43	
3	Rox	A	NT
	1) Byron Smith M43	2) Mike Rodda M54	
4	Summerstrand	A	NT
	1) Stanford Slabbert M62	2) Johan Heath M39	
5	Kings Beach	A	NT
	1) Ross Clephane M90	2) Franklin Coetzee M37	
6	Linden	A	NT
	1) Douglas Herbert M55		
7	Rox	B	NT
	1) Eugene Coetzee M63	2) Derek Morris M63	
8	Kings Beach	B	NT
	1) Brian Clarke M56	2) Robert Gault M53	