



LCT Pool Rescue LCT Speed Lifesaving Gala #4

13 Sep 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 50m Obstacles SL
2. 4x25m Mixed Obstacle Relay SL
3. 50m With Fins SL
4. 4x50m With Fins SL
5. 50m Manikin Carry (Mini) SL
6. 50m Manikin Carry (Medium) SL
7. 50m Manikin Carry SL
8. 4x25m Mannikin Relay (Mini) SL
9. 4x25m Mannikin Relay (Medium) SL
10. 4x25m Mannikin Relay SL
11. 50m Torpedo Buoy Rescue SL
12. 50m Super Nipper (Medium) SL
13. 100m Super Lifesaver SL
14. 50m Mixed Rescue Relay SL

Event 1: 50m Obstacles SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Alexa Heldsinger	CF	00:34,31	00:32,78
2	Luc Michaels	UN	00:32,87	00:29,41
3	Jaydon Allott	CF	00:32,10	00:29,97
4	Jan-Lukas Van der Westhuizen	BB	00:30,75	00:29,62
5	Matthew Brooker	CF	00:28,75	00:27,53
6	Jack Allott	CF	00:30,28	00:28,90
7	Christian Van Heerden	CF	00:31,62	00:31,31
8	Dillon Abrahams	UN	00:32,13	
9	Dylan Froneman	BB	00:33,56	00:32,56
10	Isabella Brooker	CF	00:34,40	00:32,88

Event 1: 50m Obstacles SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF	00:40,12	00:38,53
2	Kyla Allott	CF	00:39,34	00:37,56
3	Nolan Froneman	BB	00:38,59	00:36,43
4	Victoria Donaldson	BB	00:38,00	00:36,82
5	Jessie Allott	CF	00:35,46	00:33,97
6	Hannah Van Heerden	CF	00:35,57	00:36,09
7	Clayton Abrahams	UN	00:38,40	
8	Gemma Blackburn	CF	00:39,19	00:37,07
9	Daniel Van der Westhuizen	BB	00:39,58	00:37,41
10	Rebecca Allderman	CF	00:40,62	00:38,50

Event 1: 50m Obstacles SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Emma Fourie	BB	00:56,27	00:39,91
2	Lakin Leibrandt	UN	00:48,78	00:50,38
3	Elizabeth Spangenberg	CF	00:45,65	00:45,38
4	Carla Carolus	UN	00:41,97	
5	Bianca Van der Westhuizen	BB	00:41,25	00:39,63
6	Christiaan Basson	BB	00:41,57	00:41,65
7	Emma Brownlee	CF	00:43,79	00:42,09
8	Kallon Allott	CF	00:47,50	00:44,63
9	Rania Finck	UN	00:52,10	
10	Christina Mallion	CF		NT 00:39,53

Event 1: 50m Obstacles SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Lauren Allott	CF		NT 00:35,38
2	Nicole Persent	UN		NT
3	Kiersten Paulse	UN		NT
4	Lisa Buschek	CF		NT 00:37,34
5	Sam Hucke	FH		NT 00:39,90
6	Jeanne Topliss	FH		NT 00:46,50
7	Alshane Edwards	CF		NT
8	Sally Matusik	FH		NT 00:47,69
9	Monica Theron	FH		NT 00:40,81
10	Michelle Lamprecht	FH		NT 00:34,37

Event 1: 50m Obstacles SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Bryan Allott	CF		NT
2	Ewald Van Heerden	CF		NT
3	Tanner Gorille	CF		NT 00:29,94
4	Laeq Devajee	UN		NT 00:36,66
5	Camron Elliott	UN		NT
6	Revan Kennedy	FH		NT
7	Sive Ntloko	UN		NT 01:34,22
8	Conrad Scheepers	CF		NT 00:29,16
9	Nico Erasmus	UN		NT
10	Troy Squires	CF		NT 00:33,81

Event 1: 50m Obstacles SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Lucca Basson	CF		NT 00:28,38
2	Bella Havemann	CF		NT 00:32,09
3	Isaiah Morris	UN		NT
4	Thandile Sabela	UN		NT
5	Tyriq Windell	UN		NT
6	Amber-Rose Berry	CF		NT 00:35,97
7	Conrad Jantjies	UN		NT
8	Wade Beukes	FH		NT
9	Zia Petersen	UN		NT 00:35,90
10	Steven Waters	BB		NT 00:28,40

Event 1: 50m Obstacles SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Zach Hafner	CF		NT 00:34,16
4	Miya Krog	FH		NT 00:33,38
5	Casey Bruwer	CF		NT 00:32,81
6	Katya Bova-Olsen	FH		NT 00:34,59
7	Niyaz Devajee	UN		NT 00:36,44
8				-
9				-
10				-

Event 1: 50m Obstacles SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Sabrina Krige	BB		NT 00:33,13
2	Shaylee Powell	FH		NT 00:36,22
3	Bailey Thomson	CF		NT 00:37,47
4	Johannes Spangenberg	CF		NT 00:35,97
5	Alexei Slabbert	UN		NT 00:40,29
6	Megan Waters	BB		NT 00:35,60
7	Zola Cristini	CF		NT 00:40,28
8	Malan Steyl	UN		NT 00:57,25
9	Emily Roff	CF		NT 00:36,15
10	Vidar Bendixen	FH		NT 00:35,66

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

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	CF	00:24,50	00:24,62
2	Casey Bruwer	CF	00:23,90	00:24,63
3	Jack Allott	CF	00:22,93	00:22,15
4	Lucca Basson	CF	00:21,47	00:21,41
5	Matthew Brooker	CF	00:18,94	00:18,78
6	Conrad Scheepers	CF	00:20,41	00:21,00
7	Jan-Lukas Van der Westhuizen	BB	00:22,12	00:22,13
8	Miya Krog	FH	00:23,63	00:23,32
9	Tanner Gorille	CF	00:24,18	00:26,38
10	Luc Michaels	UN	00:25,25	00:25,84

Event 3: 50m With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Tyriq Windell	UN	00:28,03	
2	Niyaaz Devajee	UN	00:27,28	00:28,66
3	Laeeq Devajee	UN	00:25,97	00:27,07
4	Jessie Allott	CF	00:25,78	00:25,16
5	Michelle Lamprecht	FH	00:25,31	00:25,65
6	Christian Van Heerden	CF	00:25,34	00:25,75
7	Dylan Froneman	BB	00:25,85	00:25,00
8	Isabella Brooker	CF	00:26,10	00:26,31
9	Alexa Heldsinger	CF	00:27,47	00:25,72
10	Katya Bova-Olsen	FH	00:28,28	00:25,75

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

Lane	Swimmer	Club	Seed	Result
1	Sive Ntloko	UN	00:30,15	00:54,09
2	Christina Mallion	CF	00:29,94	00:32,69
3	Clayton Abrahams	UN	00:29,71	
4	Kyla Allott	CF	00:29,34	00:28,79
5	Emily Roff	CF	00:28,84	00:29,16
6	Greyson September	CF	00:28,91	00:29,25
7	Hannah Van Heerden	CF	00:29,47	00:31,15
8	Victoria Donaldson	BB	00:29,72	00:29,00
9	Gemma Blackburn	CF	00:30,04	00:28,63
10	Nolan Froneman	BB	00:30,19	00:31,15

Event 3: 50m With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kallon Allott	CF	00:32,97	00:35,35
2	Bianca Van der Westhuizen	BB	00:31,31	00:32,31
3	Emma Brownlee	CF	00:31,13	00:32,35
4	Zola Cristini	CF	00:30,66	00:30,94
5	Carla Carolus	UN	00:30,56	
6	Daniel Van der Westhuizen	BB	00:30,63	00:32,35
7	Rebecca Alderman	CF	00:31,10	00:31,59
8	Sally Matusik	FH	00:31,19	00:30,96
9	Lakin Leibrandt	UN	00:31,50	00:33,44
10	Elizabeth Spangenberg	CF	00:33,16	00:32,84

Event 3: 50m With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Ewald Van Heerden	CF		NT
2	Monica Theron	FH		NT 00:33,75
3	Lauren Allott	CF		NT 00:26,10
4	Emma Fourie	BB	00:37,06	00:30,69
5	Christiaan Basson	BB	00:33,43	00:32,29
6	Rania Finck	UN	00:34,04	
7	Jeanne Topliss	FH		NT 00:33,75
8	Lisa Buschek	CF		NT 00:29,66
9	Sam Hucke	FH		NT 00:28,18
10	Revan Kennedy	FH		NT

Event 3: 50m With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Thandile Sabela	UN		NT
2	Nico Erasmus	UN		NT
3	Camron Elliott	UN		NT
4	Nicole Persent	UN		NT
5	Troy Squires	CF		NT 00:26,53
6	Kiersten Paulse	UN		NT
7	Alshane Edwards	CF		NT 00:23,16
8	Dillon Abrahams	UN		NT
9	Amber-Rose Berry	CF		NT 00:25,29
10	Conrad Jantjies	UN		NT

Event 3: 50m With Fins SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Wade Beukes	FH		NT
4	Isaiah Morris	UN		NT
5	Bella Havemann	CF		NT 00:26,90
6	Zia Petersen	UN		NT 00:26,78
7	Zach Hafner	CF		NT 00:27,22
8	Steven Waters	BB		NT 00:21,75
9				-
10				-

Event 3: 50m With Fins SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Shaylee Powell	FH		NT 00:28,00
3	Bailey Thomson	CF		NT 00:29,50
4	Alexei Slabbert	UN		NT 00:35,94
5	Johannes Spangenberg	CF		NT 00:28,84
6	Malan Steyl	UN		NT 00:43,53
7	Vidar Bendixen	FH		NT 00:28,50
8	Sabrina Krige	BB		NT 00:28,00
9	Megan Waters	BB		NT 00:29,07
10				-

Event 5: 50m Manikin Carry (Mini) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Lakin Leibrandt	UN	00:58,70	00:55,10
5	Christiaan Basson	BB	00:51,31	00:47,32
6	Elizabeth Spangenberg	CF	00:53,56	00:53,28
7	Malan Steyl	UN	NT	01:15,09
8				-
9				-
10				-

Event 6: 50m Manikin Carry (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Gemma Blackburn	CF	NT	00:44,44
2	Emma Brownlee	CF	NT	00:49,46
3	Bailey Thomson	CF	NT	00:46,19
4	Kallon Allott	CF	00:58,71	00:56,81
5	Bianca Van der Westhuizen	BB	00:47,72	00:47,69
6	Nolan Froneman	BB	00:47,72	00:46,00
7	Alexa Heldsinger	CF	NT	00:39,22
8	Emily Roff	CF	NT	00:44,81
9	Emma Fourie	BB	NT	00:47,54
10	Hannah Van Heerden	CF	NT	00:41,04

Event 6: 50m Manikin Carry (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zola Cristini	CF	NT	00:47,25
3	Isabella Brooker	CF	NT	00:39,03
4	Sabrina Krige	BB	NT	00:38,56
5	Megan Waters	BB	NT	00:41,41
6	Shaylee Powell	FH	NT	
7	Alexei Slabbert	UN	NT	00:56,75
8	Rebecca Allderman	CF	NT	00:45,56
9				-
10				-

Event 6: 50m Manikin Carry (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Greyson September	CF		NT 00:47,43
3	Johannes Spangenberg	CF		NT 00:47,16
4	Christian Van Heerden	CF		NT 00:34,60
5	Dylan Froneman	BB		NT 00:37,15
6	Vidar Bendixen	FH		NT 00:42,97
7	Jaydon Allott	CF		NT 00:34,19
8	Daniel Van der Westhuizen	BB		NT 00:47,72
9				-
10				-

Event 7: 50m Manikin Carry SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Lauren Allott	CF		NT 00:43,34
2	Lisa Buschek	CF		NT 00:52,97
3	Sally Matusik	FH		NT 01:00,75
4	Revan Kennedy	FH		NT
5	Christina Mallion	CF		NT 00:49,47
6	Michelle Lamprecht	FH		NT 00:41,56
7	Monica Theron	FH		NT 00:48,22
8	Jeanne Topliss	FH		NT 01:01,19
9	Victoria Donaldson	BB		NT 00:44,66
10	Sam Hucke	FH		NT 00:50,91

Event 7: 50m Manikin Carry SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Alshane Edwards	CF		NT 00:40,88
2	Troy Squires	CF		NT 00:40,63
3	Dillon Abrahams	UN		NT
4	Clayton Abrahams	UN		NT
5	Nicole Persent	UN		NT
6	Conrad Scheepers	CF		NT 00:32,69
7	Kiersten Paulse	UN		NT
8	Bryan Allott	CF		NT
9	Camron Elliott	UN		NT
10	Ewald Van Heerden	CF		NT

Event 7: 50m Manikin Carry SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Rania Finck	UN		NT
2	Amber-Rose Berry	CF		NT 00:45,75
3	Tanner Gorille	CF		NT 00:36,78
4	Nico Erasmus	UN		NT
5	Laeeq Devajee	UN		NT 00:47,16
6	Luc Michaels	UN		NT 00:36,56
7	Sive Ntloko	UN		NT
8	Tyriq Windell	UN		NT
9	Jessie Allott	CF		NT 00:40,84
10	Thandile Sabela	UN		NT

Event 7: 50m Manikin Carry SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Lucca Basson	CF		NT 00:33,63
2	Zia Petersen	UN		NT 00:47,78
3	Bella Havemann	CF		NT 00:39,87
4	Matthew Brooker	CF		NT 00:32,43
5	Conrad Jantjies	UN		NT
6	Isaiah Morris	UN		NT
7	Wade Beukes	FH		NT
8	Carla Carolus	UN		NT
9	Jack Allott	CF		NT 00:33,97
10	Steven Waters	BB		NT 00:34,38

Event 7: 50m Manikin Carry SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zach Hafner	CF		NT 00:49,03
3	Jan-Lukas Van der Westhuizen	BB		NT 00:35,88
4	Kyla Allott	CF		NT 00:47,56
5	Casey Bruwer	CF		NT 00:39,94
6	Katya Bova-Olsen	FH		NT 00:41,87
7	Miya Krog	FH		NT 00:42,81
8	Niyaaaz Devajee	UN		NT 00:52,85
9				-
10				-

Event 11: 50m Torpedo Buoy Rescue SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Vidar Bendixen	FH		NT
2	Kallon Allott	CF	00:39,69	00:39,34
3	Lakin Leibrandt	UN	00:37,00	00:35,35
4	Bianca Van der Westhuizen	BB	00:36,03	00:35,18
5	Nolan Froneman	BB	00:33,59	00:33,31
6	Christiaan Basson	BB	00:34,12	00:34,96
7	Daniel Van der Westhuizen	BB	00:36,55	00:34,88
8	Elizabeth Spangenberg	CF	00:38,69	00:37,19
9	Alexei Slabbert	UN		NT 00:34,12
10	Malan Steyl	UN		NT

Event 12: 50m Super Nipper (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Rebecca Alderman	CF	00:47,87	00:47,35
2	Hannah Van Heerden	CF	00:43,00	00:43,81
3	Alexa Heldsinger	CF	00:41,06	00:41,25
4	Dylan Froneman	BB	00:38,59	00:39,41
5	Christian Van Heerden	CF	00:37,34	00:35,37
6	Jaydon Allott	CF	00:37,37	00:37,31
7	Isabella Brooker	CF	00:39,28	00:38,78
8	Zola Cristini	CF	00:42,00	00:55,78
9	Gemma Blackburn	CF	00:44,53	00:43,53
10	Emily Roff	CF	00:48,69	00:48,35

Event 12: 50m Super Nipper (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Shaylee Powell	FH	NT	00:42,16
3	Megan Waters	BB	NT	00:42,50
4	Bailey Thomson	CF	NT	00:52,01
5	Emma Brownlee	CF	00:50,94	00:49,84
6	Greyson September	CF	00:51,09	
7	Emma Fourie	BB	NT	00:58,22
8	Sabrina Krige	BB	NT	00:41,16
9	Johannes Spangenberg	CF	NT	00:50,10
10				-

Event 13: 100m Super Lifesaver SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Luc Michaels	UN	01:27,71	01:28,53
4	Lucca Basson	CF	01:23,09	01:19,00
5	Matthew Brooker	CF	01:06,37	01:07,10
6	Jack Allott	CF	01:17,41	01:16,60
7	Tanner Gorille	CF	01:24,84	
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Miya Krog	FH	01:31,62	01:36,03
4	Casey Bruwer	CF	01:24,09	01:25,00
5	Conrad Scheepers	CF	01:14,78	01:19,31
6	Jan-Lukas Van der Westhuizen	BB	01:21,72	01:19,84
7	Jessie Allott	CF	01:25,50	01:24,93
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Laeeq Devajee	UN	01:59,60	
4	Niyaaz Devajee	UN	01:52,75	
5	Dillon Abrahams	UN	01:34,26	
6	Sive Ntloko	UN	01:45,50	
7	Clayton Abrahams	UN	01:54,81	
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Rania Finck	UN	02:16,13	
4	Christina Mallion	CF	01:47,87	
5	Kyla Allott	CF	01:43,28	01:38,19
6	Victoria Donaldson	BB	01:46,94	
7	Carla Carolus	UN	01:59,44	
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Isaiah Morris	UN		NT
4	Nicole Persent	UN		NT
5	Zach Hafner	CF		01:59,00
6	Kiersten Paulse	UN		NT
7	Conrad Jantjies	UN		NT
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Steven Waters	BB	NT	01:18,07
4	Nico Erasmus	UN	NT	
5	Camron Elliott	UN	NT	
6	Alshane Edwards	CF	NT	
7	Wade Beukes	FH	NT	
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Sam Hucke	FH	NT	
4	Sally Matusik	FH	NT	
5	Lisa Buschek	CF	NT	
6	Monica Theron	FH	NT	
7	Michelle Lamprecht	FH	NT	01:29,50
8	Jeanne Topliss	FH	NT	
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Zia Petersen	UN	NT	01:40,78
4	Bella Havemann	CF	NT	01:44,34
5	Amber-Rose Berry	CF	NT	01:36,25
6	Thandile Sabela	UN	NT	
7	Katya Bova-Olsen	FH	NT	01:39,28
8				-
9				-
10				-

Event 13: 100m Super Lifesaver SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Revan Kennedy	FH		NT
5	Troy Squires	CF		NT
6	Tyriq Windell	UN		NT
7	Ewald Van Heerden	CF		NT
8				-
9				-
10				-