

# LCT Speed Lifesaving #1 2025 - Heat Sheets

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m With Fins SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Joanne Markland	Amber Manchest	Amica De Jager	Lindsay Heyns	Victoria Donaldson	Meike Zumpt	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Avron Manchest	Garth Bruwer	Ross Goodall	Marc Pincente	Matthew Goodall	Grantham Manchest	Ashwin Van Wyk	Clayton Abrahams
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Ellen Hodgkinson	Kianna-Gro Liversage	Erin Langenhoven	Jessie Allott	Zia Pietersen	Abigail Kirkland	Rania Finck
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Jacques Askevold	Luc Michaels	Dillon Abrahams	Grant Nefdt	Kyle Zietsman	Laeq Devajee	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Mikey Goodall	Caleb Jansen	Mathew Pincente	Matthew Brooker	Niyaz Devajee	Jan-Lukas Van der Westhuizen	Jack Allott	Javin Presence
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Alexa Heldsinger	Riziki Magotsi	Katya Bova-Olsen	Kyla Allott	Angelina Nock	Carla Carolus	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Kara Pretorius	Hannah Van Heerden	Gemma Blackburn	Chloe Damons	Rebecca Alderman	Emma Brownlee	Gia Heldsinger	Margery Mokoena
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Craig Oberhofer	Dylan Froneman	Christian Van Heerden	Jaydon Allott	Diego Jansen	Greyson September	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Sophia Read	Jaime urtel	Hannah Carelse	Bianca Van der Westhuizen	Emilie Conradie	Isla Conradie	Leah Ann Dabrowski	Dian Chu
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer				Dan Goodall	Declan Kruger	Johannes Spangenberg	Albert Cloete	Nolan Froneman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer			Kallon Allott	Gunther Askevold	Daniel Van der Westhuizen	Benjamin Fourie	Yuanxi Daniel Lee	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer	Lakin Leibrandt	Fia Ackerman	Elizabeth Spangenberg	Madison Tucker	Anna Dabrowski	Emma Fourie	Kate Lesch	Leela Heyns
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer		Jackson	Christiaan	Pisces	Manú von	Armani	Gustav	Jean-

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
		Goodall	Basson	Eksteen	Hase-Gowans	Jones	Askevold	Louis Kroon
In	-----	-----	-----	-----	-----	-----	-----	-----

## Heat 14

Lane	1	2	3	4	5	6	7	8
Swimmer		Willem Spangenber g	Sebastian Fourie	Luc Zietsman	Levi April	Liam Terblanche	Marais Kroon	Sebastian Zietsman
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Obstacles SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Joanne Markland	Amber Manchest	Amica De Jager	Lindsay Heyns	Victoria Donaldson	Meike Zumpt	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Jacques Askevold	Avron Manchest	Grantham Manchest	Marc Pincente	Garth Bruwer		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Ashwin Van Wyk	Clayton Abrahams	Kyle Zietsman	Matthew Goodall	Ross Goodall		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Jessie Allott	Ellen Hodgkinson	Kianna-Gro Liversage	Erin Langenhoven	Zia Pietersen	Abigail Kirkland	Rania Finck	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Jack Allott	Jake Hutton	Mathew Pincente	Matthew Brooker	Caleb Jansen		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Laeq Devajee	Grant Nefdt	Javin Presence	Luc Michaels	Dillon Abrahams		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Kyla Allott	Carla Carolus	Hannah Van Heerden	Katya Bova-Olsen	Riziki Magotsi	Alexa Heldsinger	
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 8**

Lane	1	2	3	4	5	6	7	8
Swimmer		Emma Brownlee	Angelina Nock	Chloe Damons	Rebecca Alderman	Gemma Blackburn	Margery Mokoena	Kara Pretorius
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 9**

Lane	1	2	3	4	5	6	7	8
Swimmer			Jan-Lukas Van der Westhuizen	Niyaz Devajee	Mikey Goodall			
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 10**

Lane	1	2	3	4	5	6	7	8
Swimmer		Greyson September	Diego Jansen	Christian Van Heerden	Jaydon Allott	Dylan Froneman	Craig Oberhofer	
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 11**

Lane	1	2	3	4	5	6	7	8
Swimmer		Isla Conradie	Bianca Van der Westhuizen	Dian Chu	Hannah Carelse	Jaime urtel	Sophia Read	
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 12**

Lane	1	2	3	4	5	6	7	8
Swimmer	Declan Kruger	Nolan Froneman	Emilie Conradie	Gia Heldsinger	Leah Ann Dabrowski	Dan Goodall	Johannes Spangenberg	Albert Cloete
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 13**

Lane	1	2	3	4	5	6	7	8
Swimmer		Yuanxi Daniel Lee	Benjamin Fourie	Daniel Van der Westhuizen	Gunther Askevold	Kallon Allott		
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## Heat 14

Lane	1	2	3	4	5	6	7	8
Swimmer	Gustav Askevold	Willem Spangenberg	Emma Fourie	Madison Tucker	Anna Dabrowski	Armani Jones	Sebastian Fourie	Luc Zietsman
In	-----	-----	-----	-----	-----	-----	-----	-----

## Heat 15

Lane	1	2	3	4	5	6	7	8
Swimmer	Leela Heyns	Kate Lesch	Manú von Hase-Gowans	Elizabeth Spangenberg	Pisces Eksteen	Fia Ackerman	Lakin Leibrandt	
In	-----	-----	-----	-----	-----	-----	-----	-----

## Heat 16

Lane	1	2	3	4	5	6	7	8
Swimmer		Sebastian Zietsman	Liam Terblanche	Christiaan Basson	Jean-Louis Kroon	Levi April	Jackson Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Rescue Medley SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Meike Zumpt	Joanne Markland	Amica De Jager	Amber Manchest	Victoria Donaldson	Lindsay Heyns	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Jacques Askevold	Garth Bruwer	Avron Manchest	Ross Goodall	Luc Michaels	Dillon Abrahams	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Zia Pietersen	Jessie Allott	Erin Langenhoven	Kianna-Gro Liversage	Ellen Hodgkinson	Abigail Kirkland	Rania Finck
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Matthew Goodall	Laeq Devajee	Marc Pincente	Grantham Manchest	Ashwin Van Wyk	Clayton Abrahams	Kyle Zietsman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Grant Nefdt	Jack Allott	Matthew Brooker	Jake Hutton	Mathew Pincente	Caleb Jansen	Javin Presence
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Kyla Allott	Niyaaz Devajee	Riziki Magotsi	Jan-Lukas Van der Westhuizen	Katya Bova-Olsen	Mikey Goodall	Carla Carolus
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer								

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Rescue Medley (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Gemma Blackburn	Chloe Damons	Emma Brownlee	Alexa Heldsinger			
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Hannah Van Heerden	Rebecca Alderman	Kara Pretorius	Angelina Nock	Margery Mokoena	Isabella Brooker	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Dylan Froneman	Craig Oberhofer	Jaydon Allott	Christian Van Heerden	Diego Jansen	Greyson September	
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Manikin Carry (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Leah Ann Dabrowski	Isla Conradie	Emilie Conradie	Dian Chu	Hannah Carelse	Jaime urtel	Sophia Read
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Declan Kruger	Dan Goodall	Bianca Van der Westhuizen	Gia Heldsinger	Albert Cloete	Gunther Askevold	Kallon Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Johannes Spangenberg	Benjamin Fourie	Nolan Froneman	Yuanxi Daniel Lee	Daniel Van der Westhuizen		
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Manikin Carry (Mini) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Leela Heyns	Kate Lesch	Emma Fourie	Anna Dabrowski	Elizabeth Spangenberg	Fia Ackerman	Lakin Leibrandt	Madison Tucker
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Jean-Louis Kroon	Gustav Askevold	Armani Jones	Manú von Hase-Gowans	Pisces Eksteen	Christiaan Basson	Jackson Goodall	Levi April
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Willem Spangenberg	Sebastian Fourie	Liam Terblanche	Luc Zietsman	Sebastian Zietsman		
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 100m Super Lifesaver SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Joanne Markland	Victoria Donaldson	Amica De Jager	Amber Manchest	Lindsay Heyns	Meike Zumpt	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Jacques Askevold	Luc Michaels	Avron Manchest	Marc Pincente	Garth Bruwer	Ross Goodall	Dillon Abrahams
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Matthew Goodall	Laeq Devajee	Grantham Manchest	Ashwin Van Wyk	Kyle Zietsman	Clayton Abrahams	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Jessie Allott	Ellen Hodgkinson	Erin Langenhoven	Zia Pietersen	Kianna-Gro Liversage	Abigail Kirkland	Rania Finck
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Grant Nefdt	Caleb Jansen	Jack Allott	Matthew Brooker	Mathew Pincente	Javin Presence	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer			Carla Carolus	Riziki Magotsi	Katya Bova-Olsen	Kyla Allott		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer			Mikey Goodall	Jan-Lukas Van der	Niyaaz Devajee			
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
				Westhuiz en				
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Super Nipper (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Isabella Brooker	Alexa Heldsinger	Angelina Nock	Gemma Blackburn	Hannah Van Heerden		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Greyson September	Diego Jansen	Christian Van Heerden	Jaydon Allott	Dylan Froneman	Craig Oberhofer	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Emma Brownlee	Chloe Damons	Margery Mokoena	Rebecca Alderman	Kara Pretorius		
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving #1 2025 - Heat Sheets

## 50m Torpedo Buoy Rescue SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer		Gia Heldsinger	Leah Ann Dabrowski	Isla Conradie	Emilie Conradie	Sophia Read		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		Yuanxi Daniel Lee	Dian Chu	Bianca Van der Westhuizen	Hannah Carelse	Jaime urtel	Benjamin Fourie	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Johannes Spangenberg	Declan Kruger	Dan Goodall	Nolan Froneman	Daniel Van der Westhuizen	Gunther Askevold	Kallon Allott	Albert Cloete
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kate Lesch	Emma Fourie	Manú von Hase-Gowans	Anna Dabrowski	Leela Heyns	Elizabeth Spangenberg	Fia Ackerman	Lakin Leibbrandt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Madison Tucker	Pisces Eksteen	Luc Zietsman	Sebastian Zietsman	Christiaan Basson		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Gustav Askevold	Willem Spangenberg	Sebastian Fourie	Armani Jones	Liam Terblanche	Jean-Louis Kroon	Levi April	Jackson Goodall
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

# LCT Speed Lifesaving #1 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----