



**LCT Pool Rescue
LCT Speed Lifesaving #2 2025**

12 Jul 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 4x25m Mixed Tube Rescue Relay
2. 50m Manikin Tow With Fins SL
3. 50m Manikin Carry With Fins (Mini) SL
4. 50m Manikin Carry With Fins (Medium) SL
5. 50m Manikin Carry With Fins SL
6. 50m Mixed Racing Rescue Relay
7. 50m With Fins SL
8. 4x25m Mannikin Relay (Mini) SL
9. 4x25m Mannikin Relay (Medium) SL
10. 4x25m Mannikin Relay SL

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

Lane	Swimmer	Club	Seed	Result
1	Simon Shelton	CF		NT 00:50,66
2	Bradley Herbst	BB		NT 00:49,55
3	Christian Wilson	BB		NT 00:33,22
4	Garth Bruwer	CF		NT 00:32,58
5	Alex Neusch	BB		NT 00:38,16
6	Brent Shield	MIL		NT 00:37,21
7	Buntu Mdyeshane	CF		NT
8	David Jansen	BB		NT 00:38,09

Event 2: 50m Manikin Tow With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Renee Vrahimis	FH		NT 00:56,56
2	Nicole Persent	UN		NT
3	Victoria Donaldson	BB		NT 00:57,28
4	Jade Shield	MIL		NT DQ
5	Michelle Lamprecht	FH		NT 00:44,06
6	Lucy Miszewski	CF		NT 00:42,47
7	Sara Vita-Jansen	BB		NT 00:46,31
8	Sylvie Gorille	CF		NT 00:39,20

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Avron Manchest	UN		NT
3	Conrad Scheepers	CF		NT 00:34,15
4	Kurt Rautenbach	BB		NT 00:35,18
5	Taro Tomitsuka	CF		NT 00:30,19
6	Tyriq Windell	UN		NT 00:42,37
7				-
8	Teagan Thompson	CF		NT 00:34,90

Event 2: 50m Manikin Tow With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Isaiah Morris	UN		NT
2	Luc Michaels	UN		NT 00:39,38
3	Sive Ntoloko	UN		NT 00:35,94
4	Clayton Abrahams	UN		NT 00:44,00
5	Laeeq Devajee	UN		NT 00:46,23
6	Schalk Liebenberg	BB		NT
7	Conrad Jantjies	UN		NT
8	Dillon Abrahams	UN		NT

Event 2: 50m Manikin Tow With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Abigail Kirkland	BB		NT DQ
3	Isabella Done	FH		NT DQ
4	Jessie Allott	CF		NT 00:36,37
5	Jenna Loubser	BB		NT
6	Hannah Burke	BB		NT
7				-
8				-

Event 2: 50m Manikin Tow With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Lucca Basson	CF		NT 00:36,72
3	Jan-Lukas Van der Westhuizen	BB		NT 00:34,22
4	Jack Allott	CF		NT 00:31,37
5	Caleb Jansen	BB		NT 00:31,87
6	Christian Van Heerden	BB		NT 00:34,15
7	Niyaaz Devajee	UN		NT DQ
8				-

Event 2: 50m Manikin Tow With Fins SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Dylan van Vuuren	BB	NT	00:46,66
4	Casey Bruwer	CF	NT	00:34,43
5	Katya Bova-Olsen	FH	NT	00:35,25
6	Miya Krog	FH	NT	00:38,34
7	Kyla Allott	CF	NT	00:44,31
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Leela Heyns	MIL	NT	00:46,44
3	Joah de Villiers	BB	NT	
4	Grace Budde	MIL	NT	00:46,91
5	Hailey Alcock	BB	NT	00:49,75
6	Lakin Leibrandt	UN	NT	00:42,38
7	Madison Tucker	CF	NT	00:42,25
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Christiaan Basson	BB	NT	00:38,38
4	Hunter Macdonald	BB	NT	00:56,31
5	Sebastian Fourie	BB	NT	00:47,41
6				-
7				-
8				-

Event 4: 50m Manikin Carry With Fins (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Kara Pretorius	CF		NT 00:36,09
3	Hannah Van Heerden	BB		NT
4	Sarah Mocke	FH		NT 00:32,84
5	Isabella Brooker	CF		NT 00:32,06
6	Caitlin Barnes	FH		NT 00:33,19
7	Alexa Heldsinger	CF		NT 00:35,50
8	Kinga Koen	CF		NT DQ

Event 4: 50m Manikin Carry With Fins (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Diego Jansen	BB		NT 00:31,05
3	Jaydon Allott	CF		NT 00:29,85
4	Christian Van Heerden	BB		NT 00:30,07
5	Puneet Nagendrakumar	BB		NT 00:33,41
6	Dylan Froneman	BB		NT 00:32,19
7	Callum Faulkner	MIL		NT 00:33,18
8				-

Event 4: 50m Manikin Carry With Fins (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Greyson September	CF		NT 00:37,88
3	Slater Van den Heever	BB		NT 00:38,37
4	Declan Tucker	CF		NT 00:41,91
5	Sebastian Neuhold	CF		NT 00:37,31
6				-
7				-
8				-

Event 4: 50m Manikin Carry With Fins (Medium) SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Jaime urtel	MIL		NT 00:45,93
2	Gia Heldsinger	CF		NT 00:34,22
3	Courtney Alcock	BB		NT 00:52,13
4	Tshegofatso Le Roux	BB		NT 00:42,65
5	Bianca Van der Westhuizen	BB		NT 00:39,03
6	Dani Bruwer	BB		NT
7	Hannah Carelse	MIL		NT 00:51,34
8	Katie Dyason	FH		NT 00:42,19

Event 4: 50m Manikin Carry With Fins (Medium) SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Yuanxi Daniel Lee	BB		NT 00:43,72
2	Nolan Froneman	BB		NT 00:41,10
3	Daniel Van der Westhuizen	BB		NT 00:40,75
4				-
5	Benjamin Fourie	BB		NT 00:41,37
6	Kallon Allott	CF		NT 00:47,69
7	Tristan Van den Heever	BB		NT 00:38,40
8	Zach Lamprecht	FH		NT 00:42,75

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

Lane	Swimmer	Club	Seed	Result
1	Bradley Herbst	BB		NT 00:40,31
2	Simon Shelton	CF		NT
3	Buntu Mdyeshane	CF		NT
4	Garth Bruwer	CF		NT
5	David Jansen	BB		NT 00:34,28
6	Alex Neusch	BB		NT 00:35,31
7	Sive Ntoloko	UN		NT 00:38,62
8	Brent Shield	MIL		NT 00:35,65

Event 5: 50m Manikin Carry With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Nicole Persent	UN		NT
2	Renee Vrahimis	FH		NT
3	Victoria Donaldson	BB		00:36,63
4	Jade Shield	MIL		00:33,69
5	Michelle Lamprecht	FH		00:30,66
6	Lucy Miszewski	CF		00:31,72
7	Sylvie Gorille	CF		00:36,16
8	Sara Vita-Jansen	BB		00:42,78

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

Lane	Swimmer	Club	Seed	Result
1	Avron Manchest	UN		NT
2	Teagan Thompson	CF		00:32,35
3	Conrad Scheepers	CF		00:26,53
4	Kurt Rautenbach	BB		NT
5				-
6	Taro Tomitsuka	CF		00:28,93
7	Tyriq Windell	UN		00:43,18
8	Clayton Abrahams	UN		00:37,53

Event 5: 50m Manikin Carry With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Isaiah Morris	UN		NT
3	Luc Michaels	UN		00:33,09
4				-
5	Laeeq Devajee	UN		00:37,48
6	Conrad Jantjies	UN		NT
7	Schalk Liebenberg	BB		NT
8	Dillon Abrahams	UN		NT

Event 5: 50m Manikin Carry With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Jessie Allott	CF		NT 00:32,22
4	Abigail Kirkland	BB		NT 00:40,31
5	Hannah Burke	BB		NT 00:36,47
6	Jenna Loubser	BB		NT 00:35,09
7				-
8				-

Event 5: 50m Manikin Carry With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Niyaaz Devajee	UN		NT 00:42,28
3	Jan-Lukas Van der Westhuizen	BB		NT 00:27,25
4	Jack Allott	CF		NT 00:27,13
5	Caleb Jansen	BB		NT 00:28,03
6	Lucca Basson	CF		NT DQ
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Kyla Allott	CF		NT 00:40,47
3	Casey Bruwer	CF		NT 00:30,63
4	Katya Bova-Olsen	FH		NT 00:32,63
5	Miya Krog	FH		NT 00:30,62
6	Dylan van Vuuren	BB		NT DQ
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Dillon Abrahams	UN		NT
2	Tyriq Windell	UN		00:28,03
3	Brent Shield	MIL		00:27,75
4	Garth Bruwer	CF		NT
5	Alex Neusch	BB		00:27,25
6	David Jansen	BB		00:27,22
7	Bradley Herbst	BB		00:30,15
8	Buntu Mdyeshane	CF		NT

Event 7: 50m With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Renee Vrahimis	FH		00:35,60
3	Sylvie Gorille	CF		00:30,93
4	Jade Shield	MIL		00:27,94
5	Michelle Lamprecht	FH		00:25,31
6	Lucy Miszewski	CF		00:22,66
7	Nicole Persent	UN		NT
8	Sara Vita-Jansen	BB		00:33,44

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

Lane	Swimmer	Club	Seed	Result
1	Joshua Kalapac	BB		00:24,72
2	Isaiah Morris	UN		NT
3	Taro Tomitsuka	CF		00:22,00
4	Conrad Scheepers	CF		00:21,00
5				-
6	Lucca Basson	CF		00:22,13
7	Schalk Liebenberg	BB		NT
8	Conrad Jantjies	UN		NT

Event 7: 50m With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Simon Shelton	CF		NT
2				-
3	Sive Ntoloko	UN		NT 00:27,56
4	Teagan Thompson	CF		NT 00:26,50
5	Kurt Rautenbach	BB		NT 00:25,03
6	Christian Wilson	BB		NT 00:21,66
7	Laeq Devajee	UN		NT 00:29,41
8	Clayton Abrahams	UN		NT 00:29,71

Event 7: 50m With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Hannah Burke	BB		NT 00:27,72
3	Katya Bova-Olsen	FH		NT 00:28,28
4	Casey Bruwer	CF		NT 00:24,31
5	Jenna Loubser	BB		NT 00:26,46
6	Dylan van Vuuren	BB		NT 00:28,36
7	Miya Krog	FH		NT 00:24,31
8	Isabella Done	FH		NT 00:29,09

Event 7: 50m With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Courtney Alcock	BB		NT 00:36,66
2	Caitlin Barnes	FH		NT 00:27,78
3	Tshegofatso Le Roux	BB		NT 00:32,35
4	Sarah Mocke	FH		NT 00:27,50
5	Katie Dyason	FH		NT 00:35,06
6	Jaime urtel	MIL		NT 00:37,36
7	Kinga Koen	CF		NT 00:33,75
8	Dani Bruwer	BB		NT 00:34,62

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Sebastian Neuhold	CF		NT 00:29,27
3	Connor Gilmour	BB		NT 00:20,53
4	Declan Tucker	CF		NT 00:33,06
5	Callum Faulkner	MIL		NT 00:27,63
6	Puneet Nagendrakumar	BB		NT 00:26,72
7	Niyaz Devajee	UN		NT 00:28,29
8	Slater Van den Heever	BB		NT DQ

Event 7: 50m With Fins SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Hailey Alcock	BB		NT 00:37,25
2	Zach Lamprecht	FH		NT 00:34,57
3				-
4				-
5	Hunter Macdonald	BB		NT 00:44,19
6	Tristan Van den Heever	BB		NT 00:30,46
7	Grace Budde	MIL		NT 00:39,93
8	Joah de Villiers	BB		NT 00:45,56

Event 7: 50m With Fins SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Christiaan Basson	BB	00:34,72	00:33,43
2	Leela Heyns	MIL	00:34,32	00:35,90
3	Lakin Leibrandt	UN	00:33,25	00:34,82
4	Bianca Van der Westhuizen	BB	00:31,63	00:32,37
5	Madison Tucker	CF	00:32,32	00:33,91
6	Kallon Allott	CF	00:34,22	00:34,25
7	Sebastian Fourie	BB	00:34,65	00:33,81
8	Hannah Carelse	MIL	00:36,56	00:37,28

Event 7: 50m With Fins SL**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Daniel Van der Westhuizen	BB	00:30,63	00:31,59
2	Abigail Kirkland	BB	00:30,10	00:28,83
3	Victoria Donaldson	BB	00:29,72	00:30,38
4	Greyson September	CF	00:29,40	00:28,91
5	Hannah Van Heerden	BB	00:29,47	
6	Kyla Allott	CF	00:29,75	00:30,99
7	Nolan Froneman	BB	00:30,25	00:30,90
8	Benjamin Fourie	BB	00:30,81	00:32,00

Event 7: 50m With Fins SL**Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Yuanxi Daniel Lee	BB	00:28,62	00:29,16
2	Kara Pretorius	CF	00:27,57	00:27,25
3	Diego Jansen	BB	00:26,81	00:25,65
4	Luc Michaels	UN	00:25,97	00:25,25
5	Dylan Froneman	BB	00:26,45	00:26,13
6	Gia Heldsinger	CF	00:27,05	00:28,84
7	Alexa Heldsinger	CF	00:27,72	00:27,47
8	Isabella Brooker	CF	00:28,72	00:26,97

Event 7: 50m With Fins SL**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	CF	00:25,60	00:25,55
2	Caleb Jansen	BB	00:24,00	00:22,66
3	Jan-Lukas Van der Westhuizen	BB	00:22,37	00:22,22
4				-
5				-
6	Jack Allott	CF	00:23,03	00:22,93
7	Christian Van Heerden	BB	00:25,41	00:26,80
8	Jessie Allott	CF	00:25,78	00:26,43