

LIFESAVING SOUTH AFRICA
DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2025

SA REC 2025 - Records

84	Girls 14 100 Manikin Tow + Tube	1:06,89	2023/09/15	Rebecca Fury - SA C Wealth 23
84	Girls 15-16 100 Manikin Tow + Tube	1:03,42	2019/04/27	Bianca Opperman - NW
84	Girls 17-18 100 Manikin Tow + Tube	1:02,84	2022/03/21	Kendra du Toit - Tuks
84	Girls 19&O 100 Manikin Tow + Tube	1:01,42	2024/03/28	Kendra du Toit - Mandeville
85	Boys 14 100 Manikin Tow + Tube	1:01,01	2020/03/27	Elijah Dredge - Tuks
85	Boys 15-16 100 Manikin Tow + Tube	55,70	2023/09/15	Aiden Mills - SA C Wealth 23
85	Boys 17-18 100 Manikin Tow + Tube	54,18	2022/09/27	Len-Douglas Mackay - SA Worlds 2022
85	Boys 19&O 100 Manikin Tow + Tube	53,36	2016/09/11	Christiaan Malan - SA Rescue 2016 S
86	Girls 14 200 Obstacle	2:17,21	2023/09/15	Rebecca Fury - SA C Wealth 23
86	Girls 15-16 200 Obstacle	2:15,35	2024/09/06	Keira van Heerden - Clifton
86	Girls 17-18 200 Obstacle	2:14,92	2016/09/13	Kristin Bellingan - SA Rescue 2016 Y
86	Girls 19&O 200 Obstacle	2:09,58	2003	Erna Wedermeyer - SA Commonwealth
87	Boys 14 200 Obstacle	2:09,68	2024/03/28	Nicholas Pretorius - Summerstrand
87	Boys 15-16 200 Obstacle	2:04,08	2024/03/28	Bryce Minderon - Kings Beach
87	Boys 17-18 200 Obstacle	1:59,24	2012/04/26	Paul van Achterbergh - KwaZulu-Natal
87	Boys 19&O 200 Obstacle	1:57,69	2016/09/11	Johan Lourens - Rescue 2016 SA T
88	Girls 14-18 200 Relay 4 x 50m Obstacle	1:57,06	2001	Kwa Zulu Natal A.Chislett, B.Opperman, S.vd Berg, D.v Rensburg
89	Boys 14-18 200 Relay 4 x 50m Obstacle	1:46,46	2024/03/28	Kings Beach Lifesaving Club - Kings Beach C Bagley, C Brice, B Minderon, J Denyer
90	Women 200 Relay 4 x 50m Obstacle	1:55,98	2004	SA German Cup Team 2004
91	Men 200 Relay 4 x 50m Obstacle	1:41,59	2016/09/11	SA Rescue 2016 S
92	Girls 14-18 50 Relay Line Throw	13,75	2009/04/22	Gauteng Seniors
93	Boys 14-18 50 Relay Line Throw	9,17	2018/11/24	SA Youth Team - Wlc 2018 Milan Erasmus (t); Connor Botha
94	Women 50 Relay Line Throw	13,43	2003	SA Commonwealth Team
95	Men 50 Relay Line Throw	8,84	2010/02/24	Gauteng Seniors
96	Girls 14 100 Manikin with fins	1:02,84	2023/09/16	Rebecca Fury - SA C Wealth 23
96	Girls 15-16 100 Manikin with fins	56,52	2019/11/21	Kendra du Toit - SA Presidents 19
96	Girls 17-18 100 Manikin with fins	56,37	2019/11/21	Bianca Opperman - SA Proteas 19
96	Girls 19&O 100 Manikin with fins	54,10	2024/03/29	Kendra du Toit - Mandeville
97	Boys 14 100 Manikin with fins	55,28	2024/03/29	Nicholas Pretorius - Summerstrand
97	Boys 15-16 100 Manikin with fins	49,16	2022/08/06	Antonie Pieterse - Northwest
97	Boys 17-18 100 Manikin with fins	46,33	2024/08/30	Antonie Pieterse - SA Worlds 2024
97	Boys 19&O 100 Manikin with fins	46,33	2024/08/30	Antonie Pieterse - SA Worlds 2024
98	Girls 14 100 Rescue Medley	1:22,52	2019/04/27	Guilma Lausberg - Freestate
98	Girls 15-16 100 Rescue Medley	1:15,01	2024/09/08	Keira van Heerden - Clifton
98	Girls 17-18 100 Rescue Medley	1:15,01	2024/09/08	Keira van Heerden - Clifton
98	Girls 19&O 100 Rescue Medley	1:15,01	2024/09/08	Keira van Heerden - Clifton
99	Boys 14 100 Rescue Medley	1:11,79	2024/03/29	Nicholas Pretorius - Summerstrand
99	Boys 15-16 100 Rescue Medley	1:06,39	2022/03/21	Aiden Bornman - Boksburg
99	Boys 17-18 100 Rescue Medley	1:02,81	2024/08/29	Antonie Pieterse - SA Worlds 2024
99	Boys 19&O 100 Rescue Medley	1:02,15	2018/11/22	Martin Binnedell - Rescue 2016 SA T
100	Mixed 14-18 1500 Relay SERC	NT		D Kotze, L Mac Kay, K van Niekerk, K Visser
102	Girls 14-18 200 Relay 4X50 Pool Lifesave:	2:19,18	2022/08/06	Rsa 1 H Cleworth, Gsinge, S Voight,
103	Boys 14-18 200 Relay 4X50 Pool Lifesave:	1:52,73	2024/12/07	SA Presidents O.C. Team - Orange Cup 2024 X.Swanepoel, L.Schweitzer, B.Minderon, C.Bothma
104	Women 200 Relay 4X50 Pool Lifesaver	1:50,81	2011/10/01	SA Commonwealth Team
105	Men 200 Relay 4X50 Pool Lifesaver	1:32,93	2010/10/13	Durban Surf Lsc
106	Girls 14 50 Manikin Carry	39,64	2023/09/16	Rebecca Fury - SA Cwealth 23
106	Girls 15-16 50 Manikin Carry	36,82	2024/09/07	Keira van Heerden - Clifton
106	Girls 17-18 50 Manikin Carry	36,82	2024/09/07	Keira van Heerden - Clifton
106	Girls 19&O 50 Manikin Carry	36,62	2021/10/08	Tove van Zyl - Tuks
107	Boys 14 50 Manikin Carry	34,40	2024/03/30	Nicholas Pretorius - Summerstrand
107	Boys 15-16 50 Manikin Carry	32,01	2024/09/01	Chistiaan van Eeden - SA Worlds 2024
107	Boys 17-18 50 Manikin Carry	30,74	2024/08/30	Aiden Bornman - SA Worlds 2024
107	Boys 19&O 50 Manikin Carry	29,22	2013/11/22	Armand Marais - SA German Cup 13
108	Girls 14 200 Super Lifesaver	2:40,84	2015/04/30	Tanya Pieterse - Harties Reflect
108	Girls 15-16 200 Super Lifesaver	2:32,92	2018/11/24	Sulinke van den Berg - SA Youth Lwc2018

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108	Girls 17-18 200 Super Lifesaver	2:25,45	2019/11/22	Bianca Opperman - SA Proteas 19
108	Girls 19&O 200 Super Lifesaver	2:25,45	2019/11/22	Bianca Opperman - SA Proteas 19
109	Boys 14 200 Super Lifesaver	2:31,60	2022/03/22	Christiaan van Eeden - Harties
109	Boys 15-16 200 Super Lifesaver	2:20,07	2021/10/08	Len-Douglas MacKay - Bloem Sentraal
109	Boys 17-18 200 Super Lifesaver	2:15,90	2022/09/28	Len-Douglas MacKay - SA Worlds 2022
109	Boys 19&O 200 Super Lifesaver	2:11,45	2019/11/22	Johan Lourens - SA Proteas 19
110	Girls 14-18 200 Relay 4 x 50 Medley	1:49,30	2018/06/24	SA Youth Orange cup 2018 - SA Youth Orange A.Chislett, D.Dredge, B.Opperman, S.vd Berg
111	Boys 14-18 200 Relay 4 x 50 Medley	1:33,05	2024/12/08	SA Presidents O.C. Team - SA O.C. 2024 Te X.Swanepoel, L.Schweitzer, B.Minderon, C.Bothma
112	Women 200 Relay 4 x 50 Medley	1:45,01	2004	Rsa Rescue Team 2004
113	Men 200 Relay 4 x 50 Medley	1:32,77	2016/09/11	Rescue 2016 - SA Se
114	Girls 14-18 100 Relay 4 x 25 Manikin	1:31,55	2024/09/01	SA Worlds 2024 Youth Team - SA Worlds 2024 R.Fury, N.Harcus, K.van Heerden, D.Deeble
115	Boys 14-18 100 Relay 4 x 25 Manikin	1:16,04	2024/12/08	SA Presidents O.C. 2024 Team - Orange Cup 2024 B.Minderon, C.Bothma, L.Schweitzer, M.Brooker
116	Women 100 Relay 4 x 25 Manikin	1:26,84	2025/04/05	Lsa Invitational Team - Invitational R.Joubert, M.Ferreira, C.Visser, K.Visser
117	Men 100 Relay 4 x 25 Manikin	1:11,69	2016/09/11	Rescue 2016 - SA Se