



LCT Pool Rescue RSS Pool Rescue 2025/6 #3

11 Apr 2026

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 50m Manikin Carry
2. 50m Manikin Carry (Medium)
3. 100m Rescue Medley
4. 100m Rescue Medley (Medium)
5. 200m Super Lifesaver
6. 100m Manikin Carry With Fins
7. 100m Manikin Carry with Fins (Medium)
8. 100m Manikin Tow With Fins
9. 4x50 Mixed Medley Relay

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

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	00:35,75	00:36,68
2	Steven Waters	BB	00:34,460	00:36,79
3	Matthew Brooker	CF	00:33,45	00:34,66
4	Mathew Pincente	CF	00:32,23	00:32,38
5	Wilan Basson	CF	00:32,80	00:35,06
6	Jan-Lukas Van der Westhuizen	BB	00:34,90	00:33,96
7	Lucca Basson	CF	00:35,31	00:34,09
8	Jack Allott	CF	00:36,47	00:36,72

Event 1: 50m Manikin Carry**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Kiaan Terblanche	CF	00:41,92	00:38,67
2	Puneet Nagendrakumar	BB	00:39,47	00:39,44
3	Christian van Heerden	CF	00:38,51	00:37,91
4	Zack Waters	CF	00:36,60	00:35,98
5	Jaydon Allott	CF	00:37,07	00:37,68
6	Jessica Harcus	FH	00:38,750	00:39,95
7	Grant Nefdt	FH	00:40,01	00:40,87
8	Mathew Pincente	CF	00:32,23	00:38,53

Event 1: 50m Manikin Carry**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Hannah Burke	CF	00:42,21	
2	Casey Bruwer	CF	00:41,540	00:43,71
3	Callan Compton	BB	00:41,86	00:41,53
4	Lucca Basson	CF	00:35,31	00:33,77
5	Miya Krog	FH	00:40,75	00:44,86
6	Sabrina Krige	BB	00:41,91	00:44,20
7	Jessie Allott	CF	00:42,18	00:42,63
8	Alex Neusch	BB	00:42,22	00:42,86

Event 1: 50m Manikin Carry**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF	00:46,34	00:45,13
2	Alexa Heldsinger	CF	00:45,35	00:45,01
3	Katya Bova-Olsen	FH	00:43,23	00:45,04
4	Joseph Brading	FH	00:43,00	
5	Michelle Lamprecht	FH	00:43,09	00:43,82
6	Daniella Harcus	FH	00:44,15	00:42,59
7	Amber-Rose Berry	CF	00:45,93	
8	Heath Clarke	FH	00:48,47	00:42,09

Event 1: 50m Manikin Carry**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Megan Waters	BB	NT	00:45,23
3	Kyla Allott	CF	00:51,16	00:51,35
4	Victoria Donaldson	BB	00:48,44	00:47,96
5	Ellen Hodgkinson	CF	00:50,80	00:48,58
6	Sally Matusik	FH	00:58,69	01:01,18
7	Kyle Vickers	BB	NT	00:45,07
8				-

Event 2: 50m Manikin Carry (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Gia Heldsinger	CF	00:41,38	00:40,66
3	Caitlin Barnes	FH	00:40,80	00:41,76
4	Dylan Froneman	BB	00:37,66	00:36,00
5	Sarah Mocke	FH	00:38,41	00:39,04
6	Noah Kervarrec	CF	00:41,31	00:37,19
7	Vidar Bendixen	FH	00:43,91	00:44,19
8				-

Event 3: 100m Rescue Medley**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Lucca Basson	CF	01:15,25	01:14,06
2	Steven Waters	BB	01:14,120	01:19,40
3	Mathew Pincente	CF	01:09,810	01:22,25
4	Wilan Basson	CF	01:07,83	01:11,96
5	Matthew Brooker	CF	01:07,87	01:14,74
6	Jack Allott	CF	01:10,820	01:14,45
7	Jan-Lukas Van der Westhuizen	BB	01:15,19	01:12,69
8	Matthew Brading	FH	01:17,44	01:21,16

Event 3: 100m Rescue Medley**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	CF	01:26,530	01:31,86
2	Kiaan Terblanche	CF	01:24,29	01:21,99
3	Christian van Heerden	CF	01:21,06	01:17,97
4	Zack Waters	CF	01:17,71	01:22,17
5	Jaydon Allott	CF	01:18,12	01:18,86
6	Jessica Harcus	FH	01:22,19	01:27,59
7	Grant Nefdt	FH	01:26,07	01:33,36
8				-

Event 3: 100m Rescue Medley**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Megan Waters	BB	01:33,94	01:34,55
2	Alexa Heldsinger	CF	01:32,91	01:29,42
3	Daniella Harcus	FH	01:29,13	01:27,48
4	Puneet Nagendrakumar	BB	01:26,63	01:24,64
5	Jessie Allott	CF	01:28,41	01:31,22
6	Hannah Burke	CF	01:30,02	
7	Katya Bova-Olsen	FH	01:33,88	01:34,70
8				-

Event 3: 100m Rescue Medley**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kyle Vickers	BB		NT 01:44,81
2	Sabrina Krige	BB		NT 01:41,18
3	Miya Krog	FH	01:39,06	01:36,77
4	Amber-Rose Berry	CF	01:34,39	
5	Isabella Brooker	CF	01:38,12	01:31,11
6	Ellen Hodgkinson	CF	01:54,34	01:46,99
7	Joseph Brading	FH		NT
8				-

Event 4: 100m Rescue Medley (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Gia Heldsinger	CF		NT DQ
2	Arabella Hoey-Fry	FH		NT
3	Caitlin Barnes	FH	01:30,12	01:30,33
4	Sarah Mocke	FH	01:21,53	01:23,13
5	Noah Kervarrec	CF	01:25,25	01:20,26
6	Vidar Bendixen	FH	01:36,13	01:34,21
7	Dylan Froneman	BB	01:22,55	01:19,03
8				-

Event 5: 200m Super Lifesaver**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zack Waters	CF	02:35,35	02:38,93
3	Jack Allott	CF	02:23,660	02:27,81
4	Wilan Basson	CF	02:20,97	02:27,18
5	Matthew Brooker	CF	02:20,610	02:35,48
6	Steven Waters	BB	02:31,31	02:37,47
7	Christian van Heerden	CF	02:38,71	02:37,18
8	Matthew Brading	FH	02:39,90	02:50,54

Event 5: 200m Super Lifesaver**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Grant Nefdt	FH	02:52,58	03:00,10
2	Jessie Allott	CF	02:51,48	03:09,01
3	Casey Bruwer	CF	02:48,730	02:56,09
4	Jaydon Allott	CF	02:40,59	02:44,98
5	Lucca Basson	CF	02:42,61	02:38,17
6	Puneet Nagendrakumar	BB	02:49,63	02:57,48
7	Callan Compton	BB	02:51,71	02:57,71
8				-

Event 5: 200m Super Lifesaver**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Joseph Brading	FH	03:01,84	
2	Katya Bova-Olsen	FH	02:58,06	03:03,52
3	Isabella Brooker	CF	02:57,54	03:05,35
4	Miya Krog	FH	02:53,61	03:00,00
5	Daniella Harcus	FH	02:53,68	03:01,84
6	Amber-Rose Berry	CF	02:57,84	
7	Alexa Heldsinger	CF	02:58,72	02:55,81
8	Shaylee Powell	FH	03:13,31	03:09,54

Event 5: 200m Super Lifesaver**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kyle Vickers	BB	NT	03:29,86
2	Ellen Hodgkinson	CF	03:20,32	03:35,41
3	Alex Neusch	BB	03:17,06	03:04,67
4	Jack Allott	CF	02:23,660	02:39,49
5	Jessie Allott	CF	02:49,61	
6	Kyla Allott	CF	03:18,62	03:23,47
7	Sabrina Krige	BB	NT	DQ
8	Megan Waters	BB	NT	03:15,31

Event 6: 100m Manikin Carry With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Jessica Harcus	FH	01:00,510	01:03,87
2	Steven Waters	BB	00:54,690	01:03,89
3	Mathew Pincente	CF	00:51,740	
4	Wilan Basson	CF	00:50,03	00:52,57
5	Matthew Brooker	CF	00:50,41	00:55,96
6	Jack Allott	CF	00:54,280	00:56,31
7	Jan-Lukas Van der Westhuizen	BB	00:56,94	00:55,97
8	Matthew Brading	FH	01:01,35	01:02,35

Event 6: 100m Manikin Carry With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Zac Sampson	CF	01:10,97	01:07,09
2	Grant Nefdt	FH	01:02,84	01:01,48
3	Kiaan Terblanche	CF	01:02,70	01:05,28
4	Jaydon Allott	CF	01:02,05	01:06,34
5	Lucca Basson	CF	01:02,65	00:57,91
6	Zack Waters	CF	01:02,79	01:03,81
7	Christian van Heerden	CF	01:05,11	00:59,79
8	Jessie Allott	CF	01:07,15	01:16,88

Event 6: 100m Manikin Carry With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Alex Neusch	BB	01:09,90	01:09,74
2	Daniella Harcus	FH	01:08,90	01:09,11
3	Miya Krog	FH	01:07,87	01:13,03
4	Isabella Brooker	CF	01:07,62	01:09,25
5	Casey Bruwer	CF	01:07,68	01:07,56
6	Puneet Nagendrakumar	BB	01:08,58	01:09,80
7	Michelle Lamprecht	FH	01:09,00	01:08,07
8	Callan Compton	BB	01:10,35	01:10,21

Event 6: 100m Manikin Carry With Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Megan Waters	BB	01:16,97	01:18,79
2	Alexa Heldsinger	CF	01:16,03	01:15,78
3	Katya Bova-Olsen	FH	01:12,41	01:14,10
4	Joseph Brading	FH	01:10,50	
5	Sabrina Krige	BB	01:12,25	01:10,31
6	Ellen Hodgkinson	CF	01:15,67	01:18,42
7	Victoria Donaldson	BB	01:16,94	01:15,57
8	Shaylee Powell	FH	01:17,40	01:11,78

Event 6: 100m Manikin Carry With Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Heath Clarke	FH	NT	01:14,04
3	Sally Matusik	FH	01:26,78	01:28,29
4	Jack Allott	CF	00:54,280	00:59,93
5	Kyla Allott	CF	01:20,78	01:27,91
6	Garth Bruwer	CF	NT	
7	Kyle Vickers	BB	NT	01:18,95
8				-

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Gia Heldsinger	CF	NT	
2	Arabella Hoey-Fry	FH	NT	01:29,39
3	Noah Kervarrec	CF	01:14,38	01:08,56
4	Sarah Mocke	FH	01:05,50	01:14,66
5	Caitlin Barnes	FH	01:10,38	01:13,68
6	Vidar Bendixen	FH	01:15,25	01:15,63
7	Dylan Froneman	BB	01:07,34	01:06,03
8				-

Event 8: 100m Manikin Tow With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	01:03,78	01:07,82
2	Jan-Lukas Van der Westhuizen	BB	01:00,09	01:01,62
3	Matthew Brooker	CF	00:58,90	01:01,51
4	Wilan Basson	CF	00:55,48	00:54,50
5	Mathew Pincente	CF	00:58,20	
6	Jack Allott	CF	00:59,97	01:01,88
7	Steven Waters	BB	01:02,82	01:05,88
8	Lucca Basson	CF	01:05,62	01:08,53

Event 8: 100m Manikin Tow With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Zac Sampson	CF	01:11,03	01:10,85
2	Amber-Rose Berry	CF	01:08,00	
3	Jaydon Allott	CF	01:07,00	01:13,52
4	Kiaan Terblanche	CF	01:05,95	01:08,39
5	Matthew Brading	FH	01:06,59	01:07,56
6	Michelle Lamprecht	FH	01:07,64	01:13,24
7	Garth Bruwer	CF	01:08,47	01:08,90
8	Jessie Allott	CF	01:11,88	01:11,35

Event 8: 100m Manikin Tow With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Katya Bova-Olsen	FH	01:13,86	01:22,38
2	Miya Krog	FH	01:12,46	01:13,33
3	Puneet Nagendrakumar	BB	01:10,87	01:12,90
4	Grant Nefdt	FH	01:10,22	01:22,63
5	Christian van Heerden	CF	01:10,34	01:07,95
6	Jessica Harcus	FH	01:11,410	01:11,33
7	Casey Bruwer	CF	01:12,83	01:13,93
8				-

Event 8: 100m Manikin Tow With Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Victoria Donaldson	BB	01:17,48	01:17,62
2	Shaylee Powell	FH	01:16,59	01:14,96
3	Ellen Hodgkinson	CF	01:15,61	01:20,33
4	Isabella Brooker	CF	01:15,24	01:17,69
5	Megan Waters	BB	01:15,25	01:20,50
6	Callan Compton	BB	01:16,15	01:12,51
7	Alexa Heldsinger	CF	01:17,37	01:16,88
8	Joseph Brading	FH	01:18,13	

Event 8: 100m Manikin Tow With Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Kyle Vickers	BB	NT	01:17,21
2	Sabrina Krige	BB	NT	01:22,56
3	Kyla Allott	CF	01:24,00	01:27,47
4	Jack Allott	CF	00:59,97	01:03,85
5	Jessie Allott	CF	01:11,88	01:15,03
6	Sally Matusik	FH	01:27,70	01:29,57
7	Heath Clarke	FH	NT	01:17,01
8				-