

**LIFESAVING SOUTH AFRICA
DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2025**

SA REC 2025 - Records

1	Girls 8 50 Obstacle POOL NIPPERS	39,78	2016/04/28	Lauren Bates - Ballito Nip
2	Boys 8 50 Obstacle POOL NIPPERS	38,60	2016/04/28	Aiden Nel - Harties Nippers
3	Girls 9 50 Obstacle POOL NIPPERS	34,97	2002	Clarissa Enslin - Easterns
4	Boys 9 50 Obstacle POOL NIPPERS	35,01	2002	David Lindeque - Gauteng
5	Girls 10 100 Obstacle POOL NIPPERS	1:15,45	2021/10/04	Sienna Gous - Summerstrand
6	Boys 10 100 Obstacle POOL NIPPERS	1:16,60	2016/04/28	Elijah Dredge - Tuks
7	Girls 11 100 Obstacle POOL NIPPERS	1:10,35	2004	Clarissa Enslin - Easterns
8	Boys 11 100 Obstacle POOL NIPPERS	1:07,07	2002	Anton Duvenage - Western Province
9	Girls 12 100 Obstacle POOL NIPPERS	1:06,81	2021/10/05	Rebecca Fury - Clifton
10	Boys 12 100 Obstacle POOL NIPPERS	1:04,25	2018/05/04	Elijah Dredge - Gauteng Province
11	Girls 13 100 Obstacle POOL NIPPERS	1:06,02	2021/10/05	Keira van Heerden - Summerstrand
12	Boys 13 100 Obstacle POOL NIPPERS	59,79	2006/04/06	Gideon du Toit - Gauteng North
13	Mixed 8-9 200 Relay 4 x 50m Obstacle POOL NIPPERS	2:42,99	2019/03/29	Durban Surf E Allen, C Ambrose, E Springate, N Taylor
14	Mixed 10-11 200 Relay 4 x 50m Obstacle	2:20,52	2021/10/04	Summerstrand D.Pappas, L.Dupper, PD Jacobs, JL Laderach
15	Mixed 12-13 200 Relay 4 x 50m Obstacle	2:03,12	2021/10/05	Kings Beach C.Brice, W.Ludick, C.Moynihan, B.Minderon
16	Mixed 10-11 50 Relay 10m Ball Throw PC	29,14	2024/03/22	Harties Reflections - Harties S Howes, A Henning, M van der Mwerwe, M Vermaak
17	Mixed 12-13 50 Relay 10m Ball Throw PC	29,64	2024/03/22	Fish Hoek Surf Lifesaving Club - Fish Hoek B Stallard, S Powell, E Nefdt, B Harper
18	Girls 12 100 Rescue Medley POOL NIPPEI	1:19,93	2017/04/29	Guilma Lausberg - Mangaung
19	Boys 12 100 Rescue Medley POOL NIPPEI	1:15,60	2018/05/05	Elijah Dredge - Gauteng Province
20	Girls 13 100 Rescue Medley POOL NIPPEI	1:16,62	2014/05/05	Guilma Lausberg - Freestate
21	Boys 13 100 Rescue Medley POOL NIPPEI	1:09,69	2021/10/05	Christiaan van Eeden - Harties Reflect
22	Girls 8 100 Manikin with fins POOL NIPPI	1:22,97	2015/04/30	Miche Johns - Mangaung
23	Boys 8 100 Manikin with fins POOL NIPPI	1:19,19	2019/03/30	Nicholas Taylor - Durban Surf
24	Girls 9 100 Manikin with fins POOL NIPPI	1:17,10	2016/04/29	Mari Nortje - Mangaung
25	Boys 9 100 Manikin with fins POOL NIPPI	1:15,20	2017/04/28	Christiaan van Eeden - Harties
26	Girls 10 100 Manikin with fins POOL NIPI	1:17,69	2015/04/30	Guilma Lausberg - Bloemfontein
27	Boys 10 100 Manikin with fins POOL NIPI	1:17,78	2019/03/30	Luc Brand - Marine
28	Girls 11 100 Manikin with fins POOL NIPI	1:09,59	2019/01/26	Trinity Magumura - Senathla
29	Boys 11 100 Manikin with fins POOL NIPI	1:08,03	2017/04/28	Elijah Dredge - Tuks
30	Girls 12 100 Manikin with fins POOL NIPI	1:06,16	2017/04/28	Guilma Lausberg - Mangaung
31	Boys 12 100 Manikin with fins POOL NIPI	1:02,39	2018/05/05	Elijah Dredge - Gauteng
32	Girls 13 100 Manikin with fins POOL NIPI	1:03,69	2018/04/05	Guilma Lausberg - Mangaung
33	Boys 13 100 Manikin with fins POOL NIPI	56,76	2021/10/05	Christiaan van Eeden - Harties Reflect
34	Mixed 8-9 100 Relay 4 x 25 Manikin POOL NIPPERS	1:50,49	2023/04/01	Harties Reflections - Harties L Bester, T Eveleigh, S Steyn, A van Staden
35	Mixed 10-11 100 Relay 4 x 25 Manikin PC	1:26,83	2024/03/23	Harties Reflections - Harties R Abrie, M van der Mwerwe, L Zamisa, A Henning
36	Mixed 12-13 100 Relay 4 x 25 Manikin PC	1:21,35	2019/03/30	Boksburg A A.Bornman, T.Hughes, L.Nel, T.Concalves
37	Girls 12 100 Super Nipper POOL NIPPERS	1:16,93	2025/04/05	Sarah Mocke - Western Cape
38	Boys 12 100 Super Nipper POOL NIPPERS	1:16,86	2024/03/24	FC Rosslee - Boksburg
39	Girls 13 100 Super Nipper POOL NIPPERS	1:16,93	2025/04/05	Sarah Mocke - Western Cape
40	Boys 13 100 Super Nipper POOL NIPPERS	1:09,77	2021/10/05	Christiaan van Eeden - Harties Reflect
41	Girls 8 50 Manikin Carry POOL NIPPERS	51,98	2016/04/30	Lauren Bates - Ballito
42	Boys 8 50 Manikin Carry POOL NIPPERS	53,20	2024/03/24	Cayden Claasen - Summerstrand
43	Girls 9 50 Manikin Carry POOL NIPPERS	46,93	2015/05/01	Luchelle Oosthuizen - Bloemfontein
44	Boys 9 50 Manikin Carry POOL NIPPERS	50,29	2012/04/27	Seyuren Perumal - KwaZulu-Natal
45	Girls 10 50 Manikin Carry POOL NIPPERS	45,53	2018/04/06	Trinity Magamura - Senathla
46	Boys 10 50 Manikin Carry POOL NIPPERS	47,39	2016/04/30	Elijah Dredge - Tuks
47	Girls 11 50 Manikin Carry POOL NIPPERS	40,72	2016/04/30	Cloe Le Roux - Mangaung
48	Boys 11 50 Manikin Carry POOL NIPPERS	38,71	2017/04/29	Elijah Dredge - Tuks
49	Girls 12 50 Manikin Carry POOL NIPPERS	37,12	2017/04/29	Guilma Lausberg - Mangaung
50	Boys 12 50 Manikin Carry POOL NIPPERS	35,21	2018/05/05	Elijah Dredge - Gauteng Province
51	Girls 13 50 Manikin Carry POOL NIPPERS	36,71	2018/05/05	Guilma Lausberg - Freestate
52	Boys 13 50 Manikin Carry POOL NIPPERS	32,96	2017/04/29	Dieter Roux - Aquamix
53	Mixed 8-9 200 Relay 4x50 Pool Lifesaver	3:13,37	2019/03/30	Durban Surf

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54	Mixed 10-11 200 Relay 4x50 Pool Lifesav	2:33,38	2024/03/24	E Allen, C Ambrose, N Taylor, E Springate Harties Reflections - Harties
55	Mixed 12-13 200 Relay 4X50 Pool Lifesav	2:15,28	2023/04/02	R Abrie, M van der Mwerwe, A Henning, L Zamisa Summerstrand Lifesaving Club - Summerstrand
56	Mixed 8-9 200 Relay 4 x 50 RTB Medley P	2:31,39	2019/03/30	L Dupper, J Laderach, D Pappas, N Pretorius Durban Surf
57	Mixed 10-11 200 Relay 4 x 50 RTB Medle	2:11,14	2024/03/24	E Allen, C Ambrose, E springate, N Taylor Harties Reflections - Harties
58	Mixed 12-13 200 Relay 4 x 50 RTB Medle	1:55,91	2023/04/02	A Henning, M van der Mwerwe, L Zamisa, R Abrie Summerstrand Lifesaving Club - Summerstrand
59	Women 30-34 100 Manikin with fins POO	1:11,26	2025/03/08	L Dupper, J Laderach, D Pappas, N Pretorius Alke Stopforth - Harties Reflect
59	Women 35-39 100 Manikin with fins POO	1:15,33	2023/04/01	Jade Shield - Milnerton
59	Women 40-44 100 Manikin with fins POO	1:12,10	2023/04/01	Michelle Lamprecht - Fish Hoek
59	Women 45-49 100 Manikin with fins POO	1:14,60	2023/04/01	Tanya Osborne - Rox
59	Women 50-54 100 Manikin with fins POO	1:10,13	2024/08/25	Tanya Livingston - Rox
59	Women 55-59 100 Manikin with fins POO	1:21,60	2022/09/23	Carryl van Bassen Jongbloet - Rox
59	Women 60-64 100 Manikin with fins POO	1:21,39	2024/08/25	Carryl van Bassen Jongbloet - Rox
59	Women 65-69 100 Manikin with fins POO	NT		
59	Women 70&O 100 Manikin with fins POO	NT		
60	Men 30-34 100 Manikin with fins POOL M	53,97	2016/04/30	Barjo van Niekerk - Harties Reflect
60	Men 35-39 100 Manikin with fins POOL M	59,72	2025/02/08	Jan-Albert Heymans - Harties Reflect
61	Men 40-44 100 Manikin with fins POOL M	55,60	2025/03/08	Barjo van Niekerk - Harties Reflect
61	Men 45-49 100 Manikin with fins POOL M	1:04,81	2025/02/08	Thomas Dreyer - Haries Reflect
62	Men 50-54 100 Manikin with fins POOL M	1:06,86	2023/04/01	Marco Zumpt - Milnerton
62	Men 55-59 100 Manikin with fins POOL M	1:08,39	2024/03/23	Wayne Thompson - Durban Surf
63	Men 60-64 100 Manikin with fins POOL M	1:19,01	2022/03/20	Derek Morris - Umhlanga Rocks
63	Men 65&O 100 Manikin with fins POOL M	1:20,81	2024/03/23	Derek Morris - Rox
64	Women 30-34 50 Manikin Carry POOL M	45,41	2025/03/08	Alke Stopforth - Harties Reflect
64	Women 35-39 50 Manikin Carry POOL M	45,13	2024/03/23	Jade Shield - Milnerton
64	Women 40-44 50 Manikin Carry POOL M	49,64	2021/10/09	Tracy Gous - Summerstrand
64	Women 45-49 50 Manikin Carry POOL M	49,02	2022/09/23	Tanya Osborne - Rox
64	Women 50-54 50 Manikin Carry POOL M	47,08	2024/08/24	Tanya Livingston - Rox
64	Women 55-59 50 Manikin Carry POOL M	52,15	2022/09/22	Carryl van Bassen Jongbloet - Rox
64	Women 60-64 50 Manikin Carry POOL M	51,83	2024/08/24	Carryl van Bassen Jongbloet - Rox
65	Men 30-34 50 Manikin Carry POOL MAST	31,72	2016/04/29	Barjo van Niekerk - Harties Reflect
65	Men 35-39 50 Manikin Carry POOL MAST	39,25	2024/10/05	Jan-Albert Heymans - Harties Reflect
66	Men 40-44 50 Manikin Carry POOL MAST	33,03	2025/03/08	Barjo van Niekerk - Harties Reflect
66	Men 45-49 50 Manikin Carry POOL MAST	38,72	2024/11/30	Thomas Dreyer - Harties Reflect
67	Men 50-54 50 Manikin Carry POOL MAST	40,72	2024/03/23	Marco Zumpt - Milnerton
67	Men 55-59 50 Manikin Carry POOL MAST	41,82	2024/03/23	Wayne Thompson - Durban Surf
68	Men 60-64 50 Manikin Carry POOL MAST	45,54	2019/03/25	Derek Morris - Umhlanga Rocks
68	Men 65&O 50 Manikin Carry POOL MAST	46,76	2022/09/22	Derek Morris - Umhlanga Rocks
69	Women 50-59 100 Relay 4 X 25m Manikin	2:36,46	2024/03/23	Umhlanga Rocks Club - Rox
69	Women 60-69 100 Relay 4 X 25m Manikin	3:04,24	2024/03/23	Beuster, Pearson, Rohrbeck, van Bassen Jongbloet Durban Surf Lifesaving Club - Durban Surf
69	Men 50-59 100 Relay 4 X 25m Manikin PC	1:51,29	2024/03/23	Holloway Mulder, de Bruyn, Adamson, Serrurier Big Bay Slc - Big Bay
69	Men 60-69 100 Relay 4 X 25m Manikin PC	1:55,11	2024/03/23	B Allott, G Bruwer, D Jansen, E van Heerden Clifton Lifesaving Club - Clifton
69	Men 70&O 100 Relay 4 X 25m Manikin PC	2:14,43	2024/03/23	Cloete Hopkins, Hodgkinson, McClelland, Pincente Umhlanga Rocks Club - Rox
70	Women 30-34 100 Manikin Tow + Tube P	1:14,53	2025/03/08	D Morris, N Horn, A Tostee, M Norton Alke Stopforth - Harties Reflect
70	Women 35-39 100 Manikin Tow + Tube P	1:16,87	2023/04/01	Jade Shield - Milnerton
70	Women 40-44 100 Manikin Tow + Tube P	1:18,33	2023/04/01	Michelle Lamprecht - Fish Hoek
70	Women 45-49 100 Manikin Tow + Tube P	1:16,65	2023/04/01	Tanya Osborne - Rox
70	Women 50-54 100 Manikin Tow + Tube P	1:13,87	2024/08/24	Tanya Livingston - Rox
70	Women 55-59 100 Manikin Tow + Tube P	1:22,54	2023/04/01	Carryl van Bassen Jongbloet - Rox
70	Women 60-64 100 Manikin Tow + Tube P	1:19,04	2024/08/24	Carryl van Bassen Jongbloet - Rox
71	Men 30-34 100 Manikin Tow + Tube POO	1:01,72	2023/04/01	Ruan Marais - Harties

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71	Men 35-39 100 Manikin Tow + Tube POO	1:08,06	2024/11/30	Jan-Albert Heymans - Harties Reflect
72	Men 40-44 100 Manikin Tow + Tube POO	1:03,76	2025/03/08	Barjo van Niekerk - Harties Reflect
72	Men 45-49 100 Manikin Tow + Tube POO	1:13,19	2024/03/23	Brett Challenor - Rox
73	Men 50-54 100 Manikin Tow + Tube POO	1:08,56	2023/04/01	Wayne Thompson - Durban Surf
73	Men 55-59 100 Manikin Tow + Tube POO	1:14,41	2024/03/23	Wayne Thompson - Durban Surf
74	Men 60-64 100 Manikin Tow + Tube POO	1:23,97	2024/03/23	Simon Wyer - Durban Surf
74	Men 65&O 100 Manikin Tow + Tube POOL	1:32,55	2024/03/23	Derek Morris - Rox
75	Women 50-59 200 Relay 4 x 50 Medley R	2:25,68	2024/03/23	Umhlanga Rocks Club - Rox Beuster, Pearson, Rohrbeck, van Bassen Jongbloet
75	Men 40-49 200 Relay 4 x 50 Medley Rescu	2:10,65	2024/03/23	Umhlanga Rocks Club - Rox B Dragt, R Engel, S Dunbar, S Vickers
75	Men 50-59 200 Relay 4 x 50 Medley Rescu	2:01,36	2024/03/23	Umhlanga Rocks Club - Rox D Daniels, G Draght, B Smith, B Challenor
75	Men 70&O 200 Relay 4 x 50 Medley Rescu	2:12,52	2024/03/23	Umhlanga Rocks Club - Rox N Horn, M Norton, A Tostee, D Morris
76	Women 30-34 200 Obstacle POOL MASTE	2:49,33	2015/05/01	Regina van den Bout - AquaMartina
76	Women 35-39 200 Obstacle POOL MASTE	2:51,19	2023/04/01	Natalie Goedhals - Summerstrand
76	Women 40-44 200 Obstacle POOL MASTE	2:37,92	2021/10/09	Tracy Gous - Summerstrand
76	Women 45-49 200 Obstacle POOL MASTE	2:42,32	2022/09/21	Tanya Osborne - Rox
77	Men 30-34 200 Obstacle POOL MASTERS	2:27,90	2023/04/01	Ruan Marais - Harties Reflect
77	Men 35-39 200 Obstacle POOL MASTERS	2:39,59	2025/02/08	Jan-Albert Heymans - Harties Reflect
78	Men 40-44 200 Obstacle POOL MASTERS	2:22,26	2025/02/08	Barjo van Niekerk - Harties Reflect
78	Men 45-49 200 Obstacle POOL MASTERS	2:32,26	2021/10/09	Dylan Botha - Umhlanga Rocks
79	Women 50-54 100 Obstacle POOL MASTE	1:26,38	2019/03/25	Lynne Callanan - Senathla
79	Women 55-59 100 Obstacle POOL MASTE	1:22,54	2023/04/01	Carryl van Bassen Jongbloet - Umhlanga Rocks
79	Women 60-64 100 Obstacle POOL MASTE	1:22,51	2024/08/23	Carryl van Bassen Jongbloet - Rox
80	Men 50-54 100 Obstacle POOL MASTERS	1:07,11	2024/03/23	Alex Cloete Hopkins - Clifton
80	Men 55-59 100 Obstacle POOL MASTERS	1:12,85	2024/03/23	Wayne Thompson - Durban Surf
81	Men 60-64 100 Obstacle POOL MASTERS	1:16,80	2019/03/25	Marcus Buri - Kings Beach
81	Men 65-69 100 Obstacle POOL MASTERS	1:24,39	2022/09/21	Derek Morris - Umhlanga Rocks
81	Men 70&O 100 Obstacle POOL MASTERS	1:56,11	2019/03/25	Kenneth Kingma - Fish Hoek
82	Women 40-49 200 Relay 4 X 50M Obstacl	2:45,86	2024/03/23	Big Bay Slc - Big Bay Allott, Bruwer, Donaldson, van der Westhuizen
82	Women 50-59 200 Relay 4 X 50M Obstacl	2:40,92	2024/03/23	Umhlanga Rocks Club - Rox Beuster, Pearson, Rohrbeck, van Bassen Jongbloet
82	Women 60-69 200 Relay 4 X 50M Obstacl	3:04,48	2024/03/23	Durban Surf Lifesaving Club - Durban Surf Adamson, de Bruyn, Holloway Mulder, Serrurier
82	Men 40-49 200 Relay 4 X 50M Obstacle P	2:15,30	2024/03/23	Umhlanga Rocks Club - Rox R Engel, P Quigly, S Sowman, S Vickers
82	Men 50-59 200 Relay 4 X 50M Obstacle P	2:20,09	2024/03/23	Big Bay Slc - Big Bay B Allott, G Bruwer, D Jansen, E van Heerden
82	Men 60-69 200 Relay 4 X 50M Obstacle P	2:28,71	2024/03/23	Clifton Lifesaving Club - Clifton Cloete Hopkins, Hodgkinson, McClelland, Pincente
82	Men 70&O 200 Relay 4 X 50M Obstacle P	2:28,09	2024/03/23	Umhlanga Rocks Club - Rox A Tostee, N Horn, D Morris, M Norton
83	Women 40-44 50 Relay Line Throw POOL	58,20	2018/03/31	Summerstrand Tracy Gouws, Fran Stone
83	Women 45-49 50 Relay Line Throw POOL	23,98	2019/03/26	Umhlanga Rocks Club - Rox A Hockley, W Horn
83	Women 50-54 50 Relay Line Throw POOL	22,76	2018/03/31	Senathla Lifesaving Club Michelle Davey
83	Women 55-59 50 Relay Line Throw POOL	38,57	2024/03/23	Mandeville Dolphins Lifesaving - Mandeville L Callanan, M Davey
83	Men 30-34 50 Relay Line Throw POOL M/	24,55	2019/03/26	Seagulls Lifesaving Club F Coetzee, R Jerling
83	Men 35-39 50 Relay Line Throw POOL M/	21,61	2024/03/23	Milnerton Lifesaving Club - Milnerton M Zumpt, B Shield
83	Men 40-44 50 Relay Line Throw POOL M/	16,06	2017/04/29	Boksburg Aquatic Saints
83	Men 45-49 50 Relay Line Throw POOL M/	17,29	2019/03/26	Umhlanga Rocks Club N Horn, M Hultzer
83	Men 50-54 50 Relay Line Throw POOL M/	18,75	2019/03/26	Umhlanga Rocks Club

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DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2025
SA REC 2025 - Records

83	Men 55-59 50 Relay Line Throw POOL M/	17,92	2024/03/23	M Rodda, D Morris Clifton Lifesaving Club - Clifton P Hodgkinson, A Steer
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