

LIFESAVING SOUTH AFRICA
DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2023
Results

Event 84 Girls 14 Year Olds 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:07,01 R 29 Apr 2017 Deborah Dredge

TUKS

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Kendra Begley	14	Kings Beach Lifesaving Club	1:12,52	1:10,60
2 Rone Joubert	14	Tuks Lifesaving Club	1:16,65	1:14,61
3 Jessica Sardinah	14	Boksburg Lifesaving Club	1:19,02	1:15,28
4 Kayla van Niekerk	14	Bloemfontein Sentraal LC	1:18,23	1:23,40
5 Maria dos Santos	14	Harties Reflections	1:23,33	1:23,52
6 Tayla Wilson	14	Summerstrand Lifesaving Club	1:27,99	1:26,66
7 Nicole Norman	14	Tuks Lifesaving Club	1:26,12	1:30,13
8 Madison Fourie	14	Summerstrand Lifesaving Club	1:26,27	1:32,34

Event 84 Girls 14 Year Olds 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:07,01 R 29 Apr 2017 Deborah Dredge

TUKS

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Kendra Begley	14	Kings Beach Lifesaving Club	NT	1:12,52 q
2 Rone Joubert	14	Tuks Lifesaving Club	1:17,60	1:16,65 q
3 Kayla van Niekerk	14	Bloemfontein Sentraal LC	1:21,58	1:18,23 q
4 Jessica Sardinah	14	Boksburg Lifesaving Club	1:20,01	1:19,02 q
5 Maria dos Santos	14	Harties Reflections	1:25,73	1:23,33 q
6 Nicole Norman	14	Tuks Lifesaving Club	1:29,94	1:26,12 q
7 Madison Fourie	14	Summerstrand Lifesaving Club	1:29,03	1:26,27 q
8 Tayla Wilson	14	Summerstrand Lifesaving Club	1:32,81	1:27,99 q
9 Daniella Harcus	14	Woodridge	NT	1:28,11
10 Hannah McClelland	14	Clifton Lifesaving Club	NT	1:28,90
11 Lerato Molobyse	14	Harties Reflections	1:26,21	1:31,00
12 Meg Wentzel	14	Summerstrand Lifesaving Club	1:35,89	1:31,37
13 Anna Allen	14	Clifton Lifesaving Club	1:31,08	1:33,43
14 Jaedyn Smith	14	Umhlanga Rocks Club	NT	1:43,38
15 Tyra Jenniker	14	Seagulls Lifesaving Club	NT	1:50,77
--- Eve Abrahams	14	Clifton Lifesaving Club	NT	DQ
--- Lane Fouche	14	Harties Reflections	1:27,38	DQ

Event 84 Girls 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:03,42 R 27 Apr 2019 Bianca Opperman

NW

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Linique Rowles	15	Harties Reflections	1:13,84	1:11,08
2 Tamica Visser	16	Harties Reflections	1:14,39	1:12,48
3 Nicola Harcus	16	Woodridge	1:17,09	1:12,96
4 Keira van Heerden	15	Summerstrand Lifesaving Club	1:17,20	1:13,50
5 Amber-Rose Berry	15	Clifton Lifesaving Club	1:19,68	1:13,51
6 Cayla Visser	16	Bloemfontein Sentraal LC	1:15,88	1:15,37
7 Jessica Harcus	15	Woodridge	1:17,62	1:20,87
8 Teegan Pio	16	Kings Beach Lifesaving Club	1:16,95	1:23,82

Event 84 Girls 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:03,42 R 27 Apr 2019 Bianca Opperman

NW

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Linique Rowles	15	Harties Reflections	1:19,71	1:13,84 q
2 Tamica Visser	16	Harties Reflections	1:18,12	1:14,39 q
3 Cayla Visser	16	Bloemfontein Sentraal LC	1:19,62	1:15,88 q
4 Teegan Pio	16	Kings Beach Lifesaving Club	NT	1:16,95 q

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Results

Preliminaries ... (Event 84 Girls 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time	
5 Nicola Harcus	16	Woodridge	NT	1:17,09	q
6 Keira van Heerden	15	Summerstrand Lifesaving Club	1:17,18	1:17,20	q
7 Jessica Harcus	15	Woodridge	NT	1:17,62	q
8 Amber-Rose Berry	15	Clifton Lifesaving Club	1:18,94	1:19,68	q
9 Ellen Hodgkinson	15	Clifton Lifesaving Club	1:26,50	1:19,93	
10 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	NT	1:19,94	
11 Yanelisa Nomoyi	15	Kings Beach Lifesaving Club	NT	1:21,64	
12 Georgia May Stone	16	Summerstrand Lifesaving Club	1:33,44	1:21,66	
13 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	1:19,81	1:23,58	
14 Chloe Gershuny	16	Clifton Lifesaving Club	1:18,81	1:24,29	
15 Kaylin Visser	16	Bloemfontein Sentraal LC	1:21,10	1:27,42	
16 Jessica Johannes	16	Senathla Lifesaving Club	1:28,24	1:28,33	
17 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	NT	1:31,28	
18 Jessie Allott	15	Big Bay Slc	1:35,09	1:31,71	
19 Kayleigh Smith	15	Umhlanga Rocks Club	NT	1:31,91	
20 Zara Brown	15	Seagulls Lifesaving Club	NT	1:33,40	
21 Megan Hough	15	Kings Beach Lifesaving Club	NT	1:35,52	
22 Cailynn Foster	15	Tuks Lifesaving Club	1:32,97	1:36,42	
23 Imani Magotsi	15	Clifton Lifesaving Club	1:31,88	1:37,60	
24 Caitlynn Foster	15	Tuks Lifesaving Club	1:32,54	1:43,41	
--- Jodi Wilson	16	Summerstrand Lifesaving Club	1:30,44		DQ
--- Awande Mlangeni	16	Tuks Lifesaving Club	1:19,92		DQ

Event 84 Girls 17-18 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:02,84 R 21 Mar 2022 Kendra du Toit

TUKS

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Anya Hocking	17	Gyllyngvase Slsc	1:07,98	1:07,74
2 Zanje van Rensburg	18	Harties Reflections	1:10,82	1:08,88
3 Savannah Voigt	17	Clifton Lifesaving Club	1:11,39	1:11,11
4 Ann-Mari de Villiers	17	Bloemfontein Sentraal LC	1:17,52	1:15,47
5 Kelsey Chiang	17	Milnerton Lifesaving Club	1:27,48	1:17,86
6 Robyn Hough	17	Kings Beach Lifesaving Club	1:21,71	1:19,93
7 Kimberley Howes	17	Harties Reflections	1:25,33	1:24,66
8 Rebecca Harcombe	17	Summerstrand Lifesaving Club	1:27,66	1:32,41

Event 84 Girls 17-18 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:02,84 R 21 Mar 2022 Kendra du Toit

TUKS

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Anya Hocking	17	Gyllyngvase Slsc	1:07,30	1:07,98 q
2 Zanje van Rensburg	18	Harties Reflections	1:14,35	1:10,82 q
3 Savannah Voigt	17	Clifton Lifesaving Club	1:11,06	1:11,39 q
4 Ann-Mari de Villiers	17	Bloemfontein Sentraal LC	1:15,23	1:17,52 q
5 Robyn Hough	17	Kings Beach Lifesaving Club	NT	1:21,71 q
6 Kimberley Howes	17	Harties Reflections	1:22,60	1:25,33 q
7 Kelsey Chiang	17	Milnerton Lifesaving Club	1:19,87	1:27,48 q
8 Rebecca Harcombe	17	Summerstrand Lifesaving Club	1:26,03	1:27,66 q

Event 84 Girls 19 & Over 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:02,84 R 21 Mar 2022 Kendra du Toit

TUKS

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Kendra du Toit	19	Tuks Lifesaving Club	1:05,02	1:03,49
2 Deborah Dredge	20	Tuks Lifesaving Club	1:07,24	1:07,52

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Finals ... (Event 84 Girls 19 & Over 100 LC Meter Manikin Tow + Tube POOL JUN / SEN)

Name	Age	Team	Prelim Time	Finals Time
3 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	1:19,87	1:10,41
4 Marlise Ferreira	20	Tuks Lifesaving Club	1:12,11	1:11,66
5 Tove' van Zyl	25	Tuks Lifesaving Club	1:10,36	1:11,95
6 Jessica Booth	19	Kings Beach Lifesaving Club	1:21,03	1:16,93
7 Sylvie Gorille	21	Clifton Lifesaving Club	1:27,67	1:31,85
--- Judi Smith	20	Clifton Lifesaving Club	1:17,52	DQ

Event 84 Girls 19 & Over 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:02,84 R 21 Mar 2022 Kendra du Toit

TUKS

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Kendra du Toit	19	Tuks Lifesaving Club	1:04,52	1:05,02 q
2 Deborah Dredge	20	Tuks Lifesaving Club	1:07,83	1:07,24 q
3 Tove' van Zyl	25	Tuks Lifesaving Club	1:07,96	1:10,36 q
4 Marlise Ferreira	20	Tuks Lifesaving Club	1:09,81	1:12,11 q
5 Judi Smith	20	Clifton Lifesaving Club	1:21,01	1:17,52 q
6 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	NT	1:19,87 q
7 Jessica Booth	19	Kings Beach Lifesaving Club	NT	1:21,03 q
8 Waris Mills	20	Fish Hoek Surf Lifesaving Club	1:39,24	1:25,99 q
9 Sylvie Gorille	21	Clifton Lifesaving Club	1:28,04	1:27,67

Event 85 Boys 14 Year Olds 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:01,01 R 27 Mar 2020 Elijah Dredge

TUKS

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Derick Kotze	14	Bloemfontein Sentraal LC	1:04,60	1:08,22
2 Vaclav Horak	14	Woodridge	1:13,83	1:09,86
3 Johan Moolman	14	Woodridge	1:14,70	1:11,24
4 James Brice	14	Kings Beach Lifesaving Club	1:18,12	1:20,28
5 Gal Bittencourt Marks	14	Umhlanga Rocks Club	1:19,53	1:20,29
6 Sebastian Steer	14	Clifton Lifesaving Club	1:26,51	1:21,10
7 John Paul Mitas	14	Clifton Lifesaving Club	1:24,89	1:27,08
8 Caleb Jansen	14	Big Bay Slc	1:32,78	1:28,25

Event 85 Boys 14 Year Olds 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 1:01,01 R 27 Mar 2020 Elijah Dredge

TUKS

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Derick Kotze	14	Bloemfontein Sentraal LC	1:13,44	1:04,60 q
2 Vaclav Horak	14	Woodridge	NT	1:13,83 q
3 Johan Moolman	14	Woodridge	NT	1:14,70 q
4 James Brice	14	Kings Beach Lifesaving Club	NT	1:18,12 q
5 Gal Bittencourt Marks	14	Umhlanga Rocks Club	NT	1:19,53 q
6 John Paul Mitas	14	Clifton Lifesaving Club	1:40,40	1:24,89 q
7 Sebastian Steer	14	Clifton Lifesaving Club	1:21,25	1:26,51 q
8 Caleb Jansen	14	Big Bay Slc	1:34,72	1:32,78 q
--- Troy McWilliam	14	Clifton Lifesaving Club	1:20,76	DQ
--- Leo Luke Stone	14	Summerstrand Lifesaving Club	1:38,44	DQ

Event 85 Boys 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 56,84 R 06 Oct 2021 Elijah Dredge

Tuks

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Tiago Goncalves	16	Boksburg Lifesaving Club	1:01,30	56,31
2 Aidan Mills	16	Tuks Lifesaving Club	1:03,33	1:03,17

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Finals ... (Event 85 Boys 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN)

	Name	Age	Team	Prelim Time	Finals Time
3	Neil Holtzhausen	15	Harties Reflections	1:05,85	1:05,01
4	Christiaan Bothma	15	Harties Reflections	1:07,84	1:05,13
5	Liam Schweitzer	15	Woodridge	1:05,27	1:05,15
6	Nico Zumpt	16	Milnerton Lifesaving Club	1:06,85	1:06,16
7	Armand Jubber	16	Boksburg Lifesaving Club	1:06,33	1:06,98
---	Wilan Basson	16	Clifton Lifesaving Club	1:02,20	DQ

Event 85 Boys 15-16 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 56,84 R 06 Oct 2021 Elijah Dredge

Tuks

	Name	Age	Team	Seed Time	Prelim Time	
Preliminaries						
1	Tiago Goncalves	16	Boksburg Lifesaving Club	1:05,22	1:01,30	q
2	Wilan Basson	16	Clifton Lifesaving Club	1:06,90	1:02,20	q
3	Aidan Mills	16	Tuks Lifesaving Club	1:03,70	1:03,33	q
4	Liam Schweitzer	15	Woodridge	NT	1:05,27	q
5	Neil Holtzhausen	15	Harties Reflections	1:04,07	1:05,85	q
6	Armand Jubber	16	Boksburg Lifesaving Club	1:04,94	1:06,33	q
7	Nico Zumpt	16	Milnerton Lifesaving Club	1:10,62	1:06,85	q
8	Christiaan Bothma	15	Harties Reflections	1:10,72	1:07,84	q
9	Christiaan van Eeden	15	Harties Reflections	1:04,08	1:08,04	
10	Bernard Mac Kay	16	Bloemfontein Sentraal LC	1:14,11	1:09,19	
11	Conor Moynihan	15	Kings Beach Lifesaving Club	NT	1:09,23	
12	Ludolph Joubert	16	Tuks Lifesaving Club	1:09,05	1:09,66	
13	Ryan Voigt	15	Clifton Lifesaving Club	1:14,65	1:09,71	
14	Alexander Moolman	15	Woodridge	NT	1:09,83	
15	Matthew Brooker	15	Big Bay Slc	1:18,19	1:09,87	
16	Canaan Brice	15	Kings Beach Lifesaving Club	NT	1:10,82	
17	Ryan Nell	15	Tuks Lifesaving Club	1:10,52	1:12,11	
18	Geoff Cowper-Johnson	16	Summerstrand Lifesaving Club	1:17,65	1:15,25	
19	Liam Niewoudt	15	Bloemfontein Sentraal LC	1:30,04	1:15,81	
20	Ben McWilliam	16	Clifton Lifesaving Club	1:18,50	1:17,53	
21	Javin Presence	16	Milnerton Lifesaving Club	NT	1:18,18	
22	Isaiah Douglas	15	Seagulls Lifesaving Club	NT	1:26,35	
23	Matthew Wolfe	16	Kings Beach Lifesaving Club	NT	1:30,39	
---	Connor Bagley	16	Kings Beach Lifesaving Club	NT	DQ	
---	Adam Cloete-Hopkins	15	Clifton Lifesaving Club	NT	DQ	
---	Matthew Goodall	15	Kings Beach Lifesaving Club	NT	DQ	

Event 85 Boys 17-18 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 54,36 R 02 Dec 2017 Milan Erasmus

SA Orange Cup 17

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Antonie Pieterse	17	Harties Reflections	57,00	56,42
2	Aiden Bornman	17	Boksburg Lifesaving Club	56,98	56,71
3	Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	58,15	1:00,09
4	Janeco Coetzee	18	Tuks Lifesaving Club	1:11,18	1:06,76
5	Marnitz van den Berg	18	Aquamix Lifesaving Club	1:09,76	1:07,36
6	Luke Glock	17	Big Bay Slc	1:11,58	1:08,45
7	Jamie Smuts	17	Big Bay Slc	1:12,03	1:13,17
---	Jordan Denyer	17	Kings Beach Lifesaving Club	1:07,14	DQ

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Event 85 Boys 17-18 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 54,36 R 02 Dec 2017 Milan Erasmus

SA Orange Cup 17

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Aiden Bornman	17 Boksburg Lifesaving Club	1:00,22	56,98	q
2	Antonie Pieterse	17 Harties Reflections	56,26	57,00	q
3	Len-Douglas Mac Kay	18 Bloemfontein Sentraal LC	57,80	58,15	q
4	Jordan Denyer	17 Kings Beach Lifesaving Club	NT	1:07,14	q
5	Marnitz van den Berg	18 Aquamix Lifesaving Club	1:08,29	1:09,76	q
6	Janeco Coetzee	18 Tuks Lifesaving Club	1:09,30	1:11,18	q
7	Luke Glock	17 Big Bay Slc	1:14,00	1:11,58	q
8	Jamie Smuts	17 Big Bay Slc	1:15,87	1:12,03	q
9	Zack Waters	17 Clifton Lifesaving Club	1:06,91	1:12,59	
10	George Allen	17 Clifton Lifesaving Club	1:18,94	1:14,33	
11	Jaden Agnew	17 Seagulls Lifesaving Club	NT	1:17,17	
12	Naor Lombard	18 Clifton Lifesaving Club	NT	1:17,77	
13	Justin Agnew	17 Seagulls Lifesaving Club	NT	1:18,79	
14	Christian Appels	18 Kings Beach Lifesaving Club	NT	1:29,41	

Event 85 Boys 19 & Over 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 53,36 R 11 Sep 2016 Christiaan Malan

Rescue 2016 SA T

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Rinus Hattingh	21 Senathla Lifesaving Club	57,70	55,28	
2	Ockert van Schalkwyk	22 Tuks Lifesaving Club	58,09	56,56	
3	Johan Lourens	27 Tuks Lifesaving Club	57,23	59,27	
4	Robbie le Roux	23 Tuks Lifesaving Club	1:05,55	1:02,08	
5	Avron Manchest	27 Clifton Lifesaving Club	1:02,10	1:02,64	
6	Jason Rodgers	20 Tuks Lifesaving Club	1:04,53	1:08,26	
7	Andre Mouton	22 Tuks Lifesaving Club	54,96	1:16,27	
8	Luke Mansvelt	23 Clifton Lifesaving Club	1:12,90	1:18,54	

Event 85 Boys 19 & Over 100 LC Meter Manikin Tow + Tube POOL JUN / SEN

SA REC 2023: 53,36 R 11 Sep 2016 Christiaan Malan

Rescue 2016 SA T

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Andre Mouton	22 Tuks Lifesaving Club	1:00,46	54,96	q
2	Johan Lourens	27 Tuks Lifesaving Club	1:00,75	57,23	q
3	Rinus Hattingh	21 Senathla Lifesaving Club	55,47	57,70	q
4	Ockert van Schalkwyk	22 Tuks Lifesaving Club	56,84	58,09	q
5	Avron Manchest	27 Clifton Lifesaving Club	1:08,05	1:02,10	q
6	Jason Rodgers	20 Tuks Lifesaving Club	1:02,47	1:04,53	q
7	Robbie le Roux	23 Tuks Lifesaving Club	59,38	1:05,55	q
8	Luke Mansvelt	23 Clifton Lifesaving Club	1:12,44	1:12,90	q
9	Teagan Thompson	21 Clifton Lifesaving Club	1:21,44	1:15,35	
10	Darryl Lindt	23 Clifton Lifesaving Club	NT	1:23,00	
---	Tanner Gorille	23 Clifton Lifesaving Club	1:15,35		DQ

Event 86 Girls 14 Year Olds 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:18,32 R 27 Apr 2017 Alexandra Chislett

Suncoast Pirates

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Xanthe Nagel	14 Harties Reflections	2:33,91	2:33,64	
2	Jessica Sardinah	14 Boksburg Lifesaving Club	2:44,95	2:38,48	
3	Madison Fourie	14 Summerstrand Lifesaving Club	2:44,07	2:39,29	

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Results

Finals ... (Event 86 Girls 14 Year Olds 200 LC Meter Obstacle POOL JUN / SEN)

Name	Age	Team	Prelim Time	Finals Time
4 Tayla Wilson	14	Summerstrand Lifesaving Club	2:52,28	2:50,75
5 Maria dos Santos	14	Harties Reflections	2:52,90	2:51,09
6 Rone Joubert	14	Tuks Lifesaving Club	2:51,81	2:54,76
7 Eve Abrahams	14	Clifton Lifesaving Club	2:56,62	2:55,45
--- Daniella Harcus	14	Woodridge	2:44,60	DQ
False start				

Event 86 Girls 14 Year Olds 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:18,32 R 27 Apr 2017 Alexandra Chislett

Suncoast Pirates

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Xanthe Nagel	14	Harties Reflections	2:33,39	2:33,91 q
2 Madison Fourie	14	Summerstrand Lifesaving Club	2:31,00	2:44,07 q
3 Daniella Harcus	14	Woodridge	NT	2:44,60 q
4 Jessica Sardinah	14	Boksburg Lifesaving Club	2:49,29	2:44,95 q
5 Rone Joubert	14	Tuks Lifesaving Club	2:50,74	2:51,81 q
6 Tayla Wilson	14	Summerstrand Lifesaving Club	2:35,67	2:52,28 q
7 Maria dos Santos	14	Harties Reflections	2:51,32	2:52,90 q
8 Eve Abrahams	14	Clifton Lifesaving Club	NT	2:56,62 q
9 Lerato Molobybe	14	Harties Reflections	3:04,51	3:03,22
10 Meg Wentzel	14	Summerstrand Lifesaving Club	2:36,77	3:05,33
11 Lane Fouche	14	Harties Reflections	3:07,86	3:08,73
12 Nicole Norman	14	Tuks Lifesaving Club	2:50,74	3:09,32
13 Kayla van Niekerk	14	Bloemfontein Sentraal LC	NT	3:13,84
14 Jaedyn Smith	14	Umhlanga Rocks Club	NT	3:24,97
15 Anna Allen	14	Clifton Lifesaving Club	3:30,43	3:28,93
16 Tyra Jenniker	14	Seagulls Lifesaving Club	NT	3:43,56
--- Kendra Begley	14	Kings Beach Lifesaving Club	NT	DQ

Event 86 Girls 15-16 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:16,79 R 23 Jun 2018 Alexandra Chislett

SA Orange Cup 18

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Keira van Heerden	15	Summerstrand Lifesaving Club	2:32,35	2:23,50
2 Nicola Harcus	16	Woodridge	2:30,54	2:24,05
3 Chloe Gershuny	16	Clifton Lifesaving Club	2:29,77	2:24,64
4 Teegan Pio	16	Kings Beach Lifesaving Club	2:34,77	2:31,07
5 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	2:36,66	2:37,20
6 Georgia May Stone	16	Summerstrand Lifesaving Club	2:40,71	2:37,72
7 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	2:38,25	2:38,79
8 Jodi Wilson	16	Summerstrand Lifesaving Club	2:40,96	2:40,55

Event 86 Girls 15-16 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:16,79 R 23 Jun 2018 Alexandra Chislett

SA Orange Cup 18

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Chloe Gershuny	16	Clifton Lifesaving Club	2:26,94	2:29,77 q
2 Nicola Harcus	16	Woodridge	NT	2:30,54 q
3 Keira van Heerden	15	Summerstrand Lifesaving Club	2:23,44	2:32,35 q
4 Teegan Pio	16	Kings Beach Lifesaving Club	NT	2:34,77 q
5 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	2:39,34	2:36,66 q
6 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	2:48,35	2:38,25 q
7 Georgia May Stone	16	Summerstrand Lifesaving Club	2:30,00	2:40,71 q
8 Jodi Wilson	16	Summerstrand Lifesaving Club	2:32,15	2:40,96 q

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Preliminaries ... (Event 86 Girls 15-16 200 LC Meter Obstacle POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time
9 Jessica Harcus	15	Woodridge	NT	2:41,20
10 Amber-Rose Berry	15	Clifton Lifesaving Club	2:46,06	2:45,33
11 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	3:00,08	2:45,95
12 Linique Rowles	15	Harties Reflections	2:49,56	2:51,05
13 Megan Hough	15	Kings Beach Lifesaving Club	NT	2:51,48
14 Awande Mlangeni	16	Tuks Lifesaving Club	2:59,79	2:51,82
15 Cayla Visser	16	Bloemfontein Sentraal LC	2:49,71	2:55,21
16 Tamica Visser	16	Harties Reflections	2:47,81	2:55,26
17 Kaylin Visser	16	Bloemfontein Sentraal LC	2:50,64	2:55,90
18 Imani Magotsi	15	Clifton Lifesaving Club	3:03,47	2:58,28
19 Yanelisa Nomoyi	15	Kings Beach Lifesaving Club	NT	3:03,51
20 Caitlynn Foster	15	Tuks Lifesaving Club	3:14,85	3:08,40
21 Cailynn Foster	15	Tuks Lifesaving Club	3:14,94	3:13,18
22 Kayleigh Smith	15	Umhlanga Rocks Club	NT	3:14,00
23 Ellen Hodgkinson	15	Clifton Lifesaving Club	3:16,57	3:14,23
24 Jessie Allott	15	Big Bay Slc	3:13,78	3:16,03
25 Zara Brown	15	Seagulls Lifesaving Club	NT	3:31,11
26 Jessica Johannes	16	Senathla Lifesaving Club	3:59,55	3:52,44

Event 86 Girls 17-18 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:14,92 R 17 Jul 2016 Kristin Bellinghan

Rescue 2016 SA T

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Savannah Voigt	17	Clifton Lifesaving Club	2:28,28	2:20,60
2 Robyn Hough	17	Kings Beach Lifesaving Club	2:34,70	2:32,17
3 Kelsey Chiang	17	Milnerton Lifesaving Club	2:44,42	2:35,94
4 Kimberley Howes	17	Harties Reflections	2:51,81	2:57,67
5 Rebecca Harcombe	17	Summerstrand Lifesaving Club	3:03,06	3:02,36

Event 86 Girls 17-18 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:14,92 R 17 Jul 2016 Kristin Bellinghan

Rescue 2016 SA T

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Savannah Voigt	17	Clifton Lifesaving Club	2:18,33	2:28,28 q
2 Anya Hocking	17	Gyllyngvase Slsc	2:23,00	2:34,44 q
3 Robyn Hough	17	Kings Beach Lifesaving Club	NT	2:34,70 q
4 Kelsey Chiang	17	Milnerton Lifesaving Club	2:41,34	2:44,42 q
5 Kimberley Howes	17	Harties Reflections	2:56,47	2:51,81 q
6 Rebecca Harcombe	17	Summerstrand Lifesaving Club	2:35,67	3:03,06 q

Event 86 Girls 19 & Over 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:09,58 R 2003

Erna Wedermeyer

SA Commonwealth

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	2:31,72	2:23,29
2 Kendra du Toit	19	Tuks Lifesaving Club	2:31,51	2:24,33
3 Jessica Booth	19	Kings Beach Lifesaving Club	2:28,83	2:26,80
4 Tove' van Zyl	25	Tuks Lifesaving Club	2:30,65	2:28,72
5 Deborah Dredge	20	Tuks Lifesaving Club	2:40,40	2:39,21
6 Marlise Ferreira	20	Tuks Lifesaving Club	2:40,91	2:43,87
7 Judi Smith	20	Clifton Lifesaving Club	2:44,66	2:43,98
8 Waris Mills	20	Fish Hoek Surf Lifesaving Club	2:39,48	2:45,08

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Event 86 Girls 19 & Over 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:09,58 R 2003

Erna Wedermeyer

SA Commonwealth

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Jessica Booth	19 Kings Beach Lifesaving Club	NT	2:28,83	q
2	Tove' van Zyl	25 Tuks Lifesaving Club	2:31,62	2:30,65	q
3	Kendra du Toit	19 Tuks Lifesaving Club	2:26,57	2:31,51	q
4	Sasha-Lee Nordegen	25 Umhlanga Rocks Club	NT	2:31,72	q
5	Waris Mills	20 Fish Hoek Surf Lifesaving Club	2:38,69	2:39,48	q
6	Deborah Dredge	20 Tuks Lifesaving Club	2:36,45	2:40,40	q
7	Marlise Ferreira	20 Tuks Lifesaving Club	2:37,84	2:40,91	q
8	Judi Smith	20 Clifton Lifesaving Club	2:48,06	2:44,66	q
9	Tyra Roozendaal	20 Kings Beach Lifesaving Club	NT	2:55,78	
10	Sylvie Gorille	21 Clifton Lifesaving Club	3:36,28	3:49,63	

Event 87 Boys 14 Year Olds 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:13,01 R 07 Mar 2020

Aiden Bornman

Boksburg

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Troy McWilliam	14 Clifton Lifesaving Club	2:21,97	2:19,05	
2	Johan Moolman	14 Woodridge	2:29,97	2:21,13	
3	Derick Kotze	14 Bloemfontein Sentraal LC	2:29,46	2:28,67	
4	Vaclav Horak	14 Woodridge	2:35,89	2:30,05	
5	James Brice	14 Kings Beach Lifesaving Club	2:33,92	2:31,44	
6	Gal Bittencourt Marks	14 Umhlanga Rocks Club	2:36,22	2:32,26	
7	Sebastian Steer	14 Clifton Lifesaving Club	2:54,05	2:53,00	
8	Caleb Jansen	14 Big Bay Slc	2:53,51	2:53,17	

Event 87 Boys 14 Year Olds 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:13,01 R 07 Mar 2020

Aiden Bornman

Boksburg

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Troy McWilliam	14 Clifton Lifesaving Club	2:23,53	2:21,97	q
2	Derick Kotze	14 Bloemfontein Sentraal LC	2:41,41	2:29,46	q
3	Johan Moolman	14 Woodridge	NT	2:29,97	q
4	James Brice	14 Kings Beach Lifesaving Club	NT	2:33,92	q
5	Vaclav Horak	14 Woodridge	NT	2:35,89	q
6	Gal Bittencourt Marks	14 Umhlanga Rocks Club	NT	2:36,22	q
7	Caleb Jansen	14 Big Bay Slc	2:56,53	2:53,51	q
8	Sebastian Steer	14 Clifton Lifesaving Club	NT	2:54,05	q
9	Leo Luke Stone	14 Summerstrand Lifesaving Club	2:35,67	2:59,25	
10	John Paul Mitas	14 Clifton Lifesaving Club	3:04,41	3:06,39	

Event 87 Boys 15-16 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:05,59 R 27 Apr 2017

Calvin Coetzee

Suncoast Pirates

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Conor Moynihan	15 Kings Beach Lifesaving Club	2:15,72	2:11,63	
2	Christiaan van Eeden	15 Harties Reflections	2:15,20	2:11,76	
3	Ben McWilliam	16 Clifton Lifesaving Club	2:19,23	2:13,06	
4	Alexander Moolman	15 Woodridge	2:16,38	2:13,84	
5	Neil Holtzhausen	15 Harties Reflections	2:17,23	2:14,14	
6	Wilan Basson	16 Clifton Lifesaving Club	2:20,91	2:20,54	
7	Christiaan Bothma	15 Harties Reflections	2:19,47	2:20,56	
8	Aidan Mills	16 Tuks Lifesaving Club	2:20,61	2:20,57	

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Event 87 Boys 15-16 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 2:05,59 R 27 Apr 2017 Calvin Coetzee

Suncoast Pirates

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Christiaan van Eeden	15 Harties Reflections	2:22,36	2:15,20	q
2	Conor Moynihan	15 Kings Beach Lifesaving Club	NT	2:15,72	q
3	Alexander Moolman	15 Woodridge	NT	2:16,38	q
4	Neil Holtzhausen	15 Harties Reflections	2:20,39	2:17,23	q
5	Ben McWilliam	16 Clifton Lifesaving Club	2:21,21	2:19,23	q
6	Christiaan Bothma	15 Harties Reflections	2:20,36	2:19,47	q
7	Aidan Mills	16 Tuks Lifesaving Club	2:22,57	2:20,61	q
8	Wilan Basson	16 Clifton Lifesaving Club	2:22,44	2:20,91	q
9	Connor Bagley	16 Kings Beach Lifesaving Club	NT	2:22,03	
10	Liam Schweitzer	15 Woodridge	NT	2:22,15	
11	Canaan Brice	15 Kings Beach Lifesaving Club	NT	2:22,23	
12	Ryan Voigt	15 Clifton Lifesaving Club	2:19,15	2:23,02	
13	Armand Jubber	16 Boksburg Lifesaving Club	2:17,52	2:23,34	
14	Tyne van Achterbergh	15 Scottburgh Surf Lifesaving	NT	2:25,57	
15	Matthew Brooker	15 Big Bay Slc	2:30,18	2:27,89	
16	Matthew Wolfe	16 Kings Beach Lifesaving Club	NT	2:31,64	
17	Ludolph Joubert	16 Tuks Lifesaving Club	2:35,54	2:34,33	
18	Geoff Cowper-Johnson	16 Summerstrand Lifesaving Club	2:24,48	2:36,54	
19	Bernard Mac Kay	16 Bloemfontein Sentraal LC	2:35,86	2:38,59	
20	Liam Niewoudt	15 Bloemfontein Sentraal LC	2:44,10	2:49,02	
21	Adam Cloete-Hopkins	15 Clifton Lifesaving Club	NT	2:49,17	
22	Ryan Nell	15 Tuks Lifesaving Club	2:50,37	2:49,20	
23	Javin Presence	16 Milnerton Lifesaving Club	2:51,63	2:53,31	
24	Nico Zumpt	16 Milnerton Lifesaving Club	2:49,43	2:54,15	
25	Matthew Goodall	15 Kings Beach Lifesaving Club	NT	3:00,12	
26	Isaiah Douglas	15 Seagulls Lifesaving Club	NT	3:15,36	

Event 87 Boys 17-18 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 1:59,24 R 26 Apr 2012 Paul van Achterbergh

Kwa Zulu Natal

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Aiden Bornman	17 Boksburg Lifesaving Club	2:05,21	2:04,67	
2	Len-Douglas Mac Kay	18 Bloemfontein Sentraal LC	2:12,07	2:07,82	
3	Jordan Denyer	17 Kings Beach Lifesaving Club	2:19,93	2:08,67	
4	Antonie Pieterse	17 Harties Reflections	2:15,76	2:12,51	
5	Jamie Smuts	17 Big Bay Slc	2:22,69	2:21,58	
6	Zack Waters	17 Clifton Lifesaving Club	2:32,90	2:24,81	
7	Naor Lombard	18 Clifton Lifesaving Club	2:24,63	2:32,57	
8	Luke Glock	17 Big Bay Slc	2:34,65	2:34,03	

Event 87 Boys 17-18 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 1:59,24 R 26 Apr 2012 Paul van Achterbergh

Kwa Zulu Natal

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Aiden Bornman	17 Boksburg Lifesaving Club	2:09,07	2:05,21	q
2	Christian Davidson	18 Summerstrand Lifesaving Club	2:07,04	2:08,79	q
3	Len-Douglas Mac Kay	18 Bloemfontein Sentraal LC	2:15,10	2:12,07	q
4	Antonie Pieterse	17 Harties Reflections	2:16,80	2:15,76	q
5	Jordan Denyer	17 Kings Beach Lifesaving Club	NT	2:19,93	q
6	Jamie Smuts	17 Big Bay Slc	2:19,56	2:22,69	q
7	Naor Lombard	18 Clifton Lifesaving Club	2:21,70	2:24,63	q
8	Zack Waters	17 Clifton Lifesaving Club	2:25,06	2:32,90	q

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Preliminaries ... (Event 87 Boys 17-18 200 LC Meter Obstacle POOL JUN / SEN)

Name	Age	Team		
9 Luke Glock	17	Big Bay Slc	2:33,56	2:34,65
10 Christian Appels	18	Kings Beach Lifesaving Club	NT	2:37,55
11 Jaden Agnew	17	Seagulls Lifesaving Club	NT	2:39,28
12 Janeco Coetzee	18	Tuks Lifesaving Club	2:32,54	2:40,07
13 Justin Agnew	17	Seagulls Lifesaving Club	NT	2:42,52
14 Marnitz van den Berg	18	Aquamix Lifesaving Club	2:44,82	2:47,38
15 George Allen	17	Clifton Lifesaving Club	2:56,13	2:50,46

Event 87 Boys 19 & Over 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 1:57,69 R 11 Sep 2016 Johan Lourens

Rescue 2016 SA T

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Robbie le Roux	23	Tuks Lifesaving Club	2:04,28	2:03,40
2 Ockert van Schalkwyk	22	Tuks Lifesaving Club	2:15,83	2:21,71
3 Jason Rodgers	20	Tuks Lifesaving Club	2:28,31	2:27,86
4 Avron Manchest	27	Clifton Lifesaving Club	2:36,10	2:32,12
5 Tanner Gorille	23	Clifton Lifesaving Club	2:36,52	2:34,91
6 Luke Mansvelt	23	Clifton Lifesaving Club	2:41,80	2:42,68
7 Andre Mouton	22	Tuks Lifesaving Club	2:43,11	3:02,02

Event 87 Boys 19 & Over 200 LC Meter Obstacle POOL JUN / SEN

SA REC 2023: 1:57,69 R 11 Sep 2016 Johan Lourens

Rescue 2016 SA T

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Robbie le Roux	23	Tuks Lifesaving Club	2:06,35	2:04,28 q
2 Ockert van Schalkwyk	22	Tuks Lifesaving Club	2:16,17	2:15,83 q
3 Jason Rodgers	20	Tuks Lifesaving Club	2:32,94	2:28,31 q
4 Avron Manchest	27	Clifton Lifesaving Club	2:36,62	2:36,10 q
5 Tanner Gorille	23	Clifton Lifesaving Club	2:36,90	2:36,52 q
6 Luke Mansvelt	23	Clifton Lifesaving Club	2:38,24	2:41,80 q
7 Andre Mouton	22	Tuks Lifesaving Club	2:51,79	2:43,11 q

Event 88 Girls 14-18 200 LC Meter 4 x 50m Obstacle Relay POOL JUN / SEN

SA REC 2023: 1:57,06 R 2001

Kwa Zulu Natal

A.Chislett, B.Opperman, S.vd Berg, D.v Rensburg

Team	Relay	Seed Time	Finals Time
1 Clifton Lifesaving Club	A	NT	2:12,41
1) Amber-Rose Berry 15	2) Chloe Gershuny 16	3) Savannah Voigt 17	4) Eve Abrahams 14
2 Kings Beach Lifesaving Club	A	NT	2:12,98
1) Kendra Begley 14	2) Megan Hough 15	3) Robyn Hough 17	4) Teegan Pio 16
3 Harties Reflections	A	NT	2:14,64
1) Xanthe Nagel 14	2) Linique Rowles 15	3) Zanje van Rensburg 18	4) Tamica Visser 16
4 Summerstrand Lifesaving Club	A	NT	2:20,93
1) Madison Fourie 14	2) Georgia May Stone 16	3) Rebecca Harcombe 17	4) Jodi Wilson 16
5 Tuks Lifesaving Club	A	NT	2:27,10
1) Awande Mlangeni 16	2) Rone Joubert 14	3) Nicole Norman 14	4) Caitlynn Foster 15
6 Bloemfontein Sentraal LC	A	NT	2:28,38
1) Kaylie-Peace Armour 15	2) Kayla van Niekerk 14	3) Cayla Visser 16	4) Kaylin Visser 16
7 Harties Reflections	B	NT	2:28,44
1) Maria dos Santos 14	2) Lane Fouche 14	3) Kimberley Howes 17	4) Lerato Moloby 14
8 Clifton Lifesaving Club	B	NT	2:35,79
1) Anna Allen 14	2) Hannah McClelland 14	3) Imani Magotsi 15	4) Ellen Hodgkinson 15
9 Seagulls Lifesaving Club	A	NT	3:04,29
1) Zara Brown 15	2) Tyra Jenniker 14	3) Chante Killian 15	4) Angelina Rockman 17

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Event 89 Boys 14-18 200 LC Meter 4 x 50m Obstacle Relay POOL JUN / SEN

SA REC 2023: 1:48,54 R 22 Feb 2013 Western Province

JP van Zyl, C.Botha, M.Erasmus, C.Coetzee

Team	Relay	Seed Time	Finals Time
1 Kings Beach Lifesaving Club	A	NT	1:52,01
1) Connor Bagley 16	2) Canaan Brice 15	3) Jordan Denyer 17	4) Conor Moynihan 15
2 Harties Reflections	A	NT	1:52,90
1) Christiaan Bothma 15	2) Neil Holtzhausen 15	3) Antonie Pieterse 17	4) Christiaan van Eeden 15
3 Woodridge	A	NT	1:54,72
1) Vaclav Horak 14	2) Alexander Moolman 15	3) Johan Moolman 14	4) Liam Schweitzer 15
4 Clifton Lifesaving Club	A	NT	1:58,27
1) Ben McWilliam 16	2) Ryan Voigt 15	3) Zack Waters 17	4) Wilan Basson 16
5 Bloemfontein Sentraal LC	A	NT	2:03,81
1) Derick Kotze 14	2) Bernard Mac Kay 16	3) Len-Douglas Mac Kay 18	4) Liam Niewoudt 15
6 Big Bay Slc	A	NT	2:05,56
1) Matthew Brooker 15	2) Luke Glock 17	3) Caleb Jansen 14	4) Jamie Smuts 17
7 Kings Beach Lifesaving Club	B	NT	2:06,66
1) Christian Appels 18	2) James Brice 14	3) Matthew Goodall 15	4) Matthew Wolfe 16
8 Clifton Lifesaving Club	B	NT	2:10,01
1) Naor Lombard 18	2) Troy McWilliam 14	3) Adam Cloete-Hopkins 15	4) George Allen 17
9 Seagulls Lifesaving Club	A	NT	2:10,37
1) Jaden Agnew 17	2) Justin Agnew 17	3) Carlo Morgan 17	4) Isaiah Douglas 15
--- Tuks Lifesaving Club	A	NT	DQ
1) Ludolph Joubert 16	2) Aidan Mills 16	3) Janeco Coetzee 18	4) Ryan Nell 15

Event 90 Women 200 LC Meter 4 x 50m Obstacle Relay

SA REC 2023: 1:55,98 R 2004

SA Protea Team

Germa

S.Corris, C.Billson, K.Bellingan, B.von Bargaen

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	2:09,88
1) Deborah Dredge 20	2) Kendra du Toit 19	3) Marlise Ferreira 20	4) Tove' van Zyl 25
2 Clifton Lifesaving Club	A	NT	2:18,81
1) Judi Smith 20	2) Sylvie Gorille 21	3) Chloe Gershuny 16	4) Savannah Voigt 17

Event 91 Men 200 LC Meter 4 x 50m Obstacle Relay POOL JUN / SEN

SA REC 2023: 1:41,59 R 11 Sep 2016

SA Protea Team

Commo

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1:49,20
1) Robbie le Roux 23	2) Johan Lourens 27	3) Ockert van Schalkwyk 22	4) Aidan Mills 16
2 Clifton Lifesaving Club	A	NT	2:01,31
1) Zack Waters 17	2) Tanner Gorille 23	3) Wilan Basson 16	4) Avron Manchest 27
3 Tuks Lifesaving Club	B	NT	2:04,69
1) Andre Mouton 22	2) Jason Rodgers 20	3) Janeco Coetzee 18	4) Ludolph Joubert 16
--- Invitational	A	NT	X1:53,93
--- Clifton Lifesaving Club	B	NT	DQ
1) Naor Lombard 18	2) Teagan Thompson 21	3) Ryan Voigt 15	4) Luke Mansvelt 23

Event 92 Girls 14-18 50 LC Meter Line Throw Relay POOL JUN / SEN

SA REC 2023: 13,75 R 22 Apr 2009 Gauteng Seniors

Team	Relay	Seed Time	Finals Time
1 Harties Reflections	A	NT	18,93
1) Zanje van Rensburg 18	2) Liniqe Rowles 15		
2 Kings Beach Lifesaving Club	B	NT	22,43
1) Megan Hough 15	2) Robyn Hough 17		
3 Clifton Lifesaving Club	A	NT	23,17
1) Ellen Hodgkinson 15	2) Savannah Voigt 17		
4 Summerstrand Lifesaving Club	C	NT	26,36
1) Georgia May Stone 16	2) Jodi Wilson 16		

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(Event 92 Girls 14-18 50 LC Meter Line Throw Relay POOL JUN / SEN)

Team	Relay	Seed Time	Finals Time
5 Fish Hoek Surf Lifesaving Club	A	NT	30,17
1) Georgia Singe 15	2) Babette van Rooyen 16		
6 Tuks Lifesaving Club	A	NT	38,91
1) Rone Joubert 14	2) Nicole Norman 14		
--- Bloemfontein Sentraal LC	B	NT	DQ
1) Cayla Visser 16	2) Kaylin Visser 16		
--- Seagulls Lifesaving Club	A	NT	DQ
1) Angelina Rockman 17	2) Zara Brown 15		
--- Tuks Lifesaving Club	B	NT	DNF
Did not finish			
1) Cailynn Foster 15	2) Caitlynn Foster 15		
--- Kings Beach Lifesaving Club	A	NT	DNF
Did not finish			
1) Yanelisa Nomoyi 15	2) Teegan Pio 16		
--- Woodridge	A	NT	DNF
Did not finish			
1) Jessica Harcus 15	2) Nicola Harcus 16		
--- Bloemfontein Sentraal LC	A	NT	DNF
Did not finish			
1) Kaylie-Peace Armour 15	2) Ann-Mari de Villiers 17		
--- Harties Reflections	D	NT	DNF
Did not finish			
1) Lerato Molobye 14	2) Xanthe Nagel 14		
--- Clifton Lifesaving Club	D	NT	DNF
Did not finish			
1) Amber-Rose Berry 15	2) Eve Abrahams 14		
--- Big Bay Slc	A	NT	DNF
Did not finish			
--- Summerstrand Lifesaving Club	B	NT	DNF
Did not finish			
1) Meg Wentzel 14	2) Tayla Wilson 14		
--- Harties Reflections	C	NT	DNF
Did not finish			
1) Kimberley Howes 17	2) Tamica Visser 16		
--- Clifton Lifesaving Club	C	NT	DNF
Did not finish			
1) Hannah McClelland 14	2) Anna Allen 14		
--- Summerstrand Lifesaving Club	A	NT	DNF
Did not finish			
1) Madison Fourie 14	2) Rebecca Harcombe 17		
--- Harties Reflections	B	NT	DNF
Did not finish			
1) Maria dos Santos 14	2) Lane Fouche 14		
--- Seagulls Lifesaving Club	B	NT	DNF
Did not finish			
1) Chante Killian 15	2) Tyra Jenniker 14		
--- Umhlanga Rocks Club	A	NT	DNF
Did not finish			
1) Jaedyn Smith 14	2) Kayleigh Smith 15		
--- Clifton Lifesaving Club	B	NT	DNF
Did not finish			
1) Chloe Gershuny 16	2) Imani Magotsi 15		

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Event 93 Boys 14-18 50 LC Meter Line Throw Relay POOL JUN / SEN

SA REC 2023: 9,17 R 24 Nov 2018 SA Youth Team

WLC 2018

Milan Erasmus (t); Connor Botha

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club 1) Ludolph Joubert 16	A 2) Aidan Mills 16	NT	13,38
2 Clifton Lifesaving Club 1) Ryan Voigt 15	A 2) Wilan Basson 16	NT	16,80
3 Milnerton Lifesaving Club 1) Javin Presence 16	A 2) Nico Zumpt 16	NT	17,19
4 Bloemfontein Sentraal LC 1) Bernard Mac Kay 16	A 2) Len-Douglas Mac Kay 18	NT	17,41
5 Tuks Lifesaving Club 1) Janeco Coetzee 18	B 2) Clayton Thompson 17	NT	18,07
6 Bloemfontein Sentraal LC 1) Derick Kotze 14	B 2) Liam Niewoudt 15	NT	21,87
7 Woodridge 1) Johan Moolman 14	B 2) Vaclav Horak 14	NT	22,30
8 Clifton Lifesaving Club 1) Sebastian Steer 14	D 2) Troy McWilliam 14	NT	22,77
9 Kings Beach Lifesaving Club 1) Connor Bagley 16	D 2) James Brice 14	NT	23,34
10 Seagulls Lifesaving Club 1) Jaden Agnew 17	A 2) Justin Agnew 17	NT	23,76
11 Clifton Lifesaving Club 1) George Allen 17	B 2) Zack Waters 17	NT	24,37
12 Kings Beach Lifesaving Club 1) Canaan Brice 15	B 2) Jordan Denyer 17	NT	24,77
13 Big Bay Slc 1) Luke Glock 17	A 2) Jamie Smuts 17	NT	27,77
14 Kings Beach Lifesaving Club 1) Christian Appels 18	C 2) Conor Moynihan 15	NT	29,52
15 Woodridge 1) Liam Schweitzer 15	A 2) Alexander Moolman 15	NT	29,95
16 Harties Reflections 1) Neil Holtzhausen 15	B 2) Christiaan Bothma 15	NT	31,51
17 Harties Reflections 1) Christiaan van Eeden 15	A 2) Antonie Pieterse 17	NT	40,56
--- Boksburg Lifesaving Club 1) Aiden Bornman 17	A 2) Tiago Goncalves 16	NT	DQ
--- Clifton Lifesaving Club Did not finish 1) Naor Lombard 18	C 2) Ben McWilliam 16	NT	DNF
--- Seagulls Lifesaving Club Did not finish 1) Waylon Visagie 16	C 2) Conner Daniels 16	NT	DNF
--- Kings Beach Lifesaving Club Did not finish 1) Matthew Goodall 15	A 2) Matthew Wolfe 16	NT	DNF
--- Big Bay Slc Did not finish 1) Matthew Brooker 15	B 2) Caleb Jansen 14	NT	DNF

Event 94 Women 50 LC Meter Line Throw Relay POOL JUN / SEN

SA REC 2023: 13,43 R 2003 SA Commonwealth Team

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club 1) Deborah Dredge 20	B 2) Marlise Ferreira 20	NT	18,09

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Results

(Event 94 Women 50 LC Meter Line Throw Relay POOL JUN / SEN)

Team	Relay	Seed Time	Finals Time
2 Clifton Lifesaving Club	A	NT	18,44
1) Sylvie Gorille 21	2) Chloe Gershuny 16		
3 Clifton Lifesaving Club	C	NT	27,34
1) Ellen Hodgkinson 15	2) Imani Magotsi 15		
4 Tuks Lifesaving Club	A	NT	36,12
1) Kendra du Toit 19	2) Tove' van Zyl 25		
--- Kings Beach Lifesaving Club	A	NT	DNF
Did not finish			
1) Tyra Roozendaal 20	2) Jessica Booth 19		
--- Clifton Lifesaving Club	B	NT	DNF
Did not finish			
1) Judi Smith 20	2) Savannah Voigt 17		

Event 95 Men 50 LC Meter Line Throw Relay POOL JUN / SEN

SA REC 2023: 8,84 R 24 Feb 2010 Gauteng Seniors

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	B	NT	11,78
1) Robbie le Roux 23	2) Andre Mouton 22		
2 Milnerton Lifesaving Club	A	NT	23,26
1) Marco Zumpt 51	2) Nico Zumpt 16		
3 Tuks Lifesaving Club	A	NT	31,89
1) Jason Rodgers 20	2) Ockert van Schalkwyk 22		
--- Clifton Lifesaving Club	D	NT	DQ
1) Teagan Thompson 21	2) Ben McWilliam 16		
--- Clifton Lifesaving Club	A	NT	DNF
Did not finish			
1) Avron Manchest 27	2) Darryl Lindt 23		
--- Clifton Lifesaving Club	B	NT	DNF
Did not finish			
1) Tanner Gorille 23	2) Zack Waters 17		

Event 96 Girls 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 1:04,00 R 28 Mar 2019 Zanje van Rensburg

Harties

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Jessica Sardinah	14	Boksburg Lifesaving Club	1:11,07	1:08,61
2 Kendra Begley	14	Kings Beach Lifesaving Club	1:14,57	1:10,34
3 Rone Joubert	14	Tuks Lifesaving Club	1:12,10	1:10,51
4 Lane Fouche	14	Harties Reflections	1:20,63	1:15,97
5 Meg Wentzel	14	Summerstrand Lifesaving Club	1:30,61	1:22,96
6 Daniella Harcus	14	Woodridge	1:27,69	1:23,87
7 Kayla van Niekerk	14	Bloemfontein Sentraal LC	1:22,75	1:27,24
8 Tayla Wilson	14	Summerstrand Lifesaving Club	1:28,22	1:34,40

Event 96 Girls 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 1:04,00 R 28 Mar 2019 Zanje van Rensburg

Harties

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Jessica Sardinah	14	Boksburg Lifesaving Club	1:12,12	1:11,07 q
2 Rone Joubert	14	Tuks Lifesaving Club	1:17,83	1:12,10 q
3 Kendra Begley	14	Kings Beach Lifesaving Club	NT	1:14,57 q
4 Lane Fouche	14	Harties Reflections	1:21,36	1:20,63 q
5 Kayla van Niekerk	14	Bloemfontein Sentraal LC	1:23,84	1:22,75 q
6 Daniella Harcus	14	Woodridge	NT	1:27,69 q
7 Tayla Wilson	14	Summerstrand Lifesaving Club	1:35,00	1:28,22 q
8 Meg Wentzel	14	Summerstrand Lifesaving Club	1:32,00	1:30,61 q

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Results

Preliminaries ... (Event 96 Girls 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time
9 Nicole Norman	14	Tuks Lifesaving Club	1:32,35	1:32,07
10 Maria dos Santos	14	Harties Reflections	1:27,49	1:40,18
11 Anna Allen	14	Clifton Lifesaving Club	1:36,62	1:59,94

Event 96 Girls 15-16 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,52 R 21 Nov 2019 Kendra du Toit

SA Presidents 19

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Keira van Heerden	15	Summerstrand Lifesaving Club	1:07,06	1:05,88
2 Chloe Gershuny	16	Clifton Lifesaving Club	1:14,27	1:07,20
3 Linique Rowles	15	Harties Reflections	1:14,28	1:07,63
4 Amber-Rose Berry	15	Clifton Lifesaving Club	1:14,23	1:10,35
5 Nicola Harcus	16	Woodridge	1:15,09	1:11,61
6 Tamica Visser	16	Harties Reflections	1:17,28	1:17,27
7 Jessica Harcus	15	Woodridge	1:16,66	1:17,58
--- Teegan Pio	16	Kings Beach Lifesaving Club	1:11,93	DQ

Event 96 Girls 15-16 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,52 R 21 Nov 2019 Kendra du Toit

SA Presidents 19

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Keira van Heerden	15	Summerstrand Lifesaving Club	1:13,25	1:07,06	q
2 Teegan Pio	16	Kings Beach Lifesaving Club	NT	1:11,93	q
3 Amber-Rose Berry	15	Clifton Lifesaving Club	1:13,47	1:14,23	q
4 Chloe Gershuny	16	Clifton Lifesaving Club	1:11,68	1:14,27	q
5 Linique Rowles	15	Harties Reflections	1:11,57	1:14,28	q
6 Nicola Harcus	16	Woodridge	NT	1:15,09	q
7 Jessica Harcus	15	Woodridge	NT	1:16,66	q
8 Tamica Visser	16	Harties Reflections	1:12,35	1:17,28	q
9 Cayla Visser	16	Bloemfontein Sentraal LC	1:25,36	1:18,27	
10 Kaylin Visser	16	Bloemfontein Sentraal LC	1:17,57	1:19,45	
11 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	1:14,12	1:22,59	
12 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	NT	1:26,29	
13 Awande Mlangeni	16	Tuks Lifesaving Club	1:21,42	1:27,04	
14 Megan Hough	15	Kings Beach Lifesaving Club	NT	1:27,19	
15 Imani Magotsi	15	Clifton Lifesaving Club	1:28,25	1:27,85	
16 Ellen Hodgkinson	15	Clifton Lifesaving Club	1:23,43	1:32,94	
17 Yanelisa Nomoyi	15	Kings Beach Lifesaving Club	NT	1:33,26	
18 Jessie Allott	15	Big Bay Slc	1:36,41	1:33,70	
19 Cailynn Foster	15	Tuks Lifesaving Club	1:37,12	1:37,40	
20 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	1:19,77	1:38,94	
21 Jessica Johannes	16	Senathla Lifesaving Club	1:30,81	1:39,60	
22 Zara Brown	15	Seagulls Lifesaving Club	NT	1:44,55	
--- Caitlynn Foster	15	Tuks Lifesaving Club	1:35,02	DNF	
Did not finish					

Event 96 Girls 17-18 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,37 R 21 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Zanje van Rensburg	18	Harties Reflections	1:11,37	1:02,15
2 Anya Hocking	17	Gyllyngvase Slsc	1:05,75	1:02,28
3 Savannah Voigt	17	Clifton Lifesaving Club	1:11,52	1:10,49
4 Kelsey Chiang	17	Milnerton Lifesaving Club	1:22,97	1:12,64

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Finals ... (Event 96 Girls 17-18 100 LC Meter Manikin with fins POOL JUN / SEN)

Name	Age	Team	Prelim Time	Finals Time
5 Ann-Mari de Villiers	17	Bloemfontein Sentraal LC	1:15,20	1:13,58
6 Kimberley Howes	17	Harties Reflections	1:22,36	1:20,78
7 Rebecca Harcombe	17	Summerstrand Lifesaving Club	1:28,49	1:27,68

Event 96 Girls 17-18 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,37 R 21 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Anya Hocking	17	Gyllyngvase Slsc	1:00,20	1:05,75 q
2 Zanje van Rensburg	18	Harties Reflections	1:15,21	1:11,37 q
3 Savannah Voigt	17	Clifton Lifesaving Club	1:09,56	1:11,52 q
4 Ann-Mari de Villiers	17	Bloemfontein Sentraal LC	1:17,76	1:15,20 q
5 Kimberley Howes	17	Harties Reflections	1:22,55	1:22,36 q
6 Kelsey Chiang	17	Milnerton Lifesaving Club	1:18,90	1:22,97 q
7 Rebecca Harcombe	17	Summerstrand Lifesaving Club	1:38,00	1:28,49 q

Event 96 Girls 19 & Over 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 55,40 R 27 Apr 2017 Carmel Billson

Marine

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Kendra du Toit	19	Tuks Lifesaving Club	59,09	57,97
2 Tove' van Zyl	25	Tuks Lifesaving Club	1:02,29	1:00,58
3 Deborah Dredge	20	Tuks Lifesaving Club	1:07,39	1:04,21
4 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	1:13,30	1:04,63
5 Marlise Ferreira	20	Tuks Lifesaving Club	1:05,80	1:05,09
6 Jessica Booth	19	Kings Beach Lifesaving Club	1:16,53	1:15,20
7 Judi Smith	20	Clifton Lifesaving Club	1:20,10	1:20,79
8 Caitlin Forward	20	Kings Beach Lifesaving Club	1:29,36	1:31,25

Event 96 Girls 19 & Over 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 55,40 R 27 Apr 2017 Carmel Billson

Marine

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Kendra du Toit	19	Tuks Lifesaving Club	58,25	59,09 q
2 Tove' van Zyl	25	Tuks Lifesaving Club	1:01,91	1:02,29 q
3 Marlise Ferreira	20	Tuks Lifesaving Club	1:07,61	1:05,80 q
4 Deborah Dredge	20	Tuks Lifesaving Club	1:02,56	1:07,39 q
5 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	NT	1:13,30 q
6 Jessica Booth	19	Kings Beach Lifesaving Club	NT	1:16,53 q
7 Judi Smith	20	Clifton Lifesaving Club	1:19,53	1:20,10 q
8 Waris Mills	20	Fish Hoek Surf Lifesaving Club	1:23,19	1:28,31 q
9 Caitlin Forward	20	Kings Beach Lifesaving Club	NT	1:29,36
10 Sylvie Gorille	21	Clifton Lifesaving Club	1:25,64	1:36,88
11 Tyra Roozendaal	20	Kings Beach Lifesaving Club	NT	1:49,56

Event 97 Boys 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,89 R 12 Feb 2022 Christiaan van Eeden

Harties Reflect

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Derick Kotze	14	Bloemfontein Sentraal LC	58,25	58,31
2 Alexander Benecke	14	Clifton Lifesaving Club	1:14,13	1:03,96
3 Vaclav Horak	14	Woodridge	1:09,33	1:05,79
4 Johan Moolman	14	Woodridge	1:08,71	1:07,88
5 James Brice	14	Kings Beach Lifesaving Club	1:25,15	1:12,58
6 Troy McWilliam	14	Clifton Lifesaving Club	1:17,33	1:15,68

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Finals ... (Event 97 Boys 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN)

Name	Age	Team	Prelim Time	Finals Time
7 John Paul Mitas	14	Clifton Lifesaving Club	1:28,24	1:32,23
8 Sebastian Steer	14	Clifton Lifesaving Club	1:25,84	1:48,33

Event 97 Boys 14 Year Olds 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 56,89 R 12 Feb 2022 Christiaan van Eeden				Harties Reflect	
Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Derick Kotze	14	Bloemfontein Sentraal LC	1:05,40	58,25	q
2 Johan Moolman	14	Woodridge	NT	1:08,71	q
3 Vaclav Horak	14	Woodridge	NT	1:09,33	q
4 Alexander Benecke	14	Clifton Lifesaving Club	1:14,40	1:14,13	q
5 Troy McWilliam	14	Clifton Lifesaving Club	1:18,32	1:17,33	q
6 Gal Bittencourt Marks	14	Umhlanga Rocks Club	NT	1:19,56	q
7 James Brice	14	Kings Beach Lifesaving Club	NT	1:25,15	q
8 Sebastian Steer	14	Clifton Lifesaving Club	1:28,97	1:25,84	q
9 John Paul Mitas	14	Clifton Lifesaving Club	1:40,40	1:28,24	
10 Caleb Jansen	14	Big Bay Slc	1:25,09	1:31,01	

Event 97 Boys 15-16 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 49,94 R 22 Mar 2022 Antonie Pieterse				Harties	
Name	Age	Team	Prelim Time	Finals Time	
Finals					
1 Tiago Goncalves	16	Boksburg Lifesaving Club	52,47	49,96	
2 Christiaan van Eeden	15	Harties Reflections	55,47	54,61	
3 Wilan Basson	16	Clifton Lifesaving Club	56,75	56,75	
4 Alexander Moolman	15	Woodridge	58,62	58,30	
5 Aidan Mills	16	Tuks Lifesaving Club	58,75	1:00,36	
6 Liam Schweitzer	15	Woodridge	59,73	1:00,74	
7 Ryan Nell	15	Tuks Lifesaving Club	1:00,68	1:00,79	
8 Christiaan Bothma	15	Harties Reflections	1:01,41	1:02,34	

Event 97 Boys 15-16 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 49,94 R 22 Mar 2022 Antonie Pieterse				Harties	
Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Tiago Goncalves	16	Boksburg Lifesaving Club	54,07	52,47	q
2 Christiaan van Eeden	15	Harties Reflections	56,34	55,47	q
3 Wilan Basson	16	Clifton Lifesaving Club	59,48	56,75	q
4 Alexander Moolman	15	Woodridge	NT	58,62	q
5 Aidan Mills	16	Tuks Lifesaving Club	1:00,65	58,75	q
6 Liam Schweitzer	15	Woodridge	NT	59,73	q
7 Ryan Nell	15	Tuks Lifesaving Club	1:00,86	1:00,68	q
8 Christiaan Bothma	15	Harties Reflections	1:09,41	1:01,41	q
9 Neil Holtzhausen	15	Harties Reflections	1:01,75	1:02,19	
10 Armand Jubber	16	Boksburg Lifesaving Club	59,37	1:03,42	
11 Nico Zumpt	16	Milnerton Lifesaving Club	1:06,84	1:03,47	
12 Ludolph Joubert	16	Tuks Lifesaving Club	1:02,55	1:03,52	
13 Ryan Voigt	15	Clifton Lifesaving Club	1:08,47	1:04,39	
14 Bernard Mac Kay	16	Bloemfontein Sentraal LC	1:09,96	1:05,99	
15 Connor Bagley	16	Kings Beach Lifesaving Club	NT	1:07,73	
16 Matthew Brooker	15	Big Bay Slc	1:06,28	1:08,35	
17 Tyne van Achterbergh	15	Scottburgh Surf Lifesaving	NT	1:09,19	
18 Canaan Brice	15	Kings Beach Lifesaving Club	NT	1:10,20	
19 Conor Moynihan	15	Kings Beach Lifesaving Club	NT	1:11,34	

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Preliminaries ... (Event 97 Boys 15-16 100 LC Meter Manikin with fins POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time
20 Matthew Goodall	15	Kings Beach Lifesaving Club	NT	1:12,64
21 Javin Presence	16	Milnerton Lifesaving Club	1:18,77	1:13,29
22 Ben McWilliam	16	Clifton Lifesaving Club	1:20,46	1:15,65
23 Liam Niewoudt	15	Bloemfontein Sentraal LC	1:35,10	1:18,00
24 Isaiah Douglas	15	Seagulls Lifesaving Club	NT	1:31,13
25 Conner Daniels	16	Seagulls Lifesaving Club	NT	1:58,17

Event 97 Boys 17-18 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 49,16 R 06 Aug 2022 Antonie Pieterse

Harties

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Aiden Bornman	17	Boksburg Lifesaving Club	51,30	47,92 R
2 Antonie Pieterse	17	Harties Reflections	50,42	49,49
3 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	51,39	51,94
4 Luke Glock	17	Big Bay Slc	1:02,17	1:02,26
5 Janeco Coetzee	18	Tuks Lifesaving Club	1:06,37	1:03,95
6 Jordan Denyer	17	Kings Beach Lifesaving Club	1:08,38	1:05,56
7 Marnitz van den Berg	18	Aquamix Lifesaving Club	1:08,91	1:07,18
8 Jamie Smuts	17	Big Bay Slc	1:09,22	1:07,43

Event 97 Boys 17-18 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 49,16 R 06 Aug 2022 Antonie Pieterse

Harties

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Antonie Pieterse	17	Harties Reflections	49,84	50,42 q
2 Aiden Bornman	17	Boksburg Lifesaving Club	48,60	51,30 q
3 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	55,34	51,39 q
4 Luke Glock	17	Big Bay Slc	59,46	1:02,17 q
5 Janeco Coetzee	18	Tuks Lifesaving Club	1:11,01	1:06,37 q
6 Jordan Denyer	17	Kings Beach Lifesaving Club	NT	1:08,38 q
7 Marnitz van den Berg	18	Aquamix Lifesaving Club	1:08,54	1:08,91 q
8 Jamie Smuts	17	Big Bay Slc	1:07,69	1:09,22 q
9 Zack Waters	17	Clifton Lifesaving Club	1:04,67	1:09,36
10 Christian Appels	18	Kings Beach Lifesaving Club	NT	1:14,29
11 Naor Lombard	18	Clifton Lifesaving Club	NT	1:16,26
12 George Allen	17	Clifton Lifesaving Club	1:13,47	1:17,25
13 Jaden Agnew	17	Seagulls Lifesaving Club	NT	1:20,32
14 Carlo Morgan	17	Seagulls Lifesaving Club	NT	1:21,63
15 Justin Agnew	17	Seagulls Lifesaving Club	NT	1:23,52

Event 97 Boys 19 & Over 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 47,29 R 18 Sep 2016 Christiaan Malan

Marine

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Johan Lourens	27	Tuks Lifesaving Club	52,92	50,11
2 Rinus Hattingh	21	Senathla Lifesaving Club	51,79	50,41
3 Andre Mouton	22	Tuks Lifesaving Club	56,02	53,20
4 Robbie le Roux	23	Tuks Lifesaving Club	52,67	55,04
5 Avron Manchest	27	Clifton Lifesaving Club	58,38	56,51
6 Ockert van Schalkwyk	22	Tuks Lifesaving Club	56,33	56,74
7 Jason Rodgers	20	Tuks Lifesaving Club	58,37	1:01,12
8 Luke Mansvelt	23	Clifton Lifesaving Club	1:04,31	1:02,11

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Event 97 Boys 19 & Over 100 LC Meter Manikin with fins POOL JUN / SEN

SA REC 2023: 47,29 R 18 Sep 2016 Christiaan Malan

Marine

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Rinus Hattingh	21 Senathla Lifesaving Club	50,41	51,79	q
2	Robbie le Roux	23 Tuks Lifesaving Club	55,28	52,67	q
3	Johan Lourens	27 Tuks Lifesaving Club	1:01,03	52,92	q
4	Andre Mouton	22 Tuks Lifesaving Club	59,38	56,02	q
5	Ockert van Schalkwyk	22 Tuks Lifesaving Club	55,42	56,33	q
6	Jason Rodgers	20 Tuks Lifesaving Club	1:01,98	58,37	q
7	Avron Manchest	27 Clifton Lifesaving Club	1:03,94	58,38	q
8	Luke Mansvelt	23 Clifton Lifesaving Club	1:05,40	1:04,31	q
9	Teagan Thompson	21 Clifton Lifesaving Club	1:24,93	1:12,25	
10	Tanner Gorille	23 Clifton Lifesaving Club	1:18,19	1:14,00	
11	Darryl Lindt	23 Clifton Lifesaving Club	NT	1:24,94	

Event 98 Girls 14 Year Olds 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:22,52 R 27 Apr 2019 Guilma Lausberg

Freestate

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Kendra Begley	14 Kings Beach Lifesaving Club	1:38,64	1:30,09	
2	Jessica Sardinah	14 Boksburg Lifesaving Club	1:37,56	1:31,15	
3	Rone Joubert	14 Tuks Lifesaving Club	1:41,02	1:40,45	
4	Lane Fouche	14 Harties Reflections	1:47,57	1:41,88	
5	Lerato Moloby	14 Harties Reflections	1:53,44	1:48,83	
6	Madison Fourie	14 Summerstrand Lifesaving Club	1:48,77	1:51,91	
7	Daniella Harcus	14 Woodridge	1:50,96	1:53,32	
8	Nicole Norman	14 Tuks Lifesaving Club	1:59,94	1:57,55	

Event 98 Girls 14 Year Olds 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:22,52 R 27 Apr 2019 Guilma Lausberg

Freestate

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Jessica Sardinah	14 Boksburg Lifesaving Club	1:34,20	1:37,56	q
2	Kendra Begley	14 Kings Beach Lifesaving Club	NT	1:38,64	q
3	Rone Joubert	14 Tuks Lifesaving Club	1:36,84	1:41,02	q
4	Lane Fouche	14 Harties Reflections	1:58,23	1:47,57	q
5	Madison Fourie	14 Summerstrand Lifesaving Club	1:35,00	1:48,77	q
6	Daniella Harcus	14 Woodridge	NT	1:50,96	q
7	Lerato Moloby	14 Harties Reflections	1:49,02	1:53,44	q
8	Nicole Norman	14 Tuks Lifesaving Club	1:56,34	1:59,94	q
9	Maria dos Santos	14 Harties Reflections	2:05,46	2:06,33	
10	Kayla van Niekerk	14 Bloemfontein Sentraal LC	NT	2:09,76	
---	Eve Abrahams	14 Clifton Lifesaving Club	NT	DQ	
---	Tyra Jenniker	14 Seagulls Lifesaving Club	NT	DQ	
---	Anna Allen	14 Clifton Lifesaving Club	NT	DQ	

Event 98 Girls 15-16 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:17,29 R 04 May 2019 Bianca Opperman

SA Youth Team 19

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Keira van Heerden	15 Summerstrand Lifesaving Club	1:29,48	1:24,42	
2	Chloe Gershuny	16 Clifton Lifesaving Club	1:29,75	1:28,18	
3	Nicola Harcus	16 Woodridge	1:32,35	1:31,98	
4	Kaylie-Peace Armour	15 Bloemfontein Sentraal LC	1:37,72	1:33,78	

LIFESAVING SOUTH AFRICA
DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2023

Results

Finals ... (Event 98 Girls 15-16 100 LC Meter Rescue Medley POOL JUN / SEN)

Name	Age	Team	Prelim Time	Finals Time
5 Jessica Harcus	15	Woodridge	1:36,25	1:36,21
6 Tamica Visser	16	Harties Reflections	1:43,62	1:40,91
7 Awande Mlangeni	16	Tuks Lifesaving Club	1:45,98	1:44,42
8 Amber-Rose Berry	15	Clifton Lifesaving Club	1:46,68	1:46,14

Event 98 Girls 15-16 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:17,29 R 04 May 2019 Bianca Opperman

SA Youth Team 19

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Keira van Heerden	15	Summerstrand Lifesaving Club	1:27,88	1:29,48 q
2 Chloe Gershuny	16	Clifton Lifesaving Club	1:30,37	1:29,75 q
3 Nicola Harcus	16	Woodridge	NT	1:32,35 q
4 Jessica Harcus	15	Woodridge	NT	1:36,25 q
5 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	1:30,56	1:37,72 q
6 Tamica Visser	16	Harties Reflections	1:38,24	1:43,62 q
7 Awande Mlangeni	16	Tuks Lifesaving Club	1:48,73	1:45,98 q
8 Amber-Rose Berry	15	Clifton Lifesaving Club	1:38,62	1:46,68 q
9 Linique Rowles	15	Harties Reflections	1:42,97	1:48,73
10 Kaylin Visser	16	Bloemfontein Sentraal LC	1:49,67	1:50,21
11 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	NT	1:52,48
12 Megan Hough	15	Kings Beach Lifesaving Club	NT	1:53,28
13 Cayla Visser	16	Bloemfontein Sentraal LC	1:47,78	1:55,54
14 Ellen Hodgkinson	15	Clifton Lifesaving Club	1:59,82	2:07,26
15 Cailynn Foster	15	Tuks Lifesaving Club	2:06,45	2:08,27
16 Imani Magotsi	15	Clifton Lifesaving Club	1:42,06	2:12,00
17 Caitlynn Foster	15	Tuks Lifesaving Club	1:55,02	2:13,67
--- Zara Brown	15	Seagulls Lifesaving Club	NT	DQ

Event 98 Girls 17-18 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:16,52 R 24 Apr 2021 Sulinke van den Berg

Gauteng

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Savannah Voigt	17	Clifton Lifesaving Club	1:35,32	1:19,72
2 Anya Hocking	17	Gyllyngvase Slsc	1:26,94	1:21,98
3 Kelsey Chiang	17	Milnerton Lifesaving Club	1:42,68	1:31,43
4 Kimberley Howes	17	Harties Reflections	1:46,45	1:41,79
5 Robyn Hough	17	Kings Beach Lifesaving Club	1:46,37	1:42,24

Event 98 Girls 17-18 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:16,52 R 24 Apr 2021 Sulinke van den Berg

Gauteng

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Anya Hocking	17	Gyllyngvase Slsc	1:21,10	1:26,94 q
2 Savannah Voigt	17	Clifton Lifesaving Club	1:24,23	1:35,32 q
3 Kelsey Chiang	17	Milnerton Lifesaving Club	1:41,69	1:42,68 q
4 Robyn Hough	17	Kings Beach Lifesaving Club	NT	1:46,37 q
5 Kimberley Howes	17	Harties Reflections	1:52,62	1:46,45 q

Event 98 Girls 19 & Over 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:15,88 R 05 May 2018 Carmel Bilson

KZN

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	1:32,86	1:18,61
2 Tove' van Zyl	25	Tuks Lifesaving Club	1:23,20	1:18,76
3 Kendra du Toit	19	Tuks Lifesaving Club	1:24,68	1:22,08

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Finals ... (Event 98 Girls 19 & Over 100 LC Meter Rescue Medley POOL JUN / SEN)

	Name	Age	Team	Prelim Time	Finals Time
4	Deborah Dredge	20	Tuks Lifesaving Club	1:37,76	1:30,06
5	Marlise Ferreira	20	Tuks Lifesaving Club	1:32,98	1:33,46

Event 98 Girls 19 & Over 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:15,88 R 05 May 2018 Carmel Bilson

KZN

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Tove' van Zyl	25	Tuks Lifesaving Club	1:20,43	1:23,20 q
2	Kendra du Toit	19	Tuks Lifesaving Club	1:25,15	1:24,68 q
3	Sasha-Lee Nordegen	25	Umhlanga Rocks Club	NT	1:32,86 q
4	Marlise Ferreira	20	Tuks Lifesaving Club	1:32,30	1:32,98 q
5	Deborah Dredge	20	Tuks Lifesaving Club	1:27,39	1:37,76 q
6	Waris Mills	20	Fish Hoek Surf Lifesaving Club	1:34,44	1:46,21 q
---	Sylvie Gorille	21	Clifton Lifesaving Club	1:34,91	DQ
---	Judi Smith	20	Clifton Lifesaving Club	NT	DQ

Event 99 Boys 14 Year Olds 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:12,65 R 21 Mar 2022 Christiaan van Eeden

Harties

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Derick Kotze	14	Bloemfontein Sentraal LC	1:24,32	1:20,91
2	Vaclav Horak	14	Woodridge	1:23,23	1:20,93
3	Troy McWilliam	14	Clifton Lifesaving Club	1:34,86	1:24,97
4	Johan Moolman	14	Woodridge	1:30,34	1:25,28
5	Alexander Benecke	14	Clifton Lifesaving Club	1:28,98	1:26,94
6	James Brice	14	Kings Beach Lifesaving Club	1:39,26	1:28,10
7	Sebastian Steer	14	Clifton Lifesaving Club	1:58,95	2:00,09

Event 99 Boys 14 Year Olds 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:12,65 R 21 Mar 2022 Christiaan van Eeden

Harties

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Vaclav Horak	14	Woodridge	NT	1:23,23 q
2	Derick Kotze	14	Bloemfontein Sentraal LC	1:30,41	1:24,32 q
3	Alexander Benecke	14	Clifton Lifesaving Club	1:56,37	1:28,98 q
4	Johan Moolman	14	Woodridge	NT	1:30,34 q
5	Troy McWilliam	14	Clifton Lifesaving Club	1:28,56	1:34,86 q
6	James Brice	14	Kings Beach Lifesaving Club	NT	1:39,26 q
7	Sebastian Steer	14	Clifton Lifesaving Club	1:57,43	1:58,95 q
---	Gal Bittencourt Marks	14	Umhlanga Rocks Club	NT	DQ
---	John Paul Mitas	14	Clifton Lifesaving Club	NT	DQ

Event 99 Boys 15-16 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:06,39 R 21 Mar 2022 Aiden Bornman

Boksburg

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Christiaan van Eeden	15	Harties Reflections	1:13,38	1:10,68
2	Wilan Basson	16	Clifton Lifesaving Club	1:14,30	1:14,17
3	Neil Holtzhausen	15	Harties Reflections	1:17,13	1:14,47
4	Aidan Mills	16	Tuks Lifesaving Club	1:15,83	1:15,73
5	Canaan Brice	15	Kings Beach Lifesaving Club	1:18,70	1:17,76
6	Armand Jubber	16	Boksburg Lifesaving Club	1:17,71	1:18,47
7	Alexander Moolman	15	Woodridge	1:21,66	1:21,41
8	Ryan Voigt	15	Clifton Lifesaving Club	1:22,83	1:22,56

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Event 99 Boys 15-16 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:06,39 R 21 Mar 2022 Aiden Bornman

Boksburg

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Christiaan van Eeden	15 Harties Reflections	1:15,92	1:13,38	q
2	Wilan Basson	16 Clifton Lifesaving Club	1:22,44	1:14,30	q
3	Aidan Mills	16 Tuks Lifesaving Club	1:15,75	1:15,83	q
4	Neil Holtzhausen	15 Harties Reflections	1:19,67	1:17,13	q
5	Armand Jubber	16 Boksburg Lifesaving Club	1:18,20	1:17,71	q
6	Canaan Brice	15 Kings Beach Lifesaving Club	NT	1:18,70	q
7	Alexander Moolman	15 Woodridge	NT	1:21,66	q
8	Ryan Voigt	15 Clifton Lifesaving Club	1:23,05	1:22,83	q
9	Christiaan Bothma	15 Harties Reflections	1:23,33	1:24,24	
10	Liam Schweitzer	15 Woodridge	NT	1:24,70	
11	Conor Moynihan	15 Kings Beach Lifesaving Club	NT	1:25,42	
12	Tiago Goncalves	16 Boksburg Lifesaving Club	NT	1:26,10	
13	Ryan Nell	15 Tuks Lifesaving Club	1:29,77	1:27,08	
14	Ludolph Joubert	16 Tuks Lifesaving Club	1:29,05	1:28,26	
15	Nico Zumpt	16 Milnerton Lifesaving Club	1:38,34	1:31,67	
16	Ben McWilliam	16 Clifton Lifesaving Club	1:28,87	1:31,93	
17	Matthew Wolfe	16 Kings Beach Lifesaving Club	NT	1:34,03	
18	Luke Burrows	15 Woodridge	NT	1:38,90	
19	Bernard Mac Kay	16 Bloemfontein Sentraal LC	1:42,05	1:40,10	
20	Liam Niewoudt	15 Bloemfontein Sentraal LC	1:49,50	1:44,79	
21	Adam Cloete-Hopkins	15 Clifton Lifesaving Club	NT	1:46,64	
---	Javin Presence	16 Milnerton Lifesaving Club	NT	DQ	
---	Matthew Goodall	15 Kings Beach Lifesaving Club	NT	DQ	
---	Tyne van Achterbergh	15 Scottburgh Surf Lifesaving	NT	DQ	

Event 99 Boys 17-18 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:06,17 R 22 Sep 2007 Armand Marais

Gauteng North

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Aiden Bornman	17 Boksburg Lifesaving Club	1:06,37	1:05,08	R
2	Antonie Pieterse	17 Harties Reflections	1:09,59	1:07,63	
3	Len-Douglas Mac Kay	18 Bloemfontein Sentraal LC	1:11,98	1:12,49	
4	Janeco Coetzee	18 Tuks Lifesaving Club	1:24,34	1:23,68	
5	Jamie Smuts	17 Big Bay Slc	1:29,92	1:25,67	
6	Naor Lombard	18 Clifton Lifesaving Club	1:36,71	1:28,79	
7	Marnitz van den Berg	18 Aquamix Lifesaving Club	1:31,80	1:30,92	
8	Luke Glock	17 Big Bay Slc	1:32,53	1:31,74	

Event 99 Boys 17-18 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:06,17 R 22 Sep 2007 Armand Marais

Gauteng North

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Aiden Bornman	17 Boksburg Lifesaving Club	1:07,14	1:06,37	q
2	Antonie Pieterse	17 Harties Reflections	1:11,57	1:09,59	q
3	Len-Douglas Mac Kay	18 Bloemfontein Sentraal LC	1:11,04	1:11,98	q
4	Janeco Coetzee	18 Tuks Lifesaving Club	1:24,05	1:24,34	q
5	Jamie Smuts	17 Big Bay Slc	1:26,56	1:29,92	q
6	Marnitz van den Berg	18 Aquamix Lifesaving Club	1:32,85	1:31,80	q
7	Luke Glock	17 Big Bay Slc	1:29,79	1:32,53	q
8	Naor Lombard	18 Clifton Lifesaving Club	NT	1:36,71	q

LIFESAVING SOUTH AFRICA
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Results

Preliminaries ... (Event 99 Boys 17-18 100 LC Meter Rescue Medley POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time
--- Christian Appels	18	Kings Beach Lifesaving Club	NT	DQ
No Show Penalty Event				
--- George Allen	17	Clifton Lifesaving Club	1:38,62	DQ

Event 99 Boys 19 & Over 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:02,15 R 24 Nov 2018 Martin Binnedell

Protea WLC

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Ockert van Schalkwyk	22	Tuks Lifesaving Club	1:08,29	1:07,97
2 Robbie le Roux	23	Tuks Lifesaving Club	1:07,84	1:08,71
3 Rinus Hattingh	21	Senathla Lifesaving Club	1:15,76	1:16,22
4 Avron Manchest	27	Clifton Lifesaving Club	1:22,56	1:20,38
5 Jason Rodgers	20	Tuks Lifesaving Club	1:25,61	1:22,27
6 Marco Zumpt	51	Milnerton Lifesaving Club	1:37,35	1:32,64
7 Andre Mouton	22	Tuks Lifesaving Club	1:21,59	1:33,24
8 Tanner Gorille	23	Clifton Lifesaving Club	1:33,45	1:33,54

Event 99 Boys 19 & Over 100 LC Meter Rescue Medley POOL JUN / SEN

SA REC 2023: 1:02,15 R 24 Nov 2018 Martin Binnedell

Protea WLC

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Robbie le Roux	23	Tuks Lifesaving Club	1:10,42	1:07,84 q
2 Ockert van Schalkwyk	22	Tuks Lifesaving Club	1:10,51	1:08,29 q
3 Rinus Hattingh	21	Senathla Lifesaving Club	1:13,54	1:15,76 q
4 Andre Mouton	22	Tuks Lifesaving Club	1:27,50	1:21,59 q
5 Avron Manchest	27	Clifton Lifesaving Club	1:24,40	1:22,56 q
6 Jason Rodgers	20	Tuks Lifesaving Club	1:29,18	1:25,61 q
7 Tanner Gorille	23	Clifton Lifesaving Club	1:34,48	1:33,45 q
8 Marco Zumpt	51	Milnerton Lifesaving Club	1:36,10	1:37,35 q
9 Luke Mansvelt	23	Clifton Lifesaving Club	1:30,63	1:38,38
10 Teagan Thompson	21	Clifton Lifesaving Club	2:06,59	1:47,45

Event 100 Mixed 14-18 1500 LC Meter SERC Relay POOL JUN / SEN

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1,00
1) Awande Mlangeni W16	2) Ludolph Joubert M16	3) Aidan Mills M16	4) Janeco Coetzee M18
2 Bloemfontein Sentraal LC	A	NT	2,00
1) Derick Kotze M14	2) Len-Douglas Mac Kay M18	3) Kayla van Niekerk W14	4) Kaylin Visser W16
3 Clifton Lifesaving Club	B	NT	3,00
1) George Allen M17	2) Wilan Basson M16	3) Savannah Voigt W17	4) Amber-Rose Berry W15
4 Harties Reflections	A	NT	4,00
1) Christiaan Bothma M15	2) Lane Fouche W14	3) Antonie Pieterse M17	4) Tamica Visser W16
5 Woodridge	A	NT	5,00
1) Nicola Harcus W16	2) Alexander Moolman M15	3) Liam Schweitzer M15	4) Vaclav Horak M14
6 Woodridge	B	NT	6,00
1) Daniella Harcus W14	2) Jessica Harcus W15	3) Luke Burrows M15	4) Johan Moolman M14
7 Boksburg Lifesaving Club	A	NT	7,00
1) Aiden Bornman M17	2) Tiago Goncalves M16	3) Armand Jubber M16	4) Jessica Sardinah W14
8 Harties Reflections	B	NT	8,00
1) Maria dos Santos W14	2) Christiaan van Eeden M15	3) Kimberley Howes W17	4) Lerato Molobye W14
9 Clifton Lifesaving Club	A	NT	9,00
1) Zack Waters M17	2) Naor Lombard M18	3) Chloe Gershuny W16	4) Ellen Hodgkinson W15
10 Bloemfontein Sentraal LC	B	NT	10,00
1) Kaylie-Peace Armour W15	2) Bernard Mac Kay M16	3) Liam Niewoudt M15	4) Cayla Visser W16
11 Big Bay Slc	A	NT	11,00
1) Jessie Allott W15	2) Matthew Brooker M15	3) Luke Glock M17	4) Caleb Jansen M14

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(Event 100 Mixed 14-18 1500 LC Meter SERC Relay POOL JUN / SEN)

Team	Relay	Seed Time	Finals Time
12 Summerstrand Lifesaving Club	A	NT	12,00

Event 101 Mixed 1500 LC Meter SERC Relay POOL JUN / SEN

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1,00
1) Deborah Dredge W20	2) Marlise Ferreira W20	3) Andre Mouton M22	4) Jason Rodgers M20
2 Clifton Lifesaving Club	B	NT	2,00
1) Teagan Thompson M21	2) Sylvie Gorille W21	3) Darryl Lindt M23	4) Ben McWilliam M16
3 Milnerton Lifesaving Club	A	NT	3,00
1) Kelsey Chiang W17	2) Marco Zumpt M51	3) Nico Zumpt M16	4) Javin Presence M16
4 Clifton Lifesaving Club	A	NT	4,00
1) Avron Manchest M27	2) Tanner Gorille M23	3) Judi Smith W20	4) Luke Mansvelt M23

Event 102 Girls 14-18 200 LC Meter 4X50 Pool Lifesaver Relay POOL JUN / SEN

SA REC 2023: 2:19,18 R 06 Aug 2022 Rsa 1

H Cleworth, Gsinge, S Voigt,

Team	Relay	Seed Time	Finals Time
1 Clifton Lifesaving Club	A	NT	2:39,78
1) Savannah Voigt 17	2) Ellen Hodgkinson 15	3) Chloe Gershuny 16	4) Amber-Rose Berry 15
2 Harties Reflections	A	NT	2:42,46
1) Xanthe Nagel 14	2) Linique Rowles 15	3) Zanje van Rensburg 18	4) Tamica Visser 16
3 Kings Beach Lifesaving Club	A	NT	2:44,14
1) Kendra Begley 14	2) Robyn Hough 17	3) Megan Hough 15	4) Teegan Pio 16
4 Tuks Lifesaving Club	A	NT	2:46,16
1) Rone Joubert 14	2) Nicole Norman 14	3) Cailynn Foster 15	4) Awande Mlangeni 16
5 Bloemfontein Sentraal LC	A	NT	2:53,09
1) Kaylie-Peace Armour 15	2) Kayla van Niekerk 14	3) Cayla Visser 16	4) Kaylin Visser 16
6 Harties Reflections	B	NT	2:55,51
1) Maria dos Santos 14	2) Lane Fouche 14	3) Kimberley Howes 17	4) Lerato Molobye 14
7 Summerstrand Lifesaving Club	A	NT	3:29,56
1) Madison Fourie 14	2) Rebecca Harcombe 17	3) Jodi Wilson 16	4) Tayla Wilson 14
8 Seagulls Lifesaving Club	A	NT	3:56,05
1) Angelina Rockman 17	2) Zara Brown 15	3) Chante Killian 15	4) Tyra Jenniker 14

Event 103 Boys 14-18 200 LC Meter 4X50 Pool Lifesaver Relay POOL JUN / SEN

SA REC 2023: 2:01,13 R 22 Feb 2013 Western Province Seniors

Team	Relay	Seed Time	Finals Time
1 Harties Reflections	A	NT	2:02,86
1) Christiaan Bothma 15	2) Neil Holtzhausen 15	3) Antonie Pieterse 17	4) Christiaan van Eeden 15
2 Bloemfontein Sentraal LC	A	NT	2:10,57
1) Derick Kotze 14	2) Bernard Mac Kay 16	3) Len-Douglas Mac Kay 18	4) Liam Niewoudt 15
3 Tuks Lifesaving Club	A	NT	2:15,22
1) Janeco Coetzee 18	2) Ryan Nell 15	3) Aidan Mills 16	4) Ludolph Joubert 16
4 Clifton Lifesaving Club	A	NT	2:16,85
1) Ben McWilliam 16	2) Ryan Voigt 15	3) Zack Waters 17	4) Wilan Basson 16
5 Kings Beach Lifesaving Club	A	NT	2:17,17
1) Connor Bagley 16	2) Canaan Brice 15	3) Jordan Denyer 17	4) Conor Moynihan 15
6 Woodridge	A	NT	2:18,62
1) Vaclav Horak 14	2) Alexander Moolman 15	3) Johan Moolman 14	4) Liam Schweitzer 15
7 Big Bay Slc	A	NT	2:26,94
1) Matthew Brooker 15	2) Luke Glock 17	3) Caleb Jansen 14	4) Jamie Smuts 17
8 Kings Beach Lifesaving Club	B	NT	2:56,28
1) Christian Appels 18	2) James Brice 14	3) Matthew Goodall 15	4) Matthew Wolfe 16
--- Seagulls Lifesaving Club	A	NT	DQ
1) Jaden Agnew 17	2) Justin Agnew 17	3) Carlo Morgan 17	4) Isaiah Douglas 15
--- Clifton Lifesaving Club	B	NT	DQ
1) Naor Lombard 18	2) Troy McWilliam 14	3) George Allen 17	4) Alexander Benecke 14

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Event 104 Women 200 LC Meter 4X50 Pool Lifesaver Relay POOL JUN / SEN

SA REC 2023: 1:50,81 R 01 Oct 2011 SA Commonwealth Team

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	2:21,38
1) Deborah Dredge 20	2) Kendra du Toit 19	3) Marlise Ferreira 20	4) Tove' van Zyl 25
2 Clifton Lifesaving Club	A	NT	2:47,67
1) Judi Smith 20	2) Sylvie Gorille 21	3) Chloe Gershuny 16	4) Savannah Voigt 17
3 Kings Beach Lifesaving Club	A	NT	2:51,79
1) Jessica Booth 19	2) Tyra Roozendaal 20	3) Teegan Pio 16	4) Yanelisa Nomoyi 15

Event 105 Men 200 LC Meter 4X50 Pool Lifesaver Relay POOL JUN / SEN

SA REC 2023: 1:32,93 R 13 Oct 2010 Durban Surf Lsc

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	2:02,74
1) Robbie le Roux 23	2) Johan Lourens 27	3) Andre Mouton 22	4) Ockert van Schalkwyk 22
2 Clifton Lifesaving Club	A	NT	2:18,98
1) Tanner Gorille 23	2) Avron Manchest 27	3) Wilan Basson 16	4) Ben McWilliam 16
3 Clifton Lifesaving Club	B	NT	2:22,91
1) Luke Mansvelt 23	2) Zack Waters 17	3) Adam Cloete-Hopkins 15	4) Ryan Voigt 15
--- Tuks Lifesaving Club	B	NT	DQ
1) Jason Rodgers 20	2) Aidan Mills 16	3) Ludolph Joubert 16	4) Janeco Coetzee 18

Event 106 Girls 14 Year Olds 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 40,98 R 27 Apr 2019 Guilma Lausberg

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Kendra Begley	14	Kings Beach Lifesaving Club	44,95	42,23
2 Rone Joubert	14	Tuks Lifesaving Club	45,74	44,28
3 Jessica Sardinah	14	Boksburg Lifesaving Club	45,40	44,35
4 Tayla Wilson	14	Summerstrand Lifesaving Club	50,00	46,34
5 Lane Fouche	14	Harties Reflections	52,42	51,44
6 Nicole Norman	14	Tuks Lifesaving Club	52,04	51,93
7 Meg Wentzel	14	Summerstrand Lifesaving Club	55,10	53,19
8 Lerato Molobybe	14	Harties Reflections	50,21	54,90

Event 106 Girls 14 Year Olds 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 40,98 R 27 Apr 2019 Guilma Lausberg

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Kendra Begley	14	Kings Beach Lifesaving Club	NT	44,95 q
2 Jessica Sardinah	14	Boksburg Lifesaving Club	46,89	45,40 q
3 Rone Joubert	14	Tuks Lifesaving Club	46,81	45,74 q
4 Tayla Wilson	14	Summerstrand Lifesaving Club	45,72	50,00 q
5 Lerato Molobybe	14	Harties Reflections	53,94	50,21 q
6 Nicole Norman	14	Tuks Lifesaving Club	56,20	52,04 q
7 Lane Fouche	14	Harties Reflections	58,03	52,42 q
8 Meg Wentzel	14	Summerstrand Lifesaving Club	NT	55,10 q
9 Daniella Harcus	14	Woodridge	NT	57,67
10 Kayla van Niekerk	14	Bloemfontein Sentraal LC	55,64	1:01,43
11 Maria dos Santos	14	Harties Reflections	1:04,03	1:02,55
12 Anna Allen	14	Clifton Lifesaving Club	1:13,32	1:04,43
13 Tyra Jenniker	14	Seagulls Lifesaving Club	NT	1:08,02

LIFESAVING SOUTH AFRICA
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Event 106 Girls 15-16 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 38,30 R 05 May 2018 Alexander Chislett

KZN A

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Keira van Heerden	15	Summerstrand Lifesaving Club	42,38	38,26
2 Chloe Gershuny	16	Clifton Lifesaving Club	43,16	41,38
3 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	45,53	42,12
4 Teegan Pio	16	Kings Beach Lifesaving Club	42,97	42,54
5 Nicola Harcus	16	Woodridge	43,69	42,90
6 Tamica Visser	16	Harties Reflections	47,06	47,35
7 Jodi Wilson	16	Summerstrand Lifesaving Club	46,26	48,21
8 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	47,59	48,74

Event 106 Girls 15-16 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 38,30 R 05 May 2018 Alexander Chislett

KZN A

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Keira van Heerden	15	Summerstrand Lifesaving Club	40,39	42,38 q
2 Teegan Pio	16	Kings Beach Lifesaving Club	NT	42,97 q
3 Chloe Gershuny	16	Clifton Lifesaving Club	42,60	43,16 q
4 Nicola Harcus	16	Woodridge	NT	43,69 q
5 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	NT	45,53 q
6 Jodi Wilson	16	Summerstrand Lifesaving Club	45,72	46,26 q
7 Tamica Visser	16	Harties Reflections	47,22	47,06 q
8 Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	46,78	47,59 q
9 Linique Rowles	15	Harties Reflections	48,16	48,02
10 Awande Mlangeni	16	Tuks Lifesaving Club	50,55	48,46
11 Jessica Harcus	15	Woodridge	NT	48,92
12 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	48,53	50,60
13 Kaylin Visser	16	Bloemfontein Sentraal LC	51,42	51,04
14 Megan Hough	15	Kings Beach Lifesaving Club	NT	51,68
15 Amber-Rose Berry	15	Clifton Lifesaving Club	50,35	52,27
16 Cayla Visser	16	Bloemfontein Sentraal LC	48,73	52,67
17 Ellen Hodgkinson	15	Clifton Lifesaving Club	55,00	53,02
18 Caitlynn Foster	15	Tuks Lifesaving Club	59,46	53,07
19 Yanelisa Nomoyi	15	Kings Beach Lifesaving Club	NT	56,65
20 Imani Magotsi	15	Clifton Lifesaving Club	1:11,03	57,35
21 Jessie Allott	15	Big Bay Slc	59,44	1:02,15
22 Cailynn Foster	15	Tuks Lifesaving Club	1:00,74	1:05,98
23 Jessica Johannes	16	Senathla Lifesaving Club	1:12,32	1:07,69
24 Zara Brown	15	Seagulls Lifesaving Club	NT	1:13,33

Event 106 Girls 17-18 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 37,43 R 21 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Savannah Voigt	17	Clifton Lifesaving Club	41,79	40,04
2 Anya Hocking	17	Gyllyngvase Slsc	41,55	40,95
3 Zanje van Rensburg	18	Harties Reflections	44,73	42,51
4 Kelsey Chiang	17	Milnerton Lifesaving Club	48,95	43,61
5 Kimberley Howes	17	Harties Reflections	48,22	50,64
6 Ann-Mari de Villiers	17	Bloemfontein Sentraal LC	54,88	51,15

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Results

Event 106 Girls 17-18 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 37,43 R 21 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Anya Hocking	17 Gyllyngvase Slsc	39,38	41,55	q
2	Savannah Voigt	17 Clifton Lifesaving Club	43,03	41,79	q
3	Zanje van Rensburg	18 Harties Reflections	48,50	44,73	q
4	Kimberley Howes	17 Harties Reflections	57,46	48,22	q
5	Kelsey Chiang	17 Milnerton Lifesaving Club	43,60	48,95	q
6	Ann-Mari de Villiers	17 Bloemfontein Sentraal LC	51,71	54,88	q

Event 106 Girls 19 & Over 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 36,62 R 08 Oct 2021 Tove van Zyl

TUKS

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Tove' van Zyl	25 Tuks Lifesaving Club	37,69	37,48	
2	Sasha-Lee Nordegen	25 Umhlanga Rocks Club	41,60	38,27	
3	Kendra du Toit	19 Tuks Lifesaving Club	40,52	39,75	
4	Deborah Dredge	20 Tuks Lifesaving Club	42,91	41,94	
5	Marlise Ferreira	20 Tuks Lifesaving Club	44,01	44,10	
6	Jessica Booth	19 Kings Beach Lifesaving Club	45,56	44,41	
7	Judi Smith	20 Clifton Lifesaving Club	52,32	47,25	
8	Tyra Roozendaal	20 Kings Beach Lifesaving Club	50,70	54,20	

Event 106 Girls 19 & Over 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 36,62 R 08 Oct 2021 Tove van Zyl

TUKS

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Tove' van Zyl	25 Tuks Lifesaving Club	37,75	37,69	q
2	Kendra du Toit	19 Tuks Lifesaving Club	41,53	40,52	q
3	Sasha-Lee Nordegen	25 Umhlanga Rocks Club	NT	41,60	q
4	Deborah Dredge	20 Tuks Lifesaving Club	42,40	42,91	q
5	Marlise Ferreira	20 Tuks Lifesaving Club	42,76	44,01	q
6	Jessica Booth	19 Kings Beach Lifesaving Club	NT	45,56	q
7	Tyra Roozendaal	20 Kings Beach Lifesaving Club	NT	50,70	q
8	Judi Smith	20 Clifton Lifesaving Club	46,22	52,32	q
9	Caitlin Forward	20 Kings Beach Lifesaving Club	NT	59,45	
10	Sylvie Gorille	21 Clifton Lifesaving Club	1:00,33	1:05,88	

Event 107 Boys 14 Year Olds 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 34,50 R 22 Mar 2022 Christiaan van Eeden

Harties

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1	Vaclav Horak	14 Woodridge	39,14	36,78	
2	Derick Kotze	14 Bloemfontein Sentraal LC	38,80	37,81	
3	James Brice	14 Kings Beach Lifesaving Club	39,00	38,31	
4	Alexander Benecke	14 Clifton Lifesaving Club	41,15	39,10	
5	Troy McWilliam	14 Clifton Lifesaving Club	44,09	42,14	
6	Johan Moolman	14 Woodridge	42,92	43,85	
7	Caleb Jansen	14 Big Bay Slc	50,81	50,67	
8	Sebastian Steer	14 Clifton Lifesaving Club	56,21	1:00,12	

Event 107 Boys 14 Year Olds 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 34,50 R 22 Mar 2022 Christiaan van Eeden

Harties

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1	Derick Kotze	14 Bloemfontein Sentraal LC	44,60	38,80	q

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Preliminaries ... (Event 107 Boys 14 Year Olds 50 LC Meter Manikin Carry POOL JUN / SEN)

	Name	Age	Team	Seed Time	Prelim Time	
2	James Brice	14	Kings Beach Lifesaving Club	NT	39,00	q
3	Vaclav Horak	14	Woodridge	NT	39,14	q
4	Alexander Benecke	14	Clifton Lifesaving Club	44,50	41,15	q
5	Johan Moolman	14	Woodridge	NT	42,92	q
6	Troy McWilliam	14	Clifton Lifesaving Club	41,50	44,09	q
7	Caleb Jansen	14	Big Bay Slc	48,43	50,81	q
8	Sebastian Steer	14	Clifton Lifesaving Club	47,13	56,21	q

Event 107 Boys 15-16 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 32,57 R 08 Oct 2021 Elijah Dredge

Tuks

	Name	Age	Team	Prelim Time	Finals Time
Finals					
1	Christiaan van Eeden	15	Harties Reflections	34,14	33,12
2	Wilan Basson	16	Clifton Lifesaving Club	34,71	35,11
3	Aidan Mills	16	Tuks Lifesaving Club	35,87	35,44
4	Connor Bagley	16	Kings Beach Lifesaving Club	35,72	35,67
5	Armand Jubber	16	Boksburg Lifesaving Club	36,73	36,54
6	Neil Holtzhausen	15	Harties Reflections	37,55	37,15
7	Alexander Moolman	15	Woodridge	36,54	37,47
8	Tiago Goncalves	16	Boksburg Lifesaving Club	36,06	37,94

Event 107 Boys 15-16 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 32,57 R 08 Oct 2021 Elijah Dredge

Tuks

	Name	Age	Team	Seed Time	Prelim Time
Preliminaries					
1	Christiaan van Eeden	15	Harties Reflections	35,60	34,14 q
2	Wilan Basson	16	Clifton Lifesaving Club	35,97	34,71 q
3	Connor Bagley	16	Kings Beach Lifesaving Club	NT	35,72 q
4	Aidan Mills	16	Tuks Lifesaving Club	37,53	35,87 q
5	Tiago Goncalves	16	Boksburg Lifesaving Club	41,65	36,06 q
6	Alexander Moolman	15	Woodridge	NT	36,54 q
7	Armand Jubber	16	Boksburg Lifesaving Club	36,34	36,73 q
8	Neil Holtzhausen	15	Harties Reflections	37,81	37,55 q
9	Liam Schweitzer	15	Woodridge	NT	37,91
10	Canaan Brice	15	Kings Beach Lifesaving Club	NT	38,29
11	Nico Zumpt	16	Milnerton Lifesaving Club	38,41	38,34
12	Ryan Voigt	15	Clifton Lifesaving Club	43,97	39,62
13	Christiaan Bothma	15	Harties Reflections	40,63	40,42
14	Ludolph Joubert	16	Tuks Lifesaving Club	40,48	41,03
15	Matthew Brooker	15	Big Bay Slc	45,12	41,20
16	Ben McWilliam	16	Clifton Lifesaving Club	45,59	41,66
17	Tyne van Achterbergh	15	Scottburgh Surf Lifesaving	NT	41,88
18	Ryan Nell	15	Tuks Lifesaving Club	41,33	42,08
19	Conor Moynihan	15	Kings Beach Lifesaving Club	NT	42,66
20	Javin Presence	16	Milnerton Lifesaving Club	43,45	44,15
21	Matthew Wolfe	16	Kings Beach Lifesaving Club	NT	47,39
22	Bernard Mac Kay	16	Bloemfontein Sentraal LC	44,22	48,44
23	Liam Niewoudt	15	Bloemfontein Sentraal LC	48,10	49,08
24	Adam Cloete-Hopkins	15	Clifton Lifesaving Club	NT	49,92
25	Isaiah Douglas	15	Seagulls Lifesaving Club	NT	51,25
26	Matthew Goodall	15	Kings Beach Lifesaving Club	NT	52,72

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Event 107 Boys 17-18 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 32,13 R 01 Oct 2022 Aiden Bornman

SA Worlds 2022 Y

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Aiden Bornman	17	Boksburg Lifesaving Club	32,22	31,37 R
2 Antonie Pieterse	17	Harties Reflections	34,39	33,17
3 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	34,41	33,50
4 Jordan Denyer	17	Kings Beach Lifesaving Club	36,80	34,73
5 Luke Glock	17	Big Bay Slc	41,06	39,63
6 Zack Waters	17	Clifton Lifesaving Club	41,53	41,04
7 Christian Appels	18	Kings Beach Lifesaving Club	41,73	41,83
8 Marnitz van den Berg	18	Aquamix Lifesaving Club	42,43	43,72

Event 107 Boys 17-18 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 32,13 R 01 Oct 2022 Aiden Bornman

SA Worlds 2022 Y

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Aiden Bornman	17	Boksburg Lifesaving Club	33,44	32,22 q
2 Antonie Pieterse	17	Harties Reflections	34,61	34,39 q
3 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	36,70	34,41 q
4 Jordan Denyer	17	Kings Beach Lifesaving Club	NT	36,80 q
5 Luke Glock	17	Big Bay Slc	41,45	41,06 q
6 Zack Waters	17	Clifton Lifesaving Club	37,66	41,53 q
7 Christian Appels	18	Kings Beach Lifesaving Club	NT	41,73 q
8 Marnitz van den Berg	18	Aquamix Lifesaving Club	43,29	42,43 q
9 Janeco Coetzee	18	Tuks Lifesaving Club	38,73	42,73
10 Naor Lombard	18	Clifton Lifesaving Club	NT	43,95
11 Jaden Agnew	17	Seagulls Lifesaving Club	NT	44,75
12 Justin Agnew	17	Seagulls Lifesaving Club	NT	44,91
13 George Allen	17	Clifton Lifesaving Club	47,22	46,46

Event 107 Boys 19 & Over 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 29,22 R 22 Nov 2013 Armand Marais

SA German Cup 13

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Johan Lourens	27	Tuks Lifesaving Club	36,52	32,56
2 Robbie le Roux	23	Tuks Lifesaving Club	33,13	32,65
3 Ockert van Schalkwyk	22	Tuks Lifesaving Club	33,78	33,13
4 Rinus Hattingh	21	Senathla Lifesaving Club	33,96	33,38
5 Andre Mouton	22	Tuks Lifesaving Club	33,89	34,52
6 Tanner Gorille	23	Clifton Lifesaving Club	34,41	37,94
7 Avron Manchest	27	Clifton Lifesaving Club	37,75	39,32
8 Jason Rodgers	20	Tuks Lifesaving Club	38,52	42,92

Event 107 Boys 19 & Over 50 LC Meter Manikin Carry POOL JUN / SEN

SA REC 2023: 29,22 R 22 Nov 2013 Armand Marais

SA German Cup 13

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1 Robbie le Roux	23	Tuks Lifesaving Club	34,48	33,13 q
2 Ockert van Schalkwyk	22	Tuks Lifesaving Club	34,41	33,78 q
3 Andre Mouton	22	Tuks Lifesaving Club	36,11	33,89 q
4 Rinus Hattingh	21	Senathla Lifesaving Club	35,98	33,96 q
5 Tanner Gorille	23	Clifton Lifesaving Club	42,94	34,41 q
6 Johan Lourens	27	Tuks Lifesaving Club	36,24	36,52 q
7 Avron Manchest	27	Clifton Lifesaving Club	37,01	37,75 q
8 Jason Rodgers	20	Tuks Lifesaving Club	38,79	38,52 q

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Preliminaries ... (Event 107 Boys 19 & Over 50 LC Meter Manikin Carry POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time
9 Luke Mansvelt	23	Clifton Lifesaving Club	40,73	40,03
10 Marco Zumpt	51	Milnerton Lifesaving Club	40,69	42,33
11 Teagan Thompson	21	Clifton Lifesaving Club	53,34	47,94
12 Darryl Lindt	23	Clifton Lifesaving Club	NT	1:23,19

Event 108 Girls 14 Year Olds 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:40,84 R 30 Apr 2015 Tanya Pieterse

Harties Reflect

Name	Age	Team	Prelim Time	Finals Time
1 Kendra Begley	14	Kings Beach Lifesaving Club	3:07,51	2:54,90
2 Jessica Sardinah	14	Boksburg Lifesaving Club	3:05,39	2:56,04
3 Rone Joubert	14	Tuks Lifesaving Club	3:10,80	3:03,87
4 Madison Fourie	14	Summerstrand Lifesaving Club	3:33,12	3:18,53
5 Tayla Wilson	14	Summerstrand Lifesaving Club	3:28,05	3:24,01
6 Maria dos Santos	14	Harties Reflections	3:31,29	3:35,73
7 Kayla van Niekerk	14	Bloemfontein Sentraal LC	3:35,47	3:36,27
--- Lerato Moloby	14	Harties Reflections	3:36,72	DQ

Event 108 Girls 14 Year Olds 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:40,84 R 30 Apr 2015 Tanya Pieterse

Harties Reflect

Name	Age	Team	Seed Time	Prelim Time
1 Jessica Sardinah	14	Boksburg Lifesaving Club	3:04,19	3:05,39 q
2 Kendra Begley	14	Kings Beach Lifesaving Club	NT	3:07,51 q
3 Rone Joubert	14	Tuks Lifesaving Club	3:04,54	3:10,80 q
4 Tayla Wilson	14	Summerstrand Lifesaving Club	3:25,55	3:28,05 q
5 Maria dos Santos	14	Harties Reflections	3:37,36	3:31,29 q
6 Madison Fourie	14	Summerstrand Lifesaving Club	3:10,00	3:33,12 q
7 Kayla van Niekerk	14	Bloemfontein Sentraal LC	NT	3:35,47 q
8 Lerato Moloby	14	Harties Reflections	3:40,69	3:36,72 q
9 Lane Fouche	14	Harties Reflections	3:57,72	3:44,53
10 Meg Wentzel	14	Summerstrand Lifesaving Club	4:00,00	3:50,19
11 Anna Allen	14	Clifton Lifesaving Club	4:01,88	3:50,81
--- Nicole Norman	14	Tuks Lifesaving Club	3:33,45	DQ
--- Tyra Jenniker	14	Seagulls Lifesaving Club	NT	DQ
--- Daniella Harcus	14	Woodridge	NT	DQ

Event 108 Girls 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:32,92 R 24 Nov 2018 Sulinke van den Berg

SA Youth LWC2018

Name	Age	Team	Prelim Time	Finals Time
1 Nicola Harcus	16	Woodridge	3:02,66	2:54,23
2 Chloe Gershuny	16	Clifton Lifesaving Club	3:01,40	2:57,41
3 Linique Rowles	15	Harties Reflections	3:04,57	2:58,25
4 Tamica Visser	16	Harties Reflections	3:07,76	3:07,14
5 Awande Mlangeni	16	Tuks Lifesaving Club	3:18,35	3:12,26
6 Cayla Visser	16	Bloemfontein Sentraal LC	3:11,62	3:15,36
7 Teegan Pio	16	Kings Beach Lifesaving Club	3:11,41	3:20,40
--- Keira van Heerden	15	Summerstrand Lifesaving Club	3:01,86	DQ

Event 108 Girls 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:32,92 R 24 Nov 2018 Sulinke van den Berg

SA Youth LWC2018

Name	Age	Team	Seed Time	Prelim Time
1 Chloe Gershuny	16	Clifton Lifesaving Club	3:11,50	3:01,40 q

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Preliminaries ... (Event 108 Girls 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time	
2 Keira van Heerden	15	Summerstrand Lifesaving Club	3:13,74	3:01,86	q
3 Nicola Harcus	16	Woodridge	NT	3:02,66	q
4 Linique Rowles	15	Harties Reflections	3:11,43	3:04,57	q
5 Kaylie-Peace Armour	15	Bloemfontein Sentraal LC	3:08,88	3:07,29	q
6 Tamica Visser	16	Harties Reflections	3:13,59	3:07,76	q
7 Teegan Pio	16	Kings Beach Lifesaving Club	NT	3:11,41	q
8 Cayla Visser	16	Bloemfontein Sentraal LC	3:10,00	3:11,62	q
9 Jessica Harcus	15	Woodridge	NT	3:12,93	
10 Awande Mlangeni	16	Tuks Lifesaving Club	3:28,12	3:18,35	
11 Amber-Rose Berry	15	Clifton Lifesaving Club	NT	3:20,06	
12 Jodi Wilson	16	Summerstrand Lifesaving Club	3:23,44	3:20,28	
13 Georgia Singe	15	Fish Hoek Surf Lifesaving Club	NT	3:34,06	
14 Megan Hough	15	Kings Beach Lifesaving Club	NT	3:34,28	
15 Jessie Allott	15	Big Bay Slc	3:50,34	3:37,20	
16 Caitlynn Foster	15	Tuks Lifesaving Club	3:56,10	3:41,22	
17 Cailynn Foster	15	Tuks Lifesaving Club	3:50,92	3:46,07	
18 Imani Magotsi	15	Clifton Lifesaving Club	4:06,37	3:51,23	
19 Ellen Hodgkinson	15	Clifton Lifesaving Club	3:41,06	3:52,90	
20 Jessica Johannes	16	Senathla Lifesaving Club	4:19,55	4:06,69	
21 Zara Brown	15	Seagulls Lifesaving Club	NT	4:18,90	
--- Babette van Rooyen	16	Fish Hoek Surf Lifesaving Club	NT		DQ

Event 108 Girls 17-18 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:25,45 R 22 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1 Savannah Voigt	17	Clifton Lifesaving Club	2:56,75	2:44,30	
2 Anya Hocking	17	Gyllyngvase Slsc	2:51,19	2:46,88	
3 Zanje van Rensburg	18	Harties Reflections	2:53,06	2:51,92	
4 Kelsey Chiang	17	Milnerton Lifesaving Club	3:06,92	3:03,45	
5 Kimberley Howes	17	Harties Reflections	3:17,43	3:17,67	

Event 108 Girls 17-18 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:25,45 R 22 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Anya Hocking	17	Gyllyngvase Slsc	2:48,10	2:51,19	q
2 Zanje van Rensburg	18	Harties Reflections	NT	2:53,06	q
3 Savannah Voigt	17	Clifton Lifesaving Club	2:48,68	2:56,75	q
4 Kelsey Chiang	17	Milnerton Lifesaving Club	3:17,22	3:06,92	q
5 Kimberley Howes	17	Harties Reflections	3:24,80	3:17,43	q
--- Robyn Hough	17	Kings Beach Lifesaving Club	NT		DQ

Event 108 Girls 19 & Over 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:25,45 R 22 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	2:53,81	2:35,87	
2 Kendra du Toit	19	Tuks Lifesaving Club	2:51,20	2:41,96	
3 Deborah Dredge	20	Tuks Lifesaving Club	2:58,06	2:48,67	
4 Tove' van Zyl	25	Tuks Lifesaving Club	2:55,75	2:51,67	
5 Jessica Booth	19	Kings Beach Lifesaving Club	3:06,00	2:54,19	
6 Marlise Ferreira	20	Tuks Lifesaving Club	3:03,81	2:58,13	
7 Judi Smith	20	Clifton Lifesaving Club	3:20,96	3:34,38	
--- Sylvie Gorille	21	Clifton Lifesaving Club	4:17,94		DQ

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Event 108 Girls 19 & Over 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:25,45 R 22 Nov 2019 Bianca Opperman

SA Proteas 19

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Kendra du Toit	19	Tuks Lifesaving Club	2:42,94	2:51,20	q
2 Sasha-Lee Nordegen	25	Umhlanga Rocks Club	NT	2:53,81	q
3 Tove' van Zyl	25	Tuks Lifesaving Club	2:43,81	2:55,75	q
4 Deborah Dredge	20	Tuks Lifesaving Club	2:45,50	2:58,06	q
5 Marlise Ferreira	20	Tuks Lifesaving Club	2:57,36	3:03,81	q
6 Jessica Booth	19	Kings Beach Lifesaving Club	NT	3:06,00	q
7 Judi Smith	20	Clifton Lifesaving Club	3:18,24	3:20,96	q
8 Sylvie Gorille	21	Clifton Lifesaving Club	3:41,73	4:17,94	q

Event 109 Boys 14 Year Olds 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:31,60 R 22 Mar 2022 Christiaan van Eeden

Harties

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1 Vaclav Horak	14	Woodridge	3:00,86	2:51,22	
2 Derick Kotze	14	Bloemfontein Sentraal LC	2:50,63	2:53,23	
3 Alexander Benecke	14	Clifton Lifesaving Club	3:14,74	2:56,29	
4 James Brice	14	Kings Beach Lifesaving Club	3:01,53	2:57,57	
5 Johan Moolman	14	Woodridge	3:07,12	3:07,90	
6 Caleb Jansen	14	Big Bay Slc	3:24,70	3:24,94	
7 Sebastian Steer	14	Clifton Lifesaving Club	3:29,76	3:45,96	

Event 109 Boys 14 Year Olds 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:31,60 R 22 Mar 2022 Christiaan van Eeden

Harties

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Derick Kotze	14	Bloemfontein Sentraal LC	3:09,13	2:50,63	q
2 Vaclav Horak	14	Woodridge	NT	3:00,86	q
3 James Brice	14	Kings Beach Lifesaving Club	NT	3:01,53	q
4 Johan Moolman	14	Woodridge	NT	3:07,12	q
5 Alexander Benecke	14	Clifton Lifesaving Club	NT	3:14,74	q
6 Caleb Jansen	14	Big Bay Slc	3:34,15	3:24,70	q
7 Sebastian Steer	14	Clifton Lifesaving Club	3:30,41	3:29,76	q
--- Troy McWilliam	14	Clifton Lifesaving Club	2:57,13	DQ	

Event 109 Boys 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:20,07 R 08 Oct 2021 Len-Douglas MacKay

Bloem Sentraal

Name	Age	Team	Prelim Time	Finals Time	
Finals					
1 Neil Holtzhausen	15	Harties Reflections	2:33,87	2:24,73	
2 Christiaan van Eeden	15	Harties Reflections	2:30,12	2:28,92	
3 Christiaan Bothma	15	Harties Reflections	2:42,59	2:34,02	
4 Aidan Mills	16	Tuks Lifesaving Club	2:36,98	2:35,54	
5 Armand Jubber	16	Boksburg Lifesaving Club	2:45,46	2:37,61	
6 Wilan Basson	16	Clifton Lifesaving Club	2:40,76	2:38,58	
7 Canaan Brice	15	Kings Beach Lifesaving Club	2:48,59	2:49,71	
8 Ryan Voigt	15	Clifton Lifesaving Club	2:47,48	2:50,53	

Event 109 Boys 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:20,07 R 08 Oct 2021 Len-Douglas MacKay

Bloem Sentraal

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Christiaan van Eeden	15	Harties Reflections	2:42,74	2:30,12	q
2 Neil Holtzhausen	15	Harties Reflections	2:34,18	2:33,87	q

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Results

Preliminaries ... (Event 109 Boys 15-16 200 LC Meter Super Lifesaver POOL JUN / SEN)

Name	Age	Team	Seed Time	Prelim Time	
3 Aidan Mills	16	Tuks Lifesaving Club	2:47,61	2:36,98	q
4 Wilan Basson	16	Clifton Lifesaving Club	2:42,01	2:40,76	q
5 Christiaan Bothma	15	Harties Reflections	2:45,36	2:42,59	q
6 Armand Jubber	16	Boksburg Lifesaving Club	2:34,79	2:45,46	q
7 Ryan Voigt	15	Clifton Lifesaving Club	2:47,86	2:47,48	q
8 Canaan Brice	15	Kings Beach Lifesaving Club	NT	2:48,59	q
9 Tiago Goncalves	16	Boksburg Lifesaving Club	NT	2:48,70	
10 Liam Schweitzer	15	Woodridge	NT	2:48,94	
11 Nico Zumpt	16	Milnerton Lifesaving Club	2:51,06	2:50,86	
12 Connor Bagley	16	Kings Beach Lifesaving Club	NT	2:55,50	
13 Ryan Nell	15	Tuks Lifesaving Club	3:22,14	2:55,67	
14 Matthew Brooker	15	Big Bay Slc	3:00,91	2:57,01	
15 Ludolph Joubert	16	Tuks Lifesaving Club	2:50,33	2:58,20	
16 Conor Moynihan	15	Kings Beach Lifesaving Club	NT	2:58,95	
17 Ben McWilliam	16	Clifton Lifesaving Club	3:04,94	3:00,40	
18 Bernard Mac Kay	16	Bloemfontein Sentraal LC	3:07,39	3:10,30	
19 Liam Niewoudt	15	Bloemfontein Sentraal LC	3:10,23	3:15,74	
20 Matthew Wolfe	16	Kings Beach Lifesaving Club	NT	3:20,27	
21 Javin Presence	16	Milnerton Lifesaving Club	NT	3:21,13	
22 Adam Cloete-Hopkins	15	Clifton Lifesaving Club	NT	3:24,82	
23 Isaiah Douglas	15	Seagulls Lifesaving Club	NT	3:45,14	
--- Matthew Goodall	15	Kings Beach Lifesaving Club	NT		DQ
--- Alexander Moolman	15	Woodridge	NT		DQ

Event 109 Boys 17-18 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:15,90 R 28 Sep 2022 Len-Douglas MacKay

SA Worlds 2022 Y

Name	Age	Team	Prelim Time	Finals Time
Finals				
1 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	2:20,25	2:16,57
2 Aiden Bornman	17	Boksburg Lifesaving Club	2:25,86	2:17,93
3 Antonie Pieterse	17	Harties Reflections	2:27,39	2:23,78
4 Jordan Denyer	17	Kings Beach Lifesaving Club	2:47,00	2:37,50
5 Zack Waters	17	Clifton Lifesaving Club	2:47,41	2:41,29
6 Naor Lombard	18	Clifton Lifesaving Club	2:54,02	2:46,73
7 Luke Glock	17	Big Bay Slc	3:07,06	2:53,16
8 Marnitz van den Berg	18	Aquamix Lifesaving Club	3:04,30	2:54,90

Event 109 Boys 17-18 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:15,90 R 28 Sep 2022 Len-Douglas MacKay

SA Worlds 2022 Y

Name	Age	Team	Seed Time	Prelim Time	
Preliminaries					
1 Len-Douglas Mac Kay	18	Bloemfontein Sentraal LC	2:25,56	2:20,25	q
2 Aiden Bornman	17	Boksburg Lifesaving Club	2:29,14	2:25,86	q
3 Antonie Pieterse	17	Harties Reflections	2:28,52	2:27,39	q
4 Jordan Denyer	17	Kings Beach Lifesaving Club	NT	2:47,00	q
5 Zack Waters	17	Clifton Lifesaving Club	2:41,66	2:47,41	q
6 Naor Lombard	18	Clifton Lifesaving Club	NT	2:54,02	q
7 Marnitz van den Berg	18	Aquamix Lifesaving Club	2:54,71	3:04,30	q
8 Luke Glock	17	Big Bay Slc	2:53,66	3:07,06	q
9 George Allen	17	Clifton Lifesaving Club	3:05,40	3:08,99	
10 Christian Appels	18	Kings Beach Lifesaving Club	NT	3:16,52	
--- Janeco Coetzee	18	Tuks Lifesaving Club	2:57,18		DQ

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Event 109 Boys 19 & Over 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:11,45 R 22 Nov 2019 Johan Lourens

SA Proteas 19

Name	Age	Team	Prelim Time	Finals Time
Finals				
1	Ockert van Schalkwyk	22 Tuks Lifesaving Club	2:20,65	2:18,86
2	Robbie le Roux	23 Tuks Lifesaving Club	2:29,11	2:21,17
3	Johan Lourens	27 Tuks Lifesaving Club	2:37,30	2:24,29
4	Rinus Hattingh	21 Senathla Lifesaving Club	2:38,05	2:40,71
5	Avron Manchest	27 Clifton Lifesaving Club	2:47,37	2:45,50
6	Andre Mouton	22 Tuks Lifesaving Club	2:53,37	2:47,11
7	Luke Mansvelt	23 Clifton Lifesaving Club	3:11,97	3:12,14
8	Teagan Thompson	21 Clifton Lifesaving Club	3:28,62	3:24,18

Event 109 Boys 19 & Over 200 LC Meter Super Lifesaver POOL JUN / SEN

SA REC 2023: 2:11,45 R 22 Nov 2019 Johan Lourens

SA Proteas 19

Name	Age	Team	Seed Time	Prelim Time
Preliminaries				
1	Ockert van Schalkwyk	22 Tuks Lifesaving Club	2:28,04	2:20,65 q
2	Robbie le Roux	23 Tuks Lifesaving Club	2:33,03	2:29,11 q
3	Johan Lourens	27 Tuks Lifesaving Club	2:30,32	2:37,30 q
4	Rinus Hattingh	21 Senathla Lifesaving Club	NT	2:38,05 q
5	Avron Manchest	27 Clifton Lifesaving Club	2:56,90	2:47,37 q
6	Jason Rodgers	20 Tuks Lifesaving Club	2:49,65	2:49,48 q
7	Andre Mouton	22 Tuks Lifesaving Club	2:43,03	2:53,37 q
8	Tanner Gorille	23 Clifton Lifesaving Club	3:10,21	3:11,19 q
9	Luke Mansvelt	23 Clifton Lifesaving Club	3:10,21	3:11,97
10	Teagan Thompson	21 Clifton Lifesaving Club	3:40,91	3:28,62

Event 110 Girls 14-18 200 LC Meter 4 x 50 Medley Relay POOL JUN / SEN

SA REC 2023: 1:49,30 R 24 Jun 2018 SA Youth Orange cup 2018

SA Youth Orange

A.Chislett, D.Dredge, B.Opperman, S.vd Berg

Team	Relay	Seed Time	Finals Time
1 Clifton Lifesaving Club	A	NT	1:59,66
1) Imani Magotsi 15	2) Amber-Rose Berry 15	3) Chloe Gershuny 16	4) Savannah Voigt 17
2 Harties Reflections	A	NT	2:00,53
1) Xanthe Nagel 14	2) Linique Rowles 15	3) Zanje van Rensburg 18	4) Tamica Visser 16
3 Kings Beach Lifesaving Club	A	NT	2:01,81
1) Kendra Begley 14	2) Megan Hough 15	3) Robyn Hough 17	4) Teegan Pio 16
4 Summerstrand Lifesaving Club	A	NT	2:09,87
1) Madison Fourie 14	2) Meg Wentzel 14	3) Jodi Wilson 16	4) Tayla Wilson 14
5 Tuks Lifesaving Club	A	NT	2:13,02
1) Rone Joubert 14	2) Nicole Norman 14	3) Cailynn Foster 15	4) Awande Mlangeni 16
6 Harties Reflections	B	NT	2:15,49
1) Maria dos Santos 14	2) Lane Fouche 14	3) Kimberley Howes 17	4) Lerato Molobye 14
7 Bloemfontein Sentraal LC	A	NT	2:18,09
1) Ann-Mari de Villiers 17	2) Kayla van Niekerk 14	3) Cayla Visser 16	4) Kaylin Visser 16
8 Seagulls Lifesaving Club	A	NT	2:46,45
1) Angelina Rockman 17	2) Chante Killian 15	3) Tyra Jenniker 14	4) Zara Brown 15
--- Invitational	A	NT	X2:15,86

Event 111 Boys 14-18 200 LC Meter 4 x 50 Medley Relay POOL JUN / SEN

SA REC 2023: 1:35,32 R 25 Nov 2018 SA Youth Lwc 2018

SA Youth LWC2018

C.Coetzee, JP van Zyl, C.Botha, M.Erasmus

Team	Relay	Seed Time	Finals Time
1 Harties Reflections	A	NT	1:40,66
1) Christiaan Bothma 15	2) Neil Holtzhausen 15	3) Antonie Pieterse 17	4) Christiaan van Eeden 15

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(Event 111 Boys 14-18 200 LC Meter 4 x 50 Medley Relay POOL JUN / SEN)

Team	Relay	Seed Time	Finals Time
2 Kings Beach Lifesaving Club	A	NT	1:44,43
1) Connor Bagley 16	2) Canaan Brice 15	3) Conor Moynihan 15	4) Jordan Denyer 17
3 Woodridge	A	NT	1:45,43
1) Vaclav Horak 14	2) Alexander Moolman 15	3) Johan Moolman 14	4) Liam Schweitzer 15
4 Clifton Lifesaving Club	A	NT	1:47,50
1) Ben McWilliam 16	2) Wilan Basson 16	3) Ryan Voigt 15	4) Zack Waters 17
5 Bloemfontein Sentraal LC	A	NT	1:50,63
1) Derick Kotze 14	2) Bernard Mac Kay 16	3) Len-Douglas Mac Kay 18	4) Liam Niewoudt 15
6 Tuks Lifesaving Club	A	NT	1:51,41
1) Ludolph Joubert 16	2) Aidan Mills 16	3) Ryan Nell 15	4) Janeco Coetzee 18
7 Big Bay Slc	A	NT	1:55,22
1) Matthew Brooker 15	2) Luke Glock 17	3) Caleb Jansen 14	4) Jamie Smuts 17
8 Kings Beach Lifesaving Club	B	NT	2:00,07
1) Christian Appels 18	2) James Brice 14	3) Matthew Goodall 15	4) Matthew Wolfe 16
9 Clifton Lifesaving Club	B	NT	2:05,37
1) Naor Lombard 18	2) George Allen 17	3) Sebastian Steer 14	4) Troy McWilliam 14

Event 112 Women 200 LC Meter 4 x 50 Medley Relay POOL JUN / SEN

SA REC 2023: 1:45,01 R 2004 Rsa Rescue Team 2004

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1:55,99
1) Deborah Dredge 20	2) Kendra du Toit 19	3) Marlise Ferreira 20	4) Tove' van Zyl 25
2 Clifton Lifesaving Club	A	NT	2:05,25
1) Judi Smith 20	2) Sylvie Gorille 21	3) Chloe Gershuny 16	4) Savannah Voigt 17
3 Kings Beach Lifesaving Club	A	NT	2:08,10
1) Caitlin Forward 20	2) Teegan Pio 16	3) Jessica Booth 19	4) Tyra Roozendaal 20

Event 113 Men 200 LC Meter 4 x 50 Medley Relay POOL JUN / SEN

SA REC 2023: 1:32,77 R 11 Sep 2016 Rescue 2016 SA Se

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1:40,08
1) Robbie le Roux 23	2) Johan Lourens 27	3) Andre Mouton 22	4) Ockert van Schalkwyk 22
2 Clifton Lifesaving Club	A	NT	1:52,77
1) Wilan Basson 16	2) Ryan Voigt 15	3) Ben McWilliam 16	4) Naor Lombard 18
3 Clifton Lifesaving Club	C	NT	1:58,72
1) Zack Waters 17	2) Teagan Thompson 21	3) George Allen 17	4) Adam Cloete-Hopkins 15
4 Clifton Lifesaving Club	B	NT	2:12,91
1) Avron Manchest 27	2) Tanner Gorille 23	3) Darryl Lindt 23	4) Luke Mansvelt 23
--- Invitational	A	NT	XDQ

Event 114 Girls 14-18 100 LC Meter 4 x 25 Manikin Relay POOL JUN / SEN

SA REC 2023: 1:33,79 R 23 Jun 2018 SA Youth Orange Cup 18 Orange Cup 2018

Team	Relay	Seed Time	Finals Time
1 Harties Reflections	A	NT	1:57,64
1) Lerato Moloby 14	2) Linique Rowles 15	3) Zanje van Rensburg 18	4) Tamica Visser 16
2 Kings Beach Lifesaving Club	A	NT	1:57,98
1) Kendra Begley 14	2) Megan Hough 15	3) Teegan Pio 16	4) Robyn Hough 17
3 Clifton Lifesaving Club	A	NT	1:58,20
1) Amber-Rose Berry 15	2) Chloe Gershuny 16	3) Savannah Voigt 17	4) Ellen Hodgkinson 15
4 Harties Reflections	B	NT	2:03,87
1) Maria dos Santos 14	2) Lane Fouche 14	3) Kimberley Howes 17	4) Xanthe Nagel 14
5 Bloemfontein Sentraal LC	A	NT	2:14,27
1) Ann-Mari de Villiers 17	2) Kayla van Niekerk 14	3) Cayla Visser 16	4) Kaylin Visser 16
6 Seagulls Lifesaving Club	A	NT	3:29,59
1) Zara Brown 15	2) Tyra Jenniker 14	3) Chante Killian 15	4) Angelina Rockman 17
--- Invitational	A	NT	X2:25,46

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(Event 114 Girls 14-18 100 LC Meter 4 x 25 Manikin Relay POOL JUN / SEN)

Team	Relay	Seed Time	Finals Time
--- Summerstrand Lifesaving Club	A	NT	DQ
1) Rebecca Harcombe 17	2) Keira van Heerden 15	3) Jodi Wilson 16	4) Tayla Wilson 14
--- Tuks Lifesaving Club	A	NT	DQ
1) Rone Joubert 14	2) Nicole Norman 14	3) Caitlynn Foster 15	4) Awande Mlangeni 16

Event 115 Boys 14-18 100 LC Meter 4 x 25 Manikin Relay POOL JUN / SEN

SA REC 2023: 1:16,92 R 25 Nov 2018 SA Youth Lwc 2018 LWC 2018

JP van Zyl, C.Botha, M.Erasmus, C.Coetzee

Team	Relay	Seed Time	Finals Time
1 Harties Reflections	A	NT	1:25,72
1) Christiaan Bothma 15	2) Neil Holtzhausen 15	3) Antonie Pieterse 17	4) Christiaan van Eeden 15
2 Woodridge	A	NT	1:27,46
1) Vaclav Horak 14	2) Alexander Moolman 15	3) Johan Moolman 14	4) Liam Schweitzer 15
3 Tuks Lifesaving Club	A	NT	1:36,67
1) Ludolph Joubert 16	2) Aidan Mills 16	3) Janeco Coetzee 18	4) Ryan Nell 15
4 Clifton Lifesaving Club	A	NT	1:39,77
1) Naor Lombard 18	2) Ben McWilliam 16	3) Wilan Basson 16	4) Ryan Voigt 15
5 Bloemfontein Sentraal LC	A	NT	1:39,84
1) Derick Kotze 14	2) Bernard Mac Kay 16	3) Len-Douglas Mac Kay 18	4) Liam Niewoudt 15
6 Clifton Lifesaving Club	B	NT	1:46,08
1) Zack Waters 17	2) Alexander Benecke 14	3) Troy Steer 12	4) George Allen 17
7 Kings Beach Lifesaving Club	B	NT	1:52,75
1) Christian Appels 18	2) James Brice 14	3) Matthew Goodall 15	4) Matthew Wolfe 16
8 Big Bay Slc	A	NT	2:03,41
1) Matthew Brooker 15	2) Luke Glock 17	3) Caleb Jansen 14	4) Jamie Smuts 17
--- Kings Beach Lifesaving Club	A	NT	DQ
1) Connor Bagley 16	2) Canaan Brice 15	3) Jordan Denyer 17	4) Conor Moynihan 15

Event 116 Women 100 LC Meter 4 x 25 Manikin Relay POOL JUN / SEN

SA REC 2023: 1:27,93 R 24 Nov 2018 SA Protea Team LWC 2

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1:41,38
1) Deborah Dredge 20	2) Kendra du Toit 19	3) Marlise Ferreira 20	4) Tove' van Zyl 25
2 Clifton Lifesaving Club	A	NT	1:58,34
1) Judi Smith 20	2) Sylvie Gorille 21	3) Chloe Gershuny 16	4) Ellen Hodgkinson 15
3 Kings Beach Lifesaving Club	A	NT	2:18,43
1) Tyra Roozendaal 20	2) Teegan Pio 16	3) Jessica Booth 19	4) Caitlin Forward 20
--- Invitational	A	NT	XDQ

Event 117 Men 100 LC Meter 4 x 25 Manikin Relay POOL JUN / SEN

SA REC 2023: 1:11,69 R 11 Sep 2016 Rescue 2016 SA Se

Team	Relay	Seed Time	Finals Time
1 Tuks Lifesaving Club	A	NT	1:20,02
1) Robbie le Roux 23	2) Johan Lourens 27	3) Andre Mouton 22	4) Ockert van Schalkwyk 22
2 Clifton Lifesaving Club	B	NT	1:38,29
1) Naor Lombard 18	2) Zack Waters 17	3) Ryan Voigt 15	4) Tanner Gorille 23
3 Clifton Lifesaving Club	A	NT	1:40,14
1) Wilan Basson 16	2) Luke Mansvelt 23	3) Teagan Thompson 21	4) Avron Manchest 27
--- Invitational	A	NT	X1:24,78
--- Clifton Lifesaving Club	C	NT	DQ
1) Ben McWilliam 16	2) Darryl Lindt 23	3) Adam Cloete-Hopkins 15	4) George Allen 17