



LCT Pool Rescue LCT Speed Lifesaving #3 2025

16 Aug 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 50m With Fins SL
2. 50m Manikin Carry With Fins (Mini) SL
3. 50m Manikin Carry With Fins (Medium) SL
4. 50m Super Nipper (Medium) SL
5. 100m Super Lifesaver SL
6. 4x25m Mannikin Relay (Mini) SL
7. 4x25m Mannikin Relay (Medium) SL
8. 4x25m Mannikin Relay SL
9. 4x25m Lifesaver Relay (Mini) SL
10. 4x25m Lifesaver Relay (Medium) SL
12. 4x25m Lifesaver Relay SL
13. 50m Mixed Racing Rescue Relay

Event 1: 50m With Fins SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Kate Wigley	CF		NT
3	Renee Vrahimis	FH	00:35,60	00:35,85
4	Michelle Lamprecht	FH	00:25,31	
5	Meike Zumpt	MIL	00:33,15	00:32,57
6	Christina Mallion	CF		NT 00:29,94
7	Sally Matusik	FH		NT 00:31,19
8				-

Event 1: 50m With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Andries Kotze	CF		NT 00:24,50
2	Christopher Garrow	MIL		NT 00:28,25
3	Robin Kuys	CF		NT
4	Paul Herbert	BB		NT
5	Marco Zumpt	MIL		NT 00:27,00
6	Alex Carl Neusch	BB		NT 00:26,91
7	Garth Bruwer	CF		NT
8				-

Event 1: 50m With Fins SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Jade Grondt	CF		NT
2	Xavier Sebastian	CF		NT
3	Camron Elliott	UN		NT
4	Nico Erasmus	UN		NT
5	Dillon Abrahams	UN		NT
6	Sive Ntloko	UN		NT 00:30,15
7	Grant Owis	CF		NT
8	Siphamandla Barns	UN		NT

Event 1: 50m With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Indra Hoets	CF		NT
2	Emily Roff	CF		NT 00:28,84
3				-
4	Zola Cristini	CF		NT 00:30,66
5	Bailey Thomson	CF		NT
6				-
7				-
8				-

Event 1: 50m With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Riziki Magotsi	CF		NT
3	Nicole Persent	UN		NT
4	Thandile Sabela	UN		NT
5	Reese Noble	CF		NT
6	Kiersten Pause	UN		NT
7				-
8				-

Event 1: 50m With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Ronan De Beer	KB		NT 00:27,80
2	Leon Walther-Kotzé	CF		NT 00:23,97
3	Kayden O'Connor	KB		NT 00:32,47
4	Isaiah Morris	UN		NT
5	Shethar Reid	KB		NT 00:24,03
6	Conrad Jantjies	UN		NT
7	Nathan Brown	KB		NT 00:32,06
8	Matthew Goff	CF		NT

Event 1: 50m With Fins SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Marais Kroon	BB	00:39,78	00:43,66
4	Sofia Geva	CF		NT
5	Grayson Haller	FH		NT
6	Chloe Honore	CF		NT
7	Fia Moore Ackerman	CF		NT 00:34,44
8				-

Event 1: 50m With Fins SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Vidar Bendixen	FH		NT
3	Daniel Goodall	CF		NT 00:34,66
4	Ryn Abrie	CF		NT 00:27,53
5	Callan Compton	BB		NT 00:27,38
6	Daniel Theron	CF		NT 00:32,03
7				-
8				-

Event 1: 50m With Fins SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Levi April	BB	00:35,40	00:36,13
3	Dani Bruwer	BB	00:34,62	00:34,62
4	Rania Finck	UN	00:34,04	
5	Kallon Allott	CF	00:34,22	00:32,97
6	Emma Brownlee	CF	00:34,79	00:31,13
7				-
8				-

Event 1: 50m With Fins SL**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Dylan Froneman	BB	00:26,13	00:25,85
3	Matthew Goodall	CF	00:25,78	
4	Jaydon Allott	CF	00:25,55	00:24,50
5	Christian Van Heerden	BB	00:25,41	00:25,34
6	Diego Jansen	BB	00:25,65	00:27,10
7	Jessie Allott	CF	00:25,78	00:26,32
8	Ross Goodall	CF	00:26,94	00:26,13

Event 1: 50m With Fins SL**Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Niyaz Devajee	UN	00:28,29	00:27,28
2	Alexa Heldsinger	CF	00:27,47	
3	Mikey Goodall	CF	00:27,16	00:28,25
4	Isabella Brooker	CF	00:26,97	00:26,10
5	Gia Heldsinger	CF	00:27,05	
6	David Jansen	BB	00:27,22	00:27,37
7	Tyriq Windell	UN	00:28,03	00:30,00
8	Abigail Kirkland	BB	00:28,83	00:29,31

Event 1: 50m With Fins SL**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Carla Carolus	UN	00:30,56	00:30,63
2	Kyla Allott	CF	00:29,75	00:29,34
3	Hannah Van Heerden	BB	00:29,47	
4	Greyson September	CF	00:28,91	00:29,37
5	Laeeq Devajee	UN	00:29,41	00:25,97
6	Clayton Abrahams	UN	00:29,71	
7	Nolan Froneman	BB	00:30,25	00:30,19
8	Daniel Van der Westhuizen	BB	00:30,63	00:30,78

Event 1: 50m With Fins SL**Heat 13**

Lane	Swimmer	Club	Seed	Result
1	Lakin Leibrandt	UN	00:33,25	00:31,50
2	Rebecca Alderman	CF	00:32,78	00:31,10
3	Albert Cloete	BB	00:32,03	00:32,96
4	Sylvie Gorille	CF	00:30,93	
5	Bianca Van der Westhuizen	BB	00:31,63	00:31,31
6	Madison Tucker	CF	00:32,32	
7	Kinga Koen	CF	00:33,75	00:30,47
8				-

Event 1: 50m With Fins SL**Heat 14**

Lane	Swimmer	Club	Seed	Result
1	Amica De Jager	CF	00:24,44	00:24,50
2	Casey Bruwer	CF	00:24,31	00:23,90
3	Kendra Begley	KB	NT	00:22,12
4	Chloe Jewell	KB	NT	00:26,12
5	Jesse-Leah Laderach	KB	NT	00:25,32
6	Kyrah Mack	KB	NT	00:28,66
7	Miya Krog	FH	00:24,31	00:23,63
8	Kendra Du Toit	MD	NT	00:21,06

Event 1: 50m With Fins SL**Heat 15**

Lane	Swimmer	Club	Seed	Result
1	Kiaan Terblanche	CF	NT	00:19,69
2	Tanner Gorille	CF	NT	00:24,18
3	Caleb Jansen	BB	00:22,66	00:23,25
4	Lucca Basson	CF	00:22,13	00:21,47
5	Jan-Lukas Van der Westhuizen	BB	00:22,22	00:22,12
6	Luc Michaels	UN	00:25,25	00:25,25
7	Jack Allott	CF	00:22,93	00:22,94
8	Zack Waters	CF	NT	00:22,88

Event 1: 50m With Fins SL**Heat 16**

Lane	Swimmer	Club	Seed	Result
1	Christian Wilson	BB	00:21,66	00:21,50
2	Connor Gilmour	BB	00:20,53	00:20,40
3	Matthew Brooker	CF	00:19,75	00:18,94
4	Nicholas Pretorius	KB	NT	00:19,56
5	Wilan Basson	CF	NT	00:17,72
6	Conrad Scheepers	CF	00:21,00	00:20,41
7	Taro Tomitsuka	CF	00:22,00	00:21,54
8	Mathew Pincente	CF	00:20,22	00:20,00

Event 2: 50m Manikin Carry With Fins (Mini) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Grayson Haller	FH		NT
2	Marais Kroon	BB		NT
3	Lakin Leibrandt	UN	00:42,38	00:44,84
4	Madison Tucker	CF	00:42,25	
5	Sofia Geva	CF		NT
6	Levi April	BB		00:54,28
7	Fia Moore Ackerman	CF		NT
8				-

Event 3: 50m Manikin Carry With Fins (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Dani Bruwer	BB		NT
3	Daniel Theron	CF		NT
4	Albert Cloete	BB		NT 00:44,53
5	Gia Heldsinger	CF	00:34,22	
6	Bianca Van der Westhuizen	BB	00:39,03	00:37,93
7	Chloe Honore	CF		NT 00:44,06
8				-

Event 3: 50m Manikin Carry With Fins (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Daniel Goodall	CF		NT 00:46,85
3	Kallon Allott	CF	00:47,69	00:47,81
4	Daniel Van der Westhuizen	BB	00:40,75	00:41,93
5	Nolan Froneman	BB	00:41,10	00:29,75
6	Vidar Bendixen	FH		NT
7				-
8				-

Event 4: 50m Super Nipper (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zola Cristini	CF		NT 00:42,00
3	Indra Hoets	CF		NT
4	Emily Roff	CF		NT 00:48,69
5	Kinga Koen	CF		NT
6	Bailey Thomson	CF		NT
7				-
8				-

Event 4: 50m Super Nipper (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ryn Abrie	CF		NT 00:42,75
3	Greyson September	CF	00:51,09	00:54,25
4	Christian Van Heerden	BB	00:41,15	00:37,34
5	Diego Jansen	BB	00:40,10	00:42,60
6	Jaydon Allott	CF	00:37,37	00:39,25
7	Dylan Froneman	BB	00:39,59	00:38,59
8	Callan Compton	BB		NT 00:39,28

Event 4: 50m Super Nipper (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Rebecca Alderman	CF	00:51,87	00:47,87
3	Emma Brownlee	CF	00:52,15	00:50,94
4	Isabella Brooker	CF	00:39,41	00:39,28
5	Alexa Heldsinger	CF	00:41,06	
6	Hannah Van Heerden	BB	00:43,00	
7				-
8				-

Event 5: 100m Super Lifesaver SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Renee Vrahimis	FH		NT
4	Meike Zumpt	MIL	02:24,78	02:10,80
5	Michelle Lamprecht	FH		NT
6	Christina Mallion	CF		01:47,87
7	Sally Matusik	FH		NT
8				-

Event 5: 100m Super Lifesaver SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Andries Kotze	CF		NT
2	Robin Kuys	CF		NT
3	Marco Zumpt	MIL		01:37,75
4	David Jansen	BB		NT
5	Garth Bruwer	CF		01:36,00
6	Paul Herbert	BB		NT
7	Alex Carl Neusch	BB		01:44,07
8	Christopher Garrow	MIL		02:03,22

Event 5: 100m Super Lifesaver SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Laeq Devajee	UN		NT 01:59,60
2	Grant Owis	CF		NT
3	Sive Ntloko	UN		NT 01:45,50
4	Christian Wilson	BB		NT
5	Camron Elliott	UN		NT
6	Siphamandla Barns	UN		NT
7	Jade Grondt	CF		NT
8	Nico Erasmus	UN		NT

Event 5: 100m Super Lifesaver SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Mathew Pincente	CF		NT
2	Taro Tomitsuka	CF		NT 01:20,66
3	Jack Allott	CF	01:18,78	01:17,41
4	Nicholas Pretorius	KB		NT 01:13,34
5	Wilan Basson	CF		NT 01:07,50
6	Matthew Brooker	CF	01:11,62	01:06,37
7	Conrad Scheepers	CF		NT 01:14,78
8	Tanner Gorille	CF		NT 01:24,84

Event 5: 100m Super Lifesaver SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Shethar Reid	KB		NT 01:30,91
3	Conrad Jantjies	UN		NT
4	Xavier Sebastian	CF		NT
5	Tyriq Windell	UN		NT DQ
6	Isaiah Morris	UN		NT
7	Lucca Basson	CF		NT 01:23,09
8	Matthew Goff	CF		NT

Event 5: 100m Super Lifesaver SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Reese Noble	CF		NT
3	Riziki Magotsi	CF		NT
4	Miya Krog	FH		01:31,62
5	Kyrah Mack	KB		01:51,71
6	Kyla Allott	CF	01:45,31	01:43,28
7				-
8				-

Event 5: 100m Super Lifesaver SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Abigail Kirkland	BB		NT 01:47,12
2	Jesse-Leah Laderach	KB		NT 01:37,47
3	Kendra Du Toit	MD		NT 01:18,56
4	Amica De Jager	CF	01:24,75	01:21,28
5	Kendra Begley	KB		NT
6	Casey Bruwer	CF		NT 01:24,09
7	Jessie Allott	CF	01:26,66	01:25,50
8	Chloe Jewell	KB		NT 01:44,59

Event 5: 100m Super Lifesaver SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jan-Lukas Van der Westhuizen	BB		NT 01:21,72
3	Mikey Goodall	CF	01:37,56	01:33,25
4	Niyaaz Devajee	UN		NT 01:52,75
5	Leon Walther-Kotzé	CF		NT 01:36,10
6	Nathan Brown	KB		NT 01:41,00
7	Ronan De Beer	KB		NT 01:39,22
8	Kayden O'Connor	KB		NT 01:59,38

Event 5: 100m Super Lifesaver SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Sylvie Gorille	CF		NT
4	Carla Carolus	UN	02:02,06	01:59,44
5	Rania Finck	UN	02:16,13	
6	Nicole Persent	UN		NT
7	Thandile Sabela	UN		NT
8	Kiersten Paulse	UN		NT

Event 5: 100m Super Lifesaver SL**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF		NT
2	Ross Goodall	CF	01:41,06	01:39,46
3	Matthew Goodall	CF	01:30,18	
4	Caleb Jansen	BB	01:21,69	01:27,66
5	Luc Michaels	UN	01:27,71	01:30,60
6	Dillon Abrahams	UN	01:34,26	
7	Clayton Abrahams	UN	01:54,81	
8				-