

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 100 Boys 11 & Under 400 LC Meter Freestyle					Event 100 Boys 12-13 400 LC Meter Freestyle				
Name	Age	Team	Finals Time		Name	Age	Team	Finals Time	
1 Hahn, Kyle	11	ROA-ED	5:10.25		2 De Lange, Adriaan	13	Tygers-CP	4:47.07	
33.54	38.78	39.97	40.08		32.77	35.62	36.97	37.09	
39.93	40.02	1:17.93			37.10	36.43	36.55	34.54	
2 Breebaart, Joshua	11	Greydogs-CP	5:12.50		3 Fernold, AJ	13	ROA-ED	4:49.17	
34.35	39.32	40.17	40.05		31.83	35.42	37.50	36.86	
		1:18.24			38.06	37.94	36.85	34.71	
3 Schaefer, Daniel C	11	Players-CE	5:19.16		4 Yeowart, Luke D	13	Greydogs-CP	4:51.88	
33.93	39.45	40.82	41.09		33.17	35.97	36.88	37.29	
41.68	42.24	40.53	39.42		37.54	37.65	37.65	35.73	
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	5:20.09		5 Verbeek, Pierre O	12	Curro Aquatics-CP	4:53.59	
34.02	38.54	40.63	41.10		32.07	35.98	36.83	37.27	
41.91	42.54	42.30	39.05		37.61		37.58		
5 Bright, Michael C	11	Curro Aquatics-CP	5:21.27		6 Williams, Evan B	13	SSISA-CP	4:54.39	
34.57	39.96	40.58	41.81		33.30	37.15	38.33	39.10	
41.47	42.31	41.71	38.86		35.91	37.38	36.92	36.30	
6 Wagener, Tiaan H	11	Aquasharks Winel-CE	5:27.78		7 Oaten, Rourke	13	Cybersmart-CP	4:54.85	
35.70	40.66	42.06	42.46		33.83	37.56	37.85	38.10	
42.71	41.38	42.85	39.96		37.52	37.38	36.83	35.78	
7 Barnard, Theo J	11	Swartland Aquati-WC	5:28.23		8 Goussard, Henry	13	Greydogs-CP	4:56.26	
35.68	40.84	42.39	42.27		31.91	37.34	37.95	38.32	
42.81	41.71	41.58	40.95				37.68	36.21	
8 Stander, Christiaan L	11	Aquasharks Winel-CE	5:32.00		9 Yeowart, Seth W	13	Greydogs-CP	4:56.97	
37.08	41.05	42.86	43.40		33.09	36.96	38.23	37.71	
43.26	42.21	42.26	39.88		38.50	38.53	38.74	35.21	
9 February, Dillon S	11	Curro Aquatics-CP	5:40.50		10 Bouwer, Jason	13	Tygers-CP	4:59.11	
37.69	42.68	42.41	44.34		32.57	36.68	37.98	38.53	
43.16	43.72	44.55	41.95		39.19	39.19	38.69	36.28	
10 Schreve, Lehan	11	Swartland Aquati-WC	5:41.70		11 Roman, Noah P	13	Aqua Dolphin-CP	4:59.53	
36.65	42.29	44.24	44.42		33.89	37.58	37.76	38.65	
43.86	44.29	1:25.95			37.66	38.85	38.35	36.79	
11 van Rensburg, Tristan	11	GSA-CP	5:41.78		12 Cavallaro, Michele R	13	Cybersmart-CP	4:59.77	
		1:23.83			33.63	38.02	38.15	38.21	
12 Akinci, Can Batu	11	Vineyard-CP	5:42.72		13 Van Zyl, Daniël R	12	Tygers-CP	5:03.65	
37.05	42.10	44.53	43.27		32.90	37.84	39.39	39.12	
44.92	44.68	44.95	41.22		39.58	39.53	39.30	35.99	
13 Vd Watt, Earle	11	GSA-CP	5:43.53		14 Loots, Noah C	12	Aqua Sharks-CP	5:08.68	
35.88	42.02	43.08	45.10		33.25	38.60	39.57	38.26	
		1:28.01					39.89	38.16	
14 Mallin, Lukas	9	Swimlab-CP	5:54.93		15 Smit, Reynard-Gray	12	Silver Fins-CP	5:09.97	
38.29	45.63	45.94	47.01		33.43	39.18	40.93	40.38	
46.03	45.87	44.44	41.72		39.74	39.47	39.35	37.49	
15 Fouche, Jack	11	Tygers-CP	5:55.26		16 Hekandjo, Kabi A	13	AQUA	5:10.52	
37.69	42.93	45.28	46.37		33.57	38.54	40.03	39.68	
45.69	46.86	45.97	44.47		40.63	40.09	40.14	37.84	
16 Van Onselen, Pierre S	10	Tygers-CP	5:58.06		17 Van Wyk, Jack R	12	Curro Aquatics-CP	5:10.58	
37.50	44.53	45.81	46.55		33.56	37.85	39.60	40.00	
46.92	47.68	1:29.07			39.83	41.37	39.77	38.60	
17 Bosch, Ewan Y	11	Tygers-CP	5:58.77		18 Swanepoel, Ewald	13	Fish Eagle-ED	5:12.20	
36.71	42.81	45.54	47.00		30.88	38.32	40.13	40.91	
47.40	47.87	46.88	44.56		41.75	40.73	41.96	37.52	
					19 van Wyk, Tariq K	13	Barracudas-CP	5:12.26	
					33.50	39.15	40.07	40.06	
					39.96	41.29	39.98	38.25	
					20 Wing, James L	13	Greydogs-CP	5:12.56	
					34.07	39.46	39.28	40.00	
					40.52	40.94	1:18.29		
					21 Swart, Nico N	12	Aqua Sharks-CP	5:14.19	
					34.69	38.70	39.18	40.17	
					40.09	40.57	40.26	40.53	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 100 Boys 12-13 400 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
22 Boshoff, Keanu A	12	Knysna Aquatics-ED	5:16.55	
			34.31	39.91
			41.06	42.24
			41.23	38.61
			40.04	39.15
23 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	5:17.65	
			33.65	39.53
			40.67	42.33
			41.23	38.48
24 Nagendrakumar, Puneet	13	Silver Fins-CP	5:20.68	
			34.18	40.08
			41.03	41.66
			1:21.26	
25 Trower, Michael	12	Tygers-CP	5:21.94	
			33.25	40.20
			41.76	42.58
			41.01	38.48
26 Coleman, Travis	12	Blouberg Marlins-CP	5:22.29	
			34.66	39.83
			42.16	42.10
			1:20.53	
27 Mouton, Jean A	13	Curro Aquatics-CP	5:23.31	
			35.40	41.08
			41.45	41.50
			40.67	39.71
28 Mkavea, Tasu	13	Uwc-CP	5:24.36	
			34.37	38.49
			41.47	42.31
			41.75	43.83
29 Cole, Jarryd C	13	Swimlab-CP	5:24.84	
			36.21	40.85
			42.17	41.66
			41.90	41.09
			40.70	40.26
30 Faulkner, Callum E	12	Blouberg Marlins-CP	5:26.15	
			35.74	40.15
			42.43	42.09
			41.87	40.30
31 Hodgskiss, Fin J	12	SSISA-CP	5:26.62	
			35.36	39.78
			41.94	42.53
			42.33	40.75
32 Walther-Kotzè, Leon C	13	Aqua Sharks-CP	5:32.54	
			35.12	40.71
			41.08	43.33
			42.43	43.65
			43.08	43.14
33 Coetzee, Sion M	13	Quick Silver-CP	5:44.71	
			35.60	40.07
			45.25	45.93
			43.67	43.97
			46.15	44.07

**Event 100 Men 14-15 400 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Trower, Nic T	14	Tygers-CP	4:22.45	
			29.21	32.12
			33.76	33.66
			33.00	33.50
			34.21	32.99
2 Van Wyk, Wayne E	15	GSA-CP	4:26.78	
			30.06	32.99
			32.58	35.21
			33.49	32.49
3 Southworth, Matthew W	15	Cybersmart-CP	4:29.61	
			29.27	31.74
			35.20	35.63
			33.40	34.26
			35.26	34.85
4 Dos-Santos, Andrei	15	Cybersmart-CP	4:31.07	
			31.40	33.87
			34.42	34.91
			33.81	34.75
			35.11	32.80
5 Bannister, Joshua G	15	Tygers-CP	4:31.60	
			30.50	33.70
			35.01	35.15
			34.40	34.80
			34.84	33.20
6 Pretorius, Luuk E	15	Knysna Aquatics-ED	4:32.75	
			29.75	33.61
			34.51	34.13
			35.96	35.87
			35.47	33.45
7 Solomon, Ethan	15	Aqua Dolphin-CP	4:34.80	
			30.96	34.84
			35.17	34.94
			35.35	35.55
			34.97	33.02

8 Terblanche, Luan L	15	Tygers-CP	4:37.00	
			30.28	33.86
			35.76	35.76
			35.23	35.40
			35.94	34.77
9 Esterhuizen, Lorenzo E	14	AQUA	4:37.55	
			29.35	33.10
			36.94	36.21
			35.92	35.23
			36.48	34.32
10 Kinnear, Connor	15	Tygers-CP	4:40.79	
			30.91	34.53
			35.88	36.53
			35.74	35.42
11 Basson, Lucca N	14	Cybersmart-CP	4:43.12	
			30.82	34.22
			36.65	36.39
			36.08	35.63
			37.20	36.13
12 Smith, Sebastian N	14	Tygers-CP	4:43.26	
			31.14	35.31
			37.11	36.57
			36.48	36.92
			35.96	33.77
13 Pautz, Nathan M	15	Blouberg Marlins-CP	4:45.13	
			31.30	34.78
			36.74	37.37
			36.33	35.39
14 Arnott, Carter J	15	Aqua Sharks-CP	4:46.97	
			31.91	34.27
			37.15	37.17
			35.62	36.86
			37.63	36.36
15 Kalapac, Joshua	14	Blouberg Marlins-CP	4:47.31	
			31.31	35.10
			37.21	37.85
			35.84	36.73
			37.64	35.63
16 Benecke, Alexander	15	SSISA-CP	4:48.53	
			30.93	34.94
			37.58	37.87
			37.88	35.77
17 Williams, Jayden J	14	Paarl Aquarius-CE	4:50.03	
			30.80	35.45
			37.84	37.62
			37.78	35.15
18 February, Gerard G	14	Curro Aquatics-CP	4:51.47	
			31.47	35.48
			37.15	38.18
			37.98	37.61
19 Poggenpoel, Troy J	14	SSISA-CP	4:56.47	
			32.08	37.21
			37.67	38.84
			37.85	36.41
20 Viljoen, Jaden R	15	Aqua Sharks-CP	4:58.78	
			31.68	36.12
			39.00	39.25
			37.04	38.42
			39.44	37.83
21 Kotzè, Max M	14	Blouberg Marlins-CP	4:59.42	
			29.47	35.15
			38.42	40.52
			37.12	38.08
			40.38	40.28
22 Schreuder, Steffen	15	Aquasharks Winel-CE	5:02.48	
			32.22	37.12
			38.77	39.25
			37.76	38.31
			39.51	39.54
23 De Bruyn, Cornè C	14	Aqua Sharks-CP	5:04.84	
			33.05	36.79
			39.66	39.60
			38.81	38.69
			1:18.24	
24 Myburgh, Ruan	15	Blouberg Marlins-CP	5:06.07	
			31.76	36.49
			40.74	39.88
			39.00	38.86
			41.27	38.07
25 Gilbert, Andrew A	14	Swimlab-CP	5:07.99	
			31.50	38.16
			39.95	40.33
			40.03	39.92
			39.94	38.16
26 Stander, Luan	15	Players-CE	5:08.08	
			32.61	37.20
			40.72	40.38
			39.70	39.84
			41.11	36.52

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 100 Men 16 & Over 400 LC Meter Freestyle				
Name	Age	Team	Finals Time	
1 Wright, Keegan	17	Tygers-CP	4:09.05	
	28.26	31.00	31.71	32.09
	31.98	31.74	31.74	30.53
2 Bailey, Ethan J	20	Aqua Dolphin-CP	4:09.46	
	27.63	30.49	31.17	32.13
	31.69	32.46	32.90	30.99
3 Forbes, Thomas P	19	Lane Leader-CE	4:15.62	
	28.67	31.57	32.29	32.27
	33.23	33.35	32.84	31.40
4 Wolson, Daniel A	16	Swimlab-CP	4:16.05	
	28.44	30.71	31.92	32.46
	32.99	33.35	33.68	32.50
5 McWilliam, Benn D	17	Tygers-CP	4:16.92	
	28.83	31.50	32.19	32.80
	32.84	33.16	33.22	32.38
6 Boshoff, Juan C	18	Tygers-CP	4:23.62	
	29.88	33.56	33.27	33.68
	33.63	33.97	33.60	32.03
7 Beukes, Wade	16	Aqua Dolphin-CP	4:25.93	
	29.50	32.25	33.08	33.93
	33.95	34.49	34.80	33.93
8 Lastroni, Giuliano	17	Torpedoes	4:28.56	
	30.11	32.97	33.90	34.47
	34.92	34.92	34.60	32.67
9 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	4:28.66	
	30.72	33.98	33.57	34.65
	33.94	34.68	33.52	33.60
10 Terblanche, Kiaan C	18	Tygers-CP	4:30.34	
	29.78	33.18	34.49	34.77
	34.07	35.11	35.10	33.84
11 West, Gabriel	19	Tygers-CP	4:31.19	
	30.05	33.60	33.94	34.40
	34.92	35.09	34.94	34.25
12 McWilliam, Troy J	16	Tygers-CP	4:32.80	
	30.20	33.42	34.55	34.58
	34.50	35.12	36.07	34.36
13 Strydom, Stephan	18	Tygers-CP	4:35.15	
	29.78	32.86	34.00	35.15
	35.34	35.87	36.32	35.83
14 Coetzer, Milan J	16	Cybersmart-CP	4:35.39	
	30.09	34.20	34.96	35.44
	35.20	35.71	35.81	33.98
15 Malan, Johan S	17	Curro Aquatics-CP	4:41.06	
	30.04	34.36	34.39	34.93
	35.54	36.92	37.75	37.13
16 McPetrie, James L	16	Manta-CP	4:41.82	
	30.63	34.87	36.09	35.83
	37.48	37.12	1:09.80	
17 Van Wyk, Wesley R	17	Aqua Sharks-CP	4:42.33	
	29.24	34.25	35.78	36.65
	37.17	37.14	36.61	35.49
18 Swart, Niklis	18	Players-CE	4:43.74	
	30.30	33.86	35.23	35.93
	37.03	37.34	38.14	35.91
19 Möller, FC C	16	Tygers-CP	4:44.42	
	30.40	34.29	36.30	36.23
	37.08	36.84	37.17	36.11
20 Karsten, Jody	16	Blouberg Marlins-CP	4:47.80	
	30.58	34.63	36.22	36.87
	37.09	37.76	38.12	36.53
21 Nefdt, Grant	16	Aqua Dolphin-CP	4:48.30	
	31.72	36.15	36.51	37.01
	36.39	37.61	36.77	36.14
22 Szapira, Saul	17	Tygers-CP	4:53.33	
	30.93	35.23	36.63	38.32
	37.57	38.73	37.52	38.40
23 Bester, Eben	16	Tygers-CP	4:57.21	
	29.60	34.29	37.19	38.56
	38.71	39.50	40.25	39.11
24 Vorster, Josua A	18	Fish Eagle-ED	5:04.55	
	32.94	37.36	37.55	38.35
	39.10	40.16	40.10	38.99
25 Cloete-Hopkins, Adam F	16	SSISA-CP	5:06.70	
	32.47	36.95	38.93	39.24
	39.43	40.19	40.85	38.64
26 Rohner, Jayden M	16	Blouberg Marlins-CP	5:22.87	
	31.15	37.72	40.61	41.19
	41.62	43.20	44.10	43.28
Event 101 Girls 11 & Under 400 LC Meter Freestyle				
Name	Age	Team	Finals Time	
1 du Plessis, Evie	11	BLOT-MA	5:16.78	
	35.07	39.97	41.42	41.95
	41.13	41.08	38.68	37.48
2 Williams, Aqeelah	11	Uwc-CP	5:21.48	
	35.57	41.16	42.05	41.28
	41.04	42.02	40.35	38.01
3 Dimatellis, Zoi	11	ROA-ED	5:30.98	
	36.43	41.42	43.16	42.47
	42.73	43.05	41.34	40.38
4 Olivier, Julie M	11	Tygers-CP	5:31.78	
	36.31	41.16	42.33	42.02
	43.13	43.22	43.28	40.33
5 Lockitch, Zara	11	Cybersmart-CP	5:34.50	
	36.69	41.07	42.58	43.54
	43.73	44.18	42.77	39.94
6 Sabbagha, Georgia	11	Paarl Aquarius-CE	5:38.24	
	2:11.81	1:23.83		
7 Joyce, Jenna	11	Curro Aquatics-CP	5:38.50	
	37.18			43.30
	43.85	43.02	43.71	41.51
8 Els, Jamie	11	Aqua Dolphin-CP	5:38.61	
	37.48	41.54	43.24	43.39
	43.18	43.35	44.67	41.76
9 Billson, Amelie	11	Curro Aquatics-CP	5:42.44	
	37.02	42.80	44.27	44.16
	43.86	44.12	44.00	42.21
10 Van Dyk, Zani	11	GSA-CP	5:42.80	
	35.73	41.47	43.73	44.55
	44.19	45.88	45.38	41.87
Event 101 Girls 12-13 400 LC Meter Freestyle				
Name	Age	Team	Finals Time	
1 Evans, Caitlin N	13	Tygers-CP	4:45.38	
	31.33	35.18	36.62	36.93
	36.86	36.90	36.62	34.94

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 101 Girls 12-13 400 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
2 Grütter, Arabelle	13	ROA-ED	4:57.84	
			31.85	36.56
			37.30	38.13
			38.11	39.18
			38.92	37.79
3 Durandt, Sharli	12	Swimlab-CP	5:00.81	
			33.84	38.12
			38.59	1:14.72
4 Louw, Anieka	13	Curro Aquatics-CP	5:05.05	
			34.48	38.32
			39.17	39.17
			38.54	36.94
5 De Villiers, Anja	12	Tygers-CP	5:05.47	
			34.27	38.06
			38.77	39.49
			39.57	37.84
6 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	5:07.83	
			33.66	37.98
			39.49	39.45
			39.27	38.50
7 Van Der Wath, Izi	13	Knysna Aquatics-ED	5:09.41	
			35.01	39.35
			38.65	40.32
			40.00	39.52
			39.77	36.79
8 Ahmed, Ayla	12	Swimlab-CP	5:11.76	
			34.71	39.30
			40.52	41.02
			40.71	40.49
			39.54	35.47
9 Lorenzen, Ava E	12	Blouberg Marlins-CP	5:12.93	
			33.65	38.83
			40.20	40.89
			39.69	40.60
			40.40	38.67
10 Swanepoel, Lulu A	12	Aqua Sharks-CP	5:12.99	
			34.37	38.97
			40.23	40.10
			39.71	40.28
			39.80	39.53
11 Grobler, Zané	13	ROA-ED	5:13.00	
			35.89	39.24
			40.14	39.67
			40.42	40.56
			39.65	37.43
12 Gerber, Simonè M	13	Greydogs-CP	5:15.53	
			35.54	39.44
			41.57	40.58
			42.67	40.27
			39.64	35.82
13 Laubscher, Mikalla I	13	GSA-CP	5:19.90	
			35.72	39.82
			41.49	41.73
			40.70	41.32
			40.14	38.98
14 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	5:20.14	
			33.69	38.08
			42.96	41.62
			40.55	41.25
			42.44	39.55
15 du Plessis, Summer	13	BLOT-MA	5:20.44	
			34.42	39.74
			41.82	42.31
			40.47	41.56
			40.92	39.20
16 Messiter-Tooze, Luna S	13	Silver Fins-CP	5:21.35	
			36.26	39.88
			41.32	41.59
			40.86	41.16
			40.52	39.76
17 Nilsson, Rebecca B	12	Tygers-CP	5:21.36	
			34.49	38.30
			41.80	41.35
			40.56	40.96
			42.39	41.51
18 Visser, Cara	13	Cybersmart-CP	5:21.65	
			34.20	38.28
			41.24	42.33
			39.68	40.94
			43.24	41.74
19 Fury, Amelia J	12	Vineyard-CP	5:22.32	
			35.12	39.95
			41.59	42.06
			40.88	42.14
			41.18	39.40
20 Blake, Abi E	13	Greydogs-CP	5:25.05	
			35.75	39.25
			42.25	42.94
			39.97	41.20
			42.65	41.04
21 Botha, Chelsea	13	Curro Aquatics-CP	5:30.53	
			36.16	40.94
			43.06	42.62
			41.18	42.69
			43.34	40.54

22 Burger, Juanè	13	Tygers-CP	5:32.02	
			35.70	40.94
			42.55	43.39
			42.56	42.95
			42.61	41.32
23 Krog, Miya	13	Swimlab-CP	5:35.22	
			35.76	40.78
			43.55	43.99
			43.16	43.55
			43.24	41.19
24 Bova-Olsen, Katya	13	Marlin-CP	5:35.87	
			35.09	40.01
			43.98	44.84
			41.59	43.22
			44.35	42.79
25 Saayman, Nika D	13	Players-CE	5:43.85	
			35.55	42.00
			44.52	44.71
			44.99	41.68
26 Nienaber, Mila J	12	Quicksilver Wine-CE	5:48.81	
			38.08	44.56
			45.73	45.33
			43.80	44.25
			45.42	41.64

**Event 101 Women 14-15 400 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Humphrey, Jessica	15	AQUA	4:47.55	
			31.01	36.38
			36.42	37.46
			37.59	37.10
			36.08	35.51
2 de Jager, Katie	14	BLOT-MA	4:49.18	
			31.95	36.14
			37.03	36.87
			37.11	37.43
			37.58	35.07
3 Bergh, Madison S	14	AQUA	4:54.98	
			31.87	35.85
			38.90	38.42
			37.05	37.88
			38.89	36.12
4 du Plessis, Madison	15	BLOT-MA	4:58.13	
			33.11	37.23
			38.15	38.67
			37.50	37.81
			38.16	37.50
5 Hartung, Amy M	14	Aqua Sharks-CP	5:02.80	
			33.85	38.22
			38.13	38.69
			39.32	38.34
			38.53	37.72
6 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	5:03.38	
			32.86	37.32
			39.41	39.53
			38.75	39.27
			39.24	37.00
7 Vd Wal, Mieke	15	Curro Aquatics-CP	5:03.94	
			32.61	36.61
			39.47	40.34
			38.12	38.98
			39.51	38.30
8 Raimond, Marike M	14	Tygers-CP	5:04.44	
			32.60	37.54
			38.85	39.39
			38.90	39.19
9 Hahn, Kayleigh K	14	ROA-ED	5:06.44	
			33.37	37.11
			39.80	40.48
			38.64	39.42
			39.58	38.04
10 Senekal, Margo	14	Tygers-CP	5:08.57	
			33.13	37.19
			40.48	40.39
			39.10	39.80
			40.26	38.22
11 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	5:09.50	
			33.48	38.30
			39.94	41.05
			39.31	39.95
			39.60	37.87
12 Newton, Ava L	14	Curro Aquatics-CP	5:11.43	
			33.89	38.04
			39.60	40.38
			39.21	39.64
			40.58	40.09
13 Coleman, Madison	14	Blouberg Marlins-CP	5:12.71	
			32.66	37.61
			40.76	41.41
			39.66	40.36
			40.70	39.55
14 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	5:17.21	
			34.12	38.80
			40.40	41.53
			39.90	40.39
			41.55	40.52

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 101 Women 14-15 400 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
15 Hayes, Kerrigan L	14	Curro Aquatics-CP	5:25.33	
			34.19	39.55
			40.81	41.14
			42.23	42.18
			43.84	41.39
16 Jagger, Ammara	15	Aqua Dolphin-CP	5:27.63	
			35.53	40.31
			42.37	42.21
			42.27	42.17
			41.74	41.03

**Event 101 Women 16 & Over 400 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Hearne, Trinity S	20	Cybersmart-CP	4:27.07	
			30.05	33.19
			34.09	34.12
			33.72	33.82
			34.16	33.92
2 Noades, Kiara J	22	Lane Leader-CE	4:32.22	
			29.93	33.27
			34.19	34.67
			34.71	34.94
			35.09	35.42
3 Neilson, Hannah K	18	Uwc-CP	4:33.99	
			30.86	33.73
			35.00	35.21
			34.64	35.03
			35.34	34.18
4 Fury, Rebecca G	16	Vineyard-CP	4:39.53	
			30.17	33.85
			34.52	35.69
			35.41	36.49
			36.77	36.63
5 Prinsloo, Mila	16	Aquasharks Winel-CE	4:51.10	
			32.08	36.39
			37.21	37.39
			37.47	37.71
			36.94	35.91
6 Theron, Jady	16	Aquasharks Winel-CE	4:54.25	
			31.26	34.56
			36.96	38.36
			38.26	38.67
			38.67	37.51
7 De Roubaix, Maric M	16	Lane Leader-CE	4:54.68	
			32.43	35.98
			37.11	37.21
			38.00	38.18
			38.15	37.62
8 Du Plessis, Chanel P	16	Cybersmart-CP	4:55.10	
			32.67	36.95
			38.22	38.28
			37.89	37.88
			37.82	35.39
9 Havenga, Skylar K	17	Curro-WC	5:03.02	
			32.80	37.26
			38.12	38.77
			39.14	39.53
			39.26	38.14
10 King, Mischa	18	Lane Leader-CE	5:03.11	
			33.06	37.53
			38.65	39.33
			39.20	39.30
			38.66	37.38
11 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	5:03.19	
			33.64	37.12
			37.97	38.36
			38.97	39.09
			39.60	38.44
12 Langenhoven, Erin	16	Silver Fins-CP	5:03.23	
			32.82	36.53
			37.43	38.85
			38.58	40.55
			39.62	38.85
13 Laubscher, Maya R	16	GSA-CP	5:03.26	
			34.28	38.28
			39.32	38.90
			38.42	38.70
			38.32	37.04
14 Gennarakis, Christina	16	Curro Aquatics-CP	5:04.13	
			32.60	36.68
			38.69	38.92
			39.44	39.74
			39.88	38.18
15 Kleinhans, Zara I	18	Aqua Dolphin-CP	5:04.37	
			34.32	36.88
			37.35	38.76
			39.35	40.27
			38.84	38.60
16 Franks, Madison M	16	SSISA-CP	5:07.71	
			33.38	38.31
			38.79	40.09
			39.04	39.74
			39.75	38.61
17 Olivier, Shani	16	The Well-CE	5:20.17	
			35.52	40.01
			40.91	41.41
			41.41	41.25
			41.43	38.23

**Event 102 Men 4x200 LC Meter Freestyle Relay**

Team	Relay	Finals Time	
1 Tygers-CP	A	8:00.78	
1) Trower, Nic T 14	2) West, Gabriel 19		
3) Wright, Keegan 17	4) Esterhuysen, Joshua N 16		
		27.37	57.48
		1:27.98	1:59.08
		27.93	59.56
		1:32.03	2:03.90
		28.03	58.64
		1:29.86	2:00.52
		26.87	56.64
		1:27.28	1:57.28
2 Vineyard-CP	A	8:07.55	
1) Luck, Taylor R 18	2) Field, Luke D 17		
3) Etzold, Peter S 18	4) Wollenschlaeger, Noah 15		
		25.80	54.44
		1:24.20	1:54.85
		28.99	1:02.57
		1:36.73	2:10.87
		27.24	57.16
		1:27.42	1:57.25
		28.18	59.77
		1:31.89	2:04.58
3 Tygers-CP	B	8:20.58	
1) Boshoff, Juan C 18	2) Bannister, Joshua G 15		
3) McWilliam, Troy J 16	4) McWilliam, Benn D 17		
		28.01	58.88
		1:31.10	2:01.95
		29.18	1:02.21
		1:36.16	2:09.06
		28.77	1:01.14
		1:35.09	2:07.80
		27.58	58.12
		1:30.42	2:01.77
4 Lane Leader-CE	A	8:22.25	
1) Clarke, Liam 16	2) Clayton, Antony L 16		
3) Forbes, Nicholas J 17	4) Forbes, Thomas P 19		
		27.96	58.50
		1:31.03	2:04.34
			12.18
		29.01	1:01.31
		33.56	1:06.23
		1:35.58	2:08.01
		32.94	1:06.77
		2:37.42	3:08.59
5 Cybersmart-CP	A	8:31.99	
1) Davidtsz, Colin 16	2) Southworth, Matthew W 15		
3) Dos-Santos, Andrei 15	4) Coetzer, Milan J 16		
		28.39	1:00.95
		1:34.42	2:08.52
		28.26	1:00.07
		1:32.69	2:04.79
		29.46	1:02.80
		1:36.59	2:09.02
		28.69	1:01.78
		1:36.09	2:09.66
6 Lane Leader-CE	B	8:32.39	
1) Malherbe, Nicholas N 17	2) Barnard, Rohan C 19		
3) Nelson, Christopher A 16	4) Clayton, Franco P 17		
		28.31	1:00.32
		1:33.38	2:04.73
		28.36	1:00.68
		1:33.76	2:08.05
		28.52	1:01.15
		1:36.28	2:10.60
		30.02	1:02.74
		1:37.09	2:09.01
7 Aqua Sharks-CP	A	8:36.37	
1) Basson, Wilan 17	2) Abrahams, Matthew N 24		
3) Arnott, Carter J 15	4) Van Wyk, Wesley R 17		
		27.82	58.80
		1:31.80	2:04.52
		30.41	1:04.16
		1:36.14	2:09.10
		30.47	1:02.81
		1:36.74	2:11.87
		28.81	1:02.12
		1:36.92	2:10.88
8 Aqua Dolphin-CP	A	8:36.92	
1) Beukes, Wade 16	2) Nefdt, Grant 16		
3) Solomon, Ethan 15	4) Bailey, Ethan J 20		
		28.68	1:01.17
		1:34.90	2:09.08
		29.78	1:04.80
		1:41.77	2:18.47
		28.94	1:02.47
		1:37.25	2:11.35
		26.72	56.90
		1:27.65	1:58.02

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 102 Men 4x200 LC Meter Freestyle Relay)**

Team	Relay	Finals Time
9 Curro Aquatics-CP	A	8:38.30
1) Kriegler, Christiaan C 18	2) Malan, Johan S 17	
3) Louw, Guillaume 20	4) Bezuidenhout, Ernst E 13	
27.01 57.53	1:30.70 2:03.29	
28.75 1:00.75	1:34.87 2:10.62	
28.56 1:00.59	1:34.78 2:09.82	
30.98 1:05.38	1:40.40 2:14.57	
10 GSA-CP	A	8:50.81
1) Van Wyk, Wayne E 15	2) Van Helden, Ethan C 15	
3) Kleynhans, Ian 16	4) Levey, Chad 17	
28.02 1:01.43	1:36.93 2:10.18	
29.36 1:03.07	1:40.02 2:17.50	
29.93 1:03.76	1:39.76	
11 SSISA-CP	A	8:55.23
1) Oosthuizen, Nic D 21	2) Benecke, Alexander 15	
3) Du Preez, Shaun 16	4) Kleinhans, Kyle 17	
28.72 1:01.76	1:36.37 2:10.50	
30.49 1:06.01	1:42.21 2:17.20	
10.99	30.37 1:04.89	
1:10.94	1:39.01 3:22.64	
12 Swimlab-CP	A	9:19.82
1) Wolson, Daniel A 16	2) Smit, MJ M 15	
3) Zellie, Thomas J 16	4) Cole, Jarryd C 13	
28.04 58.52	1:30.38 2:02.64	
30.12 1:04.53	1:41.61 2:18.53	
30.12 1:04.99	1:42.52 2:18.29	
36.41 1:18.50	2:00.78 2:40.36	
13 Aqua Sharks-CP	B	9:48.28
1) De Bruyn, Cornè C 14	2) Loots, Noah C 12	
3) Swart, Nico N 12	4) Viljoen, Jaden R 15	
31.01 1:07.15	1:45.22 2:23.82	
32.38 1:10.61	1:52.37 2:32.59	
32.84 1:10.59	1:50.99 2:30.37	
29.93 1:06.02	1:43.87 2:21.50	

**Event 103 Women 4x200 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Lane Leader-CE	A	9:06.84
1) Noades, Kiara J 22	2) De Jongh, Grace 17	
3) King, Mischa 18	4) Michell, Emma Y 18	
30.26 1:03.43	1:36.94 2:10.25	
30.74 1:05.48	1:41.60 2:17.96	
32.27 1:08.27	1:44.85 2:21.41	
32.23 1:07.83	1:42.97 2:17.22	
2 Vineyard-CP	A	9:09.67
1) Fury, Rebecca G 16	2) Daffarn, Eri J 19	
3) Combrink, Amy 14	4) Jones, Gemma K 15	
30.25 1:02.93	1:36.74 2:10.91	
31.69 1:06.02	1:41.56 2:19.71	
30.87 1:05.73	1:41.96 2:18.17	
31.46 1:07.05	1:43.90 2:20.88	
3 Tygers-CP	A	9:13.79
1) Uys, Tara 18	2) Evans, Caitlin N 13	
3) Glover, Erin K 15	4) Kotze, Abigail 14	
31.89 1:08.10	1:44.76 2:21.70	
17.40	31.08 1:06.69	
36.66 1:12.89	1:45.67 2:22.02	
37.05 1:13.18	1:43.62 3:23.38	

4 Cybersmart-CP	A	9:20.88
1) Du Plessis, Chanel P 16	2) Hearne, Trinity S 20	
3) Visser, Cara 13	4) Tsai-Rieb, Pei-Chi P 12	
32.22 1:08.82	1:45.68 2:22.13	
28.72 1:00.52	1:33.24 2:05.26	
33.31 1:10.27	1:47.47 2:26.04	
32.53 1:10.41	1:49.42 2:27.45	
5 Swimlab-CP	A	9:32.42
1) Cromhout, Hannah E 19	2) Groepes, Rachel L 17	
3) Ahmed, Ayla 12	4) Durandt, Sharli 12	
30.84 1:04.77	1:40.85 2:16.57	
29.62 1:03.03	1:38.27 2:13.54	
34.91 1:14.20	1:54.09 2:30.56	
33.58 1:12.56	1:52.61 2:31.75	
6 Curro Aquatics-CP	A	9:47.99
1) Vd Wal, Mieke 15	2) Gennarakis, Christina 16	
3) Newton, Ava L 14	4) Louw, Anieka 13	
32.22 1:08.91	1:47.32 2:25.74	
32.11 1:08.62	1:47.12 2:25.20	
33.35 1:10.91	1:51.20 2:30.84	
32.03 1:08.59	1:47.32 2:26.21	
7 GSA-CP	A	9:57.14
1) Laubscher, Maya R 16	2) Vd Merwe, Mia 14	
3) Vd Merwe, Simone 16	4) Morton, Tayler R 16	
32.27 1:09.48	1:48.29 2:26.91	
35.27 1:14.79	1:56.20 2:36.17	
35.81 1:15.90	1:56.56 2:34.34	
31.35 1:06.75	1:43.43 2:19.72	
8 Tygers-CP	B	9:59.60
1) De Villiers, Anja 12	2) Raimond, Marike M 14	
3) Ryser, Aurora 16	4) Senekal, Margo 14	
33.35 1:11.48	1:51.24 2:30.67	
33.29 1:12.55	1:52.77 2:31.94	
32.22 1:08.89	1:47.01 2:25.54	
33.24 1:12.11	1:52.46 2:31.45	
9 Aqua Sharks-CP	A	10:00.81
1) Swanepoel, Lulu A 12	2) Havemann, Bella 15	
3) Heyes, Danielle A 17	4) Hartung, Amy M 14	
33.36 1:13.17	1:54.04 2:33.05	
35.10 1:15.00	1:56.88 2:33.48	
31.95 1:09.39	1:49.89 2:28.98	
32.92 1:09.70	1:47.26 2:25.30	

**Event 200 Boys 11 & Under 100 LC Meter Backstroke**

Name	Age	Team	Finals Time
1 Hahn, Kyle	11	ROA-ED	1:13.18
35.75	37.43		
2 Bright, Michael C	11	Curro Aquatics-CP	1:16.28
3 Schaefer, Daniel C	11	Players-CE	1:19.00
38.61	40.39		
4 Vd Watt, Earle	11	GSA-CP	1:20.56
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:21.19
39.25	41.94		
6 Poultney, Matthew	10	Swimlab-CP	1:22.55
39.51	43.04		
7 February, Dillon S	11	Curro Aquatics-CP	1:23.53
39.20	44.33		
8 Leitner, Zachary M	10	AQUA	1:24.02
42.23	41.79		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Event 200 Boys 11 &amp; Under 100 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hahn, Kyle	11	ROA-ED	1:17.60
36.93	40.67		
2 Bright, Michael C	11	Curro Aquatics-CP	1:18.84
38.21	40.63		
3 Schaefer, Daniel C	11	Players-CE	1:20.14
38.54	41.60		
4 Vd Watt, Earle	11	GSA-CP	1:22.21
39.63	42.58		
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:22.57
39.41	43.16		
6 February, Dillon S	11	Curro Aquatics-CP	1:22.59
39.58	43.01		
7 Leitner, Zachary M	10	AQUA	1:23.28
41.30	41.98		
8 Poultney, Matthew	10	Swimlab-CP	1:23.87
40.00	44.42		
9 Van Onselen, Pierre S	10	Tygers-CP	1:24.42
40.00	44.42		
10 Barnard, Theo J	11	Swartland Aquati-WC	1:25.84
41.48	44.36		
11 Bosch, Ewan Y	11	Tygers-CP	1:25.86
12 Kruger, Zachary C	11	Swartland Aquati-WC	1:26.63
13 Mallin, Lukas	9	Swimlab-CP	1:26.99
14 Wessels, Hendrè	11	Agulhas-OB	1:27.05
40.88	46.17		
15 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	1:27.20
16 Visagie, Dian	11	Swartland Aquati-WC	1:28.36
42.39	45.97		
17 Viljoen, Jagger F	10	Aqua Sharks-CP	1:28.40
42.12	46.28		
18 Schreve, Lehan	11	Swartland Aquati-WC	1:28.47
42.91	45.56		
19 Wagener, Tiaan H	11	Aquasharks Winel-CE	1:28.66
20 Naude, AJ J	11	Agulhas-OB	1:28.67
21 Boshoff, Mickayle C	11	Knysna Aquatics-ED	1:29.41
43.04	46.37		
22 Lewis, Amaru C	11	Paarl Aquarius-CE	1:29.44
43.61	45.83		
23 King, Aidan J	11	GSA-CP	1:29.49
42.73	46.76		
24 Akinci, Can Batu	11	Vineyard-CP	1:32.66
42.04	50.62		
25 Gerber, Luke M	10	Curro Aquatics-CP	1:32.78
26 Pieterse, Owen	11	GSA-CP	1:34.94
45.59	49.35		

## Event 200 Boys 12-13 100 LC Meter Backstroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 De Lange, Adriaan	13	Tygers-CP	1:04.07
31.58	32.49		
2 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	1:07.53
32.76	34.77		
3 Gilmour, Connor A	13	Silver Fins-CP	1:08.52
33.29	35.23		
4 Van Schaik, Luc	13	Vineyard-CP	1:09.10
5 Fernold, AJ	13	ROA-ED	1:09.52
33.85	35.67		

6 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	1:11.60
35.54	36.06		
7 Bouwer, Jason	13	Tygers-CP	1:12.03
34.79	37.24		
8 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	1:13.42
35.41	38.01		

## Event 200 Boys 12-13 100 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 De Lange, Adriaan	13	Tygers-CP	1:04.62
31.89	32.73		
2 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	1:07.80
33.06	34.74		
3 Fernold, AJ	13	ROA-ED	1:08.79
33.66	35.13		
4 Gilmour, Connor A	13	Silver Fins-CP	1:08.87
33.09	35.78		
5 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	1:10.64
33.97	36.67		
6 Bouwer, Jason	13	Tygers-CP	1:11.45
34.66	36.79		
7 Van Schaik, Luc	13	Vineyard-CP	1:11.94
8 Nel, Max	13	ROA-ED	1:12.69
35.39	37.30		
9 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	1:12.79
10 Williams, Evan B	13	SSISA-CP	1:12.93
35.29	37.64		
11 Stanfliet, Nicholas	13	Vineyard-CP	1:13.75
*12 Yeowart, Seth W	13	Greydogs-CP	1:13.95
36.19	37.76		
*12 Verbeek, Pierre O	12	Curro Aquatics-CP	1:13.95
35.46	38.49		
14 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	1:15.64
37.02	38.62		
15 Nagendrakumar, Puneet	13	Silver Fins-CP	1:16.28
36.47	39.81		
16 Hekandjo, Kabi A	13	AQUA	1:16.33
36.83	39.50		
17 Yeowart, Luke D	13	Greydogs-CP	1:16.64
37.41	39.23		
18 Van Wyk, Jack R	12	Curro Aquatics-CP	1:16.99
36.97	40.02		
19 Williams, Logan	13	Vineyard-CP	1:17.31
36.83	40.48		
20 Van Vondel, Roland	12	Tygers-CP	1:17.87
38.34	39.53		
21 van Wyk, Tariq K	13	Barracudas-CP	1:17.92
22 Rheeder, Liam M	13	Paarl Aquarius-CE	1:18.25
37.68	40.57		
23 Hodge, Cameron P	13	Lane Leader-CE	1:18.50
38.10	40.40		
24 Du Plessis, Jason F	13	Curro-WC	1:18.84
37.13	41.71		
25 Oaten, Rourke	13	Cybersmart-CP	1:18.96
38.66	40.30		
26 Matthee, Burger P	12	Agulhas-OB	1:19.05
37.00	42.05		
27 Conradie, Niel	13	Quick Silver-CP	1:19.50
37.85	41.65		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 200 Boys 12-13 100 LC Meter Backstroke)

Name	Age	Team	Prelim Time
28 Hodgskiss, Fin J	12	SSISA-CP	1:19.58
38.62	40.96		
29 Parr, Colbyn S	12	Knysna Aquatics-ED	1:19.71
30 Van Zyl, Daniël R	12	Tygers-CP	1:19.79
38.61	41.18		
31 Benecke, Delmar	12	Vineyard-CP	1:19.96
32 Grobler, Reuben C	13	Players-CE	1:20.39
36.87	43.52		
33 Trower, Michael	12	Tygers-CP	1:20.54
38.11	42.43		
34 Oosthuizen, Ethan	13	Players-CE	1:21.32
39.27	42.05		
35 Bergh, Riley R	12	AQUA	1:21.43
36 Coleman, Travis	12	Blouberg Marlins-CP	1:21.48
39.56	41.92		
37 Troskie, Roean	12	Quick Silver-CP	1:21.78
38 Coetzee, Sion M	13	Quick Silver-CP	1:21.83
39.33	42.50		
39 Nell, Liam	12	Vineyard-CP	1:22.73
40.40	42.33		
40 Spencer, Marcus W	12	Vineyard-CP	1:22.88
41 Faulkner, Callum E	12	Blouberg Marlins-CP	1:23.09
40.46	42.63		
42 Slabber, Ruhann	13	Curro Aquatics-CP	1:23.73
43 Muller, Lukas D	12	Quick Silver-CP	1:25.55
43.53	42.02		
44 Immelman, Max B	13	Greydogs-CP	1:30.94

## Event 200 Men 14-15 100 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Trower, Nic T	14	Tygers-CP	1:00.26
29.52	30.74		
2 Esterhuizen, Lorenzo E	14	AQUA	1:02.83
30.46	32.37		
3 Kotze, Eric B	14	Stellenbosch Aqu-CE	1:03.22
30.32	32.90		
4 Pretorius, Luuk E	15	Knysna Aquatics-ED	1:03.36
30.36	33.00		
5 Strydom, Conrad M	15	Quick Silver-CP	1:03.43
30.32	33.11		
6 Bestel, Luc M	14	Vineyard-CP	1:03.49
30.97	32.52		
7 Lottering, Seb C	15	ROA-ED	1:04.67
31.07	33.60		
8 Wollenschlaeger, Noah	15	Vineyard-CP	1:04.78
31.56	33.22		

## Event 200 Men 14-15 100 LC Meter Backstroke

Name	Age	Team	Prelim Time
1 Trower, Nic T	14	Tygers-CP	1:01.28
29.88	31.40		
2 Kotze, Eric B	14	Stellenbosch Aqu-CE	1:02.82
29.61	33.21		
3 Esterhuizen, Lorenzo E	14	AQUA	1:02.91
31.02	31.89		
4 Pretorius, Luuk E	15	Knysna Aquatics-ED	1:02.95
30.20	32.75		

5 Bestel, Luc M	14	Vineyard-CP	1:03.85
31.56	32.29		
6 Strydom, Conrad M	15	Quick Silver-CP	1:04.01
7 Wollenschlaeger, Noah	15	Vineyard-CP	1:05.33
31.72	33.61		
8 Lottering, Seb C	15	ROA-ED	1:05.92
31.34	34.58		
9 Sirin, Ben	14	Vineyard-CP	1:06.29
32.25	34.04		
10 De Kock, John P	14	Lane Leader-CE	1:06.69
11 Van Helden, Ethan C	15	GSA-CP	1:06.94
32.49	34.45		
12 Smit, MJ M	15	Swimlab-CP	1:06.99
31.97	35.02		
13 Van Wyk, Wayne E	15	GSA-CP	1:07.10
32.60	34.50		
14 Smith, Sebastian N	14	Tygers-CP	1:08.62
33.21	35.41		
15 Bannister, Joshua G	15	Tygers-CP	1:08.77
16 Walker, Yohan G	15	Vineyard-CP	1:09.29
17 Terblanche, Luan L	15	Tygers-CP	1:09.66
33.87	35.79		
18 Daniels, Adam M	14	ELEC-TS	1:09.90
33.66	36.24		
19 Kalapac, Joshua	14	Blouberg Marlins-CP	1:09.97
20 February, Gerard G	14	Curro Aquatics-CP	1:10.17
33.08	37.09		
21 Benecke, Alexander	15	SSISA-CP	1:10.18
22 Myburgh, Ruan	15	Blouberg Marlins-CP	1:10.90
34.19	36.71		
23 Pautz, Nathan M	15	Blouberg Marlins-CP	1:10.98
34.08	36.90		
24 Lombard, Kyle M	15	Barracudas-CP	1:11.22
25 Rayne, Leo	14	Aqua Sharks-CP	1:11.33
33.46	37.87		
26 Viljoen, Jaden R	15	Aqua Sharks-CP	1:11.35
33.54	37.81		
27 Basson, Lucca N	14	Cybersmart-CP	1:11.57
34.91	36.66		
28 Arnott, Carter J	15	Aqua Sharks-CP	1:11.87
34.78	37.09		
29 Kotzè, Max M	14	Blouberg Marlins-CP	1:12.43
34.67	37.76		
30 Njoroge, Alphonse	14	Curro Aquatics-CP	1:12.81
31 Grovè, Daniël	14	Curro Hermanus-OB	1:12.95
34.73	38.22		
32 Adendorff, James T	15	Tygers-CP	1:14.22
35.44	38.78		
33 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	1:14.31
35.51	38.80		
34 Das Neves, Lucas P	14	Tygers-CP	1:14.49
36.33	38.16		
35 De Jager, Nathan B	15	Aqua Sharks-CP	1:14.91
35.48	39.43		
36 Van der Watt, Alpheus J	15	Players-CE	1:14.98
35.41	39.57		
37 Lategan, Nicky N	14	Swartland Aquati-WC	1:15.02
35.74	39.28		
38 Barge, Zac	14	Swimlab-CP	1:16.51
37.39	39.12		



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 200 Men 14-15 100 LC Meter Backstroke)**

Name	Age	Team	Prelim Time
39 Yiorkas, Yiorgos	14	BLOT-MA	1:16.77
	35.83	40.94	
--- Schultz, Heinrich W	14	Lane Leader-CE	DQ 1:08.57
Swimmers head did not surface at or before 15 meter mark following the st			
	32.75	35.82	

**Event 200 Men 16 & Over 100 LC Meter Backstroke**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Van Vondel, Anton J	16	Tygers-CP	58.85
	28.56	30.29	
2 Boshoff, Juan C	18	Tygers-CP	58.91
	28.96	29.95	
3 Kriegler, Christiaan C	18	Curro Aquatics-CP	1:02.09
	29.87	32.22	
4 Wright, Keegan	17	Tygers-CP	1:02.50
	30.26	32.24	
5 Webb, Corey	20	SSISA-CP	1:02.57
	29.02	33.55	
6 Wolson, Daniel A	16	Swimlab-CP	1:03.27
	30.80	32.47	
7 Foot, Aiden C	17	Swartland Aquati-WC	1:03.72
	30.57	33.15	
8 Swarts, Keeno A	18	Vineyard-CP	1:03.81
	30.76	33.05	
9 Burger, Schalk S	18	Swartland Aquati-WC	1:03.85
	30.92	32.93	
10 Coetzer, Milan J	16	Cybersmart-CP	1:03.97
	30.88	33.09	
11 Kleinhans, Kyle	17	SSISA-CP	1:04.07
	31.47	32.60	
12 Ritchie, Andrew M	23	Tygers-CP	1:04.93
	32.08	32.85	
13 Nelson, Christopher A	16	Lane Leader-CE	1:05.04
	32.05	32.99	
14 Orchard, Thomas J	16	Swartland Aquati-WC	1:05.54
	31.53	34.01	
15 Terblanche, Kiaan C	18	Tygers-CP	1:06.00
	31.48	34.52	
16 Strydom, Stephan	18	Tygers-CP	1:07.42
	32.61	34.81	

**Event 200 Men 16 & Over 100 LC Meter Backstroke**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Van Vondel, Anton J	16	Tygers-CP	59.76
	29.19	30.57	
2 Boshoff, Juan C	18	Tygers-CP	1:00.08
	29.35	30.73	
3 Kriegler, Christiaan C	18	Curro Aquatics-CP	1:02.08
	29.20	32.88	
4 Webb, Corey	20	SSISA-CP	1:02.20
	29.27	32.93	
5 Wright, Keegan	17	Tygers-CP	1:02.44
	30.53	31.91	
6 Hieckmann, Ethan H	22	Barracudas-CP	1:02.70
	29.98	32.72	
*7 Burger, Schalk S	18	Swartland Aquati-WC	1:03.63
*7 Wolson, Daniel A	16	Swimlab-CP	1:03.63

9 Foot, Aiden C	17	Swartland Aquati-WC	1:03.72
	30.60	33.12	
10 Coetzer, Milan J	16	Cybersmart-CP	1:03.73
	30.99	32.74	
11 Swarts, Keeno A	18	Vineyard-CP	1:04.05
	31.05	33.00	
12 Kleinhans, Kyle	17	SSISA-CP	1:04.62
	31.76	32.86	
13 Terblanche, Kiaan C	18	Tygers-CP	1:04.66
	30.88	33.78	
14 Orchard, Thomas J	16	Swartland Aquati-WC	1:05.04
	31.51	33.53	
15 Ritchie, Andrew M	23	Tygers-CP	1:05.53
	32.12	33.41	
16 Nelson, Christopher A	16	Lane Leader-CE	1:06.22
	32.06	34.16	
17 McPetrie, James L	16	Manta-CP	1:07.40
	32.33	35.07	
18 Strydom, Stephan	18	Tygers-CP	1:07.56
19 Geyser, Jacques M	16	Lane Leader-CE	1:07.69
	33.18	34.51	
20 Boonzaier, Jannie R	17	Aqua Sharks-CP	1:07.82
	31.90	35.92	
21 Karsten, Jody	16	Blouberg Marlins-CP	1:07.84
	33.74	34.10	
22 Louw, Guillaume	20	Curro Aquatics-CP	1:07.88
	32.21	35.67	
*23 Forbes, Nicholas J	17	Lane Leader-CE	1:08.00
	32.65	35.35	
*23 Engelbrecht, Ruben J	16	Players-CE	1:08.00
	31.97	36.03	
25 Breet, Dawie-Louw L	16	Players-CE	1:08.11
	32.21	35.90	
26 Kotzè, Kailen M	17	Swartland Aquati-WC	1:08.21
27 Möller, FC C	16	Tygers-CP	1:08.23
	32.46	35.77	
28 Nefdt, Grant	16	Aqua Dolphin-CP	1:08.37
29 Bester, Eben	16	Tygers-CP	1:08.43
	33.13	35.30	
30 Field, Luke D	17	Vineyard-CP	1:08.46
	32.02	36.44	
31 Gounden, Mikhael A	18	Curro-WC	1:08.84
	33.01	35.83	
32 Szapira, Saul	17	Tygers-CP	1:09.32
	33.73	35.59	
33 Peceur, Mark D	19	Paarl Aquarius-CE	1:09.47
	34.08	35.39	
34 Myburgh, Jordan	18	Blouberg Marlins-CP	1:10.23
	33.35	36.88	
35 Hopkins, Tim	18	Tygers-CP	1:10.87
36 Lehnberg, Malan	17	Fish Eagle-ED	1:11.04
	33.31	37.73	
37 Beukes, Mateo A	18	Walmers-CP	1:11.43
	33.64	37.79	
38 Barnard, Rohan C	19	Lane Leader-CE	1:11.91
	34.79	37.12	
39 Abrahams, Wasfi	17	Marlin-CP	1:12.46
	34.93	37.53	
40 Rohner, Jayden M	16	Blouberg Marlins-CP	1:13.15
	34.00	39.15	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 201 Girls 11 & Under 100 LC Meter Backstroke				Event 201 Girls 11 & Under 100 LC Meter Backstroke					
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time		
<b>Finals</b>				<b>Preliminaries</b>					
1	Dimatellis, Zoi	11	ROA-ED	1:17.43	1	Orchard, Milan M	13	Vineyard-CP	1:08.24
	37.08	40.35			33.42	34.82			1:13.43
2	Boshoff, Anja	11	Tygers-CP	1:19.52	2	Evans, Caitlin N	13	Tygers-CP	1:13.43
	38.12	41.40			36.16	37.27			1:13.51
3	Olivier, Julie M	11	Tygers-CP	1:21.01	3	Holman, Acaylia	13	Marlin-CP	1:13.51
	39.42	41.59			36.08	37.43			1:14.70
4	Van Dyk, Zani	11	GSA-CP	1:21.35	4	Lorenzen, Ava E	12	Blouberg Marlins-CP	1:14.70
	39.56	41.79			36.34	38.36			1:15.15
5	du Plessis, Evie	11	BLOT-MA	1:24.19	5	Smith, Sophie	12	Vineyard-CP	1:15.15
	41.53	42.66			37.05	38.10			1:16.32
6	Sabbagha, Georgia	11	Paarl Aquarius-CE	1:26.10	6	Coetzee, Liane	12	Players-CE	1:16.32
	41.80	44.30			35.97	41.05			1:17.02
7	Horn, Anna	11	Xcel Swim Academ-CP	1:26.50	7	Bayly, Arabella	12	Vineyard-CP	1:17.02
	42.19	44.31			37.90	39.35			1:17.25
8	Lockitch, Zara	11	Cybersmart-CP	1:26.63	8	De Villiers, Anja	12	Tygers-CP	1:17.25
	42.42	44.21			37.71	39.56			1:17.27
<b>Event 201 Girls 11 &amp; Under 100 LC Meter Backstroke</b>				<b>Event 201 Girls 12-13 100 LC Meter Backstroke</b>					
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time		
<b>Preliminaries</b>				<b>Preliminaries</b>					
1	Dimatellis, Zoi	11	ROA-ED	1:20.20	1	Orchard, Milan M	13	Vineyard-CP	1:08.24
	38.56	41.64			33.42	34.82			1:13.43
2	Boshoff, Anja	11	Tygers-CP	1:21.44	2	Evans, Caitlin N	13	Tygers-CP	1:13.43
	39.56	41.88			36.16	37.27			1:13.51
3	Olivier, Julie M	11	Tygers-CP	1:21.68	3	Holman, Acaylia	13	Marlin-CP	1:13.51
	41.88	43.13			36.08	37.43			1:14.70
4	Van Dyk, Zani	11	GSA-CP	1:21.76	4	Lorenzen, Ava E	12	Blouberg Marlins-CP	1:14.70
	43.13	44.32			36.34	38.36			1:15.15
5	du Plessis, Evie	11	BLOT-MA	1:24.88	5	Smith, Sophie	12	Vineyard-CP	1:15.15
	43.13	44.32			37.05	38.10			1:16.32
6	Sabbagha, Georgia	11	Paarl Aquarius-CE	1:25.37	6	Coetzee, Liane	12	Players-CE	1:16.32
	41.05	44.32			35.97	41.05			1:17.02
7	Horn, Anna	11	Xcel Swim Academ-CP	1:26.80	7	Bayly, Arabella	12	Vineyard-CP	1:17.02
	41.43	45.37			37.90	39.35			1:17.25
8	Lockitch, Zara	11	Cybersmart-CP	1:27.76	8	De Villiers, Anja	12	Tygers-CP	1:17.25
	42.87	44.89			37.71	39.56			1:17.27
9	Jantjies, Zara	11	Manta-CP	1:27.81	9	Gerber, Simonè M	13	Greydogs-CP	1:17.27
	43.06	44.75			37.71	39.56			1:17.50
10	Williams, Aqeelah	11	Uwc-CP	1:29.23	10	Basson, Lenè	12	Curro-WC	1:17.50
	45.72	47.12			36.99	40.57			1:17.56
11	Thirsk, Savannah	11	Tygers-CP	1:29.35	11	Visser, Cara	13	Cybersmart-CP	1:17.56
	43.63	45.72			36.99	40.57			1:17.92
12	Billson, Amelie	11	Curro Aquatics-CP	1:30.38	12	Grütter, Arabelle	13	ROA-ED	1:17.92
	43.26	47.12			37.30	40.62			1:19.00
13	Joyce, Jenna	11	Curro Aquatics-CP	1:30.43	13	Saayman, Nika D	13	Players-CE	1:19.00
	43.79	46.64			38.47	40.55			1:19.02
14	Ahmed, Bria	10	Swimlab-CP	1:30.97	14	Louw, Anieka	13	Curro Aquatics-CP	1:19.02
	43.53	47.44			38.47	40.55			1:19.17
15	Coetzee, Marli	11	GSA-CP	1:31.28	15	Dreyer, Arne'	13	Stellenbosch Aqu-CE	1:19.17
	43.51	47.77			38.97	40.20			1:19.23
16	Jansen van Rensburg, Mia	11	Vineyard-CP	1:31.80	16	Riley, Logan	13	Vineyard-CP	1:19.23
	42.94	48.86			38.54	41.25			1:19.79
17	Stilwaney, Mia C	11	Paarl Aquarius-CE	1:33.92	17	O'Carroll, Nia E	13	Stellenbosch Aqu-CE	1:19.79
	48.86				38.54	41.25			1:20.20
<b>Event 201 Girls 12-13 100 LC Meter Backstroke</b>				<b>Event 201 Girls 12-13 100 LC Meter Backstroke</b>					
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time		
<b>Finals</b>				<b>Preliminaries</b>					
1	Orchard, Milan M	13	Vineyard-CP	1:06.65	9	Gerber, Simonè M	13	Greydogs-CP	1:17.27
	32.27	34.38			37.71	39.56			1:17.50
					36.99	40.57			1:17.56
					37.30	40.62			1:17.92
					38.47	40.55			1:19.00
					38.47	40.55			1:19.02
					38.97	40.20			1:19.17
					38.54	41.25			1:19.23
					38.54	41.25			1:19.79
					39.38	40.82			1:20.20
					39.38	40.82			1:20.93
					38.72	42.21			1:20.93
					38.72	42.21			1:21.16
					39.98	41.18			1:21.16
					39.98	41.18			1:21.18
					38.79	42.39			1:21.42
					38.79	42.39			1:21.42
					40.39	41.33			1:21.72
					40.39	41.33			1:21.72
					39.83	42.51			1:22.34
					39.83	42.51			1:22.34

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 201 Girls 12-13 100 LC Meter Backstroke)

Name	Age	Team	Prelim Time
25 Grobler, Zané	13	ROA-ED	1:22.51
40.90	41.61		
26 Messiter-Tooze, Luna S	13	Silver Fins-CP	1:22.62
27 Fenner, Olivia M	12	Players-CE	1:22.91
39.48	43.43		
28 De Beer, Isabella C	12	Quicksilver Wine-CE	1:23.30
29 Oaten, Sabrina	13	Cybersmart-CP	1:23.80
41.36	42.44		
30 Taljaard, Liané	13	Fish Eagle-ED	1:24.10
40.39	43.71		
31 Burger, Juanè	13	Tygers-CP	1:25.11
32 Samuels, Londyn	13	Paarl Aquarius-CE	1:25.63
40.44	45.19		
33 Thirsk, Madison	13	Tygers-CP	1:25.81
41.90	43.91		
34 McAfee, Holly B	13	Fish Eagle-ED	1:26.59
41.72	44.87		
35 Groves, Philippa R	12	SSISA-CP	1:26.89
36 Hager, Carle	13	Lane Leader-CE	1:27.08
37 Schäfer, Kyla	12	Knysna Aquatics-ED	1:27.35
43.06	44.29		
38 du Plessis, Summer	13	BLOT-MA	1:28.42
41.68	46.74		

## Event 201 Women 14-15 100 LC Meter Backstroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Burgess, Cassidy S	15	Vineyard-CP	1:03.73
31.16	32.57		
2 Humphrey, Jessica	15	AQUA	1:08.14
32.13	36.01		
3 Kotze, Abigail	14	Tygers-CP	1:08.45
33.71	34.74		
4 Cronjè, Danielle	15	Lane Leader-CE	1:09.76
32.89	36.87		
5 Hebler, Lily M	14	Quicksilver Wine-CE	1:10.05
35.22	34.83		
6 Combrink, Amy	14	Vineyard-CP	1:12.63
35.33	37.30		
7 Newton, Ava L	14	Curro Aquatics-CP	1:13.32
34.80	38.52		
8 Jones, Gemma K	15	Vineyard-CP	1:13.65
35.13	38.52		

## Event 201 Women 14-15 100 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Burgess, Cassidy S	15	Vineyard-CP	1:05.03
31.71	33.32		
2 Humphrey, Jessica	15	AQUA	1:08.73
32.65	36.08		
3 Hebler, Lily M	14	Quicksilver Wine-CE	1:09.95
35.65	34.30		
4 Cronjè, Danielle	15	Lane Leader-CE	1:10.13
34.00	36.13		
5 Kotze, Abigail	14	Tygers-CP	1:12.01
33.99	38.02		
6 Jones, Gemma K	15	Vineyard-CP	1:12.13
35.01	37.12		

7 Combrink, Amy	14	Vineyard-CP	1:12.27
34.52	37.75		
8 Newton, Ava L	14	Curro Aquatics-CP	1:12.50
34.32	38.18		
9 Bergh, Madison S	14	AQUA	1:12.77
34.96	37.81		
10 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	1:12.78
34.22	38.56		
11 Wium, Mari	14	Quicksilver Wine-CE	1:13.34
35.46	37.88		
12 Schmidt, Amy	15	Aquasharks Winel-CE	1:13.58
34.90	38.68		
13 Glover, Erin K	15	Tygers-CP	1:14.00
36.31	37.69		
14 Lategan, Emma M	15	Curro Aquatics-CP	1:14.32
35.87	38.45		
15 Trout, Sophia L	14	Vineyard-CP	1:14.60
36.58	38.02		
16 Goebel, Zoë	15	Tygers-CP	1:15.29
36.74	38.55		
17 Coleman, Madison	14	Blouberg Marlins-CP	1:15.35
36.24	39.11		
18 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	1:15.91
37.32	38.59		
19 du Plessis, Madison	15	BLOT-MA	1:16.03
20 Rossouw, Emma M	14	Tygers-CP	1:16.18
37.04	39.14		
21 Morris, Jenna	14	Vineyard-CP	1:16.38
22 Raimond, Marike M	14	Tygers-CP	1:16.50
37.07	39.43		
23 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	1:16.64
36.94	39.70		
24 Juries, Sam C	14	Curro-WC	1:16.78
36.62	40.16		
25 Borman, Jani	15	Swartland Aquati-WC	1:16.79
26 Jantzen, Zianè	14	Quick Silver-CP	1:16.87
37.23	39.64		
27 Slinger, Gizelle	14	AQUA	1:17.15
36.90	40.25		
28 Smith, Lara E	15	Tygers-CP	1:17.47
37.92	39.55		
29 Vd Merwe, Mi-Ly	14	Lane Leader-CE	1:17.60
38.55	39.05		
30 Vd Merwe, Mia	14	GSA-CP	1:19.31
40.04	39.27		
31 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	1:19.71
38.35	41.36		
*32 Havemann, Bella	15	Aqua Sharks-CP	1:21.01
39.20	41.81		
*32 Gerber, Mia	15	Lane Leader-CE	1:21.01
38.92	42.09		
34 Senekal, Margo	14	Tygers-CP	1:21.98
39.16	42.82		
35 Jagger, Ammara	15	Aqua Dolphin-CP	1:23.55
39.50	44.05		
36 Terblanche, Essie	14	Lane Leader-CE	1:25.44
41.36	44.08		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 201 Women 16 & Over 100 LC Meter Backstroke				Event 202 Boys 13 & Under 200 LC Meter Butterfly			
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time
<b>Finals</b>				<b>Finals Time</b>			
1 De Wet, Emma M	16	Vineyard-CP	1:06.28	12 Ribeiro, Nuria A	21	Maties-CE	1:10.96
32.81	33.47			33.43	37.53		
2 Du Plessis, Chanel P	16	Cybersmart-CP	1:06.62	13 Ward, Tanith A	17	SSISA-CP	1:11.91
32.81	33.81			34.89	37.02		
3 De Jongh, Grace	17	Lane Leader-CE	1:07.03	14 Smit, Jenna	16	Curro Aquatics-CP	1:12.25
32.15	34.88			35.64	36.61		
4 Uys, Tara	18	Tygers-CP	1:07.32	15 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	1:12.26
32.73	34.59			34.45	37.81		
5 De Villiers, Lezanne	19	Lane Leader-CE	1:08.00	16 Smidt, Clio J	17	Vineyard-CP	1:12.41
32.95	35.05			34.28	38.13		
6 Botha, Lara E	17	Aquasharks Winel-CE	1:08.74	17 Van Niekerk, Lica	16	Players-CE	1:13.04
33.39	35.35			35.35	37.69		
7 Groepes, Rachel L	17	Swimlab-CP	1:09.28	18 Ryser, Aurora	16	Tygers-CP	1:13.75
33.76	35.52			35.34	38.41		
8 Helmand, Anieke	18	KOVS-MA	1:10.10	19 Van Huyssteen, Miette	16	Curro Hermanus-OB	1:13.79
33.86	36.24			35.15	38.64		
9 Ribeiro, Nuria A	21	Maties-CE	1:10.67	20 Daffarn, Eri J	19	Vineyard-CP	1:13.82
33.57	37.10			35.67	38.15		
10 Ward, Tanith A	17	SSISA-CP	1:10.74	21 Rossouw, Nadia	17	Tygers-CP	1:14.67
34.27	36.47			36.29	38.38		
11 Vickers, Sophie	16	SSISA-CP	1:10.82	22 De Roubaix, Maric M	16	Lane Leader-CE	1:14.85
34.51	36.31			36.00	38.85		
12 Michell, Emma Y	18	Lane Leader-CE	1:11.01	23 Bester, Lisa	16	The Well-CE	1:15.01
33.62	37.39			36.84	38.17		
13 Lombard, Jana	16	Lane Leader-CE	1:11.37	24 Gennarakis, Christina	16	Curro Aquatics-CP	1:15.75
34.86	36.51			35.82	39.93		
14 Smidt, Clio J	17	Vineyard-CP	1:12.36	25 Watson, Caitlin C	16	Blouberg Marlins-CP	1:16.24
33.86	38.50			36.12	40.12		
15 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	1:12.66	26 Bulose, Megan	19	Uwc-CP	1:18.44
35.15	37.51			35.97	42.47		
16 Smit, Jenna	16	Curro Aquatics-CP	1:13.25	27 Vd Merwe, Simone	16	GSA-CP	1:22.13
35.68	37.57			40.24	41.89		
<b>Event 201 Women 16 &amp; Over 100 LC Meter Backstroke</b>				<b>Event 202 Men 14-15 200 LC Meter Butterfly</b>			
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time
<b>Preliminaries</b>				<b>Finals Time</b>			
1 De Jongh, Grace	17	Lane Leader-CE	1:06.37	1 Esterhuizen, Lorenzo E	14	AQUA	2:18.13
32.02	34.35			29.85	35.87	36.28	36.13
2 Du Plessis, Chanel P	16	Cybersmart-CP	1:07.71	2 Southworth, Matthew W	15	Cybersmart-CP	2:18.84
33.62	34.09			29.88	35.10	37.12	36.74
3 De Wet, Emma M	16	Vineyard-CP	1:07.72	3 Dos-Santos, Andrei	15	Cybersmart-CP	2:26.17
33.15	34.57			31.87	36.71	38.55	39.04
4 De Villiers, Lezanne	19	Lane Leader-CE	1:08.08				
32.19	35.89						
5 Botha, Lara E	17	Aquasharks Winel-CE	1:08.68				
33.11	35.57						
6 Uys, Tara	18	Tygers-CP	1:08.69				
33.39	35.30						
7 Michell, Emma Y	18	Lane Leader-CE	1:09.81				
33.35	36.46						
8 Lombard, Jana	16	Lane Leader-CE	1:10.32				
34.74	35.58						
9 Groepes, Rachel L	17	Swimlab-CP	1:10.58				
34.32	36.26						
10 Helmand, Anieke	18	KOVS-MA	1:10.87				
33.92	36.95						
11 Vickers, Sophie	16	SSISA-CP	1:10.91				
34.59	36.32						

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 202 Men 14-15 200 LC Meter Butterfly)**

Name	Age	Team	Finals Time	
4 Terblanche, Luan L	15	Tygers-CP	2:29.82	
	32.34	37.26	40.09	40.13
5 Solomon, Ethan	15	Aqua Dolphin-CP	2:34.25	
	32.69	39.83	40.69	41.04
6 Beukes, Jaden L	14	Walmers-CP	2:43.18	
	34.66	39.85	43.80	44.87
7 Waters, Steven G	14	Lane Leader-CE	2:43.86	
	33.26	40.30	44.16	46.14
--- Kotze, Eric B	14	Stellenbosch Aqu-CE	DQ 2:51.88	
Arms not brought forward simultaneously over the water				
	32.71	38.08	41.40	59.69

**Event 202 Men 16 & Over 200 LC Meter Butterfly**

Name	Age	Team	Finals Time	
1 Boshoff, Juan C	18	Tygers-CP	2:07.69	
	28.32	32.53	33.78	33.06
2 Bailey, Ethan J	20	Aqua Dolphin-CP	2:07.93	
	29.19	32.53	33.30	32.91
3 Viljoen, Stèphen	17	Aquasharks Winel-CE	2:14.99	
	29.24	34.12	35.56	36.07
4 West, Gabriel	19	Tygers-CP	2:15.21	
	29.95	34.03	35.33	35.90
5 Mia, Sirhaan	17	Marlin-CP	2:19.86	
	29.81	34.77	37.43	37.85
6 Peceur, Mark D	19	Paarl Aquarius-CE	2:21.72	
	30.84	35.08	37.20	38.60
7 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	2:26.15	
	30.71	35.35	38.20	41.89
8 Louw, Guillaume	20	Curro Aquatics-CP	2:29.30	
	30.59	36.61	40.00	42.10
9 Beukes, Wade	16	Aqua Dolphin-CP	2:30.56	
	32.49	36.63	39.65	41.79

**Event 203 Girls 13 & Under 200 LC Meter Butterfly**

Name	Age	Team	Finals Time	
1 Evans, Caitlin N	13	Tygers-CP	2:36.08	
	35.48	39.96	40.05	40.59
2 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:37.78	
	34.93	40.12	41.81	40.92
3 Durandt, Sharli	12	Swimlab-CP	3:13.22	
	41.06	51.21	53.07	47.88

**Event 203 Women 14-15 200 LC Meter Butterfly**

Name	Age	Team	Finals Time	
1 Liebenberg, Emily M	14	Swartland Aquati-WC	2:47.69	
	36.11	42.33	44.83	44.42
2 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	2:56.60	
	36.44	42.85	49.01	48.30

**Event 203 Women 16 & Over 200 LC Meter Butterfly**

Name	Age	Team	Finals Time	
1 Hearne, Trinity S	20	Cybersmart-CP	2:14.23	
	29.55	33.30	35.75	35.63
2 Prinsloo, Mila	16	Aquasharks Winel-CE	2:26.73	
	32.33	37.07	39.17	38.16
3 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	2:27.56	
	31.77	36.78	39.11	39.90

**Event 204 Boys 11 & Under 50 LC Meter Breaststroke**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Bright, Michael C	11	Curro Aquatics-CP	40.72	
2 van Rensburg, Tristan	11	GSA-CP	41.49	
3 Pieterse, Owen	11	GSA-CP	41.53	
4 Breebaart, Joshua	11	Greydogs-CP	42.57	
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	43.17	
6 Fenner, Jenson V	11	Players-CE	43.57	
7 Baadjies, Cruden H	11	Paarl Aquarius-CE	43.61	
8 Fouche, Jack	11	Tygers-CP	45.06	

**Event 204 Boys 11 & Under 50 LC Meter Breaststroke**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Pieterse, Owen	11	GSA-CP	41.87	
2 van Rensburg, Tristan	11	GSA-CP	42.16	
3 Bright, Michael C	11	Curro Aquatics-CP	42.52	
4 Breebaart, Joshua	11	Greydogs-CP	42.84	
5 Baadjies, Cruden H	11	Paarl Aquarius-CE	43.08	
6 Pautz, Benjamin R	11	Blouberg Marlins-CP	43.49	
7 Fouche, Jack	11	Tygers-CP	44.32	
8 Fenner, Jenson V	11	Players-CE	44.33	
9 Stander, Christiaan L	11	Aquasharks Winel-CE	44.64	
10 Lategan, Wessel W	11	Swartland Aquati-WC	44.87	
11 Van Onselen, Pierre S	10	Tygers-CP	45.76	
12 Mallin, Lukas	9	Swimlab-CP	46.22	
13 February, Dillon S	11	Curro Aquatics-CP	46.84	
14 Vd Watt, Earle	11	GSA-CP	46.87	
15 Visagie, Dian	11	Swartland Aquati-WC	46.91	
16 Bosch, Ewan Y	11	Tygers-CP	46.97	
17 Kruger, Zachary C	11	Swartland Aquati-WC	47.41	
18 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	48.31	
19 Akinci, Can Batu	11	Vineyard-CP	48.65	
20 Leitner, Zachary M	10	AQUA	54.32	
21 Gerber, Luke M	10	Curro Aquatics-CP	59.84	

**Event 204 Boys 12-13 50 LC Meter Breaststroke**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Wing, James L	13	Greydogs-CP	34.09	
2 Stanfliet, Nicholas	13	Vineyard-CP	34.99	
3 Goussard, Henry	13	Greydogs-CP	35.10	
4 Searle, Jude	13	Vineyard-CP	35.84	
5 Mkavea, Tasu	13	Uwc-CP	36.38	
6 Hudson, Thomas	13	Players-CE	36.61	
7 Wagner, Noah J	13	Swimlab-CP	36.62	
8 Mansfield, Luke T	13	Lane Leader-CE	36.74	

**Event 204 Boys 12-13 50 LC Meter Breaststroke**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Wing, James L	13	Greydogs-CP	34.16	
2 Goussard, Henry	13	Greydogs-CP	34.86	
3 Stanfliet, Nicholas	13	Vineyard-CP	34.88	
4 Mkavea, Tasu	13	Uwc-CP	35.89	
5 Hudson, Thomas	13	Players-CE	36.39	
6 Mansfield, Luke T	13	Lane Leader-CE	36.68	
7 Searle, Jude	13	Vineyard-CP	36.77	
8 Wagner, Noah J	13	Swimlab-CP	36.84	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 204 Boys 12-13 50 LC Meter Breaststroke)**

Name	Age	Team	Prelim Time
9 Verbeek, Pierre O	12	Curro Aquatics-CP	37.45
10 Kent, Tyler	13	Blouberg Marlins-CP	37.75
11 De Lange, Adriaan	13	Tygers-CP	38.16
12 Boshoff, Keanu A	12	Knysna Aquatics-ED	38.32
13 Bouwer, Jason	13	Tygers-CP	38.81
14 Immelman, Max B	13	Greydogs-CP	38.95
15 Swart, Nico N	12	Aqua Sharks-CP	39.12
16 Torbochkin, Daniel S	12	Aqua Sharks-CP	39.14
17 Willenburg, Elijah K	13	Silver Fins-CP	39.35
18 Loots, Noah C	12	Aqua Sharks-CP	39.50
19 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	39.54
20 Van Wyk, Jack R	12	Curro Aquatics-CP	40.62
21 Spencer, Marcus W	12	Vineyard-CP	40.81
22 Williams, Logan	13	Vineyard-CP	41.45
23 Du Plessis, Jason F	13	Curro-WC	41.48
24 Pearson-Adams, Wolfe D	13	Swimlab-CP	41.84
25 Bergh, Riley R	12	AQUA	42.43
26 Parr, Colbyn S	12	Knysna Aquatics-ED	42.47
27 Mouton, Jean A	13	Curro Aquatics-CP	42.64
28 Troskie, Jean	12	Quick Silver-CP	42.69
29 Fortuin, Niyaz	13	Vineyard-CP	43.75
30 Faulkner, Callum E	12	Blouberg Marlins-CP	43.76
31 Benecke, Delmar	12	Vineyard-CP	43.98
32 Rheeder, Liam M	13	Paarl Aquarius-CE	45.11
33 Slabber, Ruhann	13	Curro Aquatics-CP	46.01
34 Van Zyl, Daniël R	12	Tygers-CP	46.26
--- Potgieter, Micah F	13	Vineyard-CP	DQ 42.66
False start			

**Event 204 Men 14-15 50 LC Meter Breaststroke**

Name	Age	Team	Finals Time
1 Gilbert, Andrew A	14	Swimlab-CP	31.49
2 Daniels, Adam M	14	ELEC-TS	32.76
3 Theron, Luca D	15	Vineyard-CP	32.83
4 Linscott, Josh C	15	Manta-CP	33.59
5 Williams, Jayden J	14	Paarl Aquarius-CE	33.76
6 Kinnear, Connor	15	Tygers-CP	33.91
7 Torbochkin, David S	14	Aqua Sharks-CP	34.57
8 Goldstein, Phoenix J	15	Aqua Sharks-CP	34.69

**Event 204 Men 14-15 50 LC Meter Breaststroke**

Name	Age	Team	Prelim Time
*1 Theron, Luca D	15	Vineyard-CP	32.34
*1 Gilbert, Andrew A	14	Swimlab-CP	32.34
3 Daniels, Adam M	14	ELEC-TS	33.08
4 Kinnear, Connor	15	Tygers-CP	33.74
5 Williams, Jayden J	14	Paarl Aquarius-CE	33.88
6 Goldstein, Phoenix J	15	Aqua Sharks-CP	34.04
7 Linscott, Josh C	15	Manta-CP	34.40
8 Torbochkin, David S	14	Aqua Sharks-CP	34.49
9 Simpson, Jesse	15	Vineyard-CP	34.56
10 Yiorkas, Yiorgos	14	BLOT-MA	34.80
11 Adendorff, James T	15	Tygers-CP	34.89
12 Van der Watt, Alpheus J	15	Players-CE	34.98
13 Esterhuizen, Lorenzo E	14	AQUA	35.16
14 Sirin, Ben	14	Vineyard-CP	35.23
15 Pautz, Nathan M	15	Blouberg Marlins-CP	35.53

16 Moolman, Carter S	15	Manta-CP	35.79
17 Spencer, Charles A	14	Vineyard-CP	36.00
18 February, Gerard G	14	Curro Aquatics-CP	36.16
19 Van Helden, Ethan C	15	GSA-CP	36.22
20 Myburgh, Ruan	15	Blouberg Marlins-CP	36.39
21 Burger, Rosseau	14	Lane Leader-CE	36.48
22 De Bruyn, Cornè C	14	Aqua Sharks-CP	36.55
23 Smith, Sebastian N	14	Tygers-CP	36.91
24 Schultz, Heinrich W	14	Lane Leader-CE	37.18
25 Vermeulen, Hanco	14	Aquasharks Winel-CE	37.38
26 Kotzè, Max M	14	Blouberg Marlins-CP	39.78
27 Njoroge, Alphonse	14	Curro Aquatics-CP	44.94

**Event 204 Men 16 & Over 50 LC Meter Breaststroke**

Name	Age	Team	Finals Time
1 Etzold, Peter S	18	Vineyard-CP	29.15
2 Van Greunen, Renier	17	Fish Eagle-ED	30.03
3 Hartman, Timothy J	17	SSISA-CP	30.29
4 Sack, Benji	27	SSISA-CP	30.58
5 Clayton, Franco P	17	Lane Leader-CE	30.59
6 Hugo, Retief R	17	Aquasharks Winel-CE	31.07
7 Boshoff, Juan C	18	Tygers-CP	31.38
8 DE Bruyn, Flippie J	17	Fish Eagle-ED	31.59
9 Field, Luke D	17	Vineyard-CP	31.69
10 Malan, Johan S	17	Curro Aquatics-CP	31.83
11 McWilliam, Benn D	17	Tygers-CP	32.08
12 Amos, Tyla L	20	Tuks-TS	32.26
13 Malherbe, Nicholas N	17	Lane Leader-CE	32.33
14 Nelson, Christopher A	16	Lane Leader-CE	32.56
15 Hendricks, Joshua	16	Lane Leader-CE	32.78
16 Carr, Simeon	17	Torpedoes	33.38

**Event 204 Men 16 & Over 50 LC Meter Breaststroke**

Name	Age	Team	Prelim Time
1 Etzold, Peter S	18	Vineyard-CP	30.07
2 Sack, Benji	27	SSISA-CP	30.27
3 Van Greunen, Renier	17	Fish Eagle-ED	30.55
4 Clayton, Franco P	17	Lane Leader-CE	30.99
5 Hartman, Timothy J	17	SSISA-CP	31.14
6 Boshoff, Juan C	18	Tygers-CP	31.72
7 Malan, Johan S	17	Curro Aquatics-CP	31.77
8 Hugo, Retief R	17	Aquasharks Winel-CE	31.82
9 Field, Luke D	17	Vineyard-CP	31.86
10 DE Bruyn, Flippie J	17	Fish Eagle-ED	31.93
11 Malherbe, Nicholas N	17	Lane Leader-CE	32.09
12 Amos, Tyla L	20	Tuks-TS	32.29
13 Carr, Simeon	17	Torpedoes	32.46
14 Hendricks, Joshua	16	Lane Leader-CE	32.53
15 McWilliam, Benn D	17	Tygers-CP	32.59
16 Nelson, Christopher A	16	Lane Leader-CE	32.71
17 Wessels, Armin L	16	Lane Leader-CE	32.87
18 Omar, Ilyas I	17	Marlin-CP	33.11
19 West, Gabriel	19	Tygers-CP	33.13
20 Myburgh, Jordan	18	Blouberg Marlins-CP	33.19
21 Alexander, Ammaar	16	Marlin-CP	33.42
22 Ritchie, Andrew M	23	Tygers-CP	33.44
23 Engelbrecht, Ruben J	16	Players-CE	33.58
24 Van Reenen, Ryan	24	Blouberg Marlins-CP	33.59
25 Bester, Eben	16	Tygers-CP	33.80

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## Results

## Preliminaries ... (Event 204 Men 16 &amp; Over 50 LC Meter Breaststroke)

Name	Age	Team	Prelim Time
26 Smith, Damian G	19	Fish Eagle-ED	34.25
27 Kotzè, Kailen M	17	Swartland Aquati-WC	34.52
28 Vorster, Josua A	18	Fish Eagle-ED	34.70
29 Van Vondel, Anton J	16	Tygers-CP	34.86
30 Uys, Keegan	16	Lane Leader-CE	34.87
31 Anthony, Ammar	20	Marlin-CP	34.94
32 Karsten, Jody	16	Blouberg Marlins-CP	35.01
33 Lehnberg, Malan	17	Fish Eagle-ED	35.17
34 Zellie, Thomas J	16	Swimlab-CP	35.33
35 Du Preez, Shaun	16	SSISA-CP	35.47
36 McWilliam, Troy J	16	Tygers-CP	35.95
37 Louw, Guillaume	20	Curro Aquatics-CP	36.66
38 Szapira, Saul	17	Tygers-CP	38.13

## Event 205 Girls 11 &amp; Under 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Joyce, Jenna	11	Curro Aquatics-CP	38.40
2 Horn, Anna	11	Xcel Swim Academ-CP	39.66
3 Charles, Tyla	11	Vineyard-CP	39.77
4 Stilwaney, Mia C	11	Paarl Aquarius-CE	40.67
5 Slatte, Mila-Belle	11	SSISA-CP	40.91
6 Dimatellis, Zoi	11	ROA-ED	41.46
7 Retief, Jane	11	Lane Leader-CE	41.74
8 Van Dyk, Zani	11	GSA-CP	43.14

## Event 205 Girls 11 &amp; Under 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time
1 Joyce, Jenna	11	Curro Aquatics-CP	39.78
2 Charles, Tyla	11	Vineyard-CP	40.79
3 Horn, Anna	11	Xcel Swim Academ-CP	41.17
4 Slatte, Mila-Belle	11	SSISA-CP	41.41
5 Stilwaney, Mia C	11	Paarl Aquarius-CE	42.39
6 Van Dyk, Zani	11	GSA-CP	42.74
7 Dimatellis, Zoi	11	ROA-ED	43.17
8 Retief, Jane	11	Lane Leader-CE	43.29
9 du Plessis, Evie	11	BLOT-MA	43.34
10 Van Wyk, Josie	11	Lane Leader-CE	46.16
11 Olivier, Julie M	11	Tygers-CP	46.79
12 Coetzee, Marli	11	GSA-CP	48.57
13 Jantjies, Zara	11	Manta-CP	49.49
14 Billson, Amelie	11	Curro Aquatics-CP	50.38
15 Jansen van Rensburg, Mia	11	Vineyard-CP	50.88

## Event 205 Girls 12-13 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Evans, Caitlin N	13	Tygers-CP	36.68
2 Gerber, Simonè M	13	Greydogs-CP	36.89
3 Van Der Wath, Izi	13	Knysna Aquatics-ED	37.27
4 Magotsi, Riziki A	13	Vineyard-CP	37.62
5 Ahmed, Ayla	12	Swimlab-CP	37.89
6 Dreyer, Arne'	13	Stellenbosch Aqu-CE	38.23
7 Oliver, Isabella	12	Quicksilver Wine-CE	39.25
8 Barnard, Adelmari D	13	Swartland Aquati-WC	40.35

## Event 205 Girls 12-13 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time
1 Evans, Caitlin N	13	Tygers-CP	37.07
2 Van Der Wath, Izi	13	Knysna Aquatics-ED	37.81
*3 Ahmed, Ayla	12	Swimlab-CP	38.03
*3 Gerber, Simonè M	13	Greydogs-CP	38.03
5 Magotsi, Riziki A	13	Vineyard-CP	38.68
6 Dreyer, Arne'	13	Stellenbosch Aqu-CE	38.82
7 Barnard, Adelmari D	13	Swartland Aquati-WC	39.96
8 Oliver, Isabella	12	Quicksilver Wine-CE	40.16
9 Orchard, Milan M	13	Vineyard-CP	40.65
10 Nilsson, Rebecca B	12	Tygers-CP	41.19
11 Fury, Amelia J	12	Vineyard-CP	41.31
12 Bova-Olsen, Katya	13	Marlin-CP	41.50
13 Bosman, Daizeli	13	Players-CE	41.81
14 Lorenzen, Ava E	12	Blouberg Marlins-CP	41.97
15 Botha, Chelsea	13	Curro Aquatics-CP	42.01
16 Nienaber, Mila J	12	Quicksilver Wine-CE	42.06
17 Laubscher, Mikalla I	13	GSA-CP	42.41
18 Baillie, Gabi J	13	ROA-ED	42.50
19 Hawley, Nicola	12	Players-CE	42.73
20 Krog, Miya	13	Swimlab-CP	42.96
21 Faul, Ellen J	12	Quicksilver Wine-CE	42.99
22 McAfee, Holly B	13	Fish Eagle-ED	43.79
23 Taljaard, Liané	13	Fish Eagle-ED	44.87
24 Thirsk, Madison	13	Tygers-CP	45.25
25 Riley, Logan	13	Vineyard-CP	45.31
26 Burger, Juanè	13	Tygers-CP	45.65
27 Schäfer, Kyla	12	Knysna Aquatics-ED	45.92
28 Sonnekus, Anya	12	Tygers-CP	46.72
29 Botha, Rebecca P	12	Knysna Aquatics-ED	47.10
30 De Beer, Isabella C	12	Quicksilver Wine-CE	47.77
--- Mason, Phoebe M	13	Stellenbosch Aqu-CE	NS

## Event 205 Women 14-15 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Vd Wal, Mieke	15	Curro Aquatics-CP	34.76
2 Coleman, Madison	14	Blouberg Marlins-CP	36.57
3 Combrink, Amy	14	Vineyard-CP	36.92
4 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	37.16
5 Jeftha, Zara L	15	Marlin-CP	37.58
6 Gerber, Mia	15	Lane Leader-CE	38.16
7 Morris, Jenna	14	Vineyard-CP	38.61
8 Newton, Ava L	14	Curro Aquatics-CP	40.32

## Event 205 Women 14-15 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time
1 Vd Wal, Mieke	15	Curro Aquatics-CP	34.75
2 Combrink, Amy	14	Vineyard-CP	37.09
3 Coleman, Madison	14	Blouberg Marlins-CP	37.68
4 Jeftha, Zara L	15	Marlin-CP	37.80
5 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	37.97
6 Gerber, Mia	15	Lane Leader-CE	38.40
7 Newton, Ava L	14	Curro Aquatics-CP	38.57
8 Morris, Jenna	14	Vineyard-CP	38.95
9 Schreuder, Hannah G	15	Swimlab-CP	39.12
10 Borman, Jani	15	Swartland Aquati-WC	39.42

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 205 Women 14-15 50 LC Meter Breaststroke)

Name	Age	Team	Prelim Time
11 Visser, Sandri	14	Players-CE	39.48
12 Lategan, Emma M	15	Curro Aquatics-CP	39.57
13 Hebler, Lily M	14	Quicksilver Wine-CE	40.12
14 Hahn, Kayleigh K	14	ROA-ED	40.50
15 Geysler, Almi	14	Lane Leader-CE	40.69
*16 Goebel, Zoë	15	Tygers-CP	40.94
*16 Havemann, Bella	15	Aqua Sharks-CP	40.94
18 Verbeek, Wilmien	15	Curro Aquatics-CP	42.20
19 Glover, Erin K	15	Tygers-CP	42.52
20 Smith, Lara E	15	Tygers-CP	42.67
21 Slinger, Gizelle	14	AQUA	46.32

## Event 205 Women 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Fury, Rebecca G	16	Vineyard-CP	34.34
2 Meier, Marné	24	Curro Aquatics-CP	34.52
3 Nieuwstad, Michelle	29	Lane Leader-CE	34.87
4 Helmand, Anieke	18	KOVS-MA	36.01
5 Hugo, Anika S	17	Quicksilver Wine-CE	36.93
6 Van Niekerk, Lica	16	Players-CE	37.12
7 Sabbagha, Annè	17	Paarl Aquarius-CE	37.27
8 Langenhoven, Erin	16	Silver Fins-CP	37.31
9 Daniels, Sara H	17	Blouberg Marlins-CP	37.88
10 Novello, Utah	17	Curro-WC	38.03
11 Heyes, Danielle A	17	Aqua Sharks-CP	38.20
12 Havenga, Skyla K	17	Curro-WC	38.23
13 Olivier, Shani	16	The Well-CE	38.36
14 Laubscher, Maya R	16	GSA-CP	38.45
15 Herbst, Mienke	17	SSISA-CP	38.60
16 Rossouw, Nadia	17	Tygers-CP	39.40

## Event 205 Women 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Fury, Rebecca G	16	Vineyard-CP	34.77
2 Nieuwstad, Michelle	29	Lane Leader-CE	34.78
3 Meier, Marné	24	Curro Aquatics-CP	35.16
4 Helmand, Anieke	18	KOVS-MA	35.58
5 Paljk, Tilka	26	Maties-CE	36.31
6 Hugo, Anika S	17	Quicksilver Wine-CE	36.80
7 Van Niekerk, Lica	16	Players-CE	37.38
8 Sabbagha, Annè	17	Paarl Aquarius-CE	37.60
9 Novello, Utah	17	Curro-WC	37.65
10 Langenhoven, Erin	16	Silver Fins-CP	38.37
11 Laubscher, Maya R	16	GSA-CP	38.39
12 Havenga, Skyla K	17	Curro-WC	38.63
13 Herbst, Mienke	17	SSISA-CP	38.88
14 Olivier, Shani	16	The Well-CE	38.91
15 Daniels, Sara H	17	Blouberg Marlins-CP	39.08
16 Heyes, Danielle A	17	Aqua Sharks-CP	39.33
17 Bulose, Megan	19	Uwc-CP	39.44
18 Rossouw, Nadia	17	Tygers-CP	40.03
19 Ryser, Aurora	16	Tygers-CP	41.00
20 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	41.84

## Event 206 Boys 11 &amp; Under 200 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>A - Final</b>			
1 Hahn, Kyle	11	ROA-ED	2:25.43
	32.96	37.63	37.49 37.35
2 Breebaart, Joshua	11	Greydogs-CP	2:28.72
	33.80	38.39	1:16.53
3 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:29.11
	33.77	37.84	39.76 37.74
4 Schaefer, Daniel C	11	Players-CE	2:29.36
	34.04	38.32	39.22 37.78
5 Stander, Christiaan L	11	Aquasharks Winel-CE	2:33.38
	35.52	39.03	40.66 38.17
6 Barnard, Theo J	11	Swartland Aquati-WC	2:35.05
	34.75	39.92	41.42 38.96
7 Wagener, Tiaan H	11	Aquasharks Winel-CE	2:35.63
	35.19	39.96	41.18 39.30
--- Bright, Michael C	11	Curro Aquatics-CP	DQ DQ
			Swimmer did not finish

## Event 206 Boys 11 &amp; Under 200 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hahn, Kyle	11	ROA-ED	2:26.96
	33.43	37.60	39.22 36.71
2 Breebaart, Joshua	11	Greydogs-CP	2:26.99
	33.69	37.45	39.17 36.68
3 Schaefer, Daniel C	11	Players-CE	2:29.55
	33.82	37.86	39.47 38.40
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:29.89
	33.62	38.10	40.35 37.82
5 Bright, Michael C	11	Curro Aquatics-CP	2:32.56
	34.54	39.32	40.06 38.64
6 Barnard, Theo J	11	Swartland Aquati-WC	2:35.43
	35.45	39.26	41.34 39.38
7 Stander, Christiaan L	11	Aquasharks Winel-CE	2:35.62
	36.27	40.60	40.93 37.82
8 Wagener, Tiaan H	11	Aquasharks Winel-CE	2:35.67
	35.99	41.08	40.55 38.05
9 van Rensburg, Tristan	11	GSA-CP	2:37.62
	36.29	40.59	41.28 39.46
10 Boshoff, Mickayle C	11	Knysna Aquatics-ED	2:39.88
	36.27	40.10	42.28 41.23
11 Kruger, Zachary C	11	Swartland Aquati-WC	2:40.49
	38.18	42.43	40.22 39.66
12 Schreve, Lehan	11	Swartland Aquati-WC	2:43.32
	37.31	42.15	42.53 41.33
13 Akinci, Can Batu	11	Vineyard-CP	2:43.92
	37.03	42.77	42.87 41.25
*14 Mallin, Lukas	9	Swimlab-CP	2:44.22
	38.04	43.36	42.94 39.88
*14 February, Dillon S	11	Curro Aquatics-CP	2:44.22
	37.13	41.50	43.34 42.25
16 Poultney, Matthew	10	Swimlab-CP	2:44.34
	38.51	42.76	43.08 39.99
17 Mccollum, Aiden I	11	Aqua Dolphin-CP	2:45.58
	37.01	41.98	43.76 42.83
18 Bosch, Ewan Y	11	Tygers-CP	2:47.28
	35.87	42.16	44.69 44.56



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 206 Boys 11 &amp; Under 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	
19 Fouche, Jack	11	Tygers-CP	2:47.41	
	37.37	42.06	45.16	42.82
20 VerLoren Van Themaat, Hein	11	Lane Leader-CE	2:48.76	
	37.15	41.62	45.74	44.25
21 Lewis, Amaru C	11	Paarl Aquarius-CE	2:53.41	
	38.13	44.27	47.09	43.92
22 Leitner, Zachary M	10	AQUA	2:54.69	
	40.00	44.76	1:29.93	
23 King, Aidan J	11	GSA-CP	2:55.32	
	37.09	44.54	1:33.69	
24 Viljoen, Jagger F	10	Aqua Sharks-CP	2:57.54	
25 Gerber, Luke M	10	Curro Aquatics-CP	3:04.58	
	42.60	48.63	1:33.35	

## Event 206 Boys 12-13 200 LC Meter Freestyle

Name	Age	Team	Finals Time	
<b>A - Final</b>				
1 De Lange, Adriaan	13	Tygers-CP	2:12.08	
	31.15	33.59	34.12	33.22
2 Fernold, AJ	13	ROA-ED	2:12.24	
	31.00	35.01	34.24	31.99
3 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:12.64	
	32.04	34.30	33.91	32.39
4 Wagner, Noah J	13	Swimlab-CP	2:16.70	
	30.44	33.86	36.40	36.00
5 Goussard, Henry	13	Greydogs-CP	2:17.57	
	31.55	35.45	35.98	34.59
6 Williams, Evan B	13	SSISA-CP	2:17.74	
	31.91	35.60	35.64	34.59
7 Gilmour, Connor A	13	Silver Fins-CP	2:18.36	
	31.68	35.46	35.86	35.36
8 Verbeek, Pierre O	12	Curro Aquatics-CP	2:18.91	
	31.70	35.23	35.78	36.20

## Event 206 Boys 12-13 200 LC Meter Freestyle

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 De Lange, Adriaan	13	Tygers-CP	2:13.69	
	31.57	33.64	34.54	33.94
2 Fernold, AJ	13	ROA-ED	2:14.22	
	31.71	34.38	34.78	33.35
3 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:16.36	
	32.38	35.24	34.77	33.97
4 Verbeek, Pierre O	12	Curro Aquatics-CP	2:17.20	
	31.11	34.50	35.82	35.77
5 Gilmour, Connor A	13	Silver Fins-CP	2:17.86	
	30.78	35.53	36.02	35.53
6 Goussard, Henry	13	Greydogs-CP	2:17.88	
	31.37	35.47	1:11.04	
7 Williams, Evan B	13	SSISA-CP	2:18.18	
	32.06	36.89	35.24	33.99
8 Wagner, Noah J	13	Swimlab-CP	2:18.27	
	30.86	34.99	36.27	36.15
9 Mansfield, Luke T	13	Lane Leader-CE	2:18.28	
	31.18	35.36	36.57	35.17
10 Yeowart, Luke D	13	Greydogs-CP	2:20.04	
	32.12	35.57	36.80	35.55
11 Oaten, Rourke	13	Cybersmart-CP	2:20.59	
	33.82	36.27	35.61	34.89

12 Van Schaik, Luc			13 Vineyard-CP	2:21.83
	31.72	36.06	37.70	36.35
13 Yeowart, Seth W			13 Greydogs-CP	2:22.07
	32.98	36.10	37.44	35.55
14 Van Zyl, Daniël R			12 Tygers-CP	2:22.27
	32.54	36.92	37.41	35.40
15 Kotzè, Arden C			13 Aquasharks Winel-CE	2:22.86
	32.53	36.48	37.39	36.46
16 Cavallaro, Michele R			13 Cybersmart-CP	2:23.01
	33.39	36.94	36.90	35.78
17 Williams, Logan			13 Vineyard-CP	2:23.70
	31.43	36.55	38.01	37.71
18 Wing, James L			13 Greydogs-CP	2:25.53
	31.90	36.66	39.80	37.17
*19 Bouwer, Jason			13 Tygers-CP	2:25.65
	32.85	36.79	38.27	37.74
*19 Boshoff, Keanu A			12 Knysna Aquatics-ED	2:25.65
	32.10	38.06	39.63	35.86
21 van Wyk, Tariq K			13 Barracudas-CP	2:26.34
	32.89	37.37	38.63	37.45
22 Nel, Max			13 ROA-ED	2:27.22
	33.74	37.98	38.02	37.48
23 Loots, Noah C			12 Aqua Sharks-CP	2:27.47
	32.62	37.73	38.87	38.25
24 Smit, Reynard-Gray			12 Silver Fins-CP	2:27.55
	32.82	37.64	39.33	37.76
25 Trower, Michael			12 Tygers-CP	2:27.86
	33.41	37.92	38.60	37.93
26 Rheeder, Liam M			13 Paarl Aquarius-CE	2:28.25
	32.59	36.99	39.27	39.40
27 Hekandjo, Kabi A			13 AQUA	2:28.41
	33.54	37.63	39.69	37.55
28 Nagendrakumar, Puneet			13 Silver Fins-CP	2:29.06
	33.71	37.99	40.06	37.30
29 Van Graan, Matthew D			13 Stellenbosch Aqu-CE	2:29.78
	31.93	37.54	40.00	40.31
30 Swart, Nico N			12 Aqua Sharks-CP	2:30.18
	34.02	38.52	39.37	38.27
31 Van Wyk, Jack R			12 Curro Aquatics-CP	2:30.22
	33.13	38.02	39.71	39.36
32 Coleman, Travis			12 Blouberg Marlins-CP	2:30.40
	34.35	1:56.05		
33 Mkavea, Tasu			13 Uwc-CP	2:30.66
	33.37	37.28	38.12	41.89
34 Pieterse, Marcelle J			13 Xcel Swim Academ-CP	2:30.94
	33.71	37.76	40.15	39.32
35 Swanepoel, Ewald			13 Fish Eagle-ED	2:31.14
	31.43	38.43	42.62	38.66
36 Pearson-Adams, Wolfe D			13 Swimlab-CP	2:31.24
	33.44	37.81	40.69	39.30
37 Parr, Colbyn S			12 Knysna Aquatics-ED	2:32.94
	36.15	41.30	39.03	36.46
38 Hodgskiss, Fin J			12 SSISA-CP	2:33.20
	34.71	39.46	40.65	38.38
39 Faulkner, Callum E			12 Blouberg Marlins-CP	2:34.07
	35.42	38.81	1:19.84	
40 Mouton, Jean A			13 Curro Aquatics-CP	2:34.09
	34.56	39.47	40.36	39.70
41 Du Plessis, Jason F			13 Curro-WC	2:35.67
	32.23	38.30	42.74	42.40
42 Slabber, Ruhann			13 Curro Aquatics-CP	2:36.51
	35.47	39.63	41.11	40.30

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 206 Boys 12-13 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	
43 Hodge, Cameron P	13	Lane Leader-CE	2:36.55	
			34.65	39.11
			41.51	41.28
44 Walther-Kotzè, Leon C	13	Aqua Sharks-CP	2:36.63	
			32.92	38.49
			42.15	43.07
45 Coetzee, Sion M	13	Quick Silver-CP	2:37.94	
			34.30	39.93
			43.49	40.22
46 Oosthuizen, Ethan	13	Players-CE	2:38.12	
			34.02	39.95
			43.09	41.06
47 Hudson, Thomas	13	Players-CE	2:38.92	
			32.53	39.14
			1:27.25	
48 Kent, Tyler	13	Blouberg Marlins-CP	2:39.88	
			1:25.50	
49 Troskie, Jean	12	Quick Silver-CP	2:40.21	
			36.20	40.71
			42.40	40.90
50 Troskie, Roean	12	Quick Silver-CP	2:42.22	
			36.11	41.70
			43.73	40.68
51 Potgieter, Micah F	13	Vineyard-CP	2:42.46	
			35.41	40.31
			43.41	43.33
52 Immelman, Max B	13	Greydogs-CP	2:52.57	
			37.08	43.21
			46.13	46.15

## Event 206 Men 14-15 200 LC Meter Freestyle

Name	Age	Team	Finals Time	
<b>A - Final</b>				
1 Trower, Nic T	14	Tygers-CP	1:58.86	
			26.71	29.43
			31.15	31.57
2 Van Wyk, Wayne E	15	GSA-CP	2:03.59	
			28.49	30.82
			33.10	31.18
3 Pretorius, Luuk E	15	Knysna Aquatics-ED	2:04.08	
			28.52	31.26
			32.39	31.91
4 Southworth, Matthew W	15	Cybersmart-CP	2:04.60	
			32.26	31.23
5 Wollenschlaeger, Noah	15	Vineyard-CP	2:05.14	
			29.04	31.95
			32.54	31.61
6 Lottering, Seb C	15	ROA-ED	2:07.31	
			30.21	32.25
			32.50	32.35
7 Solomon, Ethan	15	Aqua Dolphin-CP	2:09.75	
			30.37	33.10
			33.83	32.45
8 Dos-Santos, Andrei	15	Cybersmart-CP	2:16.57	
			29.93	34.72
			36.34	35.58

## Event 206 Men 14-15 200 LC Meter Freestyle

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Pretorius, Luuk E	15	Knysna Aquatics-ED	2:04.52	
			28.29	31.32
			32.51	32.40
2 Southworth, Matthew W	15	Cybersmart-CP	2:04.75	
			28.23	31.18
			32.50	32.84
3 Trower, Nic T	14	Tygers-CP	2:05.25	
			27.54	31.79
			32.98	32.94
4 Wollenschlaeger, Noah	15	Vineyard-CP	2:05.57	
			28.84	32.08
			32.71	31.94
5 Van Wyk, Wayne E	15	GSA-CP	2:06.38	
			28.84	31.77
			33.73	32.04
6 Lottering, Seb C	15	ROA-ED	2:07.38	
			29.15	32.02
			33.03	33.18
7 Dos-Santos, Andrei	15	Cybersmart-CP	2:07.66	
			29.70	32.72
			34.25	30.99
8 Solomon, Ethan	15	Aqua Dolphin-CP	2:09.65	
			29.67	33.67
			34.37	31.94

9 Bannister, Joshua G	15	Tygers-CP	2:09.66	
			29.90	32.89
			33.80	33.07
10 Smith, Sebastian N	14	Tygers-CP	2:11.05	
			30.34	33.75
			33.82	33.14
11 Arnott, Carter J	15	Aqua Sharks-CP	2:11.93	
			31.17	33.32
			34.21	33.23
12 Kalapac, Joshua	14	Blouberg Marlins-CP	2:12.53	
			29.20	32.65
			35.12	35.56
13 Heyes, Garrick T	15	Aqua Sharks-CP	2:12.61	
			29.44	33.16
			34.79	35.22
14 Terblanche, Luan L	15	Tygers-CP	2:12.88	
			30.33	33.60
			34.67	34.28
15 Benecke, Alexander	15	SSISA-CP	2:13.37	
			30.61	34.31
			35.33	33.12
16 Kinnear, Connor	15	Tygers-CP	2:13.66	
			29.96	34.06
			34.51	35.13
17 Theron, Luca D	15	Vineyard-CP	2:14.07	
			30.61	33.80
			34.56	35.10
18 Pautz, Nathan M	15	Blouberg Marlins-CP	2:14.52	
			30.80	33.93
			35.09	34.70
19 De Kock, John P	14	Lane Leader-CE	2:15.04	
			31.32	35.26
			34.96	33.50
20 Lombard, Kyle M	15	Barracudas-CP	2:15.47	
			31.23	34.26
			34.89	35.09
21 Basson, Lucca N	14	Cybersmart-CP	2:15.70	
			30.56	34.47
			35.65	35.02
22 Kotzè, Max M	14	Blouberg Marlins-CP	2:15.85	
			29.32	34.35
			36.22	35.96
23 February, Gerard G	14	Curro Aquatics-CP	2:16.63	
			30.33	34.72
			35.81	35.77
24 Viljoen, Jaden R	15	Aqua Sharks-CP	2:16.98	
			30.43	34.73
			36.28	35.54
25 Rayne, Leo	14	Aqua Sharks-CP	2:17.04	
			30.15	33.85
			37.44	35.60
26 Schultz, Heinrich W	14	Lane Leader-CE	2:17.89	
			30.85	35.28
			36.05	35.71
27 Vermeulen, Hanco	14	Aquasharks Winel-CE	2:17.96	
			30.78	35.96
			37.13	34.09
28 Poggenpoel, Troy J	14	SSISA-CP	2:18.62	
			31.68	35.69
			36.57	34.68
29 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	2:19.71	
			31.26	36.37
			37.38	34.70
30 Schreuder, Steffen	15	Aquasharks Winel-CE	2:20.18	
			31.06	35.64
			37.35	36.13
31 Walker, Yohan G	15	Vineyard-CP	2:20.66	
			30.46	35.86
			37.45	36.89
32 Rosslee, Christian F	14	Quicksilver Wine-CE	2:20.88	
			30.61	34.73
			38.01	37.53
33 Haupt, Rhys A	14	Vineyard-CP	2:21.09	
			31.51	35.76
			38.13	35.69
34 Smit, MJ M	15	Swimlab-CP	2:22.29	
			30.47	35.15
			38.49	38.18
35 Beukes, Jaden L	14	Walmers-CP	2:23.52	
			31.95	35.61
			36.84	39.12
36 De Jager, Nathan B	15	Aqua Sharks-CP	2:23.62	
			30.71	36.07
			38.99	37.85
37 Spencer, Charles A	14	Vineyard-CP	2:24.32	
			31.52	36.24
			39.02	37.54
38 Das Neves, Lucas P	14	Tygers-CP	2:24.82	
			31.61	36.03
			38.79	38.39

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 206 Men 14-15 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	
39 Grové, Daniël	14	Curro Hermanus-OB	2:25.21	
			31.24	36.44
			39.53	38.00
40 Barge, Zac	14	Swimlab-CP	2:27.23	
			32.41	37.42
			39.04	38.36

## Event 206 Men 16 &amp; Over 200 LC Meter Freestyle

Name	Age	Team	Finals Time	
<b>A - Final</b>				
1 Luck, Taylor R	18	Vineyard-CP	1:54.79	
			26.39	29.11
			30.35	28.94
2 Esterhuysen, Joshua N	16	Tygers-CP	1:56.33	
			26.44	29.42
			30.02	30.45
3 Bailey, Ethan J	20	Aqua Dolphin-CP	1:58.10	
			27.17	29.83
			30.67	30.43
4 Wright, Keegan	17	Tygers-CP	1:59.77	
			27.96	30.50
			30.84	30.47
5 Wolson, Daniel A	16	Swimlab-CP	2:00.82	
			27.83	30.61
			31.14	31.24
6 Forbes, Thomas P	19	Lane Leader-CE	2:01.70	
			27.68	29.99
			31.57	32.46
7 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	2:04.31	
			28.60	31.39
			32.73	31.59
8 Kriegler, Christiaan C	18	Curro Aquatics-CP	2:05.49	
			27.80	30.53
			32.23	34.93

**B - Final**

9 Clarke, Liam	16	Lane Leader-CE	2:01.83	
			28.69	31.79
			30.88	30.47
10 McWilliam, Benn D	17	Tygers-CP	2:02.41	
			28.74	30.86
			31.68	31.13
*11 Clayton, Antony L	16	Lane Leader-CE	2:06.42	
			29.53	32.15
			33.03	31.71
*11 Lastroni, Giuliano	17	Torpedoes	2:06.42	
			29.07	31.80
			33.03	32.52
13 Basson, Wilan	17	Aqua Sharks-CP	2:06.83	
			28.52	31.90
			33.46	32.95
14 Malan, Johan S	17	Curro Aquatics-CP	2:08.82	
			29.39	32.29
			33.50	33.64
15 Strydom, Stephan	18	Tygers-CP	2:08.86	
			29.23	32.11
			33.77	33.75
16 Malherbe, Nicholas N	17	Lane Leader-CE	2:09.29	
			29.88	33.50
			34.19	31.72

## Event 206 Men 16 &amp; Over 200 LC Meter Freestyle

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Bailey, Ethan J	20	Aqua Dolphin-CP	1:59.47	
			27.48	30.15
			31.25	30.59
2 Forbes, Thomas P	19	Lane Leader-CE	1:59.82	
			27.89	30.19
			31.17	30.57
3 Esterhuysen, Joshua N	16	Tygers-CP	2:00.16	
			27.32	30.41
			31.13	31.30
4 Wright, Keegan	17	Tygers-CP	2:00.41	
			27.83	30.34
			31.16	31.08
5 Luck, Taylor R	18	Vineyard-CP	2:00.45	
			27.09	30.86
			32.28	30.22
6 Wolson, Daniel A	16	Swimlab-CP	2:00.72	
			28.11	30.87
			31.16	30.58
7 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	2:02.17	
			28.46	30.98
			31.25	31.48

8 Kriegler, Christiaan C	18	Curro Aquatics-CP	2:02.20	
			27.52	30.52
			31.98	32.18
9 Lastroni, Giuliano	17	Torpedoes	2:03.79	
			28.31	30.95
			32.15	32.38
10 West, Gabriel	19	Tygers-CP	2:04.10	
			28.28	31.48
			32.02	32.32
11 McWilliam, Benn D	17	Tygers-CP	2:04.36	
			28.21	31.14
			32.35	32.66
12 Clarke, Liam	16	Lane Leader-CE	2:04.61	
			28.84	32.64
			31.83	31.30
13 Malherbe, Nicholas N	17	Lane Leader-CE	2:04.95	
			28.79	32.28
			32.66	31.22
14 Basson, Wilan	17	Aqua Sharks-CP	2:05.07	
			28.28	31.27
			33.08	32.44
15 Clayton, Antony L	16	Lane Leader-CE	2:05.09	
			29.12	32.25
			32.59	31.13
16 Hugo, Retief R	17	Aquasharks Winel-CE	2:07.22	
			29.04	30.88
			33.37	33.93
17 Davidtsz, Colin	16	Cybersmart-CP	2:07.35	
			28.11	31.83
			34.12	33.29
18 Strydom, Stephan	18	Tygers-CP	2:07.48	
			29.19	31.79
			33.27	33.23
19 Oosthuizen, Nic D	21	SSISA-CP	2:07.77	
			28.31	32.10
			34.36	33.00
20 Malan, Johan S	17	Curro Aquatics-CP	2:08.08	
			28.95	31.50
			32.92	34.71
21 Beukes, Wade	16	Aqua Dolphin-CP	2:08.12	
			29.16	31.59
			33.09	34.28
22 Terblanche, Kiaan C	18	Tygers-CP	2:08.25	
			29.28	32.62
			33.86	32.49
23 Van Wyk, Wesley R	17	Aqua Sharks-CP	2:08.34	
			29.27	33.21
			33.19	32.67
24 Abrahams, Matthew N	24	Aqua Sharks-CP	2:08.96	
			30.09	31.57
			32.72	34.58
25 Forbes, Nicholas J	17	Lane Leader-CE	2:09.08	
			29.33	32.96
			33.71	33.08
26 Coetzer, Milan J	16	Cybersmart-CP	2:09.37	
			30.21	33.59
			33.35	32.22
27 Barnard, Rohan C	19	Lane Leader-CE	2:09.51	
			29.26	32.34
			34.28	33.63
28 Louw, Guillaume	20	Curro Aquatics-CP	2:10.30	
			29.29	32.43
			33.88	34.70
29 McPetrie, James L	16	Manta-CP	2:10.42	
			29.80	33.89
			34.16	32.57
30 McWilliam, Troy J	16	Tygers-CP	2:10.71	
			29.94	34.19
			32.99	33.59
31 Foot, Aiden C	17	Swartland Aquati-WC	2:11.91	
			29.93	33.87
			34.69	33.42
32 Uys, Keegan	16	Lane Leader-CE	2:12.46	
			28.88	32.92
			35.38	35.28
33 Orchard, Thomas J	16	Swartland Aquati-WC	2:12.70	
			30.02	34.61
			35.86	32.21
34 Karsten, Jody	16	Blouberg Marlins-CP	2:12.74	
			31.19	34.22
			34.54	32.79
35 Möller, FC C	16	Tygers-CP	2:14.24	
			31.33	34.85
			34.64	33.42
36 Zellie, Thomas J	16	Swimlab-CP	2:14.38	
			29.41	34.02
			36.62	34.33
37 Beukes, Mateo A	18	Walmers-CP	2:14.76	
			29.90	33.76
			36.09	35.01

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 206 Men 16 & Over 200 LC Meter Freestyle)**

Name	Age	Team	Prelim Time	
38 Alexander, Ammaar	16	Marlin-CP	2:14.78	
	29.37	33.91	35.37	36.13
39 Geysler, Jacques M	16	Lane Leader-CE	2:14.93	
	29.94	35.00	36.07	33.92
40 Szapira, Saul	17	Tygers-CP	2:15.57	
	30.13	34.50	35.46	35.48
41 Nefdt, Grant	16	Aqua Dolphin-CP	2:16.91	
	31.01	35.34	35.07	35.49
42 Gounden, Mikhael A	18	Curro-WC	2:17.52	
	31.03	34.76	36.39	35.34
43 Du Preez, Shaun	16	SSISA-CP	2:18.10	
			1:12.73	
44 Wessels, Armin L	16	Lane Leader-CE	2:18.89	
	30.84	35.72	37.55	34.78
45 Lehnberg, Malan	17	Fish Eagle-ED	2:20.27	
	30.46	35.63	37.31	36.87
46 Hopkins, Tim	18	Tygers-CP	2:21.05	
	30.23	35.49	38.07	37.26
47 Rohner, Jayden M	16	Blouberg Marlins-CP	2:22.38	
	30.39	35.77	38.32	37.90
48 Hendricks, Joshua	16	Lane Leader-CE	2:24.22	
	30.92	36.16	40.05	37.09

**Event 207 Girls 11 & Under 200 LC Meter Freestyle**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Williams, Aqeelah	11	Uwc-CP	2:31.53	
	35.35	39.60	39.69	36.89
2 du Plessis, Evie	11	BLOT-MA	2:31.75	
	35.12	39.51	39.85	37.27
3 Olivier, Julie M	11	Tygers-CP	2:35.45	
	35.40	40.32	40.24	39.49
4 Slatter, Mila-Belle	11	SSISA-CP	2:36.16	
	35.63	40.40	41.08	39.05
5 Sabbagha, Georgia	11	Paarl Aquarius-CE	2:37.46	
			1:20.55	
6 Joyce, Jenna	11	Curro Aquatics-CP	2:40.51	
	37.36	41.10	42.48	39.57
7 Lockitch, Zara	11	Cybersmart-CP	2:42.46	
	37.00	41.27	42.97	41.22
8 Billson, Amelie	11	Curro Aquatics-CP	2:43.94	
	36.07	42.10	43.96	41.81

**Event 207 Girls 11 & Under 200 LC Meter Freestyle**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Williams, Aqeelah	11	Uwc-CP	2:35.43	
	36.45	40.26	40.75	37.97
2 Slatter, Mila-Belle	11	SSISA-CP	2:37.64	
	36.73	41.34	40.54	39.03
3 Sabbagha, Georgia	11	Paarl Aquarius-CE	2:38.75	
			1:20.34	
4 Olivier, Julie M	11	Tygers-CP	2:38.84	
	36.48	40.95	41.34	40.07
5 du Plessis, Evie	11	BLOT-MA	2:39.71	
	37.22	42.25	40.98	39.26
6 Lockitch, Zara	11	Cybersmart-CP	2:39.89	
	37.14	40.34	41.53	40.88
7 Van Dyk, Zani	11	GSA-CP	2:41.37	
	36.49	40.86	1:24.02	

8 Billson, Amelie	11	Curro Aquatics-CP	2:41.46	
	35.79	41.74	42.33	41.60
9 Joyce, Jenna	11	Curro Aquatics-CP	2:42.76	
	37.74	41.88	42.84	40.30
10 Van Wyk, Josie	11	Lane Leader-CE	2:45.33	
			44.43	40.34
11 Els, Jamie	11	Aqua Dolphin-CP	2:45.80	
	37.78	42.80	43.37	41.85
12 Jantjies, Zara	11	Manta-CP	2:47.33	
	39.20	44.14	43.55	40.44
13 Ahmed, Bria	10	Swimlab-CP	2:51.96	
	37.74	44.06	45.40	44.76
14 Jansen van Rensburg, Mia	11	Vineyard-CP	2:55.01	
	38.87	44.80	45.79	45.55
15 Thirsk, Savannah	11	Tygers-CP	3:06.29	
	42.29	49.04	48.94	46.02

**Event 207 Girls 12-13 200 LC Meter Freestyle**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Evans, Caitlin N	13	Tygers-CP	2:15.53	
	32.10	34.77	34.23	34.43
2 Grütter, Arabelle	13	ROA-ED	2:18.86	
	31.82	35.67	35.73	35.64
3 Lorenzen, Ava E	12	Blouberg Marlins-CP	2:24.14	
	32.85	36.81	37.70	36.78
4 Louw, Anieka	13	Curro Aquatics-CP	2:24.82	
	32.59	36.60	38.40	37.23
5 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:25.60	
	33.17	36.80	38.20	37.43
6 De Villiers, Anja	12	Tygers-CP	2:25.76	
	34.13	37.54	38.14	35.95
7 Visser, Cara	13	Cybersmart-CP	2:26.59	
	33.31	36.66	37.98	38.64
8 Durandt, Sharli	12	Swimlab-CP	2:27.64	
	34.16	37.87	38.37	37.24

**Event 207 Girls 12-13 200 LC Meter Freestyle**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Evans, Caitlin N	13	Tygers-CP	2:17.06	
	31.30	34.58	35.70	35.48
2 Grütter, Arabelle	13	ROA-ED	2:19.62	
	31.64	35.61	36.61	35.76
3 Louw, Anieka	13	Curro Aquatics-CP	2:23.75	
	33.03	36.43	37.03	37.26
4 Visser, Cara	13	Cybersmart-CP	2:26.01	
	33.38	36.54	37.76	38.33
5 De Villiers, Anja	12	Tygers-CP	2:26.66	
	33.27	37.70	38.08	37.61
6 Lorenzen, Ava E	12	Blouberg Marlins-CP	2:26.87	
	33.27	37.41	38.68	37.51
7 Durandt, Sharli	12	Swimlab-CP	2:27.53	
	34.08	37.98	38.04	37.43
8 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:28.28	
	33.56	37.56	39.27	37.89
9 Cloete-Hopkins, Aryana A	13	SSISA-CP	2:28.54	
	33.56	37.42	39.55	38.01
10 Swanepoel, Lulu A	12	Aqua Sharks-CP	2:29.17	
	34.03	38.49	38.86	37.79

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 207 Girls 12-13 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time
11 Grobler, Zané	13	ROA-ED	2:29.61
	35.27	38.47	38.93 36.94
12 Holman, Acaylia	13	Marlin-CP	2:29.79
	34.73	38.98	39.29 36.79
13 Van Der Wath, Izi	13	Knysna Aquatics-ED	2:29.86
	34.21	38.52	1:17.13
14 Ahmed, Ayla	12	Swimlab-CP	2:29.95
	33.52	38.41	39.78 38.24
15 Magotsi, Riziki A	13	Vineyard-CP	2:30.25
	34.80	38.33	39.22 37.90
16 Nilsson, Rebecca B	12	Tygers-CP	2:31.27
	34.17	38.54	39.80 38.76
17 Basson, Lenè	12	Curro-WC	2:31.29
	35.39	38.94	39.01 37.95
18 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	2:31.40
	34.52	38.70	40.32 37.86
19 Blake, Abi E	13	Greydogs-CP	2:32.27
	35.36	37.91	39.40 39.60
20 Saayman, Nika D	13	Players-CE	2:32.31
	35.32	40.83	43.39 32.77
21 Fury, Amelia J	12	Vineyard-CP	2:34.09
	35.38	38.48	1:20.23
22 Messiter-Tooze, Luna S	13	Silver Fins-CP	2:34.87
	35.36	39.85	40.08 39.58
23 Botha, Chelsea	13	Curro Aquatics-CP	2:35.07
	35.39	39.72	40.90 39.06
24 Burger, Juanè	13	Tygers-CP	2:36.14
	35.91	39.78	40.81 39.64
25 du Plessis, Summer	13	BLOT-MA	2:36.94
	34.02	40.03	42.18 40.71
26 Bova-Olsen, Katya	13	Marlin-CP	2:37.74
	34.97	39.84	41.77 41.16
27 Sonnekus, Anya	12	Tygers-CP	2:38.16
	36.35	41.12	40.87 39.82
28 Faul, Ellen J	12	Quicksilver Wine-CE	2:38.53
	35.19	39.92	42.23 41.19
29 Nienaber, Mila J	12	Quicksilver Wine-CE	2:38.70
	35.67	41.72	42.54 38.77
30 Myers, Kirsten E	13	SSISA-CP	2:38.87
	36.25	40.32	40.82 41.48
31 Barnard, Adelmari D	13	Swartland Aquati-WC	2:40.19
	36.11	41.53	41.98 40.57
32 Krog, Miya	13	Swimlab-CP	2:41.16
	36.27	40.98	42.94 40.97
33 Taljaard, Liané	13	Fish Eagle-ED	2:43.69
	35.69	41.76	43.64 42.60
*34 Coetzee, Liane	12	Players-CE	2:43.90
			1:25.07
*34 Riley, Logan	13	Vineyard-CP	2:43.90
	36.03	40.56	44.03 43.28
36 Hager, Carle	13	Lane Leader-CE	2:44.58
	36.39	41.79	43.22 43.18
37 McAfee, Holly B	13	Fish Eagle-ED	2:46.44
	38.79	42.22	43.95 41.48
38 Groves, Philippa R	12	SSISA-CP	2:47.85
	38.52	43.79	44.45 41.09
39 Oliver, Isabella	12	Quicksilver Wine-CE	2:51.61
	38.39	43.44	46.32 43.46

## Event 207 Women 14-15 200 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Kotze, Abigail	14	Tygers-CP	2:09.16
	29.91	32.33	33.63 33.29
2 Burgess, Cassidy S	15	Vineyard-CP	2:11.01
	30.96	32.95	33.46 33.64
3 Humphrey, Jessica	15	AQUA	2:16.05
	30.93	35.54	35.24 34.34
4 Bergh, Madison S	14	AQUA	2:18.95
	31.81	35.41	36.53 35.20
5 de Jager, Katie	14	BLOT-MA	2:19.03
	31.83	35.55	36.45 35.20
6 Cronjè, Danielle	15	Lane Leader-CE	2:20.79
	32.37	35.83	36.46 36.13
7 Hartung, Amy M	14	Aqua Sharks-CP	2:23.09
	32.86	36.34	37.11 36.78
8 Liebenberg, Emily M	14	Swartland Aquati-WC	2:24.61
	33.61	37.14	38.01 35.85

## Event 207 Women 14-15 200 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Kotze, Abigail	14	Tygers-CP	2:12.29
	30.53	33.47	34.28 34.01
2 Burgess, Cassidy S	15	Vineyard-CP	2:13.93
	31.64	33.58	34.78 33.93
3 de Jager, Katie	14	BLOT-MA	2:18.80
	31.38	35.30	37.08 35.04
4 Bergh, Madison S	14	AQUA	2:19.10
	31.57	35.11	36.42 36.00
5 Humphrey, Jessica	15	AQUA	2:19.35
	31.64	37.32	35.10 35.29
6 Hartung, Amy M	14	Aqua Sharks-CP	2:21.83
	33.47	36.08	1:12.28
7 Cronjè, Danielle	15	Lane Leader-CE	2:22.35
	32.92	37.05	37.09 35.29
8 Liebenberg, Emily M	14	Swartland Aquati-WC	2:23.27
	32.08	36.21	37.51 37.47
9 Combrink, Amy	14	Vineyard-CP	2:23.35
	33.63	35.84	37.22 36.66
10 Glover, Erin K	15	Tygers-CP	2:24.07
	33.54	36.22	37.37 36.94
11 Hahn, Kayleigh K	14	ROA-ED	2:24.11
	33.24	36.36	37.12 37.39
12 Jones, Gemma K	15	Vineyard-CP	2:24.13
	33.31	37.32	37.17 36.33
13 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	2:24.34
	33.26	36.52	37.88 36.68
14 Vd Wal, Mieke	15	Curro Aquatics-CP	2:24.39
	32.46	36.13	37.74 38.06
15 Coleman, Madison	14	Blouberg Marlins-CP	2:24.47
	33.19	37.73	37.56 35.99
16 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	2:25.16
	33.44	36.91	38.36 36.45
17 du Plessis, Madison	15	BLOT-MA	2:25.42
	32.24	36.88	38.62 37.68
18 Raimond, Marike M	14	Tygers-CP	2:25.87
	33.14	36.91	38.03 37.79

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 207 Women 14-15 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time
19 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	2:27.83
	33.87	38.57	39.85 35.54
20 Slinger, Gizelle	14	AQUA	2:27.85
			40.20 38.74
21 Schmidt, Amy	15	Aquasharks Winel-CE	2:28.83
	33.71	36.99	39.40 38.73
22 Geyser, Almi	14	Lane Leader-CE	2:29.35
	34.51	37.71	1:17.13
23 Verbeek, Wilmien	15	Curro Aquatics-CP	2:29.60
	34.22	37.43	38.81 39.14
24 Rossouw, Emma M	14	Tygers-CP	2:30.00
	33.18	38.59	39.37 38.86
25 Newton, Ava L	14	Curro Aquatics-CP	2:30.25
	34.35	37.78	38.73 39.39
26 Schreuder, Hannah G	15	Swimlab-CP	2:31.78
	33.93	38.02	40.50 39.33
27 Jantzen, Zianè	14	Quick Silver-CP	2:33.95
	34.61	39.72	40.82 38.80
28 Juries, Sam C	14	Curro-WC	2:35.84
	33.00	38.48	42.30 42.06
29 Vd Merwe, Mi-Ly	14	Lane Leader-CE	2:35.89
	36.10	40.16	41.25 38.38

## Event 207 Women 16 &amp; Over 200 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	2:04.47
	29.02	31.14	32.16 32.15
2 Noades, Kiara J	22	Lane Leader-CE	2:07.99
	29.22	31.91	33.00 33.86
3 Fury, Rebecca G	16	Vineyard-CP	2:09.05
	30.23	32.54	33.33 32.95
4 Weidemann, Inge	22	Tuks-TS	2:09.89
	29.14	32.39	33.38 34.98
5 Neilson, Hannah K	18	Uwc-CP	2:11.96
	30.57	33.31	34.13 33.95
6 Groepes, Rachel L	17	Swimlab-CP	2:12.50
	30.02	33.40	34.93 34.15
7 Helmand, Anieke	18	KOVS-MA	2:13.67
	29.68	33.63	35.13 35.23
8 Du Plessis, Chanel P	16	Cybersmart-CP	2:17.41
	31.98	35.32	35.59 34.52
9 Labuschagne, Michaela	16	SSISA-CP	2:17.48
	32.20	35.25	36.03 34.00
10 Theron, Jady	16	Aquasharks Winel-CE	2:17.69
	30.78	34.38	36.14 36.39
11 Prinsloo, Mila	16	Aquasharks Winel-CE	2:18.28
	31.28	34.93	36.38 35.69
12 Daffarn, Eri J	19	Vineyard-CP	2:19.98
	32.70	35.16	36.25 35.87
13 Michell, Emma Y	18	Lane Leader-CE	2:20.41
	32.75	35.47	36.27 35.92
14 Lombard, Jana	16	Lane Leader-CE	2:20.98
	31.88	35.47	37.05 36.58
15 Helmand, Jana	16	BLOT-MA	2:21.02
	32.42	35.54	36.79 36.27
16 Langenhoven, Erin	16	Silver Fins-CP	2:23.33
	32.06	35.52	37.77 37.98

## Event 207 Women 16 &amp; Over 200 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	2:08.32
	29.10	32.33	33.40 33.49
2 Noades, Kiara J	22	Lane Leader-CE	2:09.59
	29.51	32.99	33.67 33.42
3 Weidemann, Inge	22	Tuks-TS	2:10.15
	30.11	33.44	33.22 33.38
4 Fury, Rebecca G	16	Vineyard-CP	2:11.57
	29.95	32.96	33.89 34.77
5 Helmand, Anieke	18	KOVS-MA	2:13.54
	30.15	33.83	1:09.56
6 Neilson, Hannah K	18	Uwc-CP	2:13.69
	30.60	34.03	34.97 34.09
7 Groepes, Rachel L	17	Swimlab-CP	2:14.11
	30.42	33.71	35.35 34.63
8 Prinsloo, Mila	16	Aquasharks Winel-CE	2:17.24
	31.08	35.05	35.72 35.39
9 Lombard, Jana	16	Lane Leader-CE	2:17.90
	32.26	35.78	35.32 34.54
10 Langenhoven, Erin	16	Silver Fins-CP	2:18.18
	32.81	36.11	35.05 34.21
11 Du Plessis, Chanel P	16	Cybersmart-CP	2:18.28
	32.29	35.36	35.82 34.81
12 Labuschagne, Michaela	16	SSISA-CP	2:18.63
	31.53	35.00	36.34 35.76
13 Theron, Jady	16	Aquasharks Winel-CE	2:18.84
	30.94	35.07	37.04 35.79
14 Michell, Emma Y	18	Lane Leader-CE	2:19.12
	32.19	35.52	35.96 35.45
15 Helmand, Jana	16	BLOT-MA	2:20.95
	33.06	35.86	36.11 35.92
16 Daffarn, Eri J	19	Vineyard-CP	2:21.06
	33.52	35.69	36.38 35.47
17 De Jongh, Grace	17	Lane Leader-CE	2:21.13
	30.70	35.16	37.17 38.10
18 King, Mischa	18	Lane Leader-CE	2:21.30
	31.96	36.08	37.06 36.20
19 Havenga, Skylar K	17	Curro-WC	2:21.62
	32.56	36.54	36.53 35.99
20 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	2:21.81
	32.74	35.87	36.72 36.48
21 De Roubaix, Maric M	16	Lane Leader-CE	2:21.95
	32.41	35.88	36.83 36.83
22 Gennarakis, Christina	16	Curro Aquatics-CP	2:21.99
	32.00	35.15	1:14.84
23 Watson, Caitlin C	16	Blouberg Marlins-CP	2:22.10
	32.71	36.15	37.55 35.69
24 De Wet, Emma M	16	Vineyard-CP	2:22.84
	33.01	38.08	37.04 34.71
25 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	2:23.77
	32.46	36.10	37.54 37.67
26 Rossouw, Nadia	17	Tygers-CP	2:25.62
	32.87	37.31	37.93 37.51
27 Ryser, Aurora	16	Tygers-CP	2:25.90
	33.28	37.39	38.03 37.20
28 Franks, Madison M	16	SSISA-CP	2:26.42
	33.18	37.35	37.94 37.95

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 207 Women 16 &amp; Over 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time
29 Olivier, Shani	16	The Well-CE	2:30.04
			34.65 38.08 39.18 38.13
30 Heyes, Danielle A	17	Aqua Sharks-CP	2:31.21
			33.64 37.19 40.03 40.35
31 Ward, Tanith A	17	SSISA-CP	2:31.76
			33.18 38.28 41.22 39.08

## Event 208 Boys 11 &amp; Under 4x100 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Swartland Aquati-WC	A	4:57.32
1) Schreve, Lehan 11	2) Visagie, Dian 11	
3) Kruger, Zachary C 11	4) Barnard, Theo J 11	
		34.30 1:13.16 36.55 1:19.74 1:14.41 32.60 1:10.01
2 Tygers-CP	A	5:04.47
1) Fouche, Jack 11	2) Fouche, Ryan 9	
3) Bosch, Ewan Y 11	4) Van Onselen, Pierre S 10	
		34.99 1:15.24 37.43 1:21.30 34.68 1:13.29 33.87 1:14.64
3 GSA-CP	A	5:04.68
1) van Rensburg, Tristan 11	2) Vd Watt, Earle 11	
3) King, Aidan J 11	4) Pieterse, Owen 11	
		33.96 1:11.32 33.84 1:13.44 35.55 1:16.98 1:22.94
4 Curro Aquatics-CP	A	5:07.47
1) Bright, Michael C 11	2) Dockerill, Max J 11	
3) Gerber, Luke M 10	4) February, Dillon S 11	
		32.65 1:08.26 36.39 1:22.00 37.85
5 Lane Leader-CE	A	5:16.87
1) VerLoren Van Themaat, Hein M	2) Basson, Henk 11	
3) Fouche, Xander M 11	4) Ellis, Alec C 11	
		35.76 1:14.73 38.46 1:21.01 1:21.33 1:19.80

## Event 209 Girls 11 &amp; Under 4x100 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Tygers-CP	A	5:07.62
1) Boshoff, Anja 11	2) Chibharo, Lethabo L 11	
3) Thirsk, Savannah 11	4) Olivier, Julie M 11	
		35.73 1:15.51 35.11 1:16.58 38.83 1:22.62 33.75 1:12.91

## Event 210 Boys 13 &amp; Under 4x100 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Vineyard-CP	A	4:09.29
1) Williams, Logan 13	2) Searle, Jude 13	
3) Stanfliet, Nicholas 13	4) Van Schaik, Luc 13	
		28.67 1:00.28 29.03 1:02.35 30.93 1:05.19 29.53 1:01.47
2 Greydogs-CP	A	4:16.03
1) Yeowart, Luke D 13	2) Yeowart, Seth W 13	
3) Goussard, Henry 13	4) Wing, James L 13	
		31.60 1:05.68 32.09 1:06.00 1:01.89 29.79 1:02.46
3 Silver Fins-CP	A	4:22.96
1) Gilmour, Connor A 13	2) Nagendrakumar, Puneet 13	
3) Willenburg, Elijah K 13	4) Smit, Reynard-Gray 12	
		28.83 1:01.03 32.22 1:07.79 32.74 1:07.28 31.90 1:06.86

4 Curro Aquatics-CP	A	4:23.29
1) Bezuidenhout, Ernst E 13	2) Slabber, Ruhann 13	
3) Van Wyk, Jack R 12	4) Verbeek, Pierre O 12	
		29.93 1:02.35 31.45 1:08.82 32.35 1:10.44 28.88 1:01.68
5 Tygers-CP	A	4:24.79
1) De Lange, Adriaan 13	2) Van Zyl, Daniël R 12	
3) Bouwer, Jason 13	4) Trower, Michael 12	
		29.31 1:00.82 31.81 1:07.58 31.98 1:07.74 31.79 1:08.65
6 Blouberg Marlins-CP	A	4:36.02
1) Pautz, Benjamin R 11	2) Kent, Tyler 13	
3) Faulkner, Callum E 12	4) Coleman, Travis 12	
		33.48 1:10.59 32.35 1:09.06 33.29 1:09.43 31.69 1:06.94
7 Players-CE	A	4:39.20
1) Oosthuizen, Ethan 13	2) Weber, Daniel 12	
3) Grobler, Reuben C 13	4) Hudson, Thomas 13	
		32.30 1:08.97 32.93 1:10.95 32.96 1:11.05 31.32 1:08.23
8 Cybersmart-CP	A	4:45.58
1) Cavallaro, Michele R 13	2) Oaten, Rourke 13	
3) Niemand, Leo 12	4) Harvey, Waylon 12	
		32.59 1:07.02 32.85 1:07.26 34.48 1:13.68 36.33 1:17.62
9 Swimlab-CP	A	4:58.50
1) Pearson-Adams, Wolfe D 13	2) Poultney, Matthew 10	
3) Mallin, Lukas 9	4) Poultney, Daniel 8	
		32.12 1:07.83 35.63 1:13.07 35.67 1:13.74 39.34 1:23.86
--- Aqua Sharks-CP	A	DQ 4:42.06
Number 4 swimmers feet lost touch with the starting platform before the p		
1) Swart, Nico N 12	2) Pitout, Zachary J 12	
3) Walther-Kotzè, Leon C 13	4) Loots, Noah C 12	
		33.20 1:08.40 36.38 1:17.95 31.80 1:10.16 30.24 1:05.55

## Event 211 Girls 13 &amp; Under 4x100 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Vineyard-CP	A	4:25.72
1) Fury, Amelia J 12	2) Riley, Logan 13	
3) Magotsi, Riziki A 13	4) Orchard, Milan M 13	
		32.25 1:07.86 31.89 1:08.72 30.81 1:04.91 30.21 1:04.23
2 Tygers-CP	A	4:31.79
1) Evans, Caitlin N 13	2) De Villiers, Anja 12	
3) Nilsson, Rebecca B 12	4) Burger, Juanè 13	
		30.37 1:03.53 31.67 1:07.03 32.19 1:08.91 34.20 1:12.32
3 Players-CE	A	4:44.63
1) Coetzee, Liane 12	2) Bosman, Daizeli 13	
3) Saayman, Nika D 13	4) Fenner, Olivia M 12	
		32.26 1:09.19 33.18 1:12.72 33.21 1:12.83 31.48 1:09.89
4 SSISA-CP	A	4:46.44
1) Cloete-Hopkins, Aryana A 13	2) Groves, Philippa R 12	
3) Slatter, Mila-Belle 11	4) Myers, Kirsten E 13	
		31.68 1:05.81 35.10 1:13.22 35.63 1:15.81 33.37 1:11.60

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

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**(Event 211 Girls 13 & Under 4x100 LC Meter Freestyle Relay)**

Team	Relay	Finals Time
5 Cybersmart-CP	A	4:47.26
1) Visser, Cara 13	2) Lockitch, Zara 11	
3) Tsai-Rieb, Pei-Chi P 12	4) Oaten, Sabrina 13	
32.09		
15.49	20.43	2:16.81
6 Curro Aquatics-CP	A	4:47.70
1) Botha, Chelsea 13	2) Louw, Anieka 13	
3) Billson, Amelie 11	4) Joyce, Jenna 11	
33.45	1:09.78	30.77
36.10	1:17.94	34.36
		1:13.23
7 Aqua Sharks-CP	A	5:42.17
1) Swanepoel, Lulu A 12	2) Pitout, Addison P 9	
3) Barkhuysen, Jani 12	4) Sprong, Jaime M 10	
33.78	1:11.02	42.84
		1:33.63
	31.67	6.01
		2:25.85

**Event 213 Boys 15 & Under 4x100 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Tygers-CP	A	3:53.47
1) Trower, Nic T 14	2) Kinnear, Connor 15	
3) Das Neves, Lucas P 14	4) Bannister, Joshua G 15	
26.47	54.74	28.39
28.82	1:01.05	27.86
		59.86
		57.82
2 Vineyard-CP	A	3:55.18
1) Wollenschlaeger, Noah 15	2) Haupt, Rhys A 14	
3) Theron, Luca D 15	4) Bestel, Luc M 14	
27.37	57.58	28.81
28.15	59.86	1:00.08
		27.61
		57.66
3 Aqua Sharks-CP	A	4:00.51
1) Heyes, Garrick T 15	2) De Bruyn, Cornè C 14	
3) Viljoen, Jaden R 15	4) Arnott, Carter J 15	
28.46	59.76	27.45
29.19	1:02.38	59.18
		28.15
		59.19
4 Blouberg Marlins-CP	A	4:04.83
1) Pautz, Nathan M 15	2) Myburgh, Ruan 15	
3) Kotzè, Max M 14	4) Kalapac, Joshua 14	
29.49	1:01.19	30.03
28.74	1:01.33	1:03.92
		27.30
		58.39
5 Lane Leader-CE	A	4:05.95
1) Schultz, Heinrich W 14	2) Kirsten, John-William R 15	
3) Waters, Steven G 14	4) De Kock, John P 14	
28.27	1:00.21	30.67
29.28	1:01.60	1:03.80
		28.68
		1:00.34
6 Swimlab-CP	A	4:06.83
1) Smit, MJ M 15	2) Barge, Zac 14	
3) Gilbert, Andrew A 14	4) Wagner, Noah J 13	
27.92	58.79	30.16
29.48	1:03.94	1:02.36
		29.49
		1:01.74
7 Vineyard-CP	B	4:15.45
1) Walker, Yohan G 15	2) Williams, Luca 15	
3) Sirin, Ben 14	4) Simpson, Jesse 15	
28.79	1:01.22	30.09
30.00	1:03.48	1:03.64
		31.05
		1:07.11
8 Aqua Sharks-CP	B	4:17.37
1) Goldstein, Phoenix J 15	2) Torbochkin, David S 14	
3) De Jager, Nathan B 15	4) Rayne, Leo 14	
31.33	1:07.26	
29.24	1:03.22	1:06.09
		28.31
		1:00.80

**Event 214 Girls 15 & Under 4x100 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	4:17.32
1) Burgess, Cassidy S 15	2) Combrink, Amy 14	
3) Trout, Sophia L 14	4) Jones, Gemma K 15	
29.20		
33.59	1:10.01	30.54
		1:03.78
2 Tygers-CP	A	4:19.56
1) Goebel, Zoë 15	2) Glover, Erin K 15	
3) Smith, Lara E 15	4) Kotze, Abigail 14	
31.25	1:06.85	32.27
31.86	1:07.71	1:06.82
		28.02
		58.18
3 Curro Aquatics-CP	A	4:29.50
1) Vd Wal, Mieke 15	2) Verbeek, Wilmien 15	
3) Lategan, Emma M 15	4) Newton, Ava L 14	
30.80	1:04.74	31.96
		1:07.19
	1:10.95	31.55
		1:06.62
4 Blouberg Marlins-CP	A	4:29.59
1) Zeelie, Shanna-Leigh 14	2) Tsai, Emily A 15	
3) Lorenzen, Ava E 12	4) Coleman, Madison 14	
31.95	1:05.76	33.21
32.81	1:08.81	1:10.50
		30.58
		1:04.52
5 Lane Leader-CE	A	4:35.44
1) Geysler, Almi 14	2) Gerber, Mia 15	
3) Vd Merwe, Mi-Ly 14	4) Cronjè, Danielle 15	
33.21	1:09.09	33.57
34.86	1:11.85	1:11.16
		29.30
		1:03.34
6 Aqua Sharks-CP	A	4:46.57
1) Havemann, Bella 15	2) Allwood, Kate S 15	
3) Swanepoel, Lulu A 12	4) Hartung, Amy M 14	
	1:07.97	36.71
	1:12.06	1:17.47
		32.78
		1:09.07

**Event 215 Men 4x100 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	3:37.15
1) Luck, Taylor R 18	2) Field, Luke D 17	
3) Swarts, Keeno A 18	4) Etzold, Peter S 18	
24.75	51.25	26.70
26.84	56.72	24.84
		52.46
2 Tygers-CP	A	3:40.91
1) West, Gabriel 19	2) Wright, Keegan 17	
3) Boshoff, Juan C 18	4) Esterhuysen, Joshua N 16	
26.40	56.66	26.49
26.51	55.85	55.45
		25.71
		52.95
3 Lane Leader-CE	A	3:42.25
1) Malherbe, Nicholas N 17	2) Forbes, Thomas P 19	
3) Clarke, Liam 16	4) Van Heerden, Stefan F 17	
26.83	56.77	26.85
26.25	55.64	55.73
		25.63
		54.11
4 SSISA-CP	A	3:46.37
1) Kleinhans, Kyle 17	2) Webb, Corey 20	
3) Du Preez, Shaun 16	4) Oosthuizen, Nic D 21	
27.06	57.65	26.31
	57.94	55.78
		25.89
		55.00
5 Aqua Sharks-CP	A	3:48.55
1) Van Wyk, Wesley R 17	2) Boonzaier, Jannie R 17	
3) Abrahams, Matthew N 24	4) Basson, Wilan 17	
27.34	57.06	27.18
27.16	58.71	56.42
		26.50
		56.36



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## Results

**(Event 215 Men 4x100 LC Meter Freestyle Relay)**

Team	Relay	Finals Time
6 Curro Aquatics-CP	A	3:48.56
1) Kriegler, Christiaan C 18	2) Malan, Johan S 17	
3) Louw, Guillaume 20	4) February, Gerard G 14	
25.78 54.05	26.93 57.44	
26.98 57.42	27.76 59.65	
7 Cybersmart-CP	A	3:49.60
1) Davidtsz, Colin 16	2) Southworth, Matthew W 15	
3) Cavallaro, Federico F 18	4) Coetzer, Milan J 16	
26.22 56.08	27.22 57.29	
27.26 58.63	26.94 57.60	
8 Tygers-CP	B	3:51.25
1) Hopkins, Tim 18	2) Szapira, Saul 17	
3) Van Vondel, Anton J 16	4) McWilliam, Benn D 17	
27.26 56.55	28.25 1:01.00	
27.05 57.72	25.96 55.98	
9 Lane Leader-CE	B	3:51.35
1) Forbes, Nicholas J 17	2) Nelson, Christopher A 16	
3) Geysler, Jacques M 16	4) Barnard, Rohan C 19	
27.88 57.74	27.69 58.19	
27.74 58.46	27.50 56.96	
10 Aqua Dolphin-CP	A	3:54.49
1) Solomon, Ethan 15	2) Nefdt, Grant 16	
3) Bailey, Ethan J 20	4) Beukes, Wade 16	
28.69 59.49	29.16 1:02.00	
25.92 54.78	27.80 58.22	
11 GSA-CP	A	3:54.78
1) Kleynhans, Ian 16	2) Levey, Chad 17	
3) Van Helden, Ethan C 15	4) Van Wyk, Wayne E 15	
27.52 59.42	27.06 58.10	
27.74 1:00.35	27.18 56.91	
12 Swartland Aquati-WC	A	3:54.80
1) Burger, Schalk S 18	2) Kotzè, Kailen M 17	
3) Orchard, Thomas J 16	4) Foot, Aiden C 17	
27.90 59.99	27.85 59.11	
27.58 58.62	27.39 57.08	
13 Marlin-CP	A	3:55.74
1) Mia, Sirhaan 17	2) Anthony, Ammar 20	
3) Alexander, Ammaar 16	4) Omar, Ilyaa I 17	
27.33 57.65	28.62 1:01.86	
27.20 57.47	26.54 58.76	
14 Blouberg Marlins-CP	A	3:56.50
1) Karsten, Jody 16	2) Rohner, Jayden M 16	
3) Myburgh, Jordan 18	4) Van Reenen, Ryan 24	
28.35 59.29	27.34 58.71	
27.06 58.77	27.94 59.73	
15 Players-CE	A	4:03.20
1) Engelbrecht, Ruben J 16	2) Breet, Dawie-Louw L 16	
3) Saayman, Dehan 15	4) Swart, Niklis 18	
27.49 59.25	30.12 1:05.69	
27.43 1:00.32	27.05 57.94	
16 Fish Eagle-ED	A	4:06.20
1) Van Greunen, Renier 17	2) Vorster, Josua A 18	
3) Lehnberg, Malan 17	4) DE Bruyn, Flippie J 17	
27.72 57.78	27.85 1:00.08	
28.85 1:03.86	29.30 1:04.48	

**Event 216 Women 4x100 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Lane Leader-CE	A	4:07.30
1) Noades, Kiara J 22	2) De Jongh, Grace 17	
3) Lombard, Jana 16	4) Nieuwstad, Michelle 29	
28.50 1:00.60	29.09 1:02.31	
30.36 1:02.59	28.86 1:01.80	
2 Vineyard-CP	A	4:09.59
1) Fury, Rebecca G 16	2) Daffarn, Eri J 19	
3) Webber, Isabella L 16	4) De Wet, Emma M 16	
28.74 59.52	29.57 1:03.10	
30.65 1:04.20	29.77 1:02.77	
3 Curro Aquatics-CP	A	4:10.97
1) Meier, Marné 24	2) Gennarakis, Christina 16	
3) Smit, Jenna 16	4) Christie, Leah E 18	
29.64 1:02.86	29.51 1:02.76	
30.10 1:03.26	28.86 1:02.09	
4 Swimlab-CP	A	4:19.41
1) Cromhout, Hannah E 19	2) Groepes, Rachel L 17	
3) Schreuder, Hannah G 15	4) Ahmed, Ayla 12	
28.97 1:00.85	29.34 1:00.95	
32.45 1:09.03	32.50 1:08.58	
5 SSISA-CP	A	4:24.30
1) Franks, Madison M 16	2) Vickers, Sophie 16	
3) Ward, Tanith A 17	4) Labuschagne, Michaela 16	
31.95 1:07.93	30.38 1:04.77	
31.90 1:06.78	30.84 1:04.82	
6 Tygers-CP	A	4:24.72
1) Ryser, Aurora 16	2) Raimond, Marike M 14	
3) Rossouw, Nadia 17	4) Uys, Tara 18	
31.27 1:05.51	32.03 1:09.90	
31.02 1:05.51	30.53 1:03.80	
7 Lane Leader-CE	B	4:25.33
1) King, Mischa 18	2) Beetge, Amy 16	
3) De Roubaix, Maric M 16	4) De Villiers, Lezanne 19	
31.67 1:06.55	32.27 1:07.79	
31.60 1:06.51	29.93 1:04.48	
8 Curro-WC	A	4:30.06
1) Novello, Utah 17	2) Juries, Sam C 14	
3) Basson, Lenè 12	4) Havenga, Skyla K 17	
30.76 1:05.32	32.42 1:10.46	
32.89 1:09.32	30.90 1:04.96	
9 Blouberg Marlins-CP	A	4:32.29
1) Watson, Caitlin C 16	2) Daniels, Sara H 17	
3) Kotzè, Tamsyn G 16	4) Venter, Liya E 18	
32.62 1:08.40	31.49 1:07.55	
32.47 1:08.55	31.65 1:07.79	
10 GSA-CP	A	4:32.48
1) Laubscher, Maya R 16	2) Morton, Tayler R 16	
3) Vd Merwe, Simone 16	4) Laubscher, Mikalla I 13	
30.83 1:05.36	31.33 1:06.07	
34.60 1:11.74	31.89 1:09.31	

**Event 300 Girls 11 & Under 100 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 du Plessis, Evie	11	BLOT-MA	1:10.64
34.12	36.52		
2 Williams, Aqeelah	11	Uwc-CP	1:10.71
34.66	36.05		
3 Van Dyk, Zani	11	GSA-CP	1:11.25
34.67	36.58		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 300 Girls 11 &amp; Under 100 LC Meter Freestyle)

Name	Age	Team	Finals Time
4 Sabbagha, Georgia	11	Paarl Aquarius-CE	1:12.61
5 Slatter, Mila-Belle	11	SSISA-CP	1:12.96
	36.22	36.74	
6 Olivier, Julie M	11	Tygers-CP	1:13.13
	35.17	37.96	
7 Lockitch, Zara	11	Cybersmart-CP	1:14.25
	35.96	38.29	
8 Jantjies, Zara	11	Manta-CP	1:15.23
	36.80	38.43	

## Event 300 Girls 11 &amp; Under 100 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 du Plessis, Evie	11	BLOT-MA	1:13.29
	35.17	38.12	
2 Van Dyk, Zani	11	GSA-CP	1:13.97
	35.83	38.14	
3 Williams, Aqeelah	11	Uwc-CP	1:14.11
	35.56	38.55	
4 Sabbagha, Georgia	11	Paarl Aquarius-CE	1:14.24
5 Slatter, Mila-Belle	11	SSISA-CP	1:14.83
	35.61	39.22	
6 Olivier, Julie M	11	Tygers-CP	1:15.40
	35.87	39.53	
7 Jantjies, Zara	11	Manta-CP	1:16.44
	36.91	39.53	
8 Lockitch, Zara	11	Cybersmart-CP	1:16.53
	36.93	39.60	
9 Boshoff, Anja	11	Tygers-CP	1:16.59
	36.03	40.56	
10 Billson, Amelie	11	Curro Aquatics-CP	1:17.35
	36.33	41.02	
11 Els, Jamie	11	Aqua Dolphin-CP	1:18.24
	37.14	41.10	
12 Jansen van Rensburg, Mia	11	Vineyard-CP	1:18.56
	36.31	42.25	
13 Ahmed, Bria	10	Swimlab-CP	1:18.82
	37.15	41.67	
14 Coetzee, Marli	11	GSA-CP	1:20.27
	37.75	42.52	
15 Thirsk, Savannah	11	Tygers-CP	1:22.77
	39.16	43.61	

## Event 300 Girls 12-13 100 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Evans, Caitlin N	13	Tygers-CP	1:02.88
	30.62	32.26	
2 Grütter, Arabelle	13	ROA-ED	1:03.55
	30.59	32.96	
3 Magotsi, Riziki A	13	Vineyard-CP	1:04.20
	31.29	32.91	
4 Orchard, Milan M	13	Vineyard-CP	1:04.71
	31.15	33.56	
5 Visser, Cara	13	Cybersmart-CP	1:05.88
	32.07	33.81	
6 Cloete-Hopkins, Aryana A	13	SSISA-CP	1:06.55
	31.78	34.77	

7 Louw, Anieka	13	Curro Aquatics-CP	1:07.31
	31.19	36.12	
8 Van Der Wath, Izi	13	Knysna Aquatics-ED	1:07.33
	32.48	34.85	
<b>Event 300 Girls 12-13 100 LC Meter Freestyle</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Magotsi, Riziki A	13	Vineyard-CP	1:04.94
	31.56	33.38	
2 Grütter, Arabelle	13	ROA-ED	1:05.38
	31.05	34.33	
3 Evans, Caitlin N	13	Tygers-CP	1:05.69
	31.22	34.47	
4 Van Der Wath, Izi	13	Knysna Aquatics-ED	1:06.45
	32.30	34.15	
5 Orchard, Milan M	13	Vineyard-CP	1:06.83
	31.24	35.59	
6 Cloete-Hopkins, Aryana A	13	SSISA-CP	1:06.88
	31.83	35.05	
7 Visser, Cara	13	Cybersmart-CP	1:07.53
	32.27	35.26	
8 Louw, Anieka	13	Curro Aquatics-CP	1:07.55
	31.78	35.77	
9 Lorenzen, Ava E	12	Blouberg Marlins-CP	1:07.84
	32.24	35.60	
10 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	1:08.35
	32.75	35.60	
11 Gerber, Simonè M	13	Greydogs-CP	1:08.42
	33.45	34.97	
12 Holman, Acaylia	13	Marlin-CP	1:08.67
	32.75	35.92	
13 Fury, Amelia J	12	Vineyard-CP	1:08.74
	33.08	35.66	
14 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	1:08.76
	33.27	35.49	
15 Smith, Sophie	12	Vineyard-CP	1:09.01
	32.60	36.41	
16 Swanepoel, Lulu A	12	Aqua Sharks-CP	1:09.12
	33.68	35.44	
17 Ahmed, Ayla	12	Swimlab-CP	1:09.38
	34.05	35.33	
18 Nilsson, Rebecca B	12	Tygers-CP	1:09.64
	33.17	36.47	
19 De Villiers, Anja	12	Tygers-CP	1:09.76
	33.39	36.37	
20 Laubscher, Mikalla I	13	GSA-CP	1:09.79
	33.77	36.02	
21 Fenner, Olivia M	12	Players-CE	1:09.90
	32.17	37.73	
22 Grobler, Zané	13	ROA-ED	1:10.15
	34.07	36.08	
23 Basson, Lenè	12	Curro-WC	1:10.27
	33.48	36.79	
24 Blake, Abi E	13	Greydogs-CP	1:10.41
	33.82	36.59	
25 Faul, Ellen J	12	Quicksilver Wine-CE	1:10.62
	33.12	37.50	
26 Coetzee, Liane	12	Players-CE	1:10.71
	33.08	37.63	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

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## Preliminaries ... (Event 300 Girls 12-13 100 LC Meter Freestyle)

Name	Age	Team	Prelim Time
27 Botha, Chelsea	13	Curro Aquatics-CP	1:10.95
34.21	36.74		
28 du Plessis, Summer	13	BLOT-MA	1:11.81
33.91	37.90		
29 Riley, Logan	13	Vineyard-CP	1:11.88
33.58	38.30		
30 Bayly, Arabella	12	Vineyard-CP	1:12.26
33.37	38.89		
31 Myers, Kirsten E	13	SSISA-CP	1:12.49
34.10	38.39		
32 Groves, Philippa R	12	SSISA-CP	1:12.58
34.82	37.76		
33 Bosman, Daizeli	13	Players-CE	1:12.92
34.62	38.30		
34 Burger, Juanè	13	Tygers-CP	1:13.10
35.03	38.07		
35 Bova-Olsen, Katya	13	Marlin-CP	1:13.20
34.26	38.94		
36 Barnard, Adelmari D	13	Swartland Aquati-WC	1:13.27
34.55	38.72		
37 Hawley, Nicola	12	Players-CE	1:13.44
34.94	38.50		
38 Saayman, Nika D	13	Players-CE	1:13.52
34.32	39.20		
39 Botha, Rebecca P	12	Knysna Aquatics-ED	1:14.03
35.28	38.75		
40 Hager, Carle	13	Lane Leader-CE	1:14.22
34.49	39.73		
41 Weber, Klara	13	Players-CE	1:14.70
35.50	39.20		
42 Mason, Phoebe M	13	Stellenbosch Aqu-CE	1:14.89
34.51	40.38		
43 Thirsk, Madison	13	Tygers-CP	1:15.41
44 Samuels, Londyn	13	Paarl Aquarius-CE	1:15.70
34.71	40.99		
45 Oliver, Isabella	12	Quicksilver Wine-CE	1:15.83
36.82	39.01		

## Event 300 Women 14-15 100 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Kotze, Abigail	14	Tygers-CP	59.01
28.66	30.35		
2 Burgess, Cassidy S	15	Vineyard-CP	1:00.02
29.57	30.45		
3 Humphrey, Jessica	15	AQUA	1:01.59
29.47	32.12		
4 Cronjè, Danielle	15	Lane Leader-CE	1:03.03
30.15	32.88		
5 Combrink, Amy	14	Vineyard-CP	1:03.21
30.41	32.80		
6 Liebenberg, Emily M	14	Swartland Aquati-WC	1:04.93
31.40	33.53		
7 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	1:05.03
31.28	33.75		
8 Bergh, Madison S	14	AQUA	1:05.48
31.31	34.17		

## Event 300 Women 14-15 100 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Kotze, Abigail	14	Tygers-CP	1:00.28
29.33	30.95		
2 Burgess, Cassidy S	15	Vineyard-CP	1:00.34
29.53	30.81		
3 Cronjè, Danielle	15	Lane Leader-CE	1:03.12
30.34	32.78		
4 Humphrey, Jessica	15	AQUA	1:03.78
30.23	33.55		
5 Combrink, Amy	14	Vineyard-CP	1:04.12
30.74	33.38		
6 de Jager, Katie	14	BLOT-MA	1:04.78
31.59	33.19		
7 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	1:04.86
31.57	33.29		
8 Bergh, Madison S	14	AQUA	1:05.26
31.44	33.82		
9 Liebenberg, Emily M	14	Swartland Aquati-WC	1:05.49
31.10	34.39		
10 Wium, Mari	14	Quicksilver Wine-CE	1:05.78
32.25	33.53		
11 Vd Wal, Mieke	15	Curro Aquatics-CP	1:05.89
30.88	35.01		
12 Jones, Gemma K	15	Vineyard-CP	1:05.97
31.60	34.37		
13 Hebler, Lily M	14	Quicksilver Wine-CE	1:06.25
32.61	33.64		
14 Goebel, Zoë	15	Tygers-CP	1:06.39
31.61	34.78		
15 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	1:06.41
32.39	34.02		
16 Slinger, Gizelle	14	AQUA	1:06.43
31.32	35.11		
17 Glover, Erin K	15	Tygers-CP	1:06.74
32.56	34.18		
18 Hartung, Amy M	14	Aqua Sharks-CP	1:06.83
31.83	35.00		
19 Verbeek, Wilmien	15	Curro Aquatics-CP	1:06.93
31.90	35.03		
20 Coleman, Madison	14	Blouberg Marlins-CP	1:07.30
32.02	35.28		
21 Geyser, Almi	14	Lane Leader-CE	1:07.43
32.47	34.96		
22 Schmidt, Amy	15	Aquasharks Winel-CE	1:07.56
32.03	35.53		
23 Havemann, Bella	15	Aqua Sharks-CP	1:07.93
24 Raimond, Marike M	14	Tygers-CP	1:08.24
32.02	36.22		
25 Newton, Ava L	14	Curro Aquatics-CP	1:08.84
32.50	36.34		
*26 Juries, Sam C	14	Curro-WC	1:09.43
34.01	35.42		
*26 Hayes, Kerrigan L	14	Curro Aquatics-CP	1:09.43
32.68	36.75		
28 Vd Merwe, Mia	14	GSA-CP	1:10.91
34.59	36.32		
29 Vd Merwe, Mi-Ly	14	Lane Leader-CE	1:11.41
34.77	36.64		

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**Preliminaries ... (Event 300 Women 14-15 100 LC Meter Freestyle)**

Name	Age	Team	Prelim Time
30 Trout, Sophia L	14	Vineyard-CP	1:11.46
33.76	37.70		
31 Jagger, Ammara	15	Aqua Dolphin-CP	1:12.93
34.12	38.81		
32 Visser, Sandri	14	Players-CE	1:14.04
35.18	38.86		
33 Terblanche, Essie	14	Lane Leader-CE	1:16.63
36.42	40.21		

**Event 300 Women 16 & Over 100 LC Meter Freestyle**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	57.67
27.74	29.93		
2 Fury, Rebecca G	16	Vineyard-CP	59.16
28.68	30.48		
3 Helmand, Anieke	18	KOVS-MA	1:00.52
28.73	31.79		
4 Groepes, Rachel L	17	Swimlab-CP	1:00.53
29.34	31.19		
5 Ribeiro, Nuria A	21	Maties-CE	1:01.35
29.33	32.02		
6 Christie, Leah E	18	Curro Aquatics-CP	1:01.98
29.26	32.72		
7 De Jongh, Grace	17	Lane Leader-CE	1:02.80
29.85	32.95		
8 Lombard, Jana	16	Lane Leader-CE	1:03.01
30.76	32.25		
9 Prinsloo, Mila	16	Aquasharks Winel-CE	1:03.19
29.95	33.24		
10 Van Niekerk, Lica	16	Players-CE	1:03.28
30.63	32.65		
11 Daffarn, Eri J	19	Vineyard-CP	1:03.37
30.06	33.31		
*12 Gennarakis, Christina	16	Curro Aquatics-CP	1:03.40
29.78	33.62		
*12 Theron, Jady	16	Aquasharks Winel-CE	1:03.40
30.39	33.01		
14 Langenhoven, Erin	16	Silver Fins-CP	1:03.88
31.29	32.59		
15 Du Plessis, Chanel P	16	Cybersmart-CP	1:04.11
30.84	33.27		
16 Watson, Caitlin C	16	Blouberg Marlins-CP	1:04.92
31.42	33.50		

**Event 300 Women 16 & Over 100 LC Meter Freestyle**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Fury, Rebecca G	16	Vineyard-CP	1:00.18
28.48	31.70		
2 Helmand, Anieke	18	KOVS-MA	1:00.27
28.63	31.64		
3 Groepes, Rachel L	17	Swimlab-CP	1:00.56
29.00	31.56		
4 Hearne, Trinity S	20	Cybersmart-CP	1:01.75
27.28	34.47		
5 Ribeiro, Nuria A	21	Maties-CE	1:02.21
29.82	32.39		
6 Prinsloo, Mila	16	Aquasharks Winel-CE	1:02.80
30.28	32.52		

7 De Jongh, Grace	17	Lane Leader-CE	1:02.94
30.13	32.81		
8 Christie, Leah E	18	Curro Aquatics-CP	1:03.26
30.19	33.07		
9 Gennarakis, Christina	16	Curro Aquatics-CP	1:03.68
30.15	33.53		
10 Theron, Jady	16	Aquasharks Winel-CE	1:03.70
31.08	32.62		
11 Daffarn, Eri J	19	Vineyard-CP	1:03.80
30.33	33.47		
12 Du Plessis, Chanel P	16	Cybersmart-CP	1:03.91
30.72	33.19		
13 Neilson, Hannah K	18	Uwc-CP	1:04.41
31.07	33.34		
14 Lombard, Jana	16	Lane Leader-CE	1:04.50
30.98	33.52		
15 Langenhoven, Erin	16	Silver Fins-CP	1:04.62
31.59	33.03		
16 Van Niekerk, Lica	16	Players-CE	1:04.78
30.66	34.12		
17 Watson, Caitlin C	16	Blouberg Marlins-CP	1:04.90
31.37	33.53		
18 Brink, Payton B	17	Vineyard-CP	1:04.93
31.74	33.19		
19 Smit, Jenna	16	Curro Aquatics-CP	1:04.95
30.88	34.07		
20 Vickers, Sophie	16	SSISA-CP	1:05.01
30.74	34.27		
21 Webber, Isabella L	16	Vineyard-CP	1:05.04
31.53	33.51		
22 De Wet, Emma M	16	Vineyard-CP	1:05.05
31.03	34.02		
23 Laubscher, Maya R	16	GSA-CP	1:05.28
30.79	34.49		
24 Labuschagne, Michaela	16	SSISA-CP	1:05.32
31.17	34.15		
25 Helmand, Jana	16	BLOT-MA	1:05.67
31.14	34.53		
26 Uys, Tara	18	Tygers-CP	1:05.73
31.41	34.32		
27 Havenga, Skyla K	17	Curro-WC	1:05.78
31.37	34.41		
28 Heyes, Danielle A	17	Aqua Sharks-CP	1:05.88
30.18	35.70		
29 Ward, Tanith A	17	SSISA-CP	1:06.18
31.78	34.40		
30 King, Mischa	18	Lane Leader-CE	1:06.24
31.55	34.69		
31 Rossouw, Nadia	17	Tygers-CP	1:06.40
31.70	34.70		
32 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	1:06.60
32.45	34.15		
33 De Roubaix, Maric M	16	Lane Leader-CE	1:07.12
31.68	35.44		
34 Franks, Madison M	16	SSISA-CP	1:07.41
32.21	35.20		
35 Daniels, Sara H	17	Blouberg Marlins-CP	1:07.47
31.94	35.53		
36 Venter, Liya E	18	Blouberg Marlins-CP	1:08.08
32.04	36.04		

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**Preliminaries ... (Event 300 Women 16 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Prelim Time
37 Sabbagha, Annè	17	Paarl Aquarius-CE	1:08.36
33.05	35.31		
38 Bulose, Megan	19	Uwc-CP	1:09.07
31.94	37.13		
39 Smidt, Clio J	17	Vineyard-CP	1:09.51
32.01	37.50		
40 Witten, Hannah	16	Aqua Dolphin-CP	1:10.51
34.38	36.13		
41 Vd Merwe, Simone	16	GSA-CP	1:10.70
33.98	36.72		

**Event 301 Boys 11 & Under 100 LC Meter Freestyle**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hahn, Kyle	11	ROA-ED	1:06.55
31.51	35.04		
2 Breebaart, Joshua	11	Greydogs-CP	1:07.99
32.89	35.10		
3 Bright, Michael C	11	Curro Aquatics-CP	1:08.81
32.80	36.01		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:09.11
33.21	35.90		
5 Schaefer, Daniel C	11	Players-CE	1:10.28
33.20	37.08		
6 Barnard, Theo J	11	Swartland Aquati-WC	1:11.81
34.49	37.32		
7 Stander, Christiaan L	11	Aquasharks Winel-CE	1:11.84
34.15	37.69		
8 VerLoren Van Themaat, Hein	11	Lane Leader-CE	1:12.47
34.52	37.95		

**Event 301 Boys 11 & Under 100 LC Meter Freestyle**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hahn, Kyle	11	ROA-ED	1:08.89
32.11	36.78		
2 Bright, Michael C	11	Curro Aquatics-CP	1:09.50
33.65	35.85		
3 Breebaart, Joshua	11	Greydogs-CP	1:09.63
33.33	36.30		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:09.84
33.27	36.57		
5 Schaefer, Daniel C	11	Players-CE	1:09.96
33.32	36.64		
6 Barnard, Theo J	11	Swartland Aquati-WC	1:11.13
33.66	37.47		
7 van Rensburg, Tristan	11	GSA-CP	1:11.21
33.58	37.63		
8 Stander, Christiaan L	11	Aquasharks Winel-CE	1:12.52
9 Poultney, Matthew	10	Swimlab-CP	1:13.27
35.62	37.65		
10 VerLoren Van Themaat, Hein	11	Lane Leader-CE	1:13.40
35.91	37.49		
11 Mallin, Lukas	9	Swimlab-CP	1:13.45
35.61	37.84		
12 Wagener, Tiaan H	11	Aquasharks Winel-CE	1:13.84
35.05	38.79		
13 Bosch, Ewan Y	11	Tygers-CP	1:14.42
35.31	39.11		

14 Schreve, Lehan	11	Swartland Aquati-WC	1:14.48
35.18	39.30		
15 Fouche, Jack	11	Tygers-CP	1:14.70
35.50	39.20		
16 Boshoff, Mickayle C	11	Knysna Aquatics-ED	1:14.71
35.33	39.38		
17 February, Dillon S	11	Curro Aquatics-CP	1:15.35
36.12	39.23		
18 Mccollum, Aiden I	11	Aqua Dolphin-CP	1:15.41
36.56	38.85		
19 Van Onselen, Pierre S	10	Tygers-CP	1:15.42
35.80	39.62		
20 Goodall, Aaron	11	Aqua Sharks-CP	1:15.90
36.74	39.16		
21 Fenner, Jenson V	11	Players-CE	1:16.43
35.56	40.87		
22 Akinci, Can Batu	11	Vineyard-CP	1:16.48
36.69	39.79		
23 Basson, Henk	11	Lane Leader-CE	1:17.18
36.96	40.22		
24 Kruger, Zachary C	11	Swartland Aquati-WC	1:17.20
36.72	40.48		
25 King, Aidan J	11	GSA-CP	1:17.61
35.98	41.63		
26 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	1:18.82
36.72	42.10		
27 Leitner, Zachary M	10	AQUA	1:18.92
38.47	40.45		
28 Viljoen, Jagger F	10	Aqua Sharks-CP	1:20.74
37.97	42.77		
29 Visagie, Dian	11	Swartland Aquati-WC	1:20.77
37.89	42.88		
30 Lewis, Amaru C	11	Paarl Aquarius-CE	1:21.04
31 Wessels, Hendrè	11	Agulhas-OB	1:21.14
37.90	43.24		
32 Lategan, Wessel W	11	Swartland Aquati-WC	1:21.27
38.94	42.33		
33 Baadjies, Cruden H	11	Paarl Aquarius-CE	1:21.42
38.47	42.95		
34 Gerber, Luke M	10	Curro Aquatics-CP	1:23.45
40.43	43.02		

**Event 301 Boys 12-13 100 LC Meter Freestyle**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Fernold, AJ	13	ROA-ED	1:00.58
28.98	31.60		
2 Van Schaik, Luc	13	Vineyard-CP	1:00.86
29.25	31.61		
3 De Lange, Adriaan	13	Tygers-CP	1:00.96
29.64	31.32		
4 Williams, Logan	13	Vineyard-CP	1:01.03
28.63	32.40		
5 Wagner, Noah J	13	Swimlab-CP	1:01.34
29.37	31.97		
6 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	1:01.74
29.76	31.98		
7 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	1:02.12
29.68	32.44		
8 Verbeek, Pierre O	12	Curro Aquatics-CP	1:02.20
29.57	32.63		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 301 Boys 12-13 100 LC Meter Freestyle							
Name	Age	Team	Prelim Time				
<b>Preliminaries</b>							
1 Fernold, AJ	13	ROA-ED	1:00.89	30 Smit, Reynard-Gray	12	Silver Fins-CP	1:07.25
29.98	30.91			31.98	35.27		
2 Van Schaik, Luc	13	Vineyard-CP	1:01.27	31 Rheeder, Liam M	13	Paarl Aquarius-CE	1:07.31
29.50	31.77			32.19	35.12		
3 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	1:01.36	32 Pearson-Adams, Wolfe D	13	Swimlab-CP	1:07.51
29.54	31.82			32.14	35.37		
4 De Lange, Adriaan	13	Tygers-CP	1:01.39	33 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	1:07.62
29.64	31.75			32.77	34.85		
5 Williams, Logan	13	Vineyard-CP	1:01.57	34 Swanepoel, Ewald	13	Fish Eagle-ED	1:07.70
28.62	32.95			31.43	36.27		
6 Verbeek, Pierre O	12	Curro Aquatics-CP	1:01.75	35 Hekandjo, Kabi A	13	AQUA	1:08.17
29.46	32.29			32.23	35.94		
7 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	1:01.86	*36 Van Wyk, Jack R	12	Curro Aquatics-CP	1:08.25
29.99	31.87			32.09	36.16		
8 Wagner, Noah J	13	Swimlab-CP	1:01.91	*36 Oosthuizen, Ethan	13	Players-CE	1:08.25
29.39	32.52			32.36	35.89		
9 Searle, Jude	13	Vineyard-CP	1:02.11	38 Matthee, Burger P	12	Agulhas-OB	1:08.30
29.81	32.30			31.35	36.95		
10 Wing, James L	13	Greydogs-CP	1:02.19	39 Hodgskiss, Fin J	12	SSISA-CP	1:08.66
30.58	31.61			32.91	35.75		
11 Goussard, Henry	13	Greydogs-CP	1:02.53	40 Trower, Michael	12	Tygers-CP	1:08.75
12 Mansfield, Luke T	13	Lane Leader-CE	1:03.15	32.39	36.36		
30.18	32.97			41 Parr, Colbyn S	12	Knysna Aquatics-ED	1:09.52
13 Mkavea, Tasu	13	Uwc-CP	1:03.22	33.19	36.33		
30.26	32.96			42 Muller, Lukas D	12	Quick Silver-CP	1:09.67
14 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	1:05.10	43 Hudson, Thomas	13	Players-CE	1:09.69
30.54	34.56			32.44	37.25		
15 Boshoff, Keanu A	12	Knysna Aquatics-ED	1:05.38	44 Kent, Tyler	13	Blouberg Marlins-CP	1:10.00
30.21	35.17			33.09	36.91		
16 Yeowart, Seth W	13	Greydogs-CP	1:05.59	45 Faulkner, Callum E	12	Blouberg Marlins-CP	1:10.05
32.26	33.33			33.92	36.13		
17 Du Plessis, Jason F	13	Curro-WC	1:05.71	46 Benecke, Delmar	12	Vineyard-CP	1:10.11
30.75	34.96			33.60	36.51		
18 Yeowart, Luke D	13	Greydogs-CP	1:06.04	47 Slabber, Ruhann	13	Curro Aquatics-CP	1:10.20
32.14	33.90			33.02	37.18		
19 Nel, Max	13	ROA-ED	1:06.30	48 Spencer, Marcus W	12	Vineyard-CP	1:10.24
31.14	35.16			33.69	36.55		
20 Willenburg, Elijah K	13	Silver Fins-CP	1:06.43	49 Potgieter, Micah F	13	Vineyard-CP	1:10.46
32.16	34.27			50 Troskie, Jean	12	Quick Silver-CP	1:10.67
*21 van Wyk, Tariq K	13	Barracudas-CP	1:06.50	34.44	36.23		
31.45	35.05			51 Hodge, Cameron P	13	Lane Leader-CE	1:10.74
*21 Oaten, Rourke	13	Cybersmart-CP	1:06.50	34.07	36.67		
32.72	33.78			52 Conradie, Niel	13	Quick Silver-CP	1:10.76
23 Kotzè, Arden C	13	Aquasharks Winel-CE	1:06.58	33.62	37.14		
31.77	34.81			53 Grobler, Reuben C	13	Players-CE	1:10.98
24 Roman, Noah P	13	Aqua Dolphin-CP	1:06.67	32.94	38.04		
32.57	34.10			54 Mouton, Jean A	13	Curro Aquatics-CP	1:11.16
25 Cavallaro, Michele R	13	Cybersmart-CP	1:06.70	33.12	38.04		
32.17	34.53			*55 Krause, Luke	13	Curro Aquatics-CP	1:11.19
26 Bouwer, Jason	13	Tygers-CP	1:06.77	32.98	38.21		
32.35	34.42			*55 Weber, Daniel	12	Players-CE	1:11.19
27 Van Zyl, Daniël R	12	Tygers-CP	1:07.02	33.49	37.70		
32.49	34.53			57 Troskie, Roean	12	Quick Silver-CP	1:11.60
28 Fortuin, Niyaz	13	Vineyard-CP	1:07.03	34.33	37.27		
29 Coleman, Travis	12	Blouberg Marlins-CP	1:07.04	58 Van Der Merwe, Jesse	12	Vineyard-CP	1:12.82
32.06	34.98			34.33	38.49		
				59 Immelman, Max B	13	Greydogs-CP	1:13.74
				33.92	39.82		
				--- Gilmour, Connor A	13	Silver Fins-CP	DQ 1:00.74
				False start			
				28.68	32.06		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 301 Men 14-15 100 LC Meter Freestyle				Event 301 Men 14-15 100 LC Meter Freestyle					
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time		
<b>Finals</b>				<b>Preliminaries</b>					
1	Trower, Nic T	14	Tygers-CP	53.94	1	Pretorius, Luuk E	15	Knysna Aquatics-ED	55.41
	26.06	27.88			26.64	28.77			
2	Pretorius, Luuk E	15	Knysna Aquatics-ED	55.00	2	Trower, Nic T	14	Tygers-CP	55.61
	26.78	28.22			26.46	29.15			
3	Wollenschlaeger, Noah	15	Vineyard-CP	56.96	3	Wollenschlaeger, Noah	15	Vineyard-CP	57.40
	27.35	29.61			27.32	30.08			
4	Van Wyk, Wayne E	15	GSA-CP	56.99	4	Lottering, Seb C	15	ROA-ED	57.42
	27.61	29.38			27.69	29.73			
5	Kotze, Eric B	14	Stellenbosch Aqu-CE	57.04	5	Benecke, Alexander	15	SSISA-CP	57.56
	26.57	30.47			27.72	29.84			
6	Dos-Santos, Andrei	15	Cybersmart-CP	57.41	6	Dos-Santos, Andrei	15	Cybersmart-CP	57.68
	27.48	29.93			28.08	29.60			
7	Benecke, Alexander	15	SSISA-CP	57.44	7	Van Wyk, Wayne E	15	GSA-CP	57.78
	27.80	29.64			28.01	29.77			
8	Lottering, Seb C	15	ROA-ED	57.85	8	Kotze, Eric B	14	Stellenbosch Aqu-CE	58.02
	27.79	30.06			27.27	30.75			
					9	Bestel, Luc M	14	Vineyard-CP	58.28
						28.40	29.88		
					10	Strydom, Conrad M	15	Quick Silver-CP	58.38
						27.82	30.56		
					11	Esterhuizen, Lorenzo E	14	AQUA	58.59
						27.40	31.19		
					12	Bannister, Joshua G	15	Tygers-CP	58.80
						28.39	30.41		
					13	Haupt, Rhys A	14	Vineyard-CP	59.02
						28.21	30.81		
					14	Kalapac, Joshua	14	Blouberg Marlins-CP	59.04
						27.49	31.55		
					15	Southworth, Matthew W	15	Cybersmart-CP	59.23
						28.26	30.97		
					16	Heyes, Garrick T	15	Aqua Sharks-CP	59.37
						28.82	30.55		
					17	Smit, MJ M	15	Swimlab-CP	59.56
						27.99	31.57		
					18	De Kock, John P	14	Lane Leader-CE	59.85
						28.89	30.96		
19	Viljoen, Jaden R	15	Aqua Sharks-CP	59.89					
	28.50	31.39							
20	Arnott, Carter J	15	Aqua Sharks-CP	59.95					
	28.78	31.17							
21	Rayne, Leo	14	Aqua Sharks-CP	1:00.09					
	28.55	31.54							
22	Lombard, Kyle M	15	Barracudas-CP	1:00.12					
	28.73	31.39							
23	Schultz, Heinrich W	14	Lane Leader-CE	1:00.21					
	28.51	31.70							
24	Linscott, Josh C	15	Manta-CP	1:00.23					
	28.12	32.11							
25	February, Gerard G	14	Curro Aquatics-CP	1:00.56					
	28.48	32.08							
26	Smith, Sebastian N	14	Tygers-CP	1:00.71					
	29.31	31.40							
27	Van Helden, Ethan C	15	GSA-CP	1:00.76					
	28.77	31.99							
28	Kinnear, Connor	15	Tygers-CP	1:00.78					
	29.10	31.68							
29	Walker, Yohan G	15	Vineyard-CP	1:00.91					
	28.90	32.01							
30	Theron, Luca D	15	Vineyard-CP	1:00.96					
	28.91	32.05							
31	Hewitt-Smook, Kristian	15	Swartland Aquati-WC	1:01.23					
	29.10	32.13							
32	Pautz, Nathan M	15	Blouberg Marlins-CP	1:01.28					
	29.75	31.53							
33	Kotzè, Max M	14	Blouberg Marlins-CP	1:01.30					
	29.19	32.11							
34	Vermeulen, Hanco	14	Aquasharks Winel-CE	1:01.64					
	29.72	31.92							
35	Galochkin, Max	15	Aqua Sharks-CP	1:01.70					
	29.36	32.34							
36	Basson, Lucca N	14	Cybersmart-CP	1:01.75					
	29.89	31.86							
37	Spencer, Charles A	14	Vineyard-CP	1:02.18					
	30.47	31.71							
38	De Jager, Nathan B	15	Aqua Sharks-CP	1:02.35					
	28.91	33.44							
39	Barge, Zac	14	Swimlab-CP	1:02.47					
	29.76	32.71							
40	Rosslee, Christian F	14	Quicksilver Wine-CE	1:02.52					
	29.42	33.10							
41	Schreuder, Steffen	15	Aquasharks Winel-CE	1:02.74					
	29.47	33.27							
42	Das Neves, Lucas P	14	Tygers-CP	1:02.81					
	29.89	32.92							
43	Pedro, Tamkeen	15	Walmers-CP	1:02.96					
	29.92	33.04							
44	De Bruyn, Cornè C	14	Aqua Sharks-CP	1:03.06					
	29.90	33.16							
45	Williams, Jayden J	14	Paarl Aquarius-CE	1:03.11					
	29.60	33.51							
46	Waters, Steven G	14	Lane Leader-CE	1:03.24					
	30.20	33.04							
47	Myburgh, Ruan	15	Blouberg Marlins-CP	1:03.76					
	31.19	32.57							
48	Williams, Luca	15	Vineyard-CP	1:04.47					
	30.74	33.73							
49	Gilbert, Andrew A	14	Swimlab-CP	1:04.77					
	30.13	34.64							

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 301 Men 14-15 100 LC Meter Freestyle)

Name	Age	Team	Prelim Time
50 Poggenpoel, Troy J	14	SSISA-CP	1:05.06
	30.40	34.66	
51 Van der Watt, Alpheus J	15	Players-CE	1:06.53
	31.18	35.35	
52 Njoroge, Alphonse	14	Curro Aquatics-CP	1:08.43
	32.77	35.66	
53 Goldstein, Phoenix J	15	Aqua Sharks-CP	1:11.97
	33.86	38.11	

## Event 301 Men 16 &amp; Over 100 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Luck, Taylor R	18	Vineyard-CP	51.12
	24.68	26.44	
2 Esterhuysen, Joshua N	16	Tygers-CP	52.59
	25.24	27.35	
3 Van Heerden, Stefan F	17	Lane Leader-CE	54.24
	25.77	28.47	
4 Moncherry, Adam J	25	Lane Leader-CE	54.44
	25.64	28.80	
5 Bailey, Ethan J	20	Aqua Dolphin-CP	55.43
	26.58	28.85	
6 Wright, Keegan	17	Tygers-CP	55.76
	26.91	28.85	
7 Hopkins, Tim	18	Tygers-CP	55.84
	26.83	29.01	
8 Hugo, Retief R	17	Aquasharks Winel-CE	56.03
	26.96	29.07	
9 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	56.07
	27.16	28.91	
10 Clarke, Liam	16	Lane Leader-CE	56.17
	27.24	28.93	
11 Lastroni, Giuliano	17	Torpedoes	56.36
	27.45	28.91	
12 Viljoen, Stèphen	17	Aquasharks Winel-CE	56.39
	27.58	28.81	
13 West, Gabriel	19	Tygers-CP	56.72
	27.58	29.14	
14 Basson, Wilan	17	Aqua Sharks-CP	56.84
	27.27	29.57	
15 Van Wyk, Wesley R	17	Aqua Sharks-CP	56.93
	27.31	29.62	
16 Abrahams, Matthew N	24	Aqua Sharks-CP	57.31
	27.60	29.71	

## Event 301 Men 16 &amp; Over 100 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Esterhuysen, Joshua N	16	Tygers-CP	52.81
	25.63	27.18	
2 Moncherry, Adam J	25	Lane Leader-CE	54.25
	26.10	28.15	
3 Etzold, Peter S	18	Vineyard-CP	54.27
	27.12	27.15	
4 Luck, Taylor R	18	Vineyard-CP	54.68
	24.53	30.15	
5 Van Heerden, Stefan F	17	Lane Leader-CE	55.08
	25.79	29.29	
6 Bailey, Ethan J	20	Aqua Dolphin-CP	55.31
	26.69	28.62	

7 Hopkins, Tim	18	Tygers-CP	55.65
	26.72	28.93	
8 Davidtsz, Colin	16	Cybersmart-CP	55.84
	26.53	29.31	
9 Clarke, Liam	16	Lane Leader-CE	56.04
	27.23	28.81	
10 Lastroni, Giuliano	17	Torpedoes	56.12
	27.28	28.84	
11 Wright, Keegan	17	Tygers-CP	56.19
	27.15	29.04	
12 Viljoen, Stèphen	17	Aquasharks Winel-CE	56.22
	27.16	29.06	
13 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	56.61
	27.30	29.31	
14 Basson, Wilan	17	Aqua Sharks-CP	56.63
	27.37	29.26	
15 Forbes, Thomas P	19	Lane Leader-CE	56.65
	27.43	29.22	
16 Abrahams, Matthew N	24	Aqua Sharks-CP	56.77
	27.28	29.49	
17 Oosthuizen, Nic D	21	SSISA-CP	56.78
	27.33	29.45	
18 Hugo, Retief R	17	Aquasharks Winel-CE	56.79
	27.77	29.02	
19 West, Gabriel	19	Tygers-CP	56.96
	27.37	29.59	
20 Mia, Sirhaan	17	Marlin-CP	57.10
	27.17	29.93	
21 Van Wyk, Wesley R	17	Aqua Sharks-CP	57.18
	27.26	29.92	
22 Swart, Niklis	18	Players-CE	57.20
	27.24	29.96	
23 Foot, Aiden C	17	Swartland Aquati-WC	57.33
	27.81	29.52	
24 Alexander, Ammaar	16	Marlin-CP	57.34
	28.02	29.32	
25 Kleinhans, Kyle	17	SSISA-CP	57.49
	27.14	30.35	
26 Van Vondel, Anton J	16	Tygers-CP	57.51
	27.36	30.15	
27 Forbes, Nicholas J	17	Lane Leader-CE	57.71
	28.08	29.63	
28 Beukes, Mateo A	18	Walmers-CP	57.88
	28.00	29.88	
29 Barnard, Rohan C	19	Lane Leader-CE	57.95
	28.06	29.89	
30 Burger, Schalk S	18	Swartland Aquati-WC	58.16
	28.23	29.93	
31 Kotzè, Kailen M	17	Swartland Aquati-WC	58.17
	27.81	30.36	
32 Strydom, Stephan	18	Tygers-CP	58.18
	27.94	30.24	
*33 Louw, Guillaume	20	Curro Aquatics-CP	58.28
	27.84	30.44	
*33 Geyser, Jacques M	16	Lane Leader-CE	58.28
	28.17	30.11	
35 Coetzer, Milan J	16	Cybersmart-CP	58.37
	28.09	30.28	
36 Swarts, Keeno A	18	Vineyard-CP	58.40
	27.83	30.57	



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 301 Men 16 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Prelim Time
*37 Uys, Keegan	16	Lane Leader-CE	58.45
28.14	30.31		
*37 Cicero, Zack	17	SSISA-CP	58.45
28.03	30.42		
39 Du Preez, Shaun	16	SSISA-CP	58.50
28.40	30.10		
40 Van Greunen, Renier	17	Fish Eagle-ED	58.94
27.80	31.14		
41 Orchard, Thomas J	16	Swartland Aquati-WC	59.06
28.07	30.99		
42 Rohner, Jayden M	16	Blouberg Marlins-CP	59.27
28.39	30.88		
43 Terblanche, Kiaan C	18	Tygers-CP	59.39
28.66	30.73		
44 Boonzaier, Jannie R	17	Aqua Sharks-CP	59.46
27.41	32.05		
45 Zellie, Thomas J	16	Swimlab-CP	59.47
28.97	30.50		
46 Karsten, Jody	16	Blouberg Marlins-CP	59.79
29.27	30.52		
47 Bester, Eben	16	Tygers-CP	59.97
28.47	31.50		
48 Kleynhans, Ian	16	GSA-CP	1:00.01
49 McPetrie, James L	16	Manta-CP	1:00.04
28.93	31.11		
50 Engelbrecht, Ruben J	16	Players-CE	1:00.06
28.02	32.04		
51 Peceur, Mark D	19	Paarl Aquarius-CE	1:00.16
28.65	31.51		
52 Gounden, Mikhael A	18	Curro-WC	1:00.18
28.50	31.68		
53 Cornish, Jeyaad	18	Hurricane-CP	1:00.53
28.93	31.60		
54 Van Reenen, Ryan	24	Blouberg Marlins-CP	1:00.69
28.40	32.29		
55 McWilliam, Troy J	16	Tygers-CP	1:00.71
30.03	30.68		
56 Breet, Dawie-Louw L	16	Players-CE	1:00.89
28.63	32.26		
57 Möller, FC C	16	Tygers-CP	1:01.24
29.69	31.55		
58 Cloete-Hopkins, Adam F	16	SSISA-CP	1:01.28
28.97	32.31		
59 Szapira, Saul	17	Tygers-CP	1:01.82
29.38	32.44		
60 Engelbrecht, Christiaan P	24	Pukke-KK	1:02.23
28.67	33.56		
61 Carr, Simeon	17	Torpedoes	1:03.10
29.28	33.82		
62 Myburgh, Jordan	18	Blouberg Marlins-CP	1:10.34
25.88	44.46		

**Event 302 Girls 11 & Under 100 LC Meter Breaststroke**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Horn, Anna	11	Xcel Swim Academ-CP	1:26.72
41.95	44.77		
2 Joyce, Jenna	11	Curro Aquatics-CP	1:27.26
41.16	46.10		

3 Charles, Tyla	11	Vineyard-CP	1:30.88
43.54	47.34		
4 Stilwaney, Mia C	11	Paarl Aquarius-CE	1:32.48
43.52	48.96		
5 Slatter, Mila-Belle	11	SSISA-CP	1:33.19
44.48	48.71		
6 Dimatellis, Zoi	11	ROA-ED	1:33.57
44.84	48.73		
7 du Plessis, Evie	11	BLOT-MA	1:33.90
44.26	49.64		
8 Retief, Jane	11	Lane Leader-CE	1:34.31
43.35	50.96		

**Event 302 Girls 11 & Under 100 LC Meter Breaststroke**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Horn, Anna	11	Xcel Swim Academ-CP	1:29.27
41.77	47.50		
2 Joyce, Jenna	11	Curro Aquatics-CP	1:30.40
42.32	48.08		
3 Charles, Tyla	11	Vineyard-CP	1:32.13
44.47	47.66		
*4 Dimatellis, Zoi	11	ROA-ED	1:34.23
44.54	49.69		
*4 Stilwaney, Mia C	11	Paarl Aquarius-CE	1:34.23
45.19	49.04		
6 Slatter, Mila-Belle	11	SSISA-CP	1:34.47
45.78	48.69		
7 du Plessis, Evie	11	BLOT-MA	1:35.07
44.22	50.85		
8 Retief, Jane	11	Lane Leader-CE	1:36.04
44.18	51.86		
9 Olivier, Julie M	11	Tygers-CP	1:41.54
48.23	53.31		
10 Van Dyk, Zani	11	GSA-CP	1:42.38
48.22	54.16		
11 Ahmed, Bria	10	Swimlab-CP	1:42.64
47.70	54.94		
12 Williams, Aqeelah	11	Uwc-CP	1:43.93
49.03	54.90		
13 Els, Jamie	11	Aqua Dolphin-CP	1:51.47
52.63	58.84		

**Event 302 Girls 12-13 100 LC Meter Breaststroke**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Evans, Caitlin N	13	Tygers-CP	1:17.86
37.44	40.42		
2 Gerber, Simonè M	13	Greydogs-CP	1:21.30
38.56	42.74		
3 Ahmed, Ayla	12	Swimlab-CP	1:24.29
40.07	44.22		
4 Dreyer, Arne'	13	Stellenbosch Aqu-CE	1:24.39
39.70	44.69		
5 du Plessis, Summer	13	BLOT-MA	1:25.96
40.39	45.57		
6 Nilsson, Rebecca B	12	Tygers-CP	1:26.42
40.92	45.50		
7 Van Der Wath, Izi	13	Knysna Aquatics-ED	1:27.03
41.42	45.61		

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## Results

## Finals ... (Event 302 Girls 12-13 100 LC Meter Breaststroke)

Name	Age	Team	Finals Time
8 Magotsi, Riziki A	13	Vineyard-CP	1:27.49
	42.19	45.30	

## Event 302 Girls 12-13 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time
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## Preliminaries

1 Evans, Caitlin N	13	Tygers-CP	1:21.84
	38.44	43.40	
2 Gerber, Simonè M	13	Greydogs-CP	1:24.54
	40.26	44.28	
3 Dreyer, Arne'	13	Stellenbosch Aqu-CE	1:24.83
	39.14	45.69	
4 Magotsi, Riziki A	13	Vineyard-CP	1:25.42
	41.20	44.22	
5 Ahmed, Ayla	12	Swimlab-CP	1:26.43
	42.20	44.23	
6 du Plessis, Summer	13	BLOT-MA	1:27.90
	41.64	46.26	
7 Van Der Wath, Izi	13	Knysna Aquatics-ED	1:29.35
	42.13	47.22	
8 Nilsson, Rebecca B	12	Tygers-CP	1:29.87
	42.58	47.29	
9 Bosman, Daizeli	13	Players-CE	1:29.94
	41.80	48.14	
10 Grobler, Zané	13	ROA-ED	1:30.71
	42.58	48.13	
11 Oliver, Isabella	12	Quicksilver Wine-CE	1:30.85
	42.90	47.95	
12 Lorenzen, Ava E	12	Blouberg Marlins-CP	1:32.10
	43.11	48.99	
13 Fury, Amelia J	12	Vineyard-CP	1:32.58
	43.67	48.91	
14 Barnard, Adelmari D	13	Swartland Aquati-WC	1:33.12
	43.34	49.78	
15 Grütter, Arabelle	13	ROA-ED	1:33.32
	44.07	49.25	
16 Baillie, Gabi J	13	ROA-ED	1:33.48
	44.28	49.20	
17 Faul, Ellen J	12	Quicksilver Wine-CE	1:33.50
	43.36	50.14	
18 Dos-Santos, Ekaterina E	13	Aqua Sharks-CP	1:33.97
	46.36	47.61	
19 Botha, Chelsea	13	Curro Aquatics-CP	1:34.93
	44.52	50.41	
20 Laubscher, Mikalla I	13	GSA-CP	1:35.43
	44.64	50.79	
21 Bova-Olsen, Katya	13	Marlin-CP	1:35.80
	43.44	52.36	
22 Taljaard, Liané	13	Fish Eagle-ED	1:37.20
	44.97	52.23	
23 Schäfer, Kyla	12	Knysna Aquatics-ED	1:37.70
	45.80	51.90	
24 Hawley, Nicola	12	Players-CE	1:38.49
	46.99	51.50	
25 Burger, Juanè	13	Tygers-CP	1:38.67
	45.42	53.25	
26 Sonnekus, Anya	12	Tygers-CP	1:41.71
	48.22	53.49	

27 Botha, Rebecca P	12	Knysna Aquatics-ED	1:43.27
	49.52	53.75	

## Event 302 Women 14-15 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
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## Finals

1 Vd Wal, Mieke	15	Curro Aquatics-CP	1:16.13
	35.42	40.71	
2 Combrink, Amy	14	Vineyard-CP	1:21.47
	38.11	43.36	
3 Gerber, Mia	15	Lane Leader-CE	1:21.77
	38.44	43.33	
4 Coleman, Madison	14	Blouberg Marlins-CP	1:21.93
	38.47	43.46	
5 Schreuder, Hannah G	15	Swimlab-CP	1:21.99
	38.17	43.82	
6 Morris, Jenna	14	Vineyard-CP	1:23.55
	39.22	44.33	
7 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	1:24.24
	39.76	44.48	
8 Borman, Jani	15	Swartland Aquati-WC	1:24.68
	39.68	45.00	

## Event 302 Women 14-15 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time
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## Preliminaries

1 Vd Wal, Mieke	15	Curro Aquatics-CP	1:18.81
	36.86	41.95	
2 Gerber, Mia	15	Lane Leader-CE	1:23.19
	39.09	44.10	
3 Combrink, Amy	14	Vineyard-CP	1:23.20
	38.67	44.53	
4 Coleman, Madison	14	Blouberg Marlins-CP	1:23.46
	39.05	44.41	
5 Borman, Jani	15	Swartland Aquati-WC	1:24.17
	39.31	44.86	
6 Morris, Jenna	14	Vineyard-CP	1:24.78
	38.68	46.10	
7 Schreuder, Hannah G	15	Swimlab-CP	1:25.36
	38.85	46.51	
8 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	1:26.34
	39.07	47.27	
9 Newton, Ava L	14	Curro Aquatics-CP	1:26.60
	40.09	46.51	
10 Hahn, Kayleigh K	14	ROA-ED	1:28.08
	40.54	47.54	
11 Visser, Sandri	14	Players-CE	1:28.20
	41.29	46.91	
12 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	1:30.19
	43.06	47.13	
13 Lategan, Emma M	15	Curro Aquatics-CP	1:30.31
	42.18	48.13	
14 De Oliveira, Aliyah	14	Tygers-CP	1:31.25
	42.12	49.13	
15 Glover, Erin K	15	Tygers-CP	1:33.54
	44.58	48.96	
16 Rossouw, Emma M	14	Tygers-CP	1:34.37
	44.01	50.36	

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## Event 302 Women 16 &amp; Over 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Meier, Marné	24	Curro Aquatics-CP	1:14.58
34.98	39.60		
2 Fury, Rebecca G	16	Vineyard-CP	1:16.75
36.45	40.30		
3 Nieuwstad, Michelle	29	Lane Leader-CE	1:18.54
35.93	42.61		
4 Botha, Lara E	17	Aquasharks Winel-CE	1:21.27
37.39	43.88		
5 Novello, Utah	17	Curro-WC	1:22.15
38.88	43.27		
6 Hugo, Anika S	17	Quicksilver Wine-CE	1:22.55
39.43	43.12		
7 Olivier, Shani	16	The Well-CE	1:23.03
39.14	43.89		
8 Sabbagha, Annè	17	Paarl Aquarius-CE	1:23.24
37.98	45.26		
9 Langenhoven, Erin	16	Silver Fins-CP	1:23.88
39.95	43.93		
10 Havenga, Skyla K	17	Curro-WC	1:24.05
39.04	45.01		
11 Herbst, Mienke	17	SSISA-CP	1:24.08
39.88	44.20		
12 Helmand, Anieke	18	KOVS-MA	1:25.96
38.25	47.71		
13 Daniels, Sara H	17	Blouberg Marlins-CP	1:26.54
39.98	46.56		

## Event 302 Women 16 &amp; Over 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Meier, Marné	24	Curro Aquatics-CP	1:15.03
35.34	39.69		
2 Fury, Rebecca G	16	Vineyard-CP	1:17.48
36.28	41.20		
3 Nieuwstad, Michelle	29	Lane Leader-CE	1:20.43
37.94	42.49		
4 Hugo, Anika S	17	Quicksilver Wine-CE	1:21.02
38.43	42.59		
5 Botha, Lara E	17	Aquasharks Winel-CE	1:21.38
37.79	43.59		
6 Helmand, Anieke	18	KOVS-MA	1:23.00
38.54	44.46		
7 Sabbagha, Annè	17	Paarl Aquarius-CE	1:23.42
38.71	44.71		
8 Langenhoven, Erin	16	Silver Fins-CP	1:23.59
39.09	44.50		
9 Olivier, Shani	16	The Well-CE	1:24.13
39.71	44.42		
10 Novello, Utah	17	Curro-WC	1:24.52
39.06	45.46		
11 Havenga, Skyla K	17	Curro-WC	1:24.70
39.19	45.51		
12 Herbst, Mienke	17	SSISA-CP	1:24.71
40.39	44.32		
13 Witten, Hannah	16	Aqua Dolphin-CP	1:28.16
42.63	45.53		
14 Daniels, Sara H	17	Blouberg Marlins-CP	1:30.14
42.28	47.86		

## Event 303 Boys 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hahn, Kyle	11	ROA-ED	1:27.04
41.97	45.07		
2 van Rensburg, Tristan	11	GSA-CP	1:30.16
43.79	46.37		
3 Bright, Michael C	11	Curro Aquatics-CP	1:33.19
44.51	48.68		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:33.78
44.35	49.43		
5 Baadjies, Cruden H	11	Paarl Aquarius-CE	1:35.63
46.45	49.18		
6 Poultney, Matthew	10	Swimlab-CP	1:35.78
45.92	49.86		
7 Breebaart, Joshua	11	Greydogs-CP	1:36.49
45.37	51.12		
8 Pieterse, Owen	11	GSA-CP	1:38.04
45.60	52.44		

## Event 303 Boys 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hahn, Kyle	11	ROA-ED	1:29.34
42.26	47.08		
2 van Rensburg, Tristan	11	GSA-CP	1:31.76
43.92	47.84		
3 Bright, Michael C	11	Curro Aquatics-CP	1:34.04
44.48	49.56		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:35.91
45.04	50.87		
5 Poultney, Matthew	10	Swimlab-CP	1:36.10
46.49	49.61		
6 Breebaart, Joshua	11	Greydogs-CP	1:36.57
44.99	51.58		
7 Pieterse, Owen	11	GSA-CP	1:38.08
46.44	51.64		
8 Baadjies, Cruden H	11	Paarl Aquarius-CE	1:38.13
48.64	49.49		
9 Fenner, Jenson V	11	Players-CE	1:38.75
47.94	50.81		
10 Wagener, Tiaan H	11	Aquasharks Winel-CE	1:38.95
47.11	51.84		
11 Van Onselen, Pierre S	10	Tygers-CP	1:40.17
47.72	52.45		
12 February, Dillon S	11	Curro Aquatics-CP	1:40.55
13 Stander, Christiaan L	11	Aquasharks Winel-CE	1:41.75
47.45	54.30		
14 Fouche, Jack	11	Tygers-CP	1:41.85
47.72	54.13		
15 Visagie, Dian	11	Swartland Aquati-WC	1:42.62
48.89	53.73		
16 Kruger, Zachary C	11	Swartland Aquati-WC	1:43.19
17 Akinci, Can Batu	11	Vineyard-CP	1:44.57
50.37	54.20		
--- Schaefer, Daniel C	11	Players-CE	DQ 1:34.57
False start			
44.05	50.52		

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Preliminaries ... (Event 303 Boys 11 & Under 100 LC Meter Breaststroke)			
Name	Age	Team	Prelim Time
---	Lategan, Wessel W	11 Swartland Aquati-WC	DQ 1:37.59
Executed more than one butterfly kick at the start or turn			
	46.62	50.97	

Event 303 Boys 12-13 100 LC Meter Breaststroke			
Name	Age	Team	Finals Time
<b>Finals</b>			
1	Wing, James L	13 Greydogs-CP	1:15.14
	35.40	39.74	
2	Stanfliet, Nicholas	13 Vineyard-CP	1:15.75
	34.83	40.92	
3	Goussard, Henry	13 Greydogs-CP	1:17.05
	36.30	40.75	
4	Mansfield, Luke T	13 Lane Leader-CE	1:17.58
	36.14	41.44	
5	Yeowart, Luke D	13 Greydogs-CP	1:20.47
	38.25	42.22	
6	Wagner, Noah J	13 Swimlab-CP	1:21.81
	38.82	42.99	
7	Mkavea, Tasu	13 Uwc-CP	1:22.59
	39.02	43.57	
8	Van Schaik, Luc	13 Vineyard-CP	1:23.28
	38.71	44.57	

Event 303 Boys 12-13 100 LC Meter Breaststroke			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1	Stanfliet, Nicholas	13 Vineyard-CP	1:16.39
	35.42	40.97	
2	Wing, James L	13 Greydogs-CP	1:18.45
	37.19	41.26	
3	Goussard, Henry	13 Greydogs-CP	1:19.82
	37.48	42.34	
4	Mansfield, Luke T	13 Lane Leader-CE	1:20.33
	38.11	42.22	
5	Yeowart, Luke D	13 Greydogs-CP	1:20.55
	38.48	42.07	
6	Wagner, Noah J	13 Swimlab-CP	1:21.29
	38.44	42.85	
7	Williams, Evan B	13 SSISA-CP	1:21.74
	38.25	43.49	
8	Van Schaik, Luc	13 Vineyard-CP	1:22.44
	37.67	44.77	
9	Mkavea, Tasu	13 Uwc-CP	1:23.90
	39.52	44.38	
10	De Lange, Adriaan	13 Tygers-CP	1:24.89
	39.65	45.24	
11	Swart, Nico N	12 Aqua Sharks-CP	1:25.13
	39.68	45.45	
12	Kent, Tyler	13 Blouberg Marlins-CP	1:25.36
	38.80	46.56	
13	Bouwer, Jason	13 Tygers-CP	1:25.37
	40.60	44.77	
14	Loots, Noah C	12 Aqua Sharks-CP	1:25.81
	39.79	46.02	
15	Roman, Noah P	13 Aqua Dolphin-CP	1:26.33
	41.59	44.74	
16	Searle, Jude	13 Vineyard-CP	1:26.39
	40.08	46.31	

17	Verbeek, Pierre O	12 Curro Aquatics-CP	1:27.07
	40.87	46.20	
18	Van Wyk, Jack R	12 Curro Aquatics-CP	1:27.53
	41.08	46.45	
19	Boshoff, Keanu A	12 Knysna Aquatics-ED	1:28.25
	41.17	47.08	
20	Hudson, Thomas	13 Players-CE	1:29.07
	41.72	47.35	
21	Faulkner, Callum E	12 Blouberg Marlins-CP	1:30.12
	43.30	46.82	
22	Spencer, Marcus W	12 Vineyard-CP	1:30.37
	43.39	46.98	
23	Torbochkin, Daniel S	12 Aqua Sharks-CP	1:30.50
	42.66	47.84	
24	Willenburg, Elijah K	13 Silver Fins-CP	1:30.57
	43.92	46.65	
25	Immelman, Max B	13 Greydogs-CP	1:30.62
	42.96	47.66	
26	Bergh, Riley R	12 AQUA	1:32.02
	43.66	48.36	
27	Swanepoel, Ewald	13 Fish Eagle-ED	1:32.25
	43.48	48.77	
28	Mouton, Jean A	13 Curro Aquatics-CP	1:33.33
	44.97	48.36	
29	Van Vondel, Roland	12 Tygers-CP	1:34.17
	45.28	48.89	
30	Hodgskiss, Fin J	12 SSISA-CP	1:34.18
	45.55	48.63	
31	van Wyk, Tariq K	13 Barracudas-CP	1:34.50
	44.19	50.31	
32	Conradie, Niel	13 Quick Silver-CP	1:34.57
	44.20	50.37	
33	Du Plessis, Jason F	13 Curro-WC	1:35.19
	45.44	49.75	
34	Potgieter, Micah F	13 Vineyard-CP	1:35.52
	44.56	50.96	
35	Parr, Colbyn S	12 Knysna Aquatics-ED	1:37.24
	44.24	53.00	
36	Krause, Luke	13 Curro Aquatics-CP	1:37.94
	46.11	51.83	
37	Troskie, Jean	12 Quick Silver-CP	1:38.31
	45.91	52.40	

Event 303 Men 14-15 100 LC Meter Breaststroke			
Name	Age	Team	Finals Time
<b>Finals</b>			
1	Theron, Luca D	15 Vineyard-CP	1:12.04
	33.22	38.82	
2	Gilbert, Andrew A	14 Swimlab-CP	1:12.34
	34.21	38.13	
3	Williams, Jayden J	14 Paarl Aquarius-CE	1:12.36
	34.20	38.16	
4	Daniels, Adam M	14 ELEC-TS	1:12.55
	35.18	37.37	
5	Torbochkin, David S	14 Aqua Sharks-CP	1:14.11
	36.15	37.96	
6	Yiorkas, Yiorgos	14 BLOT-MA	1:14.36
	35.21	39.15	
7	February, Gerard G	14 Curro Aquatics-CP	1:14.82
	34.84	39.98	
8	Simpson, Jesse	15 Vineyard-CP	1:16.23
	34.93	41.30	

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Event 303 Men 14-15 100 LC Meter Breaststroke				29	Beukes, Jaden L	14	Walmers-CP	1:26.47	
Name	Age	Team	Prelim Time	39.10	47.37				
<b>Preliminaries</b>				<b>Event 303 Men 16 &amp; Over 100 LC Meter Breaststroke</b>					
1	Williams, Jayden J	14	Paarl Aquarius-CE	1:13.41	<b>Name</b>				
	34.25	39.16			<b>Age Team</b>				
2	Daniels, Adam M	14	ELEC-TS	1:14.41	<b>Finals Time</b>				
	33.95	40.46			<b>Finals</b>				
3	Torbochkin, David S	14	Aqua Sharks-CP	1:14.93	1	Etzold, Peter S	18	Vineyard-CP	1:03.15
	36.38	38.55			29.42	33.73			
4	Yiorkas, Yiorgos	14	BLOT-MA	1:14.95	2	Clayton, Franco P	17	Lane Leader-CE	1:07.17
	35.11	39.84			31.94	35.23			
5	Theron, Luca D	15	Vineyard-CP	1:15.39	3	Boshoff, Juan C	18	Tygers-CP	1:07.31
	35.84	39.55			31.96	35.35			
6	Gilbert, Andrew A	14	Swimlab-CP	1:15.53	4	Hugo, Retief R	17	Aquasharks Winel-CE	1:08.85
	34.78	40.75			32.33	36.52			
7	February, Gerard G	14	Curro Aquatics-CP	1:15.96	5	Hartman, Timothy J	17	SSISA-CP	1:09.10
	35.62	40.34			31.87	37.23			
8	Simpson, Jesse	15	Vineyard-CP	1:17.00	6	Van Greunen, Renier	17	Fish Eagle-ED	1:09.88
	36.11	40.89			32.44	37.44			
9	Kinnear, Connor	15	Tygers-CP	1:17.41	7	Field, Luke D	17	Vineyard-CP	1:10.42
	35.88	41.53			32.53	37.89			
10	Adendorff, James T	15	Tygers-CP	1:18.82	8	Nelson, Christopher A	16	Lane Leader-CE	1:10.78
	35.66	43.16			32.90	37.88			
11	Linscott, Josh C	15	Manta-CP	1:18.84	9	Bester, Francois A	16	Quicksilver Wine-CE	1:10.84
	36.98	41.86			33.54	37.30			
12	Rosslee, Christian F	14	Quicksilver Wine-CE	1:18.86	10	Malherbe, Nicholas N	17	Lane Leader-CE	1:11.09
	37.00	41.86			33.17	37.92			
13	Burger, Rosseau	14	Lane Leader-CE	1:19.75	11	Malan, Johan S	17	Curro Aquatics-CP	1:11.51
	36.75	43.00			32.65	38.86			
14	Pautz, Nathan M	15	Blouberg Marlins-CP	1:20.04	12	Amos, Tyla L	20	Tuks-TS	1:12.30
	37.76	42.28			32.70	39.60			
15	Lombard, Kyle M	15	Barracudas-CP	1:20.08	13	Hendricks, Joshua	16	Lane Leader-CE	1:13.57
	37.33	42.75			34.16	39.41			
16	Van der Watt, Alpheus J	15	Players-CE	1:20.12	14	Barnard, Rohan C	19	Lane Leader-CE	1:14.51
	36.11	44.01			35.06	39.45			
17	Sirin, Ben	14	Vineyard-CP	1:20.47	15	Omar, Ilyaa I	17	Marlin-CP	1:14.89
	37.32	43.15			34.28	40.61			
18	Galochkin, Max	15	Aqua Sharks-CP	1:20.72	16	DE Bruyn, Flippie J	17	Fish Eagle-ED	1:16.22
	38.50	42.22			33.08	43.14			
19	Schultz, Heinrich W	14	Lane Leader-CE	1:20.85	<b>Event 303 Men 16 &amp; Over 100 LC Meter Breaststroke</b>				
	37.64	43.21			<b>Name</b>				
20	Moolman, Carter S	15	Manta-CP	1:21.00	<b>Age Team</b>				
	37.30	43.70			<b>Prelim Time</b>				
21	Vermeulen, Hanco	14	Aquasharks Winel-CE	1:21.03	1	Etzold, Peter S	18	Vineyard-CP	1:04.22
	38.87	42.16			30.23	33.99			
22	Smith, Sebastian N	14	Tygers-CP	1:22.25	2	Clayton, Franco P	17	Lane Leader-CE	1:06.85
	38.67	43.58			31.44	35.41			
23	Spencer, Charles A	14	Vineyard-CP	1:22.37	3	Van Greunen, Renier	17	Fish Eagle-ED	1:08.17
	38.38	43.99			32.13	36.04			
24	Williams, Luca	15	Vineyard-CP	1:22.54	4	Hugo, Retief R	17	Aquasharks Winel-CE	1:09.33
	39.27	43.27			32.72	36.61			
25	Bannister, Joshua G	15	Tygers-CP	1:22.72	5	Boshoff, Juan C	18	Tygers-CP	1:09.40
	39.30	43.42			33.26	36.14			
26	Goldstein, Phoenix J	15	Aqua Sharks-CP	1:24.39	6	Field, Luke D	17	Vineyard-CP	1:09.50
	38.38	46.01			32.25	37.25			
27	Pedro, Tamkeen	15	Walmers-CP	1:24.81	7	Hartman, Timothy J	17	SSISA-CP	1:10.38
	40.08	44.73			32.65	37.73			
28	Haupt, Rhys A	14	Vineyard-CP	1:25.19	8	Bester, Francois A	16	Quicksilver Wine-CE	1:11.06
	39.59	45.60			33.19	37.87			
					9	Nelson, Christopher A	16	Lane Leader-CE	1:11.33
					33.22	38.11			
					10	Malherbe, Nicholas N	17	Lane Leader-CE	1:11.90
					32.95	38.95			

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 303 Men 16 &amp; Over 100 LC Meter Breaststroke)

Name	Age	Team	Prelim Time	
11 Malan, Johan S	17	Curro Aquatics-CP	1:12.12	
	33.53	38.59		
12 Hendricks, Joshua	16	Lane Leader-CE	1:12.23	
	33.38	38.85		
13 Amos, Tyla L	20	Tuks-TS	1:13.97	
	33.77	40.20		
14 Wessels, Armin L	16	Lane Leader-CE	1:14.25	
	35.20	39.05		
15 Omar, Ilyaas I	17	Marlin-CP	1:15.24	
	34.29	40.95		
16 Barnard, Rohan C	19	Lane Leader-CE	1:16.01	
	35.90	40.11		
17 DE Bruyn, Flippie J	17	Fish Eagle-ED	1:16.12	
	35.47	40.65		
18 Lehnberg, Malan	17	Fish Eagle-ED	1:16.48	
	35.07	41.41		
19 Bester, Eben	16	Tygers-CP	1:16.93	
	36.07	40.86		
20 Alexander, Ammaar	16	Marlin-CP	1:17.00	
	35.21	41.79		
21 Karsten, Jody	16	Blouberg Marlins-CP	1:17.54	
	36.86	40.68		
22 Vorster, Josua A	18	Fish Eagle-ED	1:17.96	
	36.12	41.84		
23 Carr, Simeon	17	Torpedoes	1:18.47	
	35.85	42.62		
24 Abrahams, Wasfi	17	Marlin-CP	1:18.75	
	37.49	41.26		
25 Zellie, Thomas J	16	Swimlab-CP	1:19.26	
	38.56	40.70		
26 Louw, Guillaume	20	Curro Aquatics-CP	1:19.61	
	37.87	41.74		
27 Smith, Damian G	19	Fish Eagle-ED	1:19.67	
	37.62	42.05		
28 Anthony, Ammar	20	Marlin-CP	1:20.73	
	36.56	44.17		
29 Möller, FC C	16	Tygers-CP	1:22.01	
	38.52	43.49		
30 McWilliam, Troy J	16	Tygers-CP	1:22.09	
	38.80	43.29		
31 Szapira, Saul	17	Tygers-CP	1:23.26	
	39.08	44.18		
--- Van Heerden, Stefan F	17	Lane Leader-CE	NS	
--- Sack, Benji	27	SSISA-CP	NS	

## Event 304 Girls 13 &amp; Under 400 LC Meter IM

Name	Age	Team	Finals Time	
1 Evans, Caitlin N	13	Tygers-CP	5:22.52	
	36.31	40.82	41.07	41.33
	44.84	44.75	37.62	35.78
2 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	5:45.50	
	35.97	41.98	44.96	44.39
	50.94	50.73	39.71	36.82
3 Durandt, Sharli	12	Swimlab-CP	6:01.71	
	39.16	47.57	43.62	44.65
	55.78	55.17	38.72	37.04
4 De Villiers, Anja	12	Tygers-CP	6:02.27	
	39.69	47.70	44.11	
		54.93	40.79	37.85

5 Basson, Lenè	12	Curro-WC	6:14.18	
	39.68	48.86	43.28	43.13
	58.21	59.69	41.22	40.11
6 Swanepoel, Lulu A	12	Aqua Sharks-CP	6:14.60	
	39.34	46.60	51.27	48.40
	54.65	55.24	41.51	37.59

## Event 304 Women 14-15 400 LC Meter IM

Name	Age	Team	Finals Time	
1 du Plessis, Madison	15	BLOT-MA	5:28.98	
	34.73	40.66	42.05	40.84
	45.49	45.99	40.08	39.14
2 Vd Wal, Mieke	15	Curro Aquatics-CP	5:35.97	
	35.02	41.67	43.22	42.50
	47.02	47.35	40.05	39.14
3 Coleman, Madison	14	Blouberg Marlins-CP	5:44.98	
	37.23	45.93		
	48.97	49.06	38.77	37.30
4 Hartung, Amy M	14	Aqua Sharks-CP	5:46.25	
	36.88	42.89	46.42	45.42
	50.09	50.01	37.45	37.09
5 Newton, Ava L	14	Curro Aquatics-CP	5:51.64	
	37.59	46.07	44.82	44.64
	48.39	49.40	40.60	40.13
6 Rossouw, Emma M	14	Tygers-CP	5:51.67	
	37.43	42.47	42.21	43.34
	53.49	52.86	40.70	39.17
7 De Oliveira, Aliyah	14	Tygers-CP	6:05.19	
	37.59	46.36	46.03	45.43
	52.31	52.53	42.54	42.40
8 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	6:08.73	
	36.51	45.12	45.34	44.49
	55.32	59.96	41.41	40.58

## Event 304 Women 16 &amp; Over 400 LC Meter IM

Name	Age	Team	Finals Time	
1 Hearne, Trinity S	20	Cybersmart-CP	4:59.38	
	30.36	34.29	38.93	37.71
	45.04	43.86	35.06	34.13
2 Novello, Utah	17	Curro-WC	5:45.69	
	35.68	42.28	44.26	45.01
	49.19	50.25	40.90	38.12
3 Laubscher, Maya R	16	GSA-CP	5:47.38	
	36.79	44.72	46.37	44.12
	49.81	48.03	39.83	37.71
4 Ryser, Aurora	16	Tygers-CP	5:50.32	
	34.65	40.88	44.42	44.07
	52.57	53.05	40.93	39.75
5 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	6:00.19	
	37.20	42.71	47.21	45.94
	54.35	54.02	40.16	38.60

## Event 305 Boys 13 &amp; Under 400 LC Meter IM

Name	Age	Team	Finals Time	
1 De Lange, Adriaan	13	Tygers-CP	5:17.81	
	33.42	39.80	37.74	36.81
	48.81	48.58	36.80	35.85
2 Goussard, Henry	13	Greydogs-CP	5:28.91	
	34.53	40.18	42.77	41.24
	46.82	47.32	39.01	37.04
3 Nel, Max	13	ROA-ED	5:32.61	
	34.80	40.76	43.06	41.07
	49.79	47.59	38.16	37.38

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 305 Boys 13 & Under 400 LC Meter IM)**

Name	Age	Team	Finals Time	
4 Bouwer, Jason	13	Tygers-CP	5:34.20	
			35.38	40.40
			43.67	41.68
			49.12	47.47
5 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	5:34.85	
			35.55	40.51
			41.98	40.35
			49.90	50.17
6 Cavallaro, Michele R	13	Cybersmart-CP	5:38.01	
			34.68	39.61
			45.05	43.99
			50.02	50.06
7 Oaten, Rourke	13	Cybersmart-CP	5:40.19	
			36.01	40.99
			45.81	44.44
			50.48	49.88
8 Van Zyl, Daniël R	12	Tygers-CP	5:49.85	
			36.11	42.33
			44.92	43.57
			54.14	54.03
9 Loots, Noah C	12	Aqua Sharks-CP	5:53.22	
			34.45	41.24
			48.83	46.75
			50.89	50.78
10 Swart, Nico N	12	Aqua Sharks-CP	5:54.46	
			36.23	43.00
			47.62	46.62
			48.62	50.43
11 Rheeder, Liam M	13	Paarl Aquarius-CE	5:58.44	
			36.09	42.82
			46.53	44.78
			54.81	55.42
12 Trower, Michael	12	Tygers-CP	6:06.40	
			38.28	46.81
			48.09	45.80
			54.59	53.65

**Event 305 Men 14-15 400 LC Meter IM**

Name	Age	Team	Finals Time	
1 Trower, Nic T	14	Tygers-CP	4:49.63	
			29.29	34.19
			37.46	36.11
			43.21	44.23
2 Esterhuizen, Lorenzo E	14	AQUA	4:56.42	
			29.85	36.05
			37.23	37.35
			42.84	43.69
3 Terblanche, Luan L	15	Tygers-CP	5:06.26	
			31.99	36.83
			40.04	39.52
			43.49	43.52
4 Van Wyk, Wayne E	15	GSA-CP	5:10.00	
			30.28	37.18
			40.40	38.13
			45.57	46.51
5 De Kock, John P	14	Lane Leader-CE	5:13.39	
			31.90	37.42
			41.12	39.01
			46.30	45.30
6 Solomon, Ethan	15	Aqua Dolphin-CP	5:22.56	
			32.54	37.68
			43.38	41.33
			46.95	48.75
7 Schultz, Heinrich W	14	Lane Leader-CE	5:27.44	
			30.53	36.27
			42.57	42.26
			48.61	48.53
8 Kalapac, Joshua	14	Blouberg Marlins-CP	5:36.14	
			33.45	39.45
			44.28	42.80
			49.30	50.45

**Event 305 Men 16 & Over 400 LC Meter IM**

Name	Age	Team	Finals Time	
1 Boshoff, Juan C	18	Tygers-CP	4:43.31	
			30.37	33.56
			36.70	36.52
			40.14	39.83
			33.88	32.31

2 Wolson, Daniel A	16	Swimlab-CP	4:50.55	
			30.23	35.17
			38.24	36.54
			42.59	42.42
3 McWilliam, Benn D	17	Tygers-CP	4:57.21	
			30.42	35.98
			37.19	37.72
			43.13	44.08
4 Lastroni, Giuliano	17	Torpedoes	5:08.43	
			31.00	36.29
			42.51	42.03
			44.58	44.67
5 Ritchie, Andrew M	23	Tygers-CP	5:09.27	
			35.01	39.12
			38.70	38.48
			43.72	44.28
6 Beukes, Wade	16	Aqua Dolphin-CP	5:09.35	
			32.18	35.71
			43.73	42.63
			44.65	44.26
7 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	5:09.61	
			33.21	38.57
			46.51	45.68
			33.87	31.64
8 McWilliam, Troy J	16	Tygers-CP	5:16.29	
			34.51	40.02
			41.11	39.94
			43.12	45.07
9 Coetzer, Milan J	16	Cybersmart-CP	5:16.98	
			31.36	36.98
			40.49	46.44
			37.49	36.47
10 Bester, Eben	16	Tygers-CP	5:29.10	
			32.11	40.75
			42.53	41.28
			45.85	48.29
11 Karsten, Jody	16	Blouberg Marlins-CP	5:36.17	
			33.27	39.83
			45.16	43.63
			49.04	48.81
---	17	Curro Aquatics-CP	NS	

**Event 306 Girls 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Finals Time	
1 Williams, Aqeelah	11	Uwc-CP	34.65	
2 Jansen van Rensburg, Mia	11	Vineyard-CP	34.96	
3 Joyce, Jenna	11	Curro Aquatics-CP	35.34	
4 Olivier, Julie M	11	Tygers-CP	36.02	
5 Stilwaney, Mia C	11	Paarl Aquarius-CE	36.46	
6 Dimatellis, Zoi	11	ROA-ED	36.58	
7 Van Dyk, Zani	11	GSA-CP	36.74	
8 Horn, Anna	11	Xcel Swim Academ-CP	36.75	

**Event 306 Girls 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Joyce, Jenna	11	Curro Aquatics-CP	36.27	
2 Jansen van Rensburg, Mia	11	Vineyard-CP	36.30	
3 Stilwaney, Mia C	11	Paarl Aquarius-CE	36.86	
4 Williams, Aqeelah	11	Uwc-CP	37.01	
5 Van Dyk, Zani	11	GSA-CP	37.03	
6 Dimatellis, Zoi	11	ROA-ED	37.16	
7 Olivier, Julie M	11	Tygers-CP	37.35	
8 Horn, Anna	11	Xcel Swim Academ-CP	37.53	
9 Sabbagha, Georgia	11	Paarl Aquarius-CE	39.47	
10 Boshoff, Anja	11	Tygers-CP	39.58	
11 Coetzee, Marli	11	GSA-CP	40.76	
12 Billson, Amelie	11	Curro Aquatics-CP	41.21	
13 Jantjies, Zara	11	Manta-CP	42.07	
14 Thirsk, Savannah	11	Tygers-CP	43.78	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 306 Girls 12-13 50 LC Meter Butterfly				Event 306 Women 14-15 50 LC Meter Butterfly					
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time		
<b>Finals</b>				<b>Preliminaries</b>					
1	Gerber, Simonè M	13	Greydogs-CP	30.98	1	Kotze, Abigail	14	Tygers-CP	28.90
2	Orchard, Milan M	13	Vineyard-CP	31.08	2	Burgess, Cassidy S	15	Vineyard-CP	29.30
3	Magotsi, Riziki A	13	Vineyard-CP	32.61	3	Wium, Mari	14	Quicksilver Wine-CE	30.76
4	Grütter, Arabelle	13	ROA-ED	33.04	4	Cronjè, Danielle	15	Lane Leader-CE	31.34
5	Bayly, Arabella	12	Vineyard-CP	33.35	5	Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	31.37
6	Nilsson, Rebecca B	12	Tygers-CP	33.37	6	Humphrey, Jessica	15	AQUA	31.49
7	Louw, Anieka	13	Curro Aquatics-CP	33.39	7	Vd Wal, Mieke	15	Curro Aquatics-CP	31.76
8	Van Der Wath, Izi	13	Knysna Aquatics-ED	33.71	8	Combrink, Amy	14	Vineyard-CP	31.82
<b>Event 306 Girls 12-13 50 LC Meter Butterfly</b>				<b>Event 306 Women 14-15 50 LC Meter Butterfly</b>					
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time		
<b>Preliminaries</b>				<b>Preliminaries</b>					
1	Orchard, Milan M	13	Vineyard-CP	31.47	9	Liebenberg, Emily M	14	Swartland Aquati-WC	31.92
2	Gerber, Simonè M	13	Greydogs-CP	32.07	10	Jones, Gemma K	15	Vineyard-CP	32.37
3	Magotsi, Riziki A	13	Vineyard-CP	32.86	11	Trout, Sophia L	14	Vineyard-CP	32.79
4	Louw, Anieka	13	Curro Aquatics-CP	33.17	12	Bergh, Madison S	14	AQUA	32.85
5	Van Der Wath, Izi	13	Knysna Aquatics-ED	33.23	13	Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	33.06
6	Nilsson, Rebecca B	12	Tygers-CP	33.31	14	Slinger, Gizelle	14	AQUA	33.12
7	Grütter, Arabelle	13	ROA-ED	33.52	15	Morris, Jenna	14	Vineyard-CP	33.41
8	Bayly, Arabella	12	Vineyard-CP	33.55	16	Terblanche, Essie	14	Lane Leader-CE	33.58
9	Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	33.58	17	Lategan, Emma M	15	Curro Aquatics-CP	33.67
10	Faul, Ellen J	12	Quicksilver Wine-CE	33.84	18	Hayes, Kerrigan L	14	Curro Aquatics-CP	33.93
11	Lorenzen, Ava E	12	Blouberg Marlins-CP	33.90	19	Gerber, Mia	15	Lane Leader-CE	34.22
12	Holman, Acaylia	13	Marlin-CP	34.14	20	Verbeek, Wilmien	15	Curro Aquatics-CP	34.39
13	Evans, Caitlin N	13	Tygers-CP	34.29	21	Vd Merwe, Mi-Ly	14	Lane Leader-CE	34.60
14	Smith, Sophie	12	Vineyard-CP	34.41	*22	Vd Merwe, Mia	14	GSA-CP	34.78
15	Hawley, Nicola	12	Players-CE	34.44	*22	Havemann, Bella	15	Aqua Sharks-CP	34.78
16	Cloete-Hopkins, Aryana A	13	SSISA-CP	34.70	24	Juries, Sam C	14	Curro-WC	35.06
17	Mason, Phoebe M	13	Stellenbosch Aqu-CE	34.78	25	Geyser, Almi	14	Lane Leader-CE	35.14
18	Riley, Logan	13	Vineyard-CP	34.84	26	Hartung, Amy M	14	Aqua Sharks-CP	35.21
19	Visser, Cara	13	Cybersmart-CP	34.87	27	Visser, Sandri	14	Players-CE	35.78
20	Weber, Klara	13	Players-CE	35.06	28	Raimond, Marike M	14	Tygers-CP	35.81
21	Fury, Amelia J	12	Vineyard-CP	35.20	29	Schreuder, Hannah G	15	Swimlab-CP	38.94
22	Fenner, Olivia M	12	Players-CE	35.54	---	Jantzen, Zianè	14	Quick Silver-CP	DQ 33.33
23	Coetzee, Liane	12	Players-CE	35.92					
24	Saayman, Nika D	13	Players-CE	35.99					
25	Basson, Lenè	12	Curro-WC	36.14					
26	Burger, Juanè	13	Tygers-CP	36.25					
27	De Villiers, Anja	12	Tygers-CP	36.38					
28	Hager, Carle	13	Lane Leader-CE	37.28					
29	Taljaard, Liané	13	Fish Eagle-ED	38.06					
30	Schäfer, Kyla	12	Knysna Aquatics-ED	38.27					
31	Groves, Philippa R	12	SSISA-CP	38.33					
32	Botha, Chelsea	13	Curro Aquatics-CP	38.35					
33	Sonnekus, Anya	12	Tygers-CP	40.00					
34	Thirsk, Madison	13	Tygers-CP	40.53					
<b>Event 306 Women 14-15 50 LC Meter Butterfly</b>				<b>Event 306 Women 16 &amp; Over 50 LC Meter Butterfly</b>					
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time		
<b>Finals</b>				<b>Finals</b>					
1	Kotze, Abigail	14	Tygers-CP	28.35	1	Hearne, Trinity S	20	Cybersmart-CP	28.08
2	Burgess, Cassidy S	15	Vineyard-CP	29.11	2	Weidemann, Inge	22	Tuks-TS	28.24
3	Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	30.97	3	Fury, Rebecca G	16	Vineyard-CP	29.39
4	Cronjè, Danielle	15	Lane Leader-CE	31.23	4	Groepes, Rachel L	17	Swimlab-CP	29.43
5	Wium, Mari	14	Quicksilver Wine-CE	31.27	5	Noades, Kiara J	22	Lane Leader-CE	29.53
6	Humphrey, Jessica	15	AQUA	31.39	6	Lombard, Jana	16	Lane Leader-CE	29.74
7	Combrink, Amy	14	Vineyard-CP	31.66	7	Van Niekerk, Lica	16	Players-CE	29.89
					8	De Jongh, Grace	17	Lane Leader-CE	30.25
					9	Prinsloo, Mila	16	Aquasharks Winel-CE	30.29
					10	De Wet, Emma M	16	Vineyard-CP	30.42
					11	Meier, Marné	24	Curro Aquatics-CP	30.43
					12	Christie, Leah E	18	Curro Aquatics-CP	30.53
					13	Cromhout, Hannah E	19	Swimlab-CP	30.70
					14	Gennarakis, Christina	16	Curro Aquatics-CP	30.75
					15	Du Plessis, Chanel P	16	Cybersmart-CP	30.94
					16	Hugo, Anika S	17	Quicksilver Wine-CE	31.89
<b>Event 306 Women 16 &amp; Over 50 LC Meter Butterfly</b>				<b>Event 306 Women 16 &amp; Over 50 LC Meter Butterfly</b>					
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time		
<b>Preliminaries</b>				<b>Preliminaries</b>					
1	Weidemann, Inge	22	Tuks-TS	27.99					



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 306 Women 16 & Over 50 LC Meter Butterfly)**

Name	Age	Team	Prelim Time
2 Hearne, Trinity S	20	Cybersmart-CP	28.47
3 Fury, Rebecca G	16	Vineyard-CP	29.31
4 Groepes, Rachel L	17	Swimlab-CP	29.78
5 Noades, Kiara J	22	Lane Leader-CE	29.83
6 Meier, Marné	24	Curro Aquatics-CP	30.04
7 Lombard, Jana	16	Lane Leader-CE	30.12
8 Van Niekerk, Lica	16	Players-CE	30.28
*9 Prinsloo, Mila	16	Aquasharks Winel-CE	30.29
*9 Christie, Leah E	18	Curro Aquatics-CP	30.29
11 De Wet, Emma M	16	Vineyard-CP	30.36
12 De Jongh, Grace	17	Lane Leader-CE	30.40
13 Cromhout, Hannah E	19	Swimlab-CP	30.50
14 Du Plessis, Chanel P	16	Cybersmart-CP	30.89
15 Gennarakis, Christina	16	Curro Aquatics-CP	31.05
16 Hugo, Anika S	17	Quicksilver Wine-CE	31.15
17 Webber, Isabella L	16	Vineyard-CP	31.20
18 Brink, Payton B	17	Vineyard-CP	31.32
19 Heyes, Danielle A	17	Aqua Sharks-CP	31.67
20 Ward, Tanith A	17	SSISA-CP	31.71
21 Watson, Caitlin C	16	Blouberg Marlins-CP	31.74
22 Laubscher, Maya R	16	GSA-CP	31.82
23 Ribeiro, Nuria A	21	Maties-CE	31.84
24 Bester, Lisa	16	The Well-CE	31.89
25 Langenhoven, Erin	16	Silver Fins-CP	31.97
26 Uys, Tara	18	Tygers-CP	32.21
27 Havenga, Skyla K	17	Curro-WC	32.52
28 Daffarn, Eri J	19	Vineyard-CP	32.78
29 Labuschagne, Michaela	16	SSISA-CP	32.81
30 Smidt, Clio J	17	Vineyard-CP	33.03
31 Vd Merwe, Simone	16	GSA-CP	33.53
32 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	33.59
33 Bulose, Megan	19	Uwc-CP	33.86
34 Daniels, Sara H	17	Blouberg Marlins-CP	34.29
35 Ryser, Aurora	16	Tygers-CP	34.45

**Event 307 Boys 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Finals Time
1 Bright, Michael C	11	Curro Aquatics-CP	33.78
2 Vd Watt, Earle	11	GSA-CP	34.62
3 Barnard, Theo J	11	Swartland Aquati-WC	34.69
4 Bosch, Ewan Y	11	Tygers-CP	35.22
5 Mallin, Lukas	9	Swimlab-CP	36.08
6 Schaefer, Daniel C	11	Players-CE	36.20
7 Boshoff, Mickayle C	11	Knysna Aquatics-ED	37.23
8 Mccollum, Aiden I	11	Aqua Dolphin-CP	37.24

**Event 307 Boys 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Prelim Time
1 Vd Watt, Earle	11	GSA-CP	34.41
2 Bright, Michael C	11	Curro Aquatics-CP	34.60
3 Barnard, Theo J	11	Swartland Aquati-WC	35.87
4 Bosch, Ewan Y	11	Tygers-CP	36.00
5 Schaefer, Daniel C	11	Players-CE	36.25
6 Mallin, Lukas	9	Swimlab-CP	36.49
7 Mccollum, Aiden I	11	Aqua Dolphin-CP	37.03
8 Boshoff, Mickayle C	11	Knysna Aquatics-ED	37.69
9 Van Onselen, Pierre S	10	Tygers-CP	38.04

10 Pautz, Benjamin R	11	Blouberg Marlins-CP	38.10
11 Schreve, Lehan	11	Swartland Aquati-WC	38.12
12 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	38.17
13 Viljoen, Jagger F	10	Aqua Sharks-CP	38.61
14 Goodall, Aaron	11	Aqua Sharks-CP	38.87
15 February, Dillon S	11	Curro Aquatics-CP	38.88
16 van Rensburg, Tristan	11	GSA-CP	39.36
17 Dockerill, Max J	11	Curro Aquatics-CP	40.18
18 King, Aidan J	11	GSA-CP	41.19
19 Fouche, Jack	11	Tygers-CP	42.57
20 Leitner, Zachary M	10	AQUA	43.78
21 Akinci, Can Batu	11	Vineyard-CP	45.15
22 Lewis, Amaru C	11	Paarl Aquarius-CE	45.44

**Event 307 Boys 12-13 50 LC Meter Butterfly**

Name	Age	Team	Finals Time
1 Fernold, Aj	13	ROA-ED	29.20
2 De Lange, Adriaan	13	Tygers-CP	29.49
3 Mkavea, Tasu	13	Uwc-CP	29.98
4 Stanfliet, Nicholas	13	Vineyard-CP	30.62
5 Gilmour, Connor A	13	Silver Fins-CP	30.63
6 Williams, Logan	13	Vineyard-CP	30.88
7 Searle, Jude	13	Vineyard-CP	30.94
8 Wagner, Noah J	13	Swimlab-CP	31.22

**Event 307 Boys 12-13 50 LC Meter Butterfly**

Name	Age	Team	Prelim Time
1 Fernold, Aj	13	ROA-ED	29.89
2 De Lange, Adriaan	13	Tygers-CP	29.98
3 Mkavea, Tasu	13	Uwc-CP	30.08
4 Stanfliet, Nicholas	13	Vineyard-CP	30.83
5 Gilmour, Connor A	13	Silver Fins-CP	31.03
6 Wagner, Noah J	13	Swimlab-CP	31.04
7 Williams, Logan	13	Vineyard-CP	31.05
8 Searle, Jude	13	Vineyard-CP	31.38
9 Wing, James L	13	Greydogs-CP	31.49
10 Williams, Evan B	13	SSISA-CP	31.58
11 Bouwer, Jason	13	Tygers-CP	31.77
12 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	32.12
13 Boshoff, Keanu A	12	Knysna Aquatics-ED	32.13
14 Fortuin, Niyaaaz	13	Vineyard-CP	32.14
15 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	32.21
16 Kotzè, Arden C	13	Aquasharks Winel-CE	32.38
17 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	32.45
18 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	32.61
19 Du Plessis, Jason F	13	Curro-WC	32.77
20 van Wyk, Tariq K	13	Barracudas-CP	32.92
21 Walther-Kotzè, Leon C	13	Aqua Sharks-CP	32.95
22 Willenburg, Elijah K	13	Silver Fins-CP	33.14
23 Hekandjo, Kabi A	13	AQUA	33.40
24 Oosthuizen, Ethan	13	Players-CE	33.54
25 Grobler, Reuben C	13	Players-CE	33.66
26 Verbeek, Pierre O	12	Curro Aquatics-CP	33.77
27 Weber, Daniel	12	Players-CE	33.92
28 Smit, Reynard-Gray	12	Silver Fins-CP	33.93
29 Kent, Tyler	13	Blouberg Marlins-CP	33.98
30 Spencer, Marcus W	12	Vineyard-CP	34.45
31 Coleman, Travis	12	Blouberg Marlins-CP	34.66
32 Pearson-Adams, Wolfe D	13	Swimlab-CP	35.01

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 307 Boys 12-13 50 LC Meter Butterfly)

Name	Age	Team	Prelim Time
33 Swart, Nico N	12	Aqua Sharks-CP	35.23
34 Van Zyl, Daniël R	12	Tygers-CP	35.41
35 Hodgskiss, Fin J	12	SSISA-CP	35.70
36 Parr, Colbyn S	12	Knysna Aquatics-ED	35.73
37 Slabber, Ruhann	13	Curro Aquatics-CP	35.78
38 Swanepoel, Ewald	13	Fish Eagle-ED	35.84
39 Rheeder, Liam M	13	Paarl Aquarius-CE	36.02
40 Krause, Luke	13	Curro Aquatics-CP	36.30
41 Van Der Merwe, Jesse	12	Vineyard-CP	36.45
42 Bergh, Riley R	12	AQUA	36.64
43 Potgieter, Micah F	13	Vineyard-CP	36.82
44 Mouton, Jean A	13	Curro Aquatics-CP	37.24
45 Benecke, Delmar	12	Vineyard-CP	37.83
46 Faulkner, Callum E	12	Blouberg Marlins-CP	38.94
47 Van Vondel, Roland	12	Tygers-CP	39.21
--- Nel, Max	13	ROA-ED	DQ 31.69
False start			
--- Hudson, Thomas	13	Players-CE	NS

## Event 307 Men 14-15 50 LC Meter Butterfly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Kotze, Eric B	14	Stellenbosch Aqu-CE	26.80
2 Trower, Nic T	14	Tygers-CP	27.02
3 Pretorius, Luuk E	15	Knysna Aquatics-ED	27.33
4 Strydom, Conrad M	15	Quick Silver-CP	27.37
5 Bestel, Luc M	14	Vineyard-CP	27.95
6 Benecke, Alexander	15	SSISA-CP	27.97
7 Wollenschlaeger, Noah	15	Vineyard-CP	28.11
8 Schultz, Heinrich W	14	Lane Leader-CE	28.29

## Event 307 Men 14-15 50 LC Meter Butterfly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Kotze, Eric B	14	Stellenbosch Aqu-CE	27.04
2 Pretorius, Luuk E	15	Knysna Aquatics-ED	27.46
3 Strydom, Conrad M	15	Quick Silver-CP	27.65
4 Bestel, Luc M	14	Vineyard-CP	27.94
5 Benecke, Alexander	15	SSISA-CP	28.02
6 Trower, Nic T	14	Tygers-CP	28.14
7 Wollenschlaeger, Noah	15	Vineyard-CP	28.38
8 Schultz, Heinrich W	14	Lane Leader-CE	28.44
9 Pedro, Tamkeen	15	Walmers-CP	28.82
10 Esterhuizen, Lorenzo E	14	AQUA	28.88
11 Daniels, Adam M	14	ELEC-TS	28.95
12 Van Helden, Ethan C	15	GSA-CP	29.02
13 Schreuder, Steffen	15	Aquasharks Winel-CE	29.09
14 Heyes, Garrick T	15	Aqua Sharks-CP	29.24
15 Rayne, Leo	14	Aqua Sharks-CP	29.35
16 Smit, MJ M	15	Swimlab-CP	29.41
17 Rosslee, Christian F	14	Quicksilver Wine-CE	29.64
18 Galochkin, Max	15	Aqua Sharks-CP	29.65
19 Das Neves, Lucas P	14	Tygers-CP	29.69
20 Williams, Luca	15	Vineyard-CP	29.79
*21 Williams, Jayden J	14	Paarl Aquarius-CE	29.90
*21 Solomon, Ethan	15	Aqua Dolphin-CP	29.90
23 Beukes, Jaden L	14	Walmers-CP	30.01
24 Moolman, Carter S	15	Manta-CP	30.09
25 Arnott, Carter J	15	Aqua Sharks-CP	30.21

26 Viljoen, Jaden R	15	Aqua Sharks-CP	30.22
27 Basson, Lucca N	14	Cybersmart-CP	30.26
28 Gilbert, Andrew A	14	Swimlab-CP	30.33
29 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	30.67
30 Terblanche, Luan L	15	Tygers-CP	30.88
31 Sirin, Ben	14	Vineyard-CP	30.90
32 February, Gerard G	14	Curro Aquatics-CP	31.12
33 Waters, Steven G	14	Lane Leader-CE	31.13
34 Pautz, Nathan M	15	Blouberg Marlins-CP	31.15
35 Walker, Yohan G	15	Vineyard-CP	31.19
36 Burger, Rosseau	14	Lane Leader-CE	31.47
37 De Bruyn, Cornè C	14	Aqua Sharks-CP	31.48
38 Lategan, Nicky N	14	Swartland Aquati-WC	31.67
39 Spencer, Charles A	14	Vineyard-CP	31.71
40 De Jager, Nathan B	15	Aqua Sharks-CP	31.77
41 Myburgh, Ruan	15	Blouberg Marlins-CP	31.80
42 Kotzè, Max M	14	Blouberg Marlins-CP	31.83
43 Poggenpoel, Troy J	14	SSISA-CP	32.28
44 Yiorikas, Yiorgos	14	BLOT-MA	34.15
45 Njoroge, Alphonse	14	Curro Aquatics-CP	35.69

## Event 307 Men 16 &amp; Over 50 LC Meter Butterfly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Luck, Taylor R	18	Vineyard-CP	25.01
2 Moncherry, Adam J	25	Lane Leader-CE	25.63
3 West, Gabriel	19	Tygers-CP	25.78
4 Van Heerden, Stefan F	17	Lane Leader-CE	25.80
5 Esterhuysen, Joshua N	16	Tygers-CP	26.18
6 Basson, Wilan	17	Aqua Sharks-CP	26.31
7 Mia, Sirhaan	17	Marlin-CP	26.76
8 Engelbrecht, Christiaan P	24	Pukke-KK	26.96
9 Engelbrecht, Ruben J	16	Players-CE	27.15
10 Omar, Ilyas I	17	Marlin-CP	27.19
11 Swart, Niklis	18	Players-CE	27.44
12 Kleinhans, Kyle	17	SSISA-CP	27.62
13 Geyser, Jacques M	16	Lane Leader-CE	27.86
14 Van Reenen, Ryan	24	Blouberg Marlins-CP	27.99
15 Foot, Aiden C	17	Swartland Aquati-WC	28.10
16 Field, Luke D	17	Vineyard-CP	31.27

## Event 307 Men 16 &amp; Over 50 LC Meter Butterfly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Luck, Taylor R	18	Vineyard-CP	25.34
2 Moncherry, Adam J	25	Lane Leader-CE	25.60
3 Esterhuysen, Joshua N	16	Tygers-CP	26.08
4 West, Gabriel	19	Tygers-CP	26.11
5 Van Heerden, Stefan F	17	Lane Leader-CE	26.41
6 Mia, Sirhaan	17	Marlin-CP	26.73
7 Basson, Wilan	17	Aqua Sharks-CP	26.76
8 Omar, Ilyas I	17	Marlin-CP	26.85
9 Engelbrecht, Ruben J	16	Players-CE	27.24
10 Engelbrecht, Christiaan P	24	Pukke-KK	27.28
11 Swart, Niklis	18	Players-CE	27.67
12 Geyser, Jacques M	16	Lane Leader-CE	27.73
13 Kleinhans, Kyle	17	SSISA-CP	27.75
14 Foot, Aiden C	17	Swartland Aquati-WC	27.85
*15 Van Reenen, Ryan	24	Blouberg Marlins-CP	27.89
*15 Field, Luke D	17	Vineyard-CP	27.89
17 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	27.99

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## Preliminaries ... (Event 307 Men 16 &amp; Over 50 LC Meter Butterfly)

Name	Age	Team	Prelim Time
18 Wolson, Daniel A	16	Swimlab-CP	28.00
*19 Cicero, Zack	17	SSISA-CP	28.09
*19 Malan, Johan S	17	Curro Aquatics-CP	28.09
21 Forbes, Nicholas J	17	Lane Leader-CE	28.16
*22 Beukes, Mateo A	18	Walmers-CP	28.18
*22 Viljoen, Stèphen	17	Aquasharks Winel-CE	28.18
24 Coetzer, Milan J	16	Cybersmart-CP	28.22
25 Van Wyk, Wesley R	17	Aqua Sharks-CP	28.32
26 Louw, Guillaume	20	Curro Aquatics-CP	28.45
27 Peceur, Mark D	19	Paarl Aquarius-CE	28.50
28 McWilliam, Benn D	17	Tygers-CP	28.53
29 Burger, Schalk S	18	Swartland Aquati-WC	28.58
*30 Du Preez, Shaun	16	SSISA-CP	28.65
*30 Boonzaier, Jannie R	17	Aqua Sharks-CP	28.65
32 Alexander, Ammaar	16	Marlin-CP	28.67
33 Hendricks, Joshua	16	Lane Leader-CE	28.71
34 Breet, Dawie-Louw L	16	Players-CE	28.73
			28.50 0.23
35 Nelson, Christopher A	16	Lane Leader-CE	28.75
36 Abrahams, Matthew N	24	Aqua Sharks-CP	28.76
37 Kotzè, Kailen M	17	Swartland Aquati-WC	28.84
38 Anthony, Ammar	20	Marlin-CP	28.90
39 Hugo, Retief R	17	Aquasharks Winel-CE	29.04
40 Van Vondel, Anton J	16	Tygers-CP	29.13
41 Cornish, Jeyaad	18	Hurricane-CP	29.17
42 Hartman, Timothy J	17	SSISA-CP	29.23
43 Kleynhans, Ian	16	GSA-CP	29.25
44 Rohner, Jayden M	16	Blouberg Marlins-CP	29.39
45 Gounden, Mikhael A	18	Curro-WC	29.49
46 Orchard, Thomas J	16	Swartland Aquati-WC	29.52
47 Barnard, Rohan C	19	Lane Leader-CE	29.68
48 Uys, Keegan	16	Lane Leader-CE	29.73
49 Wessels, Armin L	16	Lane Leader-CE	29.74
50 McPetrie, James L	16	Manta-CP	29.77
51 Vorster, Josua A	18	Fish Eagle-ED	29.78
52 DE Bruyn, Flippie J	17	Fish Eagle-ED	29.83
53 Carr, Simeon	17	Torpedoes	29.91
54 Szapira, Saul	17	Tygers-CP	30.19
55 Nefdt, Grant	16	Aqua Dolphin-CP	30.71
56 Bester, Eben	16	Tygers-CP	30.74
57 Zellie, Thomas J	16	Swimlab-CP	31.68
58 Cloete-Hopkins, Adam F	16	SSISA-CP	31.98

## Event 308 Girls 11 &amp; Under 4x50 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Tygers-CP	A	2:16.24
	1) Olivier, Julie M 11	
	2) Chibharo, Lethabo L 11	
	3) Thirsk, Savannah 11	
	4) Boshoff, Anja 11	
	35.22 33.23	
2 Curro Aquatics-CP	A	2:22.88
	1) Joyce, Jenna 11	
	2) Billson, Amelie 11	
	3) vd Wal, Dine 10	
	4) Parfitt, Cayden C 10	
	33.79 33.99 38.55 36.55	

## Event 309 Boys 11 &amp; Under 4x50 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 GSA-CP	A	2:12.25
	1) King, Aidan J 11	
	2) Vd Watt, Earle 11	
	3) van Rensburg, Tristan 11	
	4) Pieterse, Owen 11	
	34.17 32.07 31.12 34.89	

2 Curro Aquatics-CP	A	2:14.98
	1) Bright, Michael C 11	
	2) Gerber, Luke M 10	
	3) Dockerill, Max J 11	
	4) February, Dillon S 11	
	31.45 35.77 34.82 32.94	
3 Tygers-CP	A	2:15.49
	1) Van Onselen, Pierre S 10	
	2) Fouche, Ryan 9	
	3) Bosch, Ewan Y 11	
	4) Fouche, Jack 11	
	33.31 35.97 33.04 33.17	
4 Swartland Aquati-WC	A	2:16.30
	1) Schreve, Lehan 11	
	2) Lategan, Wessel W 11	
	3) Kruger, Zachary C 11	
	4) Barnard, Theo J 11	
	33.33 36.55 34.27 32.15	
5 Lane Leader-CE	A	2:18.87
	1) Ellis, Alec C 11	
	2) Fouche, Xander M 11	
	3) Basson, Henk 11	
	4) VerLoren Van Themaat, Hein M	
	34.59 36.42 34.46 33.40	

## Event 310 Girls 13 &amp; Under 4x50 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Vineyard-CP	A	1:58.99
	1) Orchard, Milan M 13	
	2) Riley, Logan 13	
	3) Fury, Amelia J 12	
	4) Magotsi, Riziki A 13	
	30.18 29.11	
2 Tygers-CP	A	2:05.14
	1) De Villiers, Anja 12	
	2) Sonnekus, Anya 12	
	3) Nilsson, Rebecca B 12	
	4) Evans, Caitlin N 13	
	31.46 33.14 31.45 29.09	
3 Players-CE	A	2:05.43
	1) Fenner, Olivia M 12	
	2) Saayman, Nika D 13	
	3) Weber, Klara 13	
	4) Coetzee, Liane 12	
	30.41 33.47 31.97 29.58	
4 SSISA-CP	A	2:09.13
	1) Myers, Kirsten E 13	
	2) Groves, Philippa R 12	
	3) Slatter, Mila-Belle 11	
	4) Cloete-Hopkins, Aryana A 13	
	32.48 32.47 33.71 30.47	
5 Cybersmart-CP	A	2:09.53
	1) Visser, Cara 13	
	2) Lockitch, Zara 11	
	3) Oaten, Sabrina 13	
	4) Tsai-Rieb, Pei-Chi P 12	
	30.38 33.53 34.52 31.10	
6 Curro Aquatics-CP	A	2:12.30
	1) Botha, Chelsea 13	
	2) Lourens, Mia 12	
	3) Louw, Anieka 13	
	4) Newton, Grace E 12	
	32.25 36.43 29.47 34.15	
7 Swimlab-CP	A	2:12.64
	1) Ahmed, Ayla 12	
	2) Durandt, Sharli 12	
	3) Ahmed, Bria 10	
	4) Johnson, Ella J 10	
	31.82 31.50 34.19 35.13	
8 Aqua Sharks-CP	A	2:29.54
	1) Sprong, Jaime M 10	
	2) Dos-Santos, Ekaterina E 13	
	3) Pitout, Addison P 9	
	4) Barkhuysen, Jani 12	
	37.82 35.48	

## Event 311 Boys 13 &amp; Under 4x50 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Vineyard-CP	A	1:51.13
	1) Williams, Logan 13	
	2) Searle, Jude 13	
	3) Stanfliet, Nicholas 13	
	4) Van Schaik, Luc 13	
	28.31 26.51 28.46 27.85	
2 Greydogs-CP	A	1:54.70
	1) Yeowart, Luke D 13	
	2) Yeowart, Seth W 13	
	3) Goussard, Henry 13	
	4) Wing, James L 13	
	30.39 29.75 27.21 27.35	

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**(Event 311 Boys 13 & Under 4x50 LC Meter Freestyle Relay)**

Team	Relay	Finals Time
3 Curro Aquatics-CP	A	1:56.66
1) Verbeek, Pierre O 12	2) Bezuidenhout, Ernst E 13	
3) Slabber, Ruhann 13	4) Van Wyk, Jack R 12	
29.25 27.76	29.94 29.71	
4 Tygers-CP	A	1:59.14
1) De Lange, Adriaan 13	2) Bouwer, Jason 13	
3) Trower, Michael 12	4) Van Zyl, Daniël R 12	
27.85 29.36	31.49 30.44	
5 Vineyard-CP	B	2:01.59
1) Fortuin, Niyaz 13	2) Potgieter, Micah F 13	
3) Van Der Merwe, Jesse 12	4) Nell, Liam 12	
29.22 30.61	30.22 31.54	
6 Swimlab-CP	A	2:02.77
1) Wagner, Noah J 13	2) Pearson-Adams, Wolfe D 13	
3) Mallin, Lukas 9	4) Poultney, Matthew 10	
28.45 29.64	31.92 32.76	
7 Aqua Sharks-CP	A	2:04.38
1) Loots, Noah C 12	2) Torbochkin, Daniel S 12	
3) Swart, Nico N 12	4) Walther-Kotzè, Leon C 13	
30.42 31.51	32.08 30.37	
8 Blouberg Marlins-CP	A	2:04.81
1) Coleman, Travis 12	2) Faulkner, Callum E 12	
3) Pautz, Benjamin R 11	4) Kent, Tyler 13	
30.30 32.44	32.09 29.98	
9 Cybersmart-CP	A	2:07.74
1) Oaten, Rourke 13	2) Cavallaro, Michele R 13	
3) Harvey, Waylon 12	4) Niemand, Leo 12	
30.97 30.37	33.80 32.60	
--- Players-CE	A	DQ 2:06.04
Changed order of swimmers		
1) Oosthuizen, Ethan 13	2) Weber, Daniel 12	
3) Grobler, Reuben C 13	4) Hudson, Thomas 13	
31.17 33.96	30.20 30.71	

**Event 312 Girls 15 & Under 4x50 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	1:55.38
1) Burgess, Cassidy S 15	2) Trout, Sophia L 14	
3) Jones, Gemma K 15	4) Combrink, Amy 14	
27.72 30.07	29.04 28.55	
2 Tygers-CP	A	1:57.87
1) Kotze, Abigail 14	2) Raimond, Marike M 14	
3) Goebel, Zoë 15	4) Smith, Lara E 15	
27.24 30.96	29.71 29.96	
3 Lane Leader-CE	A	2:01.21
1) Briggs, Rebecca 14	2) Gerber, Mia 15	
3) Geysler, Almi 14	4) Cronjè, Danielle 15	
30.46 32.05	30.36 28.34	
4 Curro Aquatics-CP	A	2:01.52
1) Vd Wal, Mieke 15	2) Newton, Ava L 14	
3) Verbeek, Wilmien 15	4) Hayes, Kerrigan L 14	
30.99 30.44		
5 Blouberg Marlins-CP	A	2:03.36
1) Zeelie, Shanna-Leigh 14	2) Tsai, Emily A 15	
3) Lorenzen, Ava E 12	4) Coleman, Madison 14	
30.48 31.97	31.00 29.91	
6 Lane Leader-CE	B	2:07.69
1) Hager, Carle 13	2) Hendricks, Jemma 14	
3) Vd Merwe, Mi-Ly 14	4) Terblanche, Essie 14	
32.32 32.60	31.27 31.50	

7 Aqua Sharks-CP	A	2:08.84
1) Hartung, Amy M 14	2) Allwood, Kate S 15	
3) Swanepoel, Lulu A 12	4) Havemann, Bella 15	
30.84 35.60	33.25 29.15	

**Event 313 Boys 15 & Under 4x50 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	1:44.24
1) Wollenschlaeger, Noah 15	2) Haupt, Rhys A 14	
3) Theron, Luca D 15	4) Bestel, Luc M 14	
25.89 26.05	26.29 26.01	
2 Tygers-CP	A	1:45.08
1) Trower, Nic T 14	2) Adendorff, James T 15	
3) Kinnear, Connor 15	4) Bannister, Joshua G 15	
25.39 26.80	26.84 26.05	
3 Aqua Sharks-CP	A	1:45.92
1) Viljoen, Jaden R 15	2) Arnott, Carter J 15	
3) Heyes, Garrick T 15	4) Rayne, Leo 14	
26.57 26.80	26.30 26.25	
4 Blouberg Marlins-CP	A	1:50.75
1) Kotzè, Max M 14	2) Myburgh, Ruan 15	
3) Pautz, Nathan M 15	4) Kalapac, Joshua 14	
27.72 28.81	27.88 26.34	
5 Lane Leader-CE	A	1:50.90
1) De Kock, John P 14	2) Waters, Steven G 14	
3) Kirsten, John-William R 15	4) Schultz, Heinrich W 14	
27.68 28.24	28.40 26.58	
6 Vineyard-CP	B	1:51.87
1) Walker, Yohan G 15	2) Sirin, Ben 14	
3) Williams, Luca 15	4) Simpson, Jesse 15	
27.37 28.17	27.19 29.14	
7 Aqua Sharks-CP	B	1:54.60
1) De Bruyn, Cornè C 14	2) Torbochkin, David S 14	
3) Goldstein, Phoenix J 15	4) De Jager, Nathan B 15	
29.08 29.19	27.98 28.35	
8 Curro Aquatics-CP	A	1:58.26
1) February, Gerard G 14	2) Njoroge, Alphonse 14	
3) Mouton, Jean A 13	4) Krause, Luke 13	
26.94 30.01	31.45 29.86	
9 Lane Leader-CE	B	2:00.87
1) Burger, Rosseau 14	2) Mansfield, Luke T 13	
3) Hodge, Cameron P 13	4) Jacobs, Zoon S 14	
28.71 29.04	31.17 31.95	

**Event 314 Women 4x50 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Curro Aquatics-CP	A	1:52.04
1) Meier, Marné 24	2) Straszacker, Kristen C 23	
3) Christie, Leah E 18	4) Gennarakis, Christina 16	
28.04 28.14	27.07 28.79	
2 Vineyard-CP	A	1:52.13
1) Webber, Isabella L 16	2) De Wet, Emma M 16	
3) Daffarn, Eri J 19	4) Fury, Rebecca G 16	
29.18 28.11	27.93 26.91	
3 Lane Leader-CE	A	1:52.39
1) Noades, Kiara J 22	2) De Jongh, Grace 17	
3) Lombard, Jana 16	4) Nieuwstad, Michelle 29	
27.81 28.70	28.31 27.57	
4 Aquasharks Winel-CE	A	1:56.53
1) Theron, Jady 16	2) Viljoen, Jo-Ell 17	
3) Botha, Lara E 17	4) Prinsloo, Mila 16	
29.64 29.65	28.74 28.50	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 314 Women 4x50 LC Meter Freestyle Relay)**

Team	Relay	Finals Time
5 Tygers-CP	A	1:58.93
1) Rossouw, Nadia 17	2) Ryser, Aurora 16	
3) Glover, Erin K 15	4) Uys, Tara 18	
29.34 29.64	30.83 29.12	
6 Lane Leader-CE	B	1:59.25
1) De Roubaix, Maric M 16	2) King, Mischa 18	
3) Beetge, Amy 16	4) De Villiers, Lezanne 19	
30.38 30.18	29.90 28.79	
7 Blouberg Marlins-CP	A	2:00.02
1) Kotzè, Tamsyn G 16	2) Venter, Liya E 18	
3) Daniels, Sara H 17	4) Watson, Caitlin C 16	
30.87 30.08	29.65 29.42	
8 SSISA-CP	A	2:00.88
1) Labuschagne, Michaela 16	2) Ward, Tanith A 17	
3) Franks, Madison M 16	4) Vickers, Sophie 16	
30.77 30.34	30.23 29.54	
9 Curro-WC	A	2:03.07
1) Havenga, Skyla K 17	2) Juries, Sam C 14	
3) Basson, Lenè 12	4) Novello, Utah 17	
29.54 32.09	31.51 29.93	
10 GSA-CP	A	2:05.06
1) Laubscher, Maya R 16	2) Vd Merwe, Simone 16	
3) Laubscher, Mikalla I 13	4) Vd Merwe, Mia 14	
29.78 32.76	31.01 31.51	

**Event 315 Men 4x50 LC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	1:37.43
1) Luck, Taylor R 18	2) Etzold, Peter S 18	
3) Swarts, Keeno A 18	4) Field, Luke D 17	
23.22 23.83	25.17 25.21	
2 Lane Leader-CE	A	1:38.34
1) Moncherry, Adam J 25	2) Malherbe, Nicholas N 17	
3) Clarke, Liam 16	4) Van Heerden, Stefan F 17	
24.23 25.66	24.90 23.55	
3 Tygers-CP	A	1:38.99
1) Esterhuysen, Joshua N 16	2) Hopkins, Tim 18	
3) West, Gabriel 19	4) Boshoff, Juan C 18	
24.10 24.53	24.91 25.45	
4 SSISA-CP	A	1:40.93
1) Kleinhans, Kyle 17	2) Du Preez, Shaun 16	
3) Oosthuizen, Nic D 21	4) Webb, Corey 20	
26.05 25.30	25.10 24.48	
5 Aqua Sharks-CP	A	1:42.32
1) Basson, Wilan 17	2) Boonzaier, Jannie R 17	
3) Abrahams, Matthew N 24	4) Van Wyk, Wesley R 17	
25.43 25.66	25.63 25.60	
6 Lane Leader-CE	B	1:43.73
1) Geysler, Jacques M 16	2) Uys, Keegan 16	
3) Barnard, Rohan C 19	4) Forbes, Nicholas J 17	
25.95 25.69	26.07 26.02	
7 Marlin-CP	A	1:43.99
1) Alexander, Ammaar 16	2) Anthony, Ammar 20	
3) Mia, Sirhaan 17	4) Omar, Ilyaas I 17	
25.66 26.95	25.84 25.54	
8 Cybersmart-CP	A	1:44.56
1) Davidtsz, Colin 16	2) Dos-Santos, Andrei 15	
3) Cavallaro, Federico F 18	4) Coetzer, Milan J 16	
25.70 25.85	27.38 25.63	

9 Swartland Aquati-WC	A	1:44.96
1) Foot, Aiden C 17	2) Orchard, Thomas J 16	
3) Hewitt-Smook, Kristian 15	4) Burger, Schalk S 18	
26.07 26.06	26.86 25.97	
10 Tygers-CP	B	1:45.18
1) Van Vondel, Anton J 16	2) Wright, Keegan 17	
3) Bester, Eben 16	4) McWilliam, Benn D 17	
26.27 26.10	26.92 25.89	
11 GSA-CP	A	1:45.79
1) Van Wyk, Wayne E 15	2) Kleynhans, Ian 16	
3) Levey, Chad 17	4) Van Helden, Ethan C 15	
26.38 26.38	25.93 27.10	
12 Blouberg Marlins-CP	A	1:45.84
1) Rohner, Jayden M 16	2) Myburgh, Jordan 18	
3) Karsten, Jody 16	4) Van Reenen, Ryan 24	
27.08 25.67	27.11 25.98	
13 Fish Eagle-ED	A	1:46.47
1) DE Bruyn, Flippie J 17	2) Vorster, Josua A 18	
3) Lehnberg, Malan 17	4) Van Greunen, Renier 17	
27.32 27.48	26.46 25.21	
14 Players-CE	A	1:47.39
1) Engelbrecht, Ruben J 16	2) Breet, Dawie-Louw L 16	
3) Saayman, Dehan 15	4) Swart, Niklis 18	
26.50 27.98	27.04 25.87	
15 Swimlab-CP	A	1:47.76
1) Wolson, Daniel A 16	2) Zellie, Thomas J 16	
3) Smit, MJ M 15	4) Barge, Zac 14	
26.39 27.44	26.43 27.50	
16 Aquasharks Winel-CE	A	1:49.76
1) Viljoen, Stèphen 17	2) Schreuder, Steffen 15	
3) Vermeulen, Hanco 14	4) Hugo, Retief R 17	
26.29 28.26	28.85 26.36	

**Event 400 Boys 11 & Under 200 LC Meter Breaststroke**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 van Rensburg, Tristan	11	GSA-CP	3:15.67
46.40 50.79	49.56 48.92		
2 Schaefer, Daniel C	11	Players-CE	3:18.26
44.67 50.91	51.59 51.09		
3 Bright, Michael C	11	Curro Aquatics-CP	3:21.07
46.38 52.37	52.51 49.81		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	3:21.14
45.35 51.88	53.27 50.64		
5 Baadjies, Cruden H	11	Paarl Aquarius-CE	3:24.20
48.25 52.87	52.59 50.49		
6 Poultney, Matthew	10	Swimlab-CP	3:25.54
48.54 52.59	1:44.41		
7 Fenner, Jenson V	11	Players-CE	3:27.94
46.41 52.80	55.22 53.51		
8 Kruger, Zachary C	11	Swartland Aquati-WC	3:38.67
49.31 56.46	56.78 56.12		

**Event 400 Boys 11 & Under 200 LC Meter Breaststroke**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 van Rensburg, Tristan	11	GSA-CP	3:19.81
47.11 52.45	51.32 48.93		
2 Poultney, Matthew	10	Swimlab-CP	3:23.78
46.79 53.12	53.24 50.63		
3 Schaefer, Daniel C	11	Players-CE	3:26.73
46.02 54.18	52.97 53.56		

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Preliminaries ... (Event 400 Boys 11 & Under 200 LC Meter Breaststroke)				
Name	Age	Team	Prelim Time	
4 Bright, Michael C	11	Curro Aquatics-CP	3:28.05	
46.88	54.11	53.84	53.22	
5 Baadjies, Cruden H	11	Paarl Aquarius-CE	3:29.85	
50.61	53.73	55.67	49.84	
6 Pautz, Benjamin R	11	Blouberg Marlins-CP	3:30.89	
46.72	53.49	55.48	55.20	
7 Fenner, Jenson V	11	Players-CE	3:33.42	
47.99	54.28	56.61	54.54	
8 Kruger, Zachary C	11	Swartland Aquati-WC	3:34.52	
48.44	56.51	55.89	53.68	
9 Lategan, Wessel W	11	Swartland Aquati-WC	3:34.58	
50.11	54.85	55.04	54.58	
10 February, Dillon S	11	Curro Aquatics-CP	3:34.64	
49.50	56.21	1:48.93		
11 Wagener, Tiaan H	11	Aquasharks Winel-CE	3:34.97	
49.89	54.47	56.54	54.07	
12 Fouche, Jack	11	Tygers-CP	3:40.79	
51.52	56.56	56.26	56.45	
13 Pieterse, Owen	11	GSA-CP	3:41.58	
49.51	57.06	58.73	56.28	
14 Stander, Christiaan L	11	Aquasharks Winel-CE	3:47.23	
51.01	58.93	1:00.55	56.74	

## Event 400 Boys 12-13 200 LC Meter Breaststroke

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Yeowart, Luke D	13	Greydogs-CP	2:47.48	
38.51	42.41	43.59	42.97	
2 Goussard, Henry	13	Greydogs-CP	2:51.17	
38.79	44.29	45.21	42.88	
3 Mansfield, Luke T	13	Lane Leader-CE	2:51.43	
39.16	42.30	45.54	44.43	
4 Stanfliet, Nicholas	13	Vineyard-CP	2:53.62	
40.04	44.30	44.22	45.06	
5 De Lange, Adriaan	13	Tygers-CP	2:55.03	
40.03	44.94	44.59	45.47	
6 Wagner, Noah J	13	Swimlab-CP	2:56.02	
39.34	44.82	46.19	45.67	
7 Swart, Nico N	12	Aqua Sharks-CP	2:59.89	
40.43	45.37	1:34.09		
8 Roman, Noah P	13	Aqua Dolphin-CP	3:00.25	
40.54	46.14	47.52	46.05	

## Event 400 Boys 12-13 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Mansfield, Luke T	13	Lane Leader-CE	2:51.42	
37.65	43.45	45.24	45.08	
2 Yeowart, Luke D	13	Greydogs-CP	2:51.98	
39.71	43.72	44.32	44.23	
3 Goussard, Henry	13	Greydogs-CP	2:53.26	
38.49	44.67	44.77	45.33	
4 Stanfliet, Nicholas	13	Vineyard-CP	2:54.52	
39.66	44.68	44.68	45.50	
5 Wagner, Noah J	13	Swimlab-CP	2:59.05	
40.54	46.19	46.72	45.60	
6 Wing, James L	13	Greydogs-CP	3:00.87	
41.75	46.85	48.15	44.12	

7 Roman, Noah P	13	Aqua Dolphin-CP	3:04.47	
42.98	47.46	48.01	46.02	
8 Swart, Nico N	12	Aqua Sharks-CP	3:04.48	
42.17	46.85	46.99	48.47	
9 De Lange, Adriaan	13	Tygers-CP	3:05.19	
42.05	48.02	48.30	46.82	
10 Loots, Noah C	12	Aqua Sharks-CP	3:08.68	
41.27	48.84	50.06	48.51	
11 Verbeek, Pierre O	12	Curro Aquatics-CP	3:11.21	
43.26	48.70	50.67	48.58	
12 Faulkner, Callum E	12	Blouberg Marlins-CP	3:11.37	
43.94	49.49	49.22	48.72	
13 Kent, Tyler	13	Blouberg Marlins-CP	3:13.78	
41.75	48.79	52.39	50.85	
14 Mkavea, Tasu	13	Uwc-CP	3:14.29	
43.26	50.44	51.09	49.50	
15 Van Wyk, Jack R	12	Curro Aquatics-CP	3:14.39	
42.70	50.22	50.76	50.71	
16 Van Vondel, Roland	12	Tygers-CP	3:22.27	
47.80	54.57	50.95	48.95	
17 Mouton, Jean A	13	Curro Aquatics-CP	3:24.23	
46.20	51.77	53.04	53.22	
18 Immelman, Max B	13	Greydogs-CP	3:24.73	
45.77	53.13	55.42	50.41	
19 Parr, Colbyn S	12	Knysna Aquatics-ED	3:28.15	
46.04	53.99	55.08	53.04	
20 Krause, Luke	13	Curro Aquatics-CP	3:28.86	
47.16	54.34	54.81	52.55	
21 Conradie, Niel	13	Quick Silver-CP	3:30.68	
46.30	53.82	55.16	55.40	
22 Pearson-Adams, Wolfe D	13	Swimlab-CP	3:38.32	
47.71	57.65	57.41	55.55	
23 Troskie, Jean	12	Quick Silver-CP	3:44.89	
48.43	57.89	58.41	1:00.16	

## Event 400 Men 14-15 200 LC Meter Breaststroke

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Williams, Jayden J	14	Paarl Aquarius-CE	2:36.32	
34.72	39.74	41.77	40.09	
2 Southworth, Matthew W	15	Cybersmart-CP	2:41.20	
35.00	41.05	43.10	42.05	
3 Yiorakas, Yorgos	14	BLOT-MA	2:42.05	
36.72	41.07	42.96	41.30	
4 Daniels, Adam M	14	ELEC-TS	2:42.51	
35.99	41.10	42.50	42.92	
5 Terblanche, Luan L	15	Tygers-CP	2:45.22	
37.57	41.91	42.93	42.81	
6 February, Gerard G	14	Curro Aquatics-CP	2:45.61	
35.74	41.15	43.50	45.22	
7 Theron, Luca D	15	Vineyard-CP	2:45.62	
35.92	41.02	43.25	45.43	
8 Burger, Rosseau	14	Lane Leader-CE	2:46.76	
37.26	42.90	43.83	42.77	

## Event 400 Men 14-15 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Williams, Jayden J	14	Paarl Aquarius-CE	2:40.20	
35.60	40.72	42.72	41.16	

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## Results

**Preliminaries ... (Event 400 Men 14-15 200 LC Meter Breaststroke)**

Name	Age	Team	Prelim Time	
2 Southworth, Matthew W	15	Cybersmart-CP	2:44.62	
			35.39	41.48
			43.15	44.60
3 Theron, Luca D	15	Vineyard-CP	2:44.98	
			37.40	43.01
			43.34	41.23
4 Yiorkas, Yiorgos	14	BLOT-MA	2:45.40	
			37.01	41.83
			43.62	42.94
5 Torbochkin, David S	14	Aqua Sharks-CP	2:45.68	
			39.41	42.65
			43.58	40.04
6 Terblanche, Luan L	15	Tygers-CP	2:46.26	
			37.79	42.60
			43.45	42.42
7 Daniels, Adam M	14	ELEC-TS	2:46.88	
			37.90	42.02
			42.99	43.97
8 Burger, Rosseau	14	Lane Leader-CE	2:47.86	
			37.19	42.87
			44.42	43.38
9 February, Gerard G	14	Curro Aquatics-CP	2:49.56	
			37.94	42.46
			44.26	44.90
10 Vermeulen, Hanco	14	Aquasharks Winel-CE	2:51.44	
			40.31	44.43
			44.51	42.19
11 Sirin, Ben	14	Vineyard-CP	2:51.72	
			39.24	43.89
			44.40	44.19
12 Pautz, Nathan M	15	Blouberg Marlins-CP	2:51.92	
			38.63	44.11
			44.59	44.59
13 Kinnear, Connor	15	Tygers-CP	2:52.00	
			38.03	43.67
			44.57	45.73
14 Gilbert, Andrew A	14	Swimlab-CP	2:52.20	
			38.15	43.95
			46.10	44.00
15 Van Helden, Ethan C	15	GSA-CP	2:55.26	
			40.28	44.86
			44.73	45.39
16 Myburgh, Ruan	15	Blouberg Marlins-CP	2:55.97	
			39.14	45.29
			46.68	44.86
17 Simpson, Jesse	15	Vineyard-CP	2:56.49	
			39.37	45.33
			45.84	45.95
18 Galochkin, Max	15	Aqua Sharks-CP	2:57.43	
			40.42	45.25
			47.25	44.51
19 Haupt, Rhys A	14	Vineyard-CP	3:00.39	
			41.19	46.36
			47.55	45.29
20 Linscott, Josh C	15	Manta-CP	3:02.72	
			42.07	46.05
			1:34.60	
21 Spencer, Charles A	14	Vineyard-CP	3:06.89	
			39.57	48.85
			49.90	48.57
22 De Bruyn, Cornè C	14	Aqua Sharks-CP	3:10.22	
			42.93	49.48
			49.69	48.12
--- Moolman, Carter S	15	Manta-CP	DQ 3:02.86	
			At the turn or finish did not touch with both hands simultaneously/separat	
			40.98	46.48
			47.90	47.50

**Event 400 Men 16 & Over 200 LC Meter Breaststroke**

Name	Age	Team	Finals Time	
1 Etzold, Peter S	18	Vineyard-CP	2:17.04	
			30.93	34.90
			35.29	35.92
2 Clayton, Franco P	17	Lane Leader-CE	2:23.44	
			32.35	36.68
			37.28	37.13
3 Hugo, Retief R	17	Aquasharks Winel-CE	2:33.12	
			33.40	37.90
			40.02	41.80
4 Malherbe, Nicholas N	17	Lane Leader-CE	2:36.42	
			34.92	40.10
			40.52	40.88
5 Field, Luke D	17	Vineyard-CP	2:37.58	
			33.91	39.43
			42.01	42.23

6 Bester, Francois A	16	Quicksilver Wine-CE	2:37.81	
			34.77	40.27
			41.65	41.12
7 Nelson, Christopher A	16	Lane Leader-CE	2:38.03	
			35.32	40.63
			41.52	40.56
8 Van Greunen, Renier	17	Fish Eagle-ED	2:41.72	
			34.44	39.58
			43.45	44.25
9 Hartman, Timothy J	17	SSISA-CP	2:42.47	
			37.14	42.08
			42.06	41.19
10 Amos, Tyla L	20	Tuks-TS	2:44.15	
			34.97	40.77
			43.94	44.47
11 McWilliam, Troy J	16	Tygers-CP	2:45.84	
			38.45	43.52
			42.88	40.99
12 Omar, Ilyas I	17	Marlin-CP	2:47.94	
			36.36	43.62
			44.06	43.90
13 Karsten, Jody	16	Blouberg Marlins-CP	2:51.88	
			37.77	43.83
			44.87	45.41
14 Lehnberg, Malan	17	Fish Eagle-ED	2:52.89	
			37.12	43.69
			45.61	46.47
15 Bester, Eben	16	Tygers-CP	2:56.39	
			37.42	44.89
			46.37	47.71
--- Zellie, Thomas J	16	Swimlab-CP	DQ 2:56.80	
			Executed more than one butterfly kick at the start or turn	
			39.24	44.91
			46.56	46.09

**Event 400 Men 16 & Over 200 LC Meter Breaststroke**

Name	Age	Team	Prelim Time	
1 Etzold, Peter S	18	Vineyard-CP	2:26.35	
			33.52	37.79
			37.90	37.14
2 Clayton, Franco P	17	Lane Leader-CE	2:26.61	
			32.87	36.94
			37.78	39.02
3 Hugo, Retief R	17	Aquasharks Winel-CE	2:36.65	
			35.04	38.88
			40.89	41.84
4 Field, Luke D	17	Vineyard-CP	2:38.05	
			34.88	40.60
			42.22	40.35
5 Van Greunen, Renier	17	Fish Eagle-ED	2:38.15	
			34.85	40.82
			42.51	39.97
6 Bester, Francois A	16	Quicksilver Wine-CE	2:38.98	
			35.50	40.37
			41.63	41.48
7 Malherbe, Nicholas N	17	Lane Leader-CE	2:39.65	
			36.76	40.66
			41.30	40.93
8 Nelson, Christopher A	16	Lane Leader-CE	2:41.12	
			35.54	41.45
			42.53	41.60
9 Hartman, Timothy J	17	SSISA-CP	2:47.41	
			36.38	41.68
			1:29.35	
10 Amos, Tyla L	20	Tuks-TS	2:48.46	
			35.65	42.39
			44.60	45.82
11 McWilliam, Troy J	16	Tygers-CP	2:50.82	
			39.61	44.28
			43.91	43.02
12 Omar, Ilyas I	17	Marlin-CP	2:53.08	
			37.70	45.08
			45.47	44.83
13 Karsten, Jody	16	Blouberg Marlins-CP	2:53.66	
			38.66	44.91
			45.41	44.68
14 Lehnberg, Malan	17	Fish Eagle-ED	2:54.70	
			37.19	43.10
			46.05	48.36
15 Zellie, Thomas J	16	Swimlab-CP	2:55.24	
			38.94	44.25
			46.03	46.02
16 Bester, Eben	16	Tygers-CP	2:56.80	
			37.62	44.72
			48.29	46.17
17 Smith, Damian G	19	Fish Eagle-ED	2:57.65	
			38.97	44.40
			47.27	47.01

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 400 Men 16 &amp; Over 200 LC Meter Breaststroke)

Name	Age	Team	Prelim Time	
18 Vorster, Josua A	18	Fish Eagle-ED	2:58.31	
	38.06	45.04	45.96	49.25
19 Hendricks, Joshua	16	Lane Leader-CE	2:58.68	
	34.47	44.94	49.39	49.88
20 Abrahams, Wasfi	17	Marlin-CP	2:58.81	
	38.76	43.13	47.53	49.39
21 Anthony, Ammar	20	Marlin-CP	2:59.57	
	38.07	45.43	48.29	47.78
22 Möller, FC C	16	Tygers-CP	3:01.55	
	40.30	46.66	47.84	46.75
23 DE Bruyn, Flippie J	17	Fish Eagle-ED	3:03.60	
	38.94	45.80	47.87	50.99

## Event 401 Girls 11 &amp; Under 200 LC Meter Breaststroke

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Horn, Anna	11	Xcel Swim Academ-CP	3:09.79	
	44.86	49.59	48.96	46.38
2 Joyce, Jenna	11	Curro Aquatics-CP	3:10.03	
	42.82	48.51	50.64	48.06
3 du Plessis, Evie	11	BLOT-MA	3:16.52	
	44.88	51.53	50.23	49.88
4 Dimatellis, Zoi	11	ROA-ED	3:19.31	
	45.77	51.51	52.19	49.84
5 Stilwaney, Mia C	11	Paarl Aquarius-CE	3:19.39	
	44.69	50.17	53.41	51.12
6 Charles, Tyla	11	Vineyard-CP	3:21.92	
	46.19	51.98	52.92	50.83
7 Olivier, Julie M	11	Tygers-CP	3:34.67	
	49.73	54.79	56.65	53.50
--- Retief, Jane	11	Lane Leader-CE	DQ 3:26.03	
Executed more than one butterfly kick at the start or turn				
	44.69	52.99	54.33	54.02

## Event 401 Girls 11 &amp; Under 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 du Plessis, Evie	11	BLOT-MA	3:18.46	
	44.57	52.35	51.15	50.39
2 Horn, Anna	11	Xcel Swim Academ-CP	3:18.56	
	46.82	52.69	49.70	49.35
3 Dimatellis, Zoi	11	ROA-ED	3:19.02	
	45.75	50.86	52.25	50.16
4 Joyce, Jenna	11	Curro Aquatics-CP	3:23.35	
	44.80	52.89	52.86	52.80
5 Charles, Tyla	11	Vineyard-CP	3:25.07	
	46.99	53.12	53.94	51.02
6 Stilwaney, Mia C	11	Paarl Aquarius-CE	3:29.08	
	47.41	54.16	55.15	52.36
7 Retief, Jane	11	Lane Leader-CE	3:31.60	
	48.70	54.11	55.25	53.54
8 Olivier, Julie M	11	Tygers-CP	3:39.10	
	48.91	55.72	57.55	56.92

## Event 401 Girls 12-13 200 LC Meter Breaststroke

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Evans, Caitlin N	13	Tygers-CP	2:48.83	
	38.38	42.80	44.08	43.57

2 Gerber, Simonè M	13	Greydogs-CP	3:00.85	
	40.29	46.76	48.15	45.65
3 Ahmed, Ayla	12	Swimlab-CP	3:03.50	
	41.79	47.52	49.28	44.91
4 du Plessis, Summer	13	BLOT-MA	3:04.04	
	41.27	47.30	48.16	47.31
5 Nilsson, Rebecca B	12	Tygers-CP	3:09.08	
	42.02	47.41	49.64	50.01
6 Dreyer, Arne'	13	Stellenbosch Aqu-CE	3:10.67	
	42.14	49.02	49.91	49.60
7 Magotsi, Riziki A	13	Vineyard-CP	3:12.99	
	44.60	49.23	49.91	49.25
8 Van Der Wath, Izi	13	Knysna Aquatics-ED	3:13.29	
	43.97	49.42	49.82	50.08

## Event 401 Girls 12-13 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Evans, Caitlin N	13	Tygers-CP	2:49.83	
	38.55	43.95	43.30	44.03
2 du Plessis, Summer	13	BLOT-MA	3:03.78	
	41.16	47.12	47.87	47.63
3 Gerber, Simonè M	13	Greydogs-CP	3:05.97	
	42.38	48.22	50.43	44.94
4 Ahmed, Ayla	12	Swimlab-CP	3:06.88	
	43.36	47.44	50.46	45.62
5 Nilsson, Rebecca B	12	Tygers-CP	3:10.49	
	42.87	47.96	49.88	49.78
6 Van Der Wath, Izi	13	Knysna Aquatics-ED	3:12.49	
	43.90	49.01	51.17	48.41
7 Magotsi, Riziki A	13	Vineyard-CP	3:16.16	
	45.11	50.02	50.05	50.98
8 Dreyer, Arne'	13	Stellenbosch Aqu-CE	3:16.58	
	44.81	51.80	50.94	49.03
9 Grütter, Arabelle	13	ROA-ED	3:17.32	
	43.90	49.20	51.74	52.48
10 Lorenzen, Ava E	12	Blouberg Marlins-CP	3:18.21	
	44.79	49.63	52.42	51.37
11 Baillie, Gabi J	13	ROA-ED	3:18.51	
	45.53	50.32	51.54	51.12
12 Fury, Amelia J	12	Vineyard-CP	3:18.89	
	43.31	50.87	53.14	51.57
13 Grobler, Zané	13	ROA-ED	3:19.33	
	46.30	50.06	52.11	50.86
14 Dos-Santos, Ekaterina E	13	Aqua Sharks-CP	3:20.91	
	48.00	51.72	1:41.19	
15 Barnard, Adelmari D	13	Swartland Aquati-WC	3:20.98	
	45.64	52.05	52.51	50.78
16 Botha, Chelsea	13	Curro Aquatics-CP	3:28.87	
	46.19	52.82	53.92	55.94
17 Steenkamp, Ella	12	Vineyard-CP	3:39.97	
	49.10	56.34	58.31	56.22
<b>Event 401 Women 14-15 200 LC Meter Breaststroke</b>				
Name	Age	Team	Finals Time	
<b>Finals</b>				
1 du Plessis, Madison	15	BLOT-MA	2:48.91	
	38.68	42.90	44.01	43.32
2 Vd Wal, Mieke	15	Curro Aquatics-CP	2:51.97	
	39.69	44.36	44.82	43.10



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 401 Women 14-15 200 LC Meter Breaststroke)

Name	Age	Team	Finals Time
3 Newton, Ava L	14	Curro Aquatics-CP	2:54.75
39.53	44.39	45.24 45.59	
4 Gerber, Mia	15	Lane Leader-CE	2:55.02
39.73	44.48	45.61 45.20	
5 Combrink, Amy	14	Vineyard-CP	2:59.93
40.32	44.97	45.77 48.87	
6 Coleman, Madison	14	Blouberg Marlins-CP	3:00.52
40.69	45.64	47.06 47.13	
7 Morris, Jenna	14	Vineyard-CP	3:00.62
40.52	45.54	46.47 48.09	
8 Borman, Jani	15	Swartland Aquati-WC	3:02.09
40.51	45.91	48.46 47.21	

## Event 401 Women 14-15 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 du Plessis, Madison	15	BLOT-MA	2:47.89
38.20	42.40	43.32 43.97	
2 Vd Wal, Mieke	15	Curro Aquatics-CP	2:54.89
38.68	44.95	47.10 44.16	
3 Gerber, Mia	15	Lane Leader-CE	2:58.14
40.49	45.18	45.92 46.55	
4 Borman, Jani	15	Swartland Aquati-WC	3:01.77
40.13	46.44	47.61 47.59	
5 Morris, Jenna	14	Vineyard-CP	3:02.16
40.91	45.42	47.80 48.03	
6 Newton, Ava L	14	Curro Aquatics-CP	3:02.73
41.32	46.62	47.47 47.32	
7 Coleman, Madison	14	Blouberg Marlins-CP	3:03.19
40.97	47.44	47.55 47.23	
8 Combrink, Amy	14	Vineyard-CP	3:03.50
40.87	46.13	47.03 49.47	
9 Schreuder, Hannah G	15	Swimlab-CP	3:03.55
40.34	45.97	49.34 47.90	
10 Hahn, Kayleigh K	14	ROA-ED	3:06.77
42.13	47.29	48.23 49.12	
11 Geyser, Almi	14	Lane Leader-CE	3:11.03
43.45	48.32	49.51 49.75	
12 Visser, Sandri	14	Players-CE	3:11.41
43.01	47.96	49.73 50.71	
13 Lategan, Emma M	15	Curro Aquatics-CP	3:17.97
44.01	51.39	51.32 51.25	

## Event 401 Women 16 &amp; Over 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Meier, Marné	24	Curro Aquatics-CP	2:45.99
36.32	41.26	43.88 44.53	
2 Fury, Rebecca G	16	Vineyard-CP	2:55.02
38.95	44.93	46.55 44.59	
3 Laubscher, Maya R	16	GSA-CP	2:57.31
42.17	45.13	46.67 43.34	
4 Hugo, Anika S	17	Quicksilver Wine-CE	2:59.36
40.19	45.54	47.22 46.41	
5 Herbst, Mienke	17	SSISA-CP	3:02.27
41.52	46.40	46.97 47.38	
6 Witten, Hannah	16	Aqua Dolphin-CP	3:03.44
43.09	46.45	46.84 47.06	

7 Novello, Utah	17	Curro-WC	3:03.55
41.04	46.30	48.63 47.58	
8 Sabbagha, Annè	17	Paarl Aquarius-CE	3:06.43
40.26	48.00	49.50 48.67	

## Event 401 Women 16 &amp; Over 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Meier, Marné	24	Curro Aquatics-CP	2:49.31
38.04	42.60	43.94 44.73	
2 Fury, Rebecca G	16	Vineyard-CP	2:53.16
38.66	43.64	45.00 45.86	
3 Hugo, Anika S	17	Quicksilver Wine-CE	2:59.16
40.11	45.17	47.01 46.87	
4 Laubscher, Maya R	16	GSA-CP	2:59.20
42.76	45.49	46.77 44.18	
5 Olivier, Shani	16	The Well-CE	3:01.53
40.40	45.97	47.66 47.50	
6 Witten, Hannah	16	Aqua Dolphin-CP	3:03.53
42.57	45.73	46.48 48.75	
7 Herbst, Mienke	17	SSISA-CP	3:04.17
41.86	46.72	48.04 47.55	
8 Sabbagha, Annè	17	Paarl Aquarius-CE	3:05.58
39.92	46.53	49.80 49.33	
9 Novello, Utah	17	Curro-WC	3:09.07
41.22	47.69	49.82 50.34	
10 Havenga, Skyla K	17	Curro-WC	3:09.84
41.21	47.68	49.87 51.08	

## Event 402 Boys 11 &amp; Under 50 LC Meter Backstroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hahn, Kyle	11	ROA-ED	34.07
2 Bright, Michael C	11	Curro Aquatics-CP	34.90
3 Mallin, Lukas	9	Swimlab-CP	36.30
4 February, Dillon S	11	Curro Aquatics-CP	36.63
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	36.67
6 Vd Watt, Earle	11	GSA-CP	37.33
7 Van Onselen, Pierre S	10	Tygers-CP	37.59
8 Wessels, Hendrè	11	Agulhas-OB	41.48

## Event 402 Boys 11 &amp; Under 50 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hahn, Kyle	11	ROA-ED	34.11
2 Bright, Michael C	11	Curro Aquatics-CP	35.77
3 February, Dillon S	11	Curro Aquatics-CP	37.38
4 Mallin, Lukas	9	Swimlab-CP	37.84
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	37.95
6 Van Onselen, Pierre S	10	Tygers-CP	38.11
7 Vd Watt, Earle	11	GSA-CP	38.29
8 Wessels, Hendrè	11	Agulhas-OB	38.78
9 Poultney, Matthew	10	Swimlab-CP	38.87
10 Boshoff, Mickayle C	11	Knysna Aquatics-ED	39.03
11 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	39.09
12 Goodall, Aaron	11	Aqua Sharks-CP	39.19
13 Schreve, Lehan	11	Swartland Aquati-WC	39.45
14 Viljoen, Jagger F	10	Aqua Sharks-CP	39.60
15 King, Aidan J	11	GSA-CP	40.09
16 Lewis, Amaru C	11	Paarl Aquarius-CE	40.27
17 Bosch, Ewan Y	11	Tygers-CP	40.71

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 402 Boys 11 & Under 50 LC Meter Backstroke)**

Name	Age	Team	Prelim Time
18 Naude, AJ J	11	Agulhas-OB	40.85
19 Visagie, Dian	11	Swartland Aquati-WC	41.49
20 Leitner, Zachary M	10	AQUA	41.58
21 Basson, Henk	11	Lane Leader-CE	43.00
22 Gerber, Luke M	10	Curro Aquatics-CP	43.04
23 Fouche, Jack	11	Tygers-CP	43.09
24 Pieterse, Owen	11	GSA-CP	43.35
25 Baadjies, Cruden H	11	Paarl Aquarius-CE	44.91

**Event 402 Boys 12-13 50 LC Meter Backstroke**

Name	Age	Team	Finals Time
1 De Lange, Adriaan	13	Tygers-CP	30.07
2 Gilmour, Connor A	13	Silver Fins-CP	31.10
3 Fernold, AJ	13	ROA-ED	31.11
4 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	31.56
5 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	32.44
6 Williams, Logan	13	Vineyard-CP	32.54
7 Nel, Max	13	ROA-ED	32.84
8 Stanfliet, Nicholas	13	Vineyard-CP	33.34

**Event 402 Boys 12-13 50 LC Meter Backstroke**

Name	Age	Team	Prelim Time
1 De Lange, Adriaan	13	Tygers-CP	30.19
2 Fernold, AJ	13	ROA-ED	31.45
3 Gilmour, Connor A	13	Silver Fins-CP	31.81
4 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	32.65
5 Williams, Logan	13	Vineyard-CP	33.01
6 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	33.10
7 Stanfliet, Nicholas	13	Vineyard-CP	33.39
8 Nel, Max	13	ROA-ED	33.42
9 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	33.82
10 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	34.13
11 Yeowart, Seth W	13	Greydogs-CP	34.18
12 Bouwer, Jason	13	Tygers-CP	34.33
13 Verbeek, Pierre O	12	Curro Aquatics-CP	34.47
14 Willenburg, Elijah K	13	Silver Fins-CP	34.58
*15 Du Plessis, Jason F	13	Curro-WC	34.61
*15 Matthee, Burger P	12	Agulhas-OB	34.61
17 van Wyk, Tariq K	13	Barracudas-CP	35.10
18 Grobler, Reuben C	13	Players-CE	35.19
19 Benecke, Delmar	12	Vineyard-CP	35.38
20 Mkavea, Tasu	13	Uwc-CP	35.41
21 Cavallaro, Michele R	13	Cybersmart-CP	36.28
22 Rheeder, Liam M	13	Paarl Aquarius-CE	36.36
23 Hekandjo, Kabi A	13	AQUA	36.56
24 Coleman, Travis	12	Blouberg Marlins-CP	36.66
25 Smit, Reynard-Gray	12	Silver Fins-CP	36.67
26 Parr, Colbyn S	12	Knysna Aquatics-ED	36.79
27 Hodge, Cameron P	13	Lane Leader-CE	37.13
28 Trower, Michael	12	Tygers-CP	37.15
29 Van Vondel, Roland	12	Tygers-CP	37.30
30 Nell, Liam	12	Vineyard-CP	37.49
31 Van Zyl, Daniël R	12	Tygers-CP	37.61
32 Slabber, Ruhann	13	Curro Aquatics-CP	37.82
33 Bergh, Riley R	12	AQUA	37.88
34 Troskie, Roean	12	Quick Silver-CP	38.01
35 Muller, Lukas D	12	Quick Silver-CP	38.48

36 Spencer, Marcus W	12	Vineyard-CP	38.73
37 Faulkner, Callum E	12	Blouberg Marlins-CP	39.30
38 Kent, Tyler	13	Blouberg Marlins-CP	41.54

**Event 402 Men 14-15 50 LC Meter Backstroke**

Name	Age	Team	Finals Time
1 Kotze, Eric B	14	Stellenbosch Aqu-CE	28.41
2 Pretorius, Luuk E	15	Knysna Aquatics-ED	28.53
3 Esterhuizen, Lorenzo E	14	AQUA	29.08
4 Trower, Nic T	14	Tygers-CP	29.26
5 Strydom, Conrad M	15	Quick Silver-CP	29.40
6 Bestel, Luc M	14	Vineyard-CP	30.00
7 Lottering, Seb C	15	ROA-ED	30.19
8 Sirin, Ben	14	Vineyard-CP	30.74

**Event 402 Men 14-15 50 LC Meter Backstroke**

Name	Age	Team	Prelim Time
*1 Kotze, Eric B	14	Stellenbosch Aqu-CE	28.80
*1 Pretorius, Luuk E	15	Knysna Aquatics-ED	28.80
3 Esterhuizen, Lorenzo E	14	AQUA	29.40
4 Strydom, Conrad M	15	Quick Silver-CP	29.46
5 Trower, Nic T	14	Tygers-CP	29.58
6 Bestel, Luc M	14	Vineyard-CP	30.18
7 Lottering, Seb C	15	ROA-ED	30.58
8 Sirin, Ben	14	Vineyard-CP	31.13

9 Bannister, Joshua G	15	Tygers-CP	31.23
10 Walker, Yohan G	15	Vineyard-CP	31.30
11 Rayne, Leo	14	Aqua Sharks-CP	31.47
12 Smith, Sebastian N	14	Tygers-CP	31.64
13 Van Wyk, Wayne E	15	GSA-CP	31.72
14 Schultz, Heinrich W	14	Lane Leader-CE	31.77
15 Haupt, Rhys A	14	Vineyard-CP	32.06
16 Basson, Lucca N	14	Cybersmart-CP	32.25
17 Pautz, Nathan M	15	Blouberg Marlins-CP	32.26
18 February, Gerard G	14	Curro Aquatics-CP	32.42
19 Lombard, Kyle M	15	Barracudas-CP	32.73
20 Viljoen, Jaden R	15	Aqua Sharks-CP	33.20
21 Adendorff, James T	15	Tygers-CP	33.30
22 De Bruyn, Cornè C	14	Aqua Sharks-CP	33.45
*23 Lategan, Nicky N	14	Swartland Aquati-WC	33.49
*23 Myburgh, Ruan	15	Blouberg Marlins-CP	33.49
25 Beukes, Jaden L	14	Walmers-CP	33.79
26 Das Neves, Lucas P	14	Tygers-CP	33.80
27 De Jager, Nathan B	15	Aqua Sharks-CP	33.85
28 Kotzè, Max M	14	Blouberg Marlins-CP	33.94
29 Van der Watt, Alpheus J	15	Players-CE	34.09
30 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	34.10
31 Njoroge, Alphonse	14	Curro Aquatics-CP	34.22
32 Waters, Steven G	14	Lane Leader-CE	34.50
33 Moolman, Carter S	15	Manta-CP	34.81
34 Yiorkas, Yiorgos	14	BLOT-MA	35.09

**Event 402 Men 16 & Over 50 LC Meter Backstroke**

Name	Age	Team	Finals Time
1 Luck, Taylor R	18	Vineyard-CP	26.88
2 Van Vondel, Anton J	16	Tygers-CP	27.16
3 Hieckmann, Ethan H	22	Barracudas-CP	28.20
4 Webb, Corey	20	SSISA-CP	28.32

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 402 Men 16 &amp; Over 50 LC Meter Backstroke)

Name	AgeTeam	Finals Time
5 Foot, Aiden C	17 Swartland Aquati-WC	28.54
6 Coetzer, Milan J	16 Cybersmart-CP	29.03
7 Burger, Schalk S	18 Swartland Aquati-WC	29.39
8 Esterhuysen, Joshua N	16 Tygers-CP	29.42
9 Kleinhans, Kyle	17 SSISA-CP	29.62
10 Boonzaier, Jannie R	17 Aqua Sharks-CP	30.10
11 Du Preez, Shaun	16 SSISA-CP	30.56
12 Louw, Guillaume	20 Curro Aquatics-CP	30.59
13 Breet, Dawie-Louw L	16 Players-CE	30.66
14 Strydom, Stephan	18 Tygers-CP	31.15
15 Alexander, Ammaar	16 Marlin-CP	31.64
--- Forbes, Nicholas J	17 Lane Leader-CE	NS

## Event 402 Men 16 &amp; Over 50 LC Meter Backstroke

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Van Vondel, Anton J	16 Tygers-CP	27.87
2 Webb, Corey	20 SSISA-CP	28.26
3 Luck, Taylor R	18 Vineyard-CP	28.35
4 Hieckmann, Ethan H	22 Barracudas-CP	28.41
5 Foot, Aiden C	17 Swartland Aquati-WC	28.78
6 Esterhuysen, Joshua N	16 Tygers-CP	29.24
7 Coetzer, Milan J	16 Cybersmart-CP	29.39
8 Burger, Schalk S	18 Swartland Aquati-WC	29.99
9 Kleinhans, Kyle	17 SSISA-CP	30.11
10 Boonzaier, Jannie R	17 Aqua Sharks-CP	30.39
11 Louw, Guillaume	20 Curro Aquatics-CP	30.72
12 Breet, Dawie-Louw L	16 Players-CE	30.77
13 Du Preez, Shaun	16 SSISA-CP	30.86
14 Forbes, Nicholas J	17 Lane Leader-CE	30.92
15 Strydom, Stephan	18 Tygers-CP	31.10
16 Alexander, Ammaar	16 Marlin-CP	31.35
17 McPetrie, James L	16 Manta-CP	31.41
18 Hendricks, Joshua	16 Lane Leader-CE	31.49
19 Uys, Keegan	16 Lane Leader-CE	31.52
20 Lehnberg, Malan	17 Fish Eagle-ED	31.60
21 Rohner, Jayden M	16 Blouberg Marlins-CP	31.72
22 Beukes, Mateo A	18 Walmers-CP	31.79
*23 Myburgh, Jordan	18 Blouberg Marlins-CP	32.02
*23 Bester, Eben	16 Tygers-CP	32.02
25 Szapira, Saul	17 Tygers-CP	32.09
26 Gounden, Mikhael A	18 Curro-WC	32.19
27 Carr, Simeon	17 Torpedoes	33.60
28 Van Reenen, Ryan	24 Blouberg Marlins-CP	33.72
29 Vorster, Josua A	18 Fish Eagle-ED	34.59
--- Mia, Sirhaan	17 Marlin-CP	DQ 28.94

Swimmers head did not surface at or before 15 meter mark following the st

## Event 403 Girls 11 &amp; Under 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Van Dyk, Zani	11 GSA-CP	36.02
2 Dimatellis, Zoi	11 ROA-ED	36.32
3 Olivier, Julie M	11 Tygers-CP	37.77
4 Boshoff, Anja	11 Tygers-CP	37.89
5 Thirsk, Savannah	11 Tygers-CP	38.55
6 Jansen van Rensburg, Mia	11 Vineyard-CP	39.15
7 Sabbagha, Georgia	11 Paarl Aquarius-CE	40.16
8 Jantjies, Zara	11 Manta-CP	41.06

## Event 403 Girls 11 &amp; Under 50 LC Meter Backstroke

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Dimatellis, Zoi	11 ROA-ED	36.28
2 Boshoff, Anja	11 Tygers-CP	37.27
3 Van Dyk, Zani	11 GSA-CP	37.61
4 Olivier, Julie M	11 Tygers-CP	38.70
5 Thirsk, Savannah	11 Tygers-CP	39.59
6 Sabbagha, Georgia	11 Paarl Aquarius-CE	40.03
7 Jansen van Rensburg, Mia	11 Vineyard-CP	40.23
8 Jantjies, Zara	11 Manta-CP	41.04
9 Coetzee, Marli	11 GSA-CP	42.09
10 Joyce, Jenna	11 Curro Aquatics-CP	42.20
11 Billson, Amelie	11 Curro Aquatics-CP	43.54

## Event 403 Girls 12-13 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Orchard, Milan M	13 Vineyard-CP	30.94
2 Smith, Sophie	12 Vineyard-CP	33.52
3 Bayly, Arabella	12 Vineyard-CP	34.09
4 Coetzee, Liane	12 Players-CE	34.28
5 Lorenzen, Ava E	12 Blouberg Marlins-CP	34.75
6 De Villiers, Anja	12 Tygers-CP	34.82
7 Saayman, Nika D	13 Players-CE	35.74
8 Visser, Cara	13 Cybersmart-CP	35.77

## Event 403 Girls 12-13 50 LC Meter Backstroke

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Orchard, Milan M	13 Vineyard-CP	31.88
2 Smith, Sophie	12 Vineyard-CP	33.61
3 Bayly, Arabella	12 Vineyard-CP	34.39
4 Coetzee, Liane	12 Players-CE	34.47
5 Visser, Cara	13 Cybersmart-CP	35.21
6 Lorenzen, Ava E	12 Blouberg Marlins-CP	35.26
7 Saayman, Nika D	13 Players-CE	35.31
8 De Villiers, Anja	12 Tygers-CP	35.34
9 O'Carroll, Nia E	13 Stellenbosch Aqu-CE	35.63
10 Riley, Logan	13 Vineyard-CP	35.66
11 Fenner, Olivia M	12 Players-CE	35.96
12 Dreyer, Arne'	13 Stellenbosch Aqu-CE	36.21
13 Basson, Lenè	12 Curro-WC	36.28
14 Tsai-Rieb, Pei-Chi P	12 Cybersmart-CP	36.79
15 Mason, Phoebe M	13 Stellenbosch Aqu-CE	36.89
16 Messiter-Tooze, Luna S	13 Silver Fins-CP	37.07
17 Louw, Anieka	13 Curro Aquatics-CP	37.24
18 De Beer, Isabella C	12 Quicksilver Wine-CE	37.35
19 Blake, Abi E	13 Greydogs-CP	38.04
20 Nienaber, Mila J	12 Quicksilver Wine-CE	38.25
21 Samuels, Londyn	13 Paarl Aquarius-CE	38.27
22 Taljaard, Liané	13 Fish Eagle-ED	38.47
23 Groves, Philippa R	12 SSISA-CP	38.65
24 Bosman, Daizeli	13 Players-CE	38.71
*25 Swanepoel, Lulu A	12 Aqua Sharks-CP	38.80
*25 Baillie, Gabi J	13 ROA-ED	38.80
27 Botha, Chelsea	13 Curro Aquatics-CP	38.93
28 Thirsk, Madison	13 Tygers-CP	39.74
29 Barnard, Adelmari D	13 Swartland Aquati-WC	40.43
30 Sonnekus, Anya	12 Tygers-CP	40.89

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Preliminaries ... (Event 403 Girls 12-13 50 LC Meter Backstroke)**

Name	Age	Team	Prelim Time
31 Schäfer, Kyla	12	Knysna Aquatics-ED	41.48

**Event 403 Women 14-15 50 LC Meter Backstroke**

Name	Age	Team	Finals Time
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**Finals**

1 Burgess, Cassidy S	15	Vineyard-CP	29.50
2 Humphrey, Jessica	15	AQUA	30.77
3 Hebler, Lily M	14	Quicksilver Wine-CE	31.52
4 Kotze, Abigail	14	Tygers-CP	32.07
5 Cronjè, Danielle	15	Lane Leader-CE	32.31
6 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	32.94
7 Combrink, Amy	14	Vineyard-CP	33.05
8 Schmidt, Amy	15	Aquasharks Winel-CE	33.27

**Event 403 Women 14-15 50 LC Meter Backstroke**

Name	Age	Team	Prelim Time
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**Preliminaries**

1 Burgess, Cassidy S	15	Vineyard-CP	30.65
2 Humphrey, Jessica	15	AQUA	31.67
3 Hebler, Lily M	14	Quicksilver Wine-CE	32.24
4 Cronjè, Danielle	15	Lane Leader-CE	32.43
5 Kotze, Abigail	14	Tygers-CP	32.56
6 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	33.33
7 Combrink, Amy	14	Vineyard-CP	33.42
8 Schmidt, Amy	15	Aquasharks Winel-CE	33.53

9 Morris, Jenna	14	Vineyard-CP	33.87
10 Wium, Mari	14	Quicksilver Wine-CE	34.02

11 Lategan, Emma M	15	Curro Aquatics-CP	34.10
12 Trout, Sophia L	14	Vineyard-CP	34.31
13 Goebel, Zoë	15	Tygers-CP	34.39
14 Bergh, Madison S	14	AQUA	34.69
15 Newton, Ava L	14	Curro Aquatics-CP	34.83
16 Jantzen, Zianè	14	Quick Silver-CP	34.88
17 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	35.14
18 Rossouw, Emma M	14	Tygers-CP	35.35
19 Slinger, Gizelle	14	AQUA	35.67
20 Raimond, Marike M	14	Tygers-CP	35.68
21 Hayes, Kerrigan L	14	Curro Aquatics-CP	35.90
22 Vd Merwe, Mia	14	GSA-CP	36.25
23 Havemann, Bella	15	Aqua Sharks-CP	36.34
24 Coleman, Madison	14	Blouberg Marlins-CP	36.36
25 De Oliveira, Aliyah	14	Tygers-CP	36.55
26 Juries, Sam C	14	Curro-WC	36.66
27 Verbeek, Wilmien	15	Curro Aquatics-CP	36.77
28 Jagger, Ammara	15	Aqua Dolphin-CP	37.94
29 Visser, Sandri	14	Players-CE	38.55
30 Jeftha, Zara L	15	Marlin-CP	40.09

**Event 403 Women 16 & Over 50 LC Meter Backstroke**

Name	Age	Team	Finals Time
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**Finals**

1 De Villiers, Lezanne	19	Lane Leader-CE	30.12
2 De Jongh, Grace	17	Lane Leader-CE	30.42
3 De Wet, Emma M	16	Vineyard-CP	30.54
4 Uys, Tara	18	Tygers-CP	30.96
5 Du Plessis, Chanel P	16	Cybersmart-CP	31.63
6 Lombard, Jana	16	Lane Leader-CE	31.96
7 Ribeiro, Nuria A	21	Maties-CE	32.19
8 Van Niekerk, Lica	16	Players-CE	32.44

9 Michell, Emma Y	18	Lane Leader-CE	32.46
10 Ward, Tanith A	17	SSISA-CP	33.16
11 Daffarn, Eri J	19	Vineyard-CP	33.52
12 Helmand, Anieke	18	KOVS-MA	33.66
13 Meier, Marné	24	Curro Aquatics-CP	33.83
14 Cromhout, Hannah E	19	Swimlab-CP	34.09
15 Smit, Jenna	16	Curro Aquatics-CP	34.21
16 Smidt, Clío J	17	Vineyard-CP	34.24

**Event 403 Women 16 & Over 50 LC Meter Backstroke**

Name	Age	Team	Prelim Time
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**Preliminaries**

1 De Jongh, Grace	17	Lane Leader-CE	30.63
2 De Villiers, Lezanne	19	Lane Leader-CE	30.66
3 De Wet, Emma M	16	Vineyard-CP	31.06
4 Du Plessis, Chanel P	16	Cybersmart-CP	31.88
5 Uys, Tara	18	Tygers-CP	32.18
6 Ribeiro, Nuria A	21	Maties-CE	32.39
7 Lombard, Jana	16	Lane Leader-CE	32.40
8 Van Niekerk, Lica	16	Players-CE	32.79

9 Michell, Emma Y	18	Lane Leader-CE	32.83
10 Ward, Tanith A	17	SSISA-CP	33.17
11 Helmand, Anieke	18	KOVS-MA	33.20
12 Cromhout, Hannah E	19	Swimlab-CP	33.66
13 Meier, Marné	24	Curro Aquatics-CP	33.78
14 Smidt, Clío J	17	Vineyard-CP	33.88
15 Daffarn, Eri J	19	Vineyard-CP	33.95
16 Smit, Jenna	16	Curro Aquatics-CP	33.97

17 Van Huyssteen, Miette	16	Curro Hermanus-OB	33.99
18 Gennarakis, Christina	16	Curro Aquatics-CP	34.27

19 Bester, Lisa	16	The Well-CE	34.35
20 Bulose, Megan	19	Uwc-CP	34.41
21 Ryser, Aurora	16	Tygers-CP	34.55
22 Watson, Caitlin C	16	Blouberg Marlins-CP	34.81
23 Heyes, Danielle A	17	Aqua Sharks-CP	36.48
24 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	37.54
25 Vd Merwe, Simone	16	GSA-CP	38.04

**Event 404 Boys 11 & Under 200 LC Meter IM**

Name	Age	Team	Finals Time
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**Finals**

1 Hahn, Kyle	11	ROA-ED	2:42.86
35.73	41.43	47.83	37.87
2 Bright, Michael C	11	Curro Aquatics-CP	2:46.81
36.11	43.17	51.41	36.12
3 Schaefer, Daniel C	11	Players-CE	2:53.32
37.87	44.89	51.76	38.80
4 Breebaart, Joshua	11	Greydogs-CP	2:54.34
39.47	47.31	51.10	36.46
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:54.50
38.85	44.92	52.53	38.20
6 van Rensburg, Tristan	11	GSA-CP	2:56.42
40.40	47.29	50.72	38.01
7 Barnard, Theo J	11	Swartland Aquati-WC	2:59.90
37.13	46.62	56.18	39.97
8 Vd Watt, Earle	11	GSA-CP	3:00.77
38.79	45.08	55.45	41.45

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Event 404 Boys 11 &amp; Under 200 LC Meter IM

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Hahn, Kyle	11	ROA-ED	2:46.47	
	35.86	42.52	50.23	37.86
2 Bright, Michael C	11	Curro Aquatics-CP	2:48.96	
	36.20	44.39	52.23	36.14
3 Schaefer, Daniel C	11	Players-CE	2:52.88	
	37.07	43.62	52.74	39.45
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:55.92	
	38.56	45.98	53.11	38.27
5 Breebaart, Joshua	11	Greydogs-CP	2:56.67	
	38.30	46.81	53.41	38.15
6 van Rensburg, Tristan	11	GSA-CP	2:56.96	
	40.29	46.42	51.87	38.38
7 Barnard, Theo J	11	Swartland Aquati-WC	2:58.77	
	36.97	45.51	57.49	38.80
8 Vd Watt, Earle	11	GSA-CP	3:00.56	
	38.19	44.82	55.96	41.59
9 Van Onselen, Pierre S	10	Tygers-CP	3:01.91	
	39.91	47.23	53.65	41.12
10 Bosch, Ewan Y	11	Tygers-CP	3:02.19	
	36.95	46.46	57.65	41.13
11 Schreve, Lehan	11	Swartland Aquati-WC	3:02.86	
	40.06	46.45	56.25	40.10
12 Wagener, Tiaan H	11	Aquasharks Winel-CE	3:04.45	
	43.83	48.26	52.94	39.42
13 Mallin, Lukas	9	Swimlab-CP	3:04.52	
	40.23	46.82	56.16	41.31
14 Kruger, Zachary C	11	Swartland Aquati-WC	3:05.44	
	41.70	47.87	55.69	40.18
15 February, Dillon S	11	Curro Aquatics-CP	3:06.48	
	43.14	46.14	55.87	41.33
16 Boshoff, Mickayle C	11	Knysna Aquatics-ED	3:10.34	
	42.89	49.38	1:00.01	38.06
17 Visagie, Dian	11	Swartland Aquati-WC	3:12.55	
	45.75	47.29	55.61	43.90
18 Coolen, Nicolas D	11	Stellenbosch Aqu-CE	3:13.82	
	39.97	51.86	57.40	44.59
19 Mccollum, Aiden I	11	Aqua Dolphin-CP	3:18.65	
	41.35	53.52	1:00.65	43.13
20 Goodall, Aaron	11	Aqua Sharks-CP	3:20.82	
	41.98	47.98	1:06.71	44.15
21 Baadjies, Cruden H	11	Paarl Aquarius-CE	3:22.79	
	53.06	51.88	1:37.85	
22 Naude, AJ J	11	Agulhas-OB	3:23.03	
	50.64	45.70	1:04.04	42.65
23 Gerber, Luke M	10	Curro Aquatics-CP	3:32.13	
	48.04	49.20	1:54.89	
--- Poultney, Matthew	10	Swimlab-CP	DQ 3:09.22	
Swimmer did no touch the wall during the turn - back				
	46.10	47.25	56.43	39.44
--- Leitner, Zachary M	10	AQUA	DQ 3:22.01	
At the turn or finish did not touch with both hands simultaneously/separat				
	47.23	47.77	1:05.36	41.65

## Event 404 Boys 12-13 200 LC Meter IM

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 De Lange, Adriaan	13	Tygers-CP	2:25.35	
	31.19	35.74	44.48	33.94
2 Goussard, Henry	13	Greydogs-CP	2:31.40	
	31.99	40.24	44.76	34.41
3 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:32.92	
	32.51	39.32	46.31	34.78
4 Bouwer, Jason	13	Tygers-CP	2:34.09	
	32.80	39.36	46.32	35.61
5 Nel, Max	13	ROA-ED	2:36.67	
	33.49	39.36	47.54	36.28
6 Verbeek, Pierre O	12	Curro Aquatics-CP	2:38.59	
	34.47	40.63	48.39	35.10
7 Wagner, Noah J	13	Swimlab-CP	2:38.82	
	31.67	42.89	47.52	36.74
8 Kotzè, Arden C	13	Aquasharks Winel-CE	2:40.14	
	33.03	41.24	47.77	38.10
<b>Event 404 Boys 12-13 200 LC Meter IM</b>				
Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 De Lange, Adriaan	13	Tygers-CP	2:27.06	
	31.21	36.81	44.55	34.49
2 Goussard, Henry	13	Greydogs-CP	2:34.61	
	32.68	2:01.93		
3 Nel, Max	13	ROA-ED	2:36.45	
	33.58	39.33	47.75	35.79
4 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:36.53	
	32.95	2:03.58		
5 Bouwer, Jason	13	Tygers-CP	2:38.15	
	32.87	40.71	48.66	35.91
6 Wagner, Noah J	13	Swimlab-CP	2:38.24	
	31.18	42.64	48.47	35.95
7 Verbeek, Pierre O	12	Curro Aquatics-CP	2:39.67	
	35.46	41.77	47.85	34.59
8 Kotzè, Arden C	13	Aquasharks Winel-CE	2:39.96	
	32.87	41.26	48.33	37.50
9 Van Schaik, Luc	13	Vineyard-CP	2:40.17	
	32.54	41.44	47.93	38.26
10 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	2:40.32	
	34.42	39.66	49.88	36.36
11 Roman, Noah P	13	Aqua Dolphin-CP	2:40.60	
	34.15	45.56	1:20.89	
12 Williams, Logan	13	Vineyard-CP	2:40.65	
	33.39	41.66	50.36	35.24
13 Mansfield, Luke T	13	Lane Leader-CE	2:41.12	
	34.73	44.33	44.79	37.27
14 Oaten, Rourke	13	Cybersmart-CP	2:42.19	
	35.28	43.79	48.12	35.00
15 Cavallaro, Michele R	13	Cybersmart-CP	2:42.55	
	33.59	43.39	50.22	35.35
16 Loots, Noah C	12	Aqua Sharks-CP	2:43.69	
	33.77	44.62	48.74	36.56
17 Swart, Nico N	12	Aqua Sharks-CP	2:44.64	
	34.93	43.74	47.64	38.33
18 Wing, James L	13	Greydogs-CP	2:45.89	
	33.05	44.44	47.22	41.18

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 404 Boys 12-13 200 LC Meter IM)

Name	Age	Team	Prelim Time
19 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	2:45.94
			33.63 38.67
20 Swanepoel, Ewald	13	Fish Eagle-ED	2:48.29
			35.13 42.71 52.26 38.19
21 van Wyk, Tariq K	13	Barracudas-CP	2:49.36
			34.14 45.43 51.76 38.03
22 Hekandjo, Kabi A	13	AQUA	2:49.78
			36.88 42.07 53.06 37.77
23 Van Zyl, Daniël R	12	Tygers-CP	2:50.10
			37.14 43.06 54.54 35.36
24 Rheeder, Liam M	13	Paarl Aquarius-CE	2:50.28
			36.27 43.82 54.47 35.72
25 Boshoff, Keanu A	12	Knysna Aquatics-ED	2:50.74
			34.40 45.88 51.57 38.89
26 Mkavea, Tasu	13	Uwc-CP	2:51.77
			34.28 45.19 50.90 41.40
27 Smit, Reynard-Gray	12	Silver Fins-CP	2:51.82
			37.22 45.33 53.45 35.82
28 Trower, Michael	12	Tygers-CP	2:51.99
			37.13 43.74 54.05 37.07
29 Afonso, Aragon G	13	Quick Silver-CP	2:52.63
			34.79 43.03 54.15 40.66
30 Hodgskiss, Fin J	12	SSISA-CP	2:52.90
			37.11 44.09 52.36 39.34
31 Van Wyk, Jack R	12	Curro Aquatics-CP	2:54.07
			38.24 44.02 52.03 39.78
32 Bergh, Riley R	12	AQUA	2:55.26
			36.93 45.34 53.10 39.89
33 Du Plessis, Jason F	13	Curro-WC	2:55.58
			35.49 39.97
34 Kent, Tyler	13	Blouberg Marlins-CP	2:57.59
			36.63 48.43 51.62 40.91
35 Hodge, Cameron P	13	Lane Leader-CE	2:58.63
			39.52 43.31 56.14 39.66
36 Weber, Daniel	12	Players-CE	2:59.20
			37.28 46.73 55.81 39.38
37 Spencer, Marcus W	12	Vineyard-CP	2:59.63
			37.30 46.42 54.39 41.52
38 Fortuin, Niyaz	13	Vineyard-CP	3:01.00
			35.14 45.92 57.38 42.56
39 Krause, Luke	13	Curro Aquatics-CP	3:08.33
			40.93 48.28 55.66 43.46
40 Slabber, Ruhann	13	Curro Aquatics-CP	3:09.37
			39.59 50.94 57.79 41.05
41 Pearson-Adams, Wolfe D	13	Swimlab-CP	3:12.19
			39.55 53.92 56.94 41.78
42 Immelman, Max B	13	Greydogs-CP	3:18.16
			45.90 51.34 57.50 43.42

## Event 404 Men 14-15 200 LC Meter IM

Name	Age	Team	Finals Time
1 Trower, Nic T	14	Tygers-CP	2:14.08
			28.26 33.43 41.24 31.15
2 Southworth, Matthew W	15	Cybersmart-CP	2:18.00
			29.37 34.82 42.17 31.64
3 Esterhuizen, Lorenzo E	14	AQUA	2:18.41
			29.10 34.51 41.79 33.01
4 Strydom, Conrad M	15	Quick Silver-CP	2:21.00
			28.63 33.59 45.07 33.71

5 Bestel, Luc M	14	Vineyard-CP	2:22.67
			30.09 34.40 45.17 33.01
6 Van Wyk, Wayne E	15	GSA-CP	2:23.18
			30.19 37.16 43.85 31.98
7 Terblanche, Luan L	15	Tygers-CP	2:23.92
			30.71 37.00 41.88 34.33
8 Kinnear, Connor	15	Tygers-CP	2:24.60
			30.62 36.88 42.66 34.44

## Event 404 Men 14-15 200 LC Meter IM

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Southworth, Matthew W	15	Cybersmart-CP	2:19.63
			29.87 36.12 41.34 32.30
2 Trower, Nic T	14	Tygers-CP	2:20.29
			29.03 35.94 43.56 31.76
3 Esterhuizen, Lorenzo E	14	AQUA	2:21.19
			28.79 34.23
4 Strydom, Conrad M	15	Quick Silver-CP	2:22.27
			28.31 34.92 45.59 33.45
5 Kinnear, Connor	15	Tygers-CP	2:23.65
			30.71 36.83 42.05 34.06
6 Bestel, Luc M	14	Vineyard-CP	2:24.43
			30.28 35.43 45.54 33.18
7 Terblanche, Luan L	15	Tygers-CP	2:24.62
			30.94 37.60 41.91 34.17
8 Van Wyk, Wayne E	15	GSA-CP	2:25.10
			30.48 38.59 43.58 32.45
9 De Kock, John P	14	Lane Leader-CE	2:26.71
			30.58 36.23 45.28 34.62
10 February, Gerard G	14	Curro Aquatics-CP	2:27.44
			31.06 38.98 41.78 35.62
11 Solomon, Ethan	15	Aqua Dolphin-CP	2:27.53
			30.53 41.14 44.37 31.49
12 Theron, Luca D	15	Vineyard-CP	2:27.55
			30.97 39.65 40.80 36.13
13 Daniels, Adam M	14	ELEC-TS	2:27.72
			30.25 38.47 43.42 35.58
14 Dos-Santos, Andrei	15	Cybersmart-CP	2:28.51
			31.75 38.23 45.25 33.28
15 Benecke, Alexander	15	SSISA-CP	2:28.84
			30.05 41.04 43.64 34.11
16 Williams, Jayden J	14	Paarl Aquarius-CE	2:29.68
			30.08 40.95 44.74 33.91
17 Smith, Sebastian N	14	Tygers-CP	2:29.73
			32.23 38.85 43.98 34.67
18 Schultz, Heinrich W	14	Lane Leader-CE	2:29.84
			29.43 39.49 45.03 35.89
19 Van Helden, Ethan C	15	GSA-CP	2:30.29
			30.17 36.64 47.65 35.83
20 Pautz, Nathan M	15	Blouberg Marlins-CP	2:30.57
			31.86 39.50 44.78 34.43
21 Kalapac, Joshua	14	Blouberg Marlins-CP	2:31.69
			30.19 38.45 45.99 37.06
22 Arnott, Carter J	15	Aqua Sharks-CP	2:33.74
			33.06 39.80 47.57 33.31
23 Vermeulen, Hanco	14	Aquasharks Winel-CE	2:34.07
			33.12 42.92 44.00 34.03
24 Myburgh, Ruan	15	Blouberg Marlins-CP	2:34.91
			33.98 40.12 44.57 36.24

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 404 Men 14-15 200 LC Meter IM)

Name	Age	Team	Prelim Time	
25 Gilbert, Andrew A	14	Swimlab-CP	2:35.82	
	33.60	41.48	44.52	36.22
26 Lombard, Kyle M	15	Barracudas-CP	2:36.08	
	32.94	39.34	46.36	37.44
27 Basson, Lucca N	14	Cybersmart-CP	2:36.42	
	33.80	39.69	48.66	34.27
28 Burger, Rosseau	14	Lane Leader-CE	2:37.19	
	33.80	43.28	44.38	35.73
29 Lategan, Nicky N	14	Swartland Aquati-WC	2:37.82	
	33.25	39.81	49.92	34.84
30 Kotzè, Max M	14	Blouberg Marlins-CP	2:38.25	
	33.34	39.31	51.40	34.20
31 Galochkin, Max	15	Aqua Sharks-CP	2:38.58	
	31.76	42.62	48.93	35.27
32 Poggenpoel, Troy J	14	SSISA-CP	2:39.01	
	31.71	40.63	49.42	37.25
33 Williams, Luca	15	Vineyard-CP	2:39.74	
	32.41	41.77	46.59	38.97
34 Waters, Steven G	14	Lane Leader-CE	2:40.63	
	32.61	41.23	50.83	35.96
35 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	2:42.53	
	33.07	42.27	50.28	36.91
36 Spencer, Charles A	14	Vineyard-CP	2:43.90	
	33.01	42.79	49.68	38.42
37 Njoroge, Alphonse	14	Curro Aquatics-CP	2:49.91	
	37.18	40.55	53.60	38.58

## Event 404 Men 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Finals Time	
1 Boshoff, Juan C	18	Tygers-CP	2:10.04	
	27.33	32.92	38.06	31.73
2 Bailey, Ethan J	20	Aqua Dolphin-CP	2:13.14	
	27.97	35.53	38.69	30.95
3 Esterhuysen, Joshua N	16	Tygers-CP	2:14.54	
	27.46	33.26	42.33	31.49
4 McWilliam, Benn D	17	Tygers-CP	2:17.47	
	29.07	34.69	41.54	32.17
5 Hugo, Retief R	17	Aquasharks Winel-CE	2:17.95	
	29.36	37.02	39.37	32.20
6 Malan, Johan S	17	Curro Aquatics-CP	2:18.76	
	28.38	37.82	38.04	34.52
7 West, Gabriel	19	Tygers-CP	2:19.19	
	27.86	38.13	42.03	31.17
8 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	2:19.75	
	28.49	36.07	44.19	31.00
9 Ritchie, Andrew M	23	Tygers-CP	2:19.83	
	30.59	36.16	39.89	33.19
10 Nelson, Christopher A	16	Lane Leader-CE	2:20.20	
	28.59	36.05	42.40	33.16
11 Van Vondel, Anton J	16	Tygers-CP	2:22.83	
	29.64	35.37	44.77	33.05
12 Bester, Francois A	16	Quicksilver Wine-CE	2:22.88	
	29.95	38.52	39.97	34.44
13 Viljoen, Stèphen	17	Aquasharks Winel-CE	2:23.34	
	29.10	38.67	43.41	32.16
14 Clarke, Liam	16	Lane Leader-CE	2:24.59	
	28.52	38.50	43.78	33.79
15 Coetzer, Milan J	16	Cybersmart-CP	2:27.37	
	31.18	39.69	44.41	32.09

16 Lastroni, Giuliano	17	Torpedoes	2:27.46	
	30.58	40.53	44.44	31.91
<b>Event 404 Men 16 &amp; Over 200 LC Meter IM</b>				
Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Boshoff, Juan C	18	Tygers-CP	2:15.55	
	28.86	33.58	40.15	32.96
2 Esterhuysen, Joshua N	16	Tygers-CP	2:18.32	
	27.78	35.19	42.43	32.92
3 Bailey, Ethan J	20	Aqua Dolphin-CP	2:18.34	
	29.02	37.51	40.32	31.49
4 McWilliam, Benn D	17	Tygers-CP	2:19.30	
	29.60	36.08	40.72	32.90
5 Malan, Johan S	17	Curro Aquatics-CP	2:20.99	
	28.13	36.28	41.76	34.82
6 Hugo, Retief R	17	Aquasharks Winel-CE	2:21.00	
	29.73	38.47	39.73	33.07
7 West, Gabriel	19	Tygers-CP	2:21.13	
	28.71	38.93	41.58	31.91
8 Clarke, Liam	16	Lane Leader-CE	2:22.24	
	30.06	38.22	42.30	31.66
9 Davidtsh, Colin	16	Cybersmart-CP	2:22.44	
	29.68	36.44	44.50	31.82
10 Bester, Francois A	16	Quicksilver Wine-CE	2:22.60	
	29.50	38.31	40.83	33.96
11 Ritchie, Andrew M	23	Tygers-CP	2:22.67	
	31.52	36.46	41.69	33.00
12 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	2:22.75	
	29.45	38.83	43.85	30.62
13 Viljoen, Stèphen	17	Aquasharks Winel-CE	2:23.23	
	29.20	38.04	44.14	31.85
14 Nelson, Christopher A	16	Lane Leader-CE	2:23.61	
	29.84	37.40	43.17	33.20
15 Coetzer, Milan J	16	Cybersmart-CP	2:24.04	
	30.82	39.23	42.72	31.27
16 Van Vondel, Anton J	16	Tygers-CP	2:25.39	
	30.40	36.73	44.95	33.31
17 Lastroni, Giuliano	17	Torpedoes	2:25.74	
	29.99	39.53	43.31	32.91
18 Louw, Guillaume	20	Curro Aquatics-CP	2:25.96	
	29.76	37.75	43.96	34.49
19 Strydom, Stephan	18	Tygers-CP	2:26.17	
	31.02	36.06	45.58	33.51
20 Terblanche, Kiaan C	18	Tygers-CP	2:26.52	
	29.71	36.30	47.47	33.04
21 Van Wyk, Wesley R	17	Aqua Sharks-CP	2:27.96	
	29.36	38.99	47.03	32.58
22 Forbes, Nicholas J	17	Lane Leader-CE	2:28.08	
	29.54		32.35	
23 Barnard, Rohan C	19	Lane Leader-CE	2:28.88	
	30.52	39.34	44.52	34.50
24 McPetrie, James L	16	Manta-CP	2:29.71	
	31.22	38.32	46.65	33.52
25 Bester, Eben	16	Tygers-CP	2:30.04	
	31.72	39.70	43.61	35.01
26 Karsten, Jody	16	Blouberg Marlins-CP	2:30.21	
	31.85	39.88	44.68	33.80
27 Gounden, Mikhael A	18	Curro-WC	2:30.29	
	31.38	41.15	44.71	33.05

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 404 Men 16 &amp; Over 200 LC Meter IM)

Name	Age	Team	Prelim Time
28 Geysler, Jacques M	16	Lane Leader-CE	2:30.53
29.72	40.46	46.33	34.02
29 Nefdt, Grant	16	Aqua Dolphin-CP	2:30.89
31.64	38.89	44.82	35.54
30 Szapira, Saul	17	Tygers-CP	2:31.06
31.05	38.18	45.70	36.13
31 Alexander, Ammaar	16	Marlin-CP	2:31.18
30.02	40.08	45.09	35.99
32 McWilliam, Troy J	16	Tygers-CP	2:32.14
32.80	39.95	44.38	35.01
33 Anthony, Ammar	20	Marlin-CP	2:34.18
29.40	40.53	46.54	37.71
34 Omar, Ilyas I	17	Marlin-CP	2:35.06
30.09	42.45	45.11	37.41
35 Zellie, Thomas J	16	Swimlab-CP	2:35.82
33.30	43.08	43.18	36.26
36 Du Preez, Shaun	16	SSISA-CP	2:36.43
31.33	39.82	48.22	37.06
37 Cicero, Zack	17	SSISA-CP	2:36.58
29.84	41.83	50.40	34.51
38 Carr, Simeon	17	Torpedoes	2:40.85
30.82	40.84	48.60	40.59

## Event 405 Girls 11 &amp; Under 200 LC Meter IM

Name	Age	Team	Finals Time
<b>Finals</b>			
1 du Plessis, Evie	11	BLOT-MA	2:53.36
40.79	44.92	50.98	36.67
2 Williams, Aqeelah	11	Uwc-CP	2:53.49
35.90	46.59	53.83	37.17
3 Olivier, Julie M	11	Tygers-CP	2:57.05
39.03	44.51	54.30	39.21
4 Dimatellis, Zoi	11	ROA-ED	3:00.25
38.37	46.30	54.47	41.11
5 Joyce, Jenna	11	Curro Aquatics-CP	3:02.09
39.03	49.64	1:33.42	
6 Stilwaney, Mia C	11	Paarl Aquarius-CE	3:04.80
37.69	50.09	55.18	41.84
7 Sabbagha, Georgia	11	Paarl Aquarius-CE	3:04.94
40.74	45.25	1:38.95	
8 Lockitch, Zara	11	Cybersmart-CP	3:05.19
38.80	48.19	57.65	40.55

## Event 405 Girls 11 &amp; Under 200 LC Meter IM

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 du Plessis, Evie	11	BLOT-MA	2:57.89
42.99	46.13	51.38	37.39
2 Dimatellis, Zoi	11	ROA-ED	2:59.22
39.06	46.16	53.45	40.55
3 Williams, Aqeelah	11	Uwc-CP	2:59.38
38.77	47.30	55.06	38.25
4 Olivier, Julie M	11	Tygers-CP	2:59.71
40.14	46.20	54.80	38.57
5 Sabbagha, Georgia	11	Paarl Aquarius-CE	3:03.00
40.05	46.10	58.25	38.60
6 Joyce, Jenna	11	Curro Aquatics-CP	3:04.08
41.56	50.25	51.98	40.29
7 Stilwaney, Mia C	11	Paarl Aquarius-CE	3:06.96
38.36	50.38	54.59	43.63

8 Lockitch, Zara	11	Cybersmart-CP	3:07.61
39.41	49.55	57.80	40.85
9 Boshoff, Anja	11	Tygers-CP	3:07.71
41.76	46.45	57.65	41.85
10 Horn, Anna	11	Xcel Swim Academ-CP	3:12.29
41.99	51.89	50.62	47.79
11 Jantjies, Zara	11	Manta-CP	3:14.16
43.94	49.20	58.83	42.19
12 Thirsk, Savannah	11	Tygers-CP	3:19.42
		59.77	44.00
13 Ahmed, Bria	10	Swimlab-CP	3:25.74
46.64	51.42	1:01.54	46.14

## Event 405 Girls 12-13 200 LC Meter IM

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Evans, Caitlin N	13	Tygers-CP	2:30.41
33.81	38.57	44.18	33.85
2 Grütter, Arabelle	13	ROA-ED	2:38.57
33.71	39.13	49.95	35.78
3 Gerber, Simonè M	13	Greydogs-CP	2:41.49
35.32	43.75	46.32	36.10
4 Orchard, Milan M	13	Vineyard-CP	2:41.61
34.02			40.19
5 Lorenzen, Ava E	12	Blouberg Marlins-CP	2:42.13
35.11	41.55	48.63	36.84
6 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:44.37
35.93	42.50	49.90	36.04
7 Visser, Cara	13	Cybersmart-CP	2:45.28
36.25	41.16	50.17	37.70
8 Van Der Wath, Izi	13	Knysna Aquatics-ED	2:47.82
35.37	44.96	48.43	39.06

## Event 405 Girls 12-13 200 LC Meter IM

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Evans, Caitlin N	13	Tygers-CP	2:33.25
34.65	38.88	44.41	35.31
2 Grütter, Arabelle	13	ROA-ED	2:41.04
34.47	39.44	49.99	37.14
3 Gerber, Simonè M	13	Greydogs-CP	2:44.06
35.42	46.14	47.41	35.09
4 Orchard, Milan M	13	Vineyard-CP	2:44.50
33.29	41.39	47.81	42.01
5 Lorenzen, Ava E	12	Blouberg Marlins-CP	2:44.81
35.82	42.76	49.18	37.05
6 Visser, Cara	13	Cybersmart-CP	2:44.91
35.79	40.86	50.48	37.78
7 Van Der Wath, Izi	13	Knysna Aquatics-ED	2:46.10
35.23	44.91	47.53	38.43
8 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:46.20
35.35	45.26	49.73	35.86
9 De Villiers, Anja	12	Tygers-CP	2:48.13
35.76	42.55	53.76	36.06
10 Smith, Sophie	12	Vineyard-CP	2:48.18
35.49	41.68	54.30	36.71
11 Durandt, Sharli	12	Swimlab-CP	2:49.35
36.63	41.33	55.62	35.77
12 Ahmed, Ayla	12	Swimlab-CP	2:50.59
37.19	44.86	50.19	38.35



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 405 Girls 12-13 200 LC Meter IM)

Name	Age	Team	Prelim Time
13 Holman, Acaylia	13	Marlin-CP	2:50.62
	33.92	41.10 58.44	37.16
14 Nilsson, Rebecca B	12	Tygers-CP	2:51.70
	34.59	44.84 51.77	40.50
15 Basson, Lenè	12	Curro-WC	2:54.04
	36.41	42.50 56.80	38.33
16 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	2:54.51
	35.71	44.62 55.87	38.31
17 Fury, Amelia J	12	Vineyard-CP	2:56.25
	36.59	46.81 54.22	38.63
18 Burger, Juanè	13	Tygers-CP	2:56.43
	36.74	45.84 54.41	39.44
19 Blake, Abi E	13	Greydogs-CP	2:59.10
	38.63	43.85 57.41	39.21
20 Faul, Ellen J	12	Quicksilver Wine-CE	2:59.24
	34.26	49.85 53.64	41.49
21 Botha, Chelsea	13	Curro Aquatics-CP	2:59.66
	40.57	44.40 53.41	41.28
22 Sonnekus, Anya	12	Tygers-CP	3:01.45
	40.58	47.13 55.01	38.73
23 Thirsk, Madison	13	Tygers-CP	3:01.60
	41.18	46.85 54.48	39.09
24 Bova-Olsen, Katya	13	Marlin-CP	3:03.45
	36.11	51.20 52.86	43.28
25 Riley, Logan	13	Vineyard-CP	3:04.91
	38.06	42.39 1:00.26	44.20
26 Schäfer, Kyla	12	Knysna Aquatics-ED	3:04.97
	40.67	47.42 54.74	42.14
27 Steenkamp, Ella	12	Vineyard-CP	3:08.52
	38.57	48.13 56.96	44.86
28 Myers, Kirsten E	13	SSISA-CP	3:09.57
	41.16	46.55 58.30	43.56
29 De Beer, Isabella C	12	Quicksilver Wine-CE	3:13.79
	48.23	45.57 57.59	42.40
30 Weber, Klara	13	Players-CE	3:14.33
		1:01.49 44.94	

## Event 405 Women 14-15 200 LC Meter IM

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Kotze, Abigail	14	Tygers-CP	2:26.87
	29.57	36.19 46.90	34.21
2 Humphrey, Jessica	15	AQUA	2:30.08
	32.02	36.20 48.27	33.59
3 Combrink, Amy	14	Vineyard-CP	2:38.75
	33.32	39.71 49.18	36.54
4 Coleman, Madison	14	Blouberg Marlins-CP	2:40.73
	35.60	41.35 46.72	37.06
5 Wium, Mari	14	Quicksilver Wine-CE	2:42.45
	31.65	39.86 53.43	37.51
6 Bergh, Madison S	14	AQUA	2:44.36
	34.33	40.55 52.85	36.63
7 Hahn, Kayleigh K	14	ROA-ED	2:45.16
	34.89	43.06 48.95	38.26
--- Vd Wal, Mieke	15	Curro Aquatics-CP	DQ 2:36.17
		Past vertical at turn: non continuous turning action - back	
	32.76	41.10 45.04	37.27

## Event 405 Women 14-15 200 LC Meter IM

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Humphrey, Jessica	15	AQUA	2:35.26
	33.60	37.81 49.04	34.81
2 Kotze, Abigail	14	Tygers-CP	2:35.46
	30.37	41.07 48.53	35.49
3 Vd Wal, Mieke	15	Curro Aquatics-CP	2:37.90
	33.55	41.64 45.99	36.72
4 Combrink, Amy	14	Vineyard-CP	2:40.58
	34.54	39.77 48.75	37.52
5 Coleman, Madison	14	Blouberg Marlins-CP	2:41.92
	36.87	42.47 46.77	35.81
6 Wium, Mari	14	Quicksilver Wine-CE	2:42.90
	33.16	40.85 51.82	37.07
7 Bergh, Madison S	14	AQUA	2:43.38
	33.79	40.26 52.25	37.08
8 Cronjè, Danielle	15	Lane Leader-CE	2:43.67
	33.37	40.56 51.42	38.32
9 Hahn, Kayleigh K	14	ROA-ED	2:44.83
	36.28	43.33 47.19	38.03
10 Newton, Ava L	14	Curro Aquatics-CP	2:45.35
	35.77	42.02 49.19	38.37
11 Liebenberg, Emily M	14	Swartland Aquati-WC	2:45.44
	33.72	42.80 51.84	37.08
12 Borman, Jani	15	Swartland Aquati-WC	2:46.12
	36.24	42.66 47.96	39.26
13 Goebel, Zoë	15	Tygers-CP	2:47.07
	34.43	41.71 53.17	37.76
14 Rossouw, Emma M	14	Tygers-CP	2:47.52
	34.01	42.22 52.84	38.45
15 Gerber, Mia	15	Lane Leader-CE	2:47.57
	35.92	43.41 47.62	40.62
16 Juries, Sam C	14	Curro-WC	2:49.21
	35.39	41.04 53.21	39.57
17 Verbeek, Wilmien	15	Curro Aquatics-CP	2:49.27
	35.14	43.32 51.74	39.07
18 Van Galen, Ava-Loren	14	Stellenbosch Aqu-CE	2:49.92
	33.79	42.55 52.37	41.21
19 Geyser, Almi	14	Lane Leader-CE	2:51.64
	37.22	47.70 47.11	39.61
20 De Oliveira, Aliyah	14	Tygers-CP	2:52.08
	36.30	43.58 52.70	39.50
21 Lategan, Emma M	15	Curro Aquatics-CP	2:53.90
	35.66	42.16 53.77	42.31
22 Trout, Sophia L	14	Vineyard-CP	2:54.29
	34.44	41.44 56.26	42.15
23 Havemann, Bella	15	Aqua Sharks-CP	2:56.43
	37.41	45.74 53.25	40.03
24 Schreuder, Hannah G	15	Swimlab-CP	3:01.99
	39.85	48.85 48.23	45.06

## Event 405 Women 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	2:20.04
	28.56	35.92 43.03	32.53
2 Fury, Rebecca G	16	Vineyard-CP	2:28.03
	30.64	39.08 44.33	33.98

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 405 Women 16 &amp; Over 200 LC Meter IM)

Name	Age	Team	Finals Time
3 Botha, Lara E	17	Aquasharks Winel-CE	2:30.07
31.86	37.01	45.78 35.42	
4 Uys, Tara	18	Tygers-CP	2:36.63
32.96	37.49	49.33 36.85	
5 Neilson, Hannah K	18	Uwc-CP	2:37.10
33.78	41.21	47.76 34.35	
6 Labuschagne, Michaela	16	SSISA-CP	2:37.62
33.84	39.21	49.58 34.99	
7 Novello, Utah	17	Curro-WC	2:37.67
34.05	40.92	46.22 36.48	
8 Van Niekerk, Lica	16	Players-CE	2:38.06
31.62	40.20	49.43 36.81	
9 Ryser, Aurora	16	Tygers-CP	2:39.90
34.02	39.78	49.10 37.00	
10 Langenhoven, Erin	16	Silver Fins-CP	2:40.86
33.06	41.91	49.67 36.22	
11 Gennarakis, Christina	16	Curro Aquatics-CP	2:45.90
32.98	41.60	51.84 39.48	
12 Smit, Jenna	16	Curro Aquatics-CP	2:46.52
35.02	43.02	52.42 36.06	
13 Smidt, Clio J	17	Vineyard-CP	2:48.28
34.30	40.80	54.47 38.71	
14 Herbst, Mienke	17	SSISA-CP	2:53.98
39.16	46.25	48.35 40.22	

## Event 405 Women 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	2:24.32
29.83	35.94	43.17 35.38	
2 Fury, Rebecca G	16	Vineyard-CP	2:29.43
32.04	38.79	43.34 35.26	
3 Botha, Lara E	17	Aquasharks Winel-CE	2:31.99
32.54	38.59	44.57 36.29	
4 Uys, Tara	18	Tygers-CP	2:38.02
33.50	37.87	50.55 36.10	
5 Van Niekerk, Lica	16	Players-CE	2:38.68
31.50	40.97	50.22 35.99	
6 Neilson, Hannah K	18	Uwc-CP	2:39.32
33.97	41.63	48.39 35.33	
7 Labuschagne, Michaela	16	SSISA-CP	2:39.40
34.62	40.05	49.62 35.11	
8 Hugo, Anika S	17	Quicksilver Wine-CE	2:39.92
33.11	40.59	47.47 38.75	
9 Novello, Utah	17	Curro-WC	2:41.35
34.00	41.60	48.51 37.24	
10 Ryser, Aurora	16	Tygers-CP	2:42.75
34.54	40.55	50.30 37.36	
11 Langenhoven, Erin	16	Silver Fins-CP	2:43.52
32.79	44.83	48.17 37.73	
12 Smit, Jenna	16	Curro Aquatics-CP	2:44.58
34.01	42.02	53.24 35.31	
13 Gennarakis, Christina	16	Curro Aquatics-CP	2:44.86
32.17	42.51	50.66 39.52	
14 Smidt, Clio J	17	Vineyard-CP	2:48.50
33.39	40.74	53.48 40.89	
15 Ward, Tanith A	17	SSISA-CP	2:49.96
32.16	40.39	57.25 40.16	

16 Sabbagha, Annè	17	Paarl Aquarius-CE	2:50.01
36.22	45.66	48.66 39.47	
17 Heyes, Danielle A	17	Aqua Sharks-CP	2:51.59
33.76	45.11	1:32.72	
18 Witten, Hannah	16	Aqua Dolphin-CP	2:52.21
38.83	44.79	48.95 39.64	
19 Herbst, Mienke	17	SSISA-CP	2:53.29
38.91	46.51	47.55 40.32	

## Event 406 Boys 13 &amp; Under 1500 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Fernold, AJ	13	ROA-ED	19:01.46
33.91	38.51	37.87 39.06	
38.80	39.58	39.48 39.42	
38.77	39.08	38.72 38.91	
38.74	38.60	38.52 38.64	
38.22	39.02	38.20 38.37	
38.07	38.34	38.06 38.06	
37.86	37.91	37.45 37.08	
35.38	32.83		
2 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	19:01.67
34.03	38.20	38.65 38.41	
39.15	39.22	39.41 38.93	
38.48	38.88		
38.83	38.75	38.97 38.18	
38.55	38.45	38.59 38.38	
38.10	37.90	38.34 37.77	
37.94	37.67	37.55 37.14	
36.29	33.48		
3 Van Zyl, Daniël R	12	Tygers-CP	19:14.70
33.75	38.46	38.57 38.57	
38.82	39.42	39.23 38.68	
38.66	38.82	39.04 38.60	
38.94	38.84	38.23 38.86	
38.16	39.14	38.31 39.04	
38.12	38.49	38.22 38.61	
38.41	38.67	38.31 38.71	
38.99	38.03		
4 Bouwer, Jason	13	Tygers-CP	20:12.19
34.26	38.75	39.80 39.99	
40.84	40.70	40.86 41.34	
40.83	41.14	41.07 41.17	
40.77	41.33	40.73 41.23	
41.08	41.58	40.97 41.13	
40.44	40.98	40.66 40.73	
40.43	40.82	39.84 40.24	
40.26	38.22		
5 Breebaart, Joshua	11	Greydogs-CP	20:28.72
35.72	40.00	41.32 40.97	
41.92	40.54	40.03 39.65	
41.91	40.77	41.40 40.90	
41.75	41.95	42.03 41.00	
41.64	42.19	41.45 41.40	
41.32	40.62	41.91 42.09	
41.05	41.82	41.48 40.85	
41.52	37.52		

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## Results

**(Event 406 Boys 13 & Under 1500 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
6 Trower, Michael	12	Tygers-CP	20:58.34	
36.86	42.58	43.18	43.13	
42.91	43.31	43.42	43.49	
43.16	42.68	42.70	42.26	
42.54	42.92	43.16	39.41	
42.89	43.65	42.66	44.00	
39.84	40.55	41.24	41.41	
40.11	42.58	41.13	42.47	
40.16	37.94			

**Event 406 Men 14-15 1500 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Solomon, Ethan	15	Aqua Dolphin-CP	17:46.05	
31.73	35.34	35.56	35.74	
35.89	35.77	35.82	35.26	
35.89	35.30	35.96	35.53	
35.68	35.62	35.81	35.36	
35.46	35.34	35.76	35.62	
35.48	35.60	35.84	35.82	
36.16	35.96	36.32	36.11	
36.21	34.11			
2 Bannister, Joshua G	15	Tygers-CP	17:47.06	
31.15	34.79	35.58	35.74	
36.15	36.40	36.11	35.91	
35.80	36.01	35.93	36.18	
35.68	36.08	35.79	36.23	
35.47	36.12	35.60	35.92	
35.62	36.07	35.39	35.68	
35.86	36.03	35.44	35.61	
34.97	33.75			
3 Dos-Santos, Andrei	15	Cybersmart-CP	18:05.74	
31.65	35.30	35.20	35.65	
35.26	36.15	35.10	35.94	
35.81	36.38	34.84	36.52	
35.85	36.32	35.57	36.11	
35.88	35.99	36.50	36.92	
37.07	37.33	36.44	37.96	
37.84	37.57	37.70	37.37	
37.74	35.78			
4 Southworth, Matthew W	15	Cybersmart-CP	18:39.59	
30.34	34.40	34.30	36.19	
36.31	38.45	38.01	38.57	
38.75	38.00	37.34	39.10	
38.15			38.39	
35.75	39.68	38.35	38.41	
36.10	39.31	37.84	38.59	
38.64	36.33	37.65	37.80	
36.96	35.57			

**Event 406 Men 16 & Over 1500 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Bailey, Ethan J	20	Aqua Dolphin-CP	16:40.20	
29.47	32.44	33.02	32.75	
32.62	32.82	33.26	33.40	
33.69	33.62	33.69	33.61	
33.70	34.00	34.07	33.05	
33.63	34.07	33.67	33.38	
33.64	33.90	33.79	34.09	
33.99	34.40	34.12	33.91	
33.10	31.30			

2 Forbes, Thomas P	19	Lane Leader-CE	16:45.41	
29.57	33.14	33.27	33.24	
33.62	33.46	33.63	33.79	
34.03	33.66	33.61	33.47	
33.94	33.75	34.34	33.52	
33.79	34.13	34.45	34.22	
34.16	34.17	34.04	34.51	
34.69	34.35	34.64	32.53	
31.84	29.85			
3 Wright, Keegan	17	Tygers-CP	16:46.19	
29.57	33.11	33.32	33.66	
33.50	33.67	33.54	33.76	
34.08	34.04	33.40	33.65	
33.63	33.83	33.97	34.02	
33.79	33.80	34.45	34.13	
34.08	33.99	33.98	34.46	
34.61	34.64	34.45	33.04	
31.77	30.25			
4 Beukes, Wade	16	Aqua Dolphin-CP	17:09.34	
31.26	33.55	34.28	34.54	
34.40	34.39	34.21	34.49	
34.25	34.19	34.06	34.39	
34.20	34.32	34.36	34.39	
34.26	34.58	34.11	34.59	
34.40	34.64	34.73	34.64	
34.57	34.69	34.97	34.73	
34.90	34.25			
5 Wolson, Daniel A	16	Swimlab-CP	17:23.43	
30.37	33.08	33.29	34.09	
34.07	34.40	34.67	34.83	
34.46	34.56	34.50	34.76	
34.92	35.04	34.81	35.19	
34.60	35.01	35.22	35.84	
35.53	35.79	35.64	35.93	
35.39	35.84	35.87	35.79	
35.22	34.72			
6 McWilliam, Benn D	17	Tygers-CP	17:32.82	
29.49	32.68	33.58	34.35	
34.89	35.18	35.29	35.31	
35.52	35.83	35.68	35.61	
35.86	35.24	34.81	34.83	
35.16	35.09	35.40	34.50	
35.44	35.80	35.83	35.99	
36.49	36.22	36.36	35.93	
36.00	34.46			
7 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	17:36.80	
30.26	33.35	33.51	34.60	
34.22	34.64	34.94	35.97	
35.60	36.59	35.04	36.20	
35.68	36.09	35.40	36.25	
35.51	35.88	36.05	36.09	
34.70	36.26	35.10	36.76	
35.05	36.13	35.80	35.82	
35.14	34.17			

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 406 Men 16 & Over 1500 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
8 McWilliam, Troy J	16	Tygers-CP	17:53.01	
			30.90	33.85
			34.43	34.75
			35.29	35.79
			36.82	35.98
			35.24	35.53
			35.24	35.63
			36.85	36.15
			36.30	36.69
			1:13.30	
9 Clayton, Antony L	16	Lane Leader-CE	17:58.24	
			31.07	34.15
			35.61	35.53
			35.66	35.53
			35.67	35.38
			35.56	35.56
			36.20	35.64
			35.85	35.74
			35.91	35.52
			36.32	35.97
			36.25	35.40
			36.52	35.92
			37.14	36.65
			38.17	37.76
			37.34	37.10
			36.90	36.22
10 Lastroni, Giuliano	17	Torpedoes	18:09.57	
			31.00	34.13
			35.60	35.81
			36.35	36.12
			36.73	36.09
			36.56	37.00
			37.24	36.87
			36.95	36.61
			37.14	36.81
			37.11	36.92
			37.12	36.57
			36.73	36.68
			36.83	36.85
			37.04	36.71
			36.84	36.30
			35.97	34.89
11 Strydom, Stephan	18	Tygers-CP	18:15.28	
			32.18	35.17
			36.12	36.15
			36.51	36.62
			36.86	37.00
			36.94	36.67
			37.02	36.97
			37.24	37.00
			36.91	37.26
			36.81	36.80
			36.50	36.48
			36.46	36.97
			36.98	37.44
			37.31	36.63
			36.47	36.52
			35.84	35.45
12 Möller, FC C	16	Tygers-CP	18:20.83	
			32.07	35.04
			35.76	35.76
			36.15	36.42
			37.19	36.80
			37.16	37.81
			36.86	37.85
			37.38	37.85
			36.90	38.04
			37.33	37.46
			37.09	36.73
			36.65	37.43
			36.93	36.97
			36.90	36.66
			36.56	36.60
			37.12	35.36

**Event 407 Girls 13 & Under 800 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Evans, Caitlin N	13	Tygers-CP	9:59.10	
			33.22	37.05
			37.58	37.92
			38.62	37.85
			38.26	37.67
			37.86	38.11
			38.33	38.01
			38.00	37.42
			37.47	35.73
2 Durandt, Sharli	12	Swimlab-CP	10:13.59	
			33.77	37.75
			38.93	39.23
			39.30	39.10
			38.93	39.27
			39.10	38.79
			38.82	39.37
			38.84	38.40
			37.48	36.51

3 Grütter, Arabelle	13	ROA-ED	10:25.80	
			34.06	38.92
			39.37	39.10
			39.69	39.60
			40.20	39.77
			39.94	39.67
			39.98	39.91
			39.76	39.70
			38.84	37.29
4 Louw, Anieka	13	Curro Aquatics-CP	10:32.81	
			35.35	38.38
			39.87	39.63
			39.96	39.72
			39.74	40.03
			40.12	40.54
			40.61	40.03
			40.37	40.11
			39.61	38.74
5 De Villiers, Anja	12	Tygers-CP	10:35.87	
			34.26	38.59
			38.95	40.56
			40.24	40.54
			40.48	41.23
			40.71	40.91
			40.71	40.57
			41.15	40.66
			39.16	37.15
6 Swanepoel, Lulu A	12	Aqua Sharks-CP	10:49.58	
			36.57	41.58
			42.07	41.43
			41.36	41.38
			41.75	41.14
			42.09	40.61
			41.15	40.62
			41.12	39.52
			39.78	37.41
7 Grobler, Zané	13	ROA-ED	10:57.27	
			37.86	41.74
			41.82	40.73
			41.84	42.35
			41.90	42.02
			41.86	42.06
			41.48	42.08
			41.31	39.53
			40.59	38.10
8 Messiter-Tooze, Luna S	13	Silver Fins-CP	11:01.60	
			36.34	39.98
			41.78	41.62
			42.63	41.44
			42.33	41.90
			42.59	42.01
			42.61	41.78
			42.70	41.77
			41.16	38.96
9 Laubscher, Mikalla I	13	GSA-CP	11:10.05	
			37.89	42.98
			44.00	43.42
			44.10	43.29
			43.59	42.80
			42.89	43.02
			41.87	41.97
			41.46	40.78
			39.86	36.13
10 Nilsson, Rebecca B	12	Tygers-CP	11:15.70	
			37.09	41.61
			42.97	42.62
			43.26	43.15
			43.14	43.12
			43.30	42.92
			43.50	42.47
			42.26	42.32
			42.26	39.71
11 Nienaber, Mila J	12	Quicksilver Wine-CE	11:35.32	
			36.76	42.36
			43.56	43.10
			45.31	44.17
			44.43	44.52
			45.25	43.87
			45.27	44.38
			44.97	43.74
			44.60	39.03
12 Els, Jamie	11	Aqua Dolphin-CP	11:38.02	
			39.09	42.29
			43.48	44.01
			44.19	43.99
			45.19	44.03
			44.41	43.94
			44.13	44.89
			44.94	43.76
			43.72	41.96
13 Billson, Amelie	11	Curro Aquatics-CP	11:49.41	
			37.88	43.50
			44.91	44.55
			45.13	44.85
			44.88	45.01
			46.04	45.23
			45.83	44.64
			45.09	44.69
			44.44	42.74

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 407 Women 14-15 800 LC Meter Freestyle					Event 408 Mixed 11 & Under 4x50 LC Meter Medley Relay				
Name	Age	Team	Finals Time		Team	Relay	Finals Time		
1 de Jager, Katie	14	BLOT-MA	9:57.05		1 Curro Aquatics-CP	A	2:23.19		
32.90	36.33	37.57	37.66		1) February, Dillon S M11	2) Joyce, Jenna W11			
37.44	37.18	38.00	37.96		3) Bright, Michael C M11	4) Billson, Amelie W11			
37.85	38.23	38.15	37.67			33.21 33.49			
38.13	38.02	37.57	36.39		2 GSA-CP	A	2:26.31		
2 Bergh, Madison S	14	AQUA	10:07.22		1) Van Dyk, Zani W11	2) van Rensburg, Tristan M11			
32.36	37.95	38.17	39.19		3) Vd Watt, Earle M11	4) Coetzee, Marli W11			
38.17	38.42	38.82	39.18			36.27 41.40			
38.84	39.22	39.10	38.61		3 Tygers-CP	A	2:30.98		
38.44	38.33	36.80	35.62		1) Boshoff, Anja W11	2) Fouche, Jack M11			
3 Glover, Erin K	15	Tygers-CP	10:16.25		3) Bosch, Ewan Y M11	4) Olivier, Julie M W11			
34.06	37.64	38.42	38.90			37.90 45.35			
39.11	39.24	38.87	39.24		4 Paarl Aquarius-CE	A	2:33.42		
39.26	39.23	39.39	39.57		1) Lewis, Amaru C M11	2) Baadjies, Cruden H M11			
39.22	39.17	38.74	36.19		3) Stilwaney, Mia C W11	4) Sabbagha, Georgia W11			
4 du Plessis, Madison	15	BLOT-MA	10:24.76			40.61 42.60			
34.04	38.62	39.25	38.49		5 Lane Leader-CE	A	2:39.06		
38.35	38.96	39.79	39.35		1) Calitz, Helena W10	2) Retief, Jane W11			
39.86	39.97	39.68	40.30		3) Ellis, Alec C M11	4) VerLoren Van Themaat, Hein M I			
39.73	39.50	40.21	38.66			41.38 29.11			
5 Hartung, Amy M	14	Aqua Sharks-CP	10:28.30		6 Tygers-CP	B	2:39.38		
35.18	39.29	39.43	39.60		1) Thirsk, Savannah W11	2) Chibharo, Lethabo L W11			
39.61	39.18	39.50	39.31		3) Van Onselen, Pierre S M10	4) Fouche, Ryan M9			
39.97	40.21	40.08	40.48			39.92 46.03			
40.31	39.01	39.32	37.82		7 Curro Aquatics-CP	B	2:50.96		
6 Raimond, Marike M	14	Tygers-CP	10:29.14		1) Gerber, Luke M M10	2) vd Wal, Dine W10			
33.60	37.51	38.79	38.86		3) Parfitt, Cayden C W10	4) Dockerill, Max J M11			
39.38	39.29	39.29	39.34			43.07 53.29	1:14.60		
40.17	40.48	40.92	42.25						
40.72	40.76	39.57	38.21						
7 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	10:41.75						
34.19	39.09	40.59	39.14						
41.03	41.36	41.17	40.95						
40.93	40.90	41.37	41.25						
41.97	40.99	1:16.82							
8 Newton, Ava L	14	Curro Aquatics-CP	10:54.27						
34.96	38.97	40.88	40.86						
40.13	40.92	41.96	41.16						
42.29	41.56	42.06	42.19						
42.80	41.40	42.21	39.92						
9 Hayes, Kerrigan L	14	Curro Aquatics-CP	11:11.60						
35.63	41.97	42.29	41.89						
41.55	41.11	42.22	41.38						
42.33	42.51	43.41	43.50						
43.84	43.38	42.82	41.77						
Event 407 Women 16 & Over 800 LC Meter Freestyle									
Name	Age	Team	Finals Time						
1 Neilson, Hannah K	18	Uwc-CP	9:14.15						
31.14	34.17	34.89	35.46						
35.43	35.12	35.23	35.36						
35.04	35.26	35.28	35.19						
34.95	34.45	34.01	33.17						
2 Hearne, Trinity S	20	Cybersmart-CP	9:23.90						
30.94	33.93	34.71	35.19						
35.21	35.64	35.39	35.26						
35.57	35.73	35.76	35.46						
35.99	36.42	36.52	36.18						

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Event 409 Mixed 13 & Under 4x50 LC Meter Medley Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	2:04.82
1) Orchard, Milan M W13	2) Stanfliet, Nicholas M13	
3) Magotsi, Riziki A W13	4) Williams, Logan M13	
	58.18	
2 Tygers-CP	A	2:07.23
1) De Lange, Adriaan M13	2) Evans, Caitlin N W13	
3) Bouwer, Jason M13	4) De Villiers, Anja W12	
	30.32 36.56	
	30.75 29.60	
3 Greydogs-CP	A	2:09.51
1) Blake, Abi E W13	2) Wing, James L M13	
3) Gerber, Simonè M W13	4) Goussard, Henry M13	
	37.32 33.67	
4 Curro Aquatics-CP	A	2:12.66
1) Bezuidenhout, Ernst E M13	2) Verbeek, Pierre O M12	
3) Louw, Anieka W13	4) Botha, Chelsea W13	
	32.03 37.56	
	32.40 30.67	
5 Vineyard-CP	B	2:12.70
1) Smith, Sophie W12	2) Van Schaik, Luc M13	
3) Fortuin, Niyaaz M13	4) Riley, Logan W13	
	34.69 36.44	
	30.82 30.75	
6 Cybersmart-CP	A	2:17.82
1) Visser, Cara W13	2) Oaten, Rourke M13	
3) Cavallaro, Michele R M13	4) Tsai-Rieb, Pei-Chi P W12	
	35.85 40.00	
	1:01.97	
7 Knysna Aquatics-ED	A	2:18.44
1) Parr, Colbyn S M12	2) Van Der Wath, Izi W13	
3) Boshoff, Keanu A M12	4) Botha, Rebecca P W12	
	30.78 31.58	
8 Aqua Sharks-CP	A	2:22.10
1) Barkhuysen, Jani W12	2) Swart, Nico N M12	
3) Loots, Noah C M12	4) Swanepoel, Lulu A W12	
	39.88 37.74	
	32.54 31.94	
9 Tygers-CP	B	2:22.68
1) Van Vondel, Roland M12	2) Nilsson, Rebecca B W12	
3) Burger, Juanè W13	4) Trower, Michael M12	
	36.23 40.74	
	34.71 31.00	
10 Blouberg Marlins-CP	A	2:23.91
1) Coleman, Travis M12	2) Kent, Tyler M13	
3) Lorenzen, Ava E W12	4) Tredoux, Taylor M W13	
	36.17 37.83	
	35.50 34.41	
11 Players-CE	A	2:24.24
1) Coetzee, Liane W12	2) Fenner, Jenson V M11	
3) Weber, Daniel M12	4) Fenner, Olivia M W12	
	34.63 44.30	
	35.32 29.99	
12 Swimlab-CP	A	2:28.30
1) Poultney, Matthew M10	2) Wagner, Noah J M13	
3) Ahmed, Ayla W12	4) Durandt, Sharli W12	
	35.11 31.27	
13 Curro Aquatics-CP	B	2:35.89
1) Louw, Lara W12	2) Van Wyk, Jack R M12	
3) Newton, Grace E W12	4) Slabber, Ruhann M13	
	37.15 31.33	

**Event 410 Mixed 15 & Under 4x50 LC Meter Medley Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	1:57.88
1) Burgess, Cassidy S W15	2) Theron, Luca D M15	
3) Bestel, Luc M M14	4) Combrink, Amy W14	
	55.97	

2 Tygers-CP	A	2:04.88
1) Trower, Nic T M14	2) Kinnear, Connor M15	
3) Glover, Erin K W15	4) Goebel, Zoë W15	
	29.31 33.87	
	32.78 28.92	
3 Lane Leader-CE	A	2:05.72
1) Cronjè, Danielle W15	2) Burger, Rosseau M14	
3) Schultz, Heinrich W M14	4) Geysler, Almi W14	
	32.38 36.30	
	27.60 29.44	
4 Vineyard-CP	B	2:06.28
1) Wollenschlaeger, Noah M15	2) Morris, Jenna W14	
3) Haupt, Rhys A M14	4) Trout, Sophia L W14	
	30.18 37.28	
	28.93 29.89	
5 Blouberg Marlins-CP	A	2:07.87
1) Zeelie, Shanna-Leigh W14	2) Coleman, Madison W14	
3) Kalapac, Joshua M14	4) Pautz, Nathan M M15	
	34.87 37.19	
	28.49 27.32	
6 Lane Leader-CE	B	2:09.76
1) De Kock, John P M14	2) Gerber, Mia W15	
3) Waters, Steven G M14	4) Briggs, Rebecca W14	
	31.01 38.10	
	1:00.65	
7 Curro Aquatics-CP	A	2:09.99
1) Njoroge, Alphonse M14	2) Vd Wal, Mieke W15	
3) February, Gerard G M14	4) Hayes, Kerrigan L W14	
	34.13 35.16	
	29.87 30.83	
8 GSA-CP	A	2:10.15
1) Vd Merwe, Mia W14	2) Van Wyk, Wayne E M15	
3) Van Helden, Ethan C M15	4) Laubscher, Mikalla I W13	
	36.18 34.79	
	28.87 30.31	
9 Tygers-CP	B	2:10.32
1) Rossouw, Emma M W14	2) Terblanche, Luan L M15	
3) Das Neves, Lucas P M14	4) Raimond, Marike M W14	
	35.34 35.52	
	29.28 30.18	
10 Aqua Sharks-CP	A	2:11.21
1) Viljoen, Jaden R M15	2) Havemann, Bella W15	
3) Heyes, Garrick T M15	4) Hartung, Amy M W14	
	32.53 39.34	
	28.67 30.67	
11 Swartland Aquati-WC	A	2:13.01
1) Lategan, Nicky N M14	2) Borman, Jani W15	
3) Liebenberg, Emily M W14	4) Hewitt-Smook, Kristian M15	
	35.08 39.25	
	32.14 26.54	
12 Curro Aquatics-CP	B	2:17.56
1) Newton, Ava L W14	2) Mouton, Jean A M13	
3) Lategan, Emma M W15	4) Krause, Luke M13	
	34.00 41.77	
	31.67 30.12	
13 Players-CE	A	2:19.14
1) Van der Watt, Alpheus J M15	2) Visser, Sandri W14	
3) Grobler, Reuben C M13	4) Bosman, Daizeli W13	
	34.01 40.16	
	33.55 31.42	

**Event 411 Mixed 4x50 LC Meter Medley Relay**

Team	Relay	Finals Time
1 Vineyard-CP	A	1:50.64
1) De Wet, Emma M W16	2) Etzold, Peter S M18	
3) Luck, Taylor R M18	4) Fury, Rebecca G W16	
	51.11	
2 Tygers-CP	A	1:54.88
1) Uys, Tara W18	2) Boshoff, Juan C M18	
3) Kotze, Abigail W14	4) Esterhuysen, Joshua N M16	
	31.37 31.25	
	28.38 23.88	
3 Lane Leader-CE	A	1:55.61
1) De Jongh, Grace W17	2) Nieuwstad, Michelle W29	
3) Moncherry, Adam J M25	4) Van Heerden, Stefan F M17	
	31.08 35.03	
	25.67 23.83	

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**(Event 411 Mixed 4x50 LC Meter Medley Relay)**

Team	Relay	Finals Time
4 Lane Leader-CE	B	1:55.99
1) De Villiers, Lezanne W19	2) Clayton, Franco P M17	
3) Lombard, Jana W16	4) Clarke, Liam M16	
	54.78	
5 Curro Aquatics-CP	A	1:57.04
1) Straszacker, Kristen C W23	2) Malan, Johan S M17	
3) Louw, Guillaume M20	4) Christie, Leah E W18	
	31.16 31.13	
	27.32 27.43	
6 Cybersmart-CP	A	1:58.98
1) Coetzer, Milan J M16	2) Southworth, Matthew W M15	
3) Hearne, Trinity S W20	4) Du Plessis, Chanel P W16	
	29.32 33.35	
	27.21 29.10	
7 Vineyard-CP	B	1:59.50
1) Swarts, Keeno A M18	2) Field, Luke D M17	
3) Webber, Isabella L W16	4) Daffarn, Eri J W19	
	29.79 31.21	
	30.44 28.06	
8 SSISA-CP	A	1:59.84
1) Webb, Corey M20	2) Hartman, Timothy J M17	
3) Ward, Tanith A W17	4) Labuschagne, Michaela W16	
	28.16 29.96	
	31.72 30.00	
9 Aquasharks Winel-CE	A	2:00.34
1) Schmidt, Amy W15	2) Hugo, Retief R M17	
3) Prinsloo, Mila W16	4) Viljoen, Stèphen M17	
	29.98 25.64	
10 Tygers-CP	B	2:02.71
1) Van Vondel, Anton J M16	2) McWilliam, Benn D M17	
3) Smith, Lara E W15	4) Ryser, Aurora W16	
	28.26 32.88	
	32.22 29.35	
11 Blouberg Marlins-CP	A	2:03.65
1) Venter, Liya E W18	2) Myburgh, Jordan M18	
3) Van Reenen, Ryan M24	4) Watson, Caitlin C W16	
	34.26 32.59	
	27.47 29.33	
12 Swimlab-CP	A	2:03.70
1) Wolson, Daniel A M16	2) Schreuder, Hannah G W15	
3) Cromhout, Hannah E W19	4) Zellie, Thomas J M16	
	28.69 38.07	
	29.77 27.17	
13 Marlin-CP	A	2:05.04
1) Holman, Acaylia W13	2) Omar, Ilyaas I M17	
3) Mia, Sirhaan M17	4) Bova-Olsen, Katya W13	
	26.00 31.16	
14 GSA-CP	A	2:06.21
1) Morton, Tayler R W16	2) Laubscher, Maya R W16	
3) Kleynhans, Ian M16	4) Levey, Chad M17	
	34.66 36.54	
	29.05 25.96	
15 Curro-WC	A	2:10.92
1) Gounden, Mikhael A M18	2) Novello, Utah W17	
3) Havenga, Skyla K W17	4) Du Plessis, Jason F M13	
	32.32 37.72	
	32.06 28.82	
16 Aqua Sharks-CP	A	2:17.04
1) Allwood, Kate S W15	2) Heyes, Danielle A W17	
3) Basson, Wilan M17	4) Van Wyk, Wesley R M17	
	47.16 38.14	
	26.19 25.55	

**Event 500 Girls 11 & Under 200 LC Meter Backstroke**

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Olivier, Julie M	11 Tygers-CP	2:48.90
	39.34 43.52	
	43.72 42.32	
2 Boshoff, Anja	11 Tygers-CP	2:50.36
	1:25.65	

3 Dimatellis, Zoi	11 ROA-ED	2:54.18
	40.23 45.33	
	45.12 43.50	
4 du Plessis, Evie	11 BLOT-MA	2:55.46
	42.72 44.26	
	46.33 42.15	
5 Van Dyk, Zani	11 GSA-CP	2:56.08
	41.64 44.79	
	45.81 43.84	
6 Thirsk, Savannah	11 Tygers-CP	3:02.81
	42.62 46.05	
	48.54 45.60	
7 Lockitch, Zara	11 Cybersmart-CP	3:03.45
	43.34 46.68	
	47.39 46.04	
8 Jantjies, Zara	11 Manta-CP	3:10.48
	45.26 48.51	
	1:36.71	

**Event 500 Girls 11 & Under 200 LC Meter Backstroke**

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Van Dyk, Zani	11 GSA-CP	2:53.69
	40.74 43.79	
	45.10 44.06	
2 Olivier, Julie M	11 Tygers-CP	2:53.71
	40.93 44.94	
	45.66 42.18	
3 Boshoff, Anja	11 Tygers-CP	2:54.12
	40.50 44.59	
	45.27 43.76	
4 Dimatellis, Zoi	11 ROA-ED	2:54.23
	41.17 44.11	
	1:28.95	
5 du Plessis, Evie	11 BLOT-MA	2:54.26
	41.47 44.85	
	45.72 42.22	
6 Lockitch, Zara	11 Cybersmart-CP	3:04.54
	44.40 47.10	
	48.36 44.68	
7 Thirsk, Savannah	11 Tygers-CP	3:06.53
	44.40 48.09	
	1:34.04	
8 Jantjies, Zara	11 Manta-CP	3:14.26
	46.33 50.12	
	50.63 47.18	
9 Jansen van Rensburg, Mia	11 Vineyard-CP	3:14.63
	45.23 49.69	
	1:39.71	
10 Billson, Amelie	11 Curro Aquatics-CP	3:15.55
	46.35 49.62	
	50.13 49.45	
11 Coetzee, Marli	11 GSA-CP	3:18.87
	46.32	
	47.90	

**Event 500 Girls 12-13 200 LC Meter Backstroke**

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Orchard, Milan M	13 Vineyard-CP	2:29.90
	35.19 38.17	
	38.06 38.48	
2 Evans, Caitlin N	13 Tygers-CP	2:34.73
	1:19.91	
3 Holman, Acaylia	13 Marlin-CP	2:37.94
	36.50 39.76	
	41.44 40.24	
4 Lorenzen, Ava E	12 Blouberg Marlins-CP	2:42.95
	37.29 41.88	
	42.55 41.23	
5 De Villiers, Anja	12 Tygers-CP	2:43.03
	37.63 41.58	
	1:23.82	
6 Visser, Cara	13 Cybersmart-CP	2:43.30
	38.80 41.49	
	42.02 40.99	
7 Basson, Lenè	12 Curro-WC	2:44.52
	38.39 41.91	
	42.32 41.90	
8 Louw, Anieka	13 Curro Aquatics-CP	2:45.42
	38.44 40.49	
	43.33 43.16	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

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## Event 500 Girls 12-13 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Orchard, Milan M	13	Vineyard-CP	2:33.91	
	35.82	39.57	39.43	39.09
2 Holman, Acaylia	13	Marlin-CP	2:38.91	
	36.21	39.74	42.58	40.38
3 Evans, Caitlin N	13	Tygers-CP	2:40.80	
	37.41	41.08	42.06	40.25
4 Lorenzen, Ava E	12	Blouberg Marlins-CP	2:43.60	
	37.61	41.40	42.63	41.96
5 Visser, Cara	13	Cybersmart-CP	2:45.26	
	38.24	41.80	43.03	42.19
6 De Villiers, Anja	12	Tygers-CP	2:45.42	
	38.39	42.41	42.80	41.82
7 Louw, Anieka	13	Curro Aquatics-CP	2:45.74	
	38.73	42.02	42.61	42.38
8 Basson, Lenè	12	Curro-WC	2:47.26	
	38.81	42.75	43.41	42.29
9 Durandt, Sharli	12	Swimlab-CP	2:49.18	
	37.96	42.64	44.94	43.64
10 Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	2:49.44	
	39.22	43.40	44.52	42.30
11 Coetzee, Liane	12	Players-CE	2:49.54	
	40.13	43.68	1:25.73	
12 Blake, Abi E	13	Greydogs-CP	2:50.10	
	41.02	43.01	43.59	42.48
13 Laubscher, Mikalla I	13	GSA-CP	2:50.43	
	39.12	44.61	44.36	42.34
14 Saayman, Nika D	13	Players-CE	2:51.60	
	38.90	43.93	45.53	43.24
15 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	2:51.78	
	39.28	43.50	45.20	43.80
16 Baillie, Gabi J	13	ROA-ED	2:54.93	
	40.83	44.60	1:29.50	
17 Riley, Logan	13	Vineyard-CP	2:55.97	
	39.79	44.67	46.29	45.22
18 Thirsk, Madison	13	Tygers-CP	2:57.49	
	41.19	45.51	46.93	43.86
19 Myers, Kirsten E	13	SSISA-CP	2:57.84	
			45.92	46.23
20 Botha, Chelsea	13	Curro Aquatics-CP	2:59.26	
	41.91	46.15	46.40	44.80
21 De Beer, Isabella C	12	Quicksilver Wine-CE	2:59.76	
	41.42	46.53	46.36	45.45
22 Burger, Juanè	13	Tygers-CP	3:00.42	
	42.23	45.79	46.96	45.44
23 Sonnekus, Anya	12	Tygers-CP	3:02.07	
	43.58	46.57	47.26	44.66
24 Schäfer, Kyla	12	Knysna Aquatics-ED	3:02.80	
	43.30	47.09	1:32.41	
25 Oaten, Sabrina	13	Cybersmart-CP	3:07.19	
	43.28	2:23.91		
26 Groves, Philippa R	12	SSISA-CP	3:07.64	
	43.19	47.69	49.55	47.21
27 Samuels, Londyn	13	Paarl Aquarius-CE	3:19.59	
	43.06	50.75	53.13	52.65

## Event 500 Women 14-15 200 LC Meter Backstroke

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Burgess, Cassidy S	15	Vineyard-CP	2:21.47	
	33.60	36.33	35.68	35.86
2 Humphrey, Jessica	15	AQUA	2:27.85	
	32.49	37.29	39.35	38.72
3 Cronjè, Danielle	15	Lane Leader-CE	2:30.94	
	34.77	37.45	39.28	39.44
4 Hebler, Lily M	14	Quicksilver Wine-CE	2:33.22	
	35.03	39.17	40.27	38.75
5 Newton, Ava L	14	Curro Aquatics-CP	2:35.26	
			1:20.15	
6 Schmidt, Amy	15	Aquasharks Winel-CE	2:36.37	
	34.66	38.31	41.60	41.80
7 Bergh, Madison S	14	AQUA	2:38.06	
	36.58	40.10	40.54	40.84
8 Combrink, Amy	14	Vineyard-CP	2:40.12	
	37.40	40.38	41.09	41.25
<b>Event 500 Women 14-15 200 LC Meter Backstroke</b>				
Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Burgess, Cassidy S	15	Vineyard-CP	2:23.85	
	34.05	36.32	36.38	37.10
2 Humphrey, Jessica	15	AQUA	2:30.96	
	33.48	38.71	39.67	39.10
3 Newton, Ava L	14	Curro Aquatics-CP	2:34.96	
	36.46	39.79	39.71	39.00
4 Hebler, Lily M	14	Quicksilver Wine-CE	2:36.02	
	36.85	40.56	42.15	36.46
5 Cronjè, Danielle	15	Lane Leader-CE	2:36.81	
	35.71	39.50	41.36	40.24
6 Combrink, Amy	14	Vineyard-CP	2:39.07	
	36.96	40.12	41.55	40.44
7 Schmidt, Amy	15	Aquasharks Winel-CE	2:39.15	
	35.26	39.58	41.64	42.67
8 Bergh, Madison S	14	AQUA	2:39.37	
	36.43	40.14	41.62	41.18
9 Hayes, Kerrigan L	14	Curro Aquatics-CP	2:40.07	
	36.59	40.20	41.60	41.68
10 du Plessis, Madison	15	BLOT-MA	2:40.96	
	37.65	40.33	42.00	40.98
11 Glover, Erin K	15	Tygers-CP	2:43.44	
	38.51	40.97	42.34	41.62
12 Vd Merwe, Mi-Ly	14	Lane Leader-CE	2:43.61	
	38.78	41.82	42.75	40.26
13 de Jager, Katie	14	BLOT-MA	2:44.31	
	37.60	41.99	43.52	41.20
14 Lategan, Emma M	15	Curro Aquatics-CP	2:44.50	
	37.82	42.00	42.99	41.69
15 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	2:44.74	
	38.30	42.11	43.69	40.64
16 Rossouw, Emma M	14	Tygers-CP	2:44.91	
	38.61	42.20	42.82	41.28
17 Holthuis, Keilah-Naomi	14	Quicksilver Wine-CE	2:45.23	
	38.04	41.99	42.87	42.33
18 Coleman, Madison	14	Blouberg Marlins-CP	2:45.24	
	38.20	42.02	42.59	42.43



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## Preliminaries ... (Event 500 Women 14-15 200 LC Meter Backstroke)

Name	Age	Team	Prelim Time	
19 Juries, Sam C	14	Curro-WC	2:45.66	
36.93	41.63	43.77	43.33	
20 Goebel, Zoë	15	Tygers-CP	2:45.99	
38.71	41.77	44.05	41.46	
21 Jantzen, Zianè	14	Quick Silver-CP	2:46.11	
		1:24.93		
22 Vd Merwe, Mia	14	GSA-CP	2:46.68	
40.21	43.34	43.59	39.54	
23 Borman, Jani	15	Swartland Aquati-WC	2:47.09	
37.20	43.16	1:26.73		
24 De Oliveira, Aliyah	14	Tygers-CP	2:47.38	
38.44	42.60	43.63	42.71	
25 Slinger, Gizelle	14	AQUA	2:47.43	
36.82			41.62	
26 Trout, Sophia L	14	Vineyard-CP	2:48.86	
38.16	43.38	1:27.32		
27 Morris, Jenna	14	Vineyard-CP	2:51.41	
39.87	44.16	44.27	43.11	

## Event 500 Women 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Finals Time	
1 De Wet, Emma M	16	Vineyard-CP	2:22.94	
32.72	37.32	37.41	35.49	
2 Uys, Tara	18	Tygers-CP	2:24.58	
33.54	36.59	37.54	36.91	
3 Du Plessis, Chanel P	16	Cybersmart-CP	2:28.72	
		1:16.35		
4 Botha, Lara E	17	Aquasharks Winel-CE	2:29.55	
34.43	37.80	38.66	38.66	
5 De Jongh, Grace	17	Lane Leader-CE	2:32.36	
34.32	37.31	39.89	40.84	
6 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	2:35.22	
35.19	39.24	40.59	40.20	
7 Ward, Tanith A	17	SSISA-CP	2:36.26	
34.92	39.90	40.95	40.49	
8 De Roubaix, Maric M	16	Lane Leader-CE	2:38.98	
		1:21.78		
9 Smidt, Clio J	17	Vineyard-CP	2:39.80	
36.79			40.40	
10 Rossouw, Nadia	17	Tygers-CP	2:41.21	
36.71	40.32	41.64	42.54	
11 Ryser, Aurora	16	Tygers-CP	2:41.62	
36.68	41.02	42.43	41.49	
12 Smit, Jenna	16	Curro Aquatics-CP	2:41.92	
35.85	40.25	42.85	42.97	
13 Bester, Lisa	16	The Well-CE	2:47.51	
38.72	42.08	43.48	43.23	

## Event 500 Women 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	
1 De Wet, Emma M	16	Vineyard-CP	2:23.85	
33.66	37.19	37.66	35.34	
2 Uys, Tara	18	Tygers-CP	2:28.46	
33.84	37.47	38.50	38.65	
3 Du Plessis, Chanel P	16	Cybersmart-CP	2:30.82	
35.08	38.04	39.34	38.36	
4 Botha, Lara E	17	Aquasharks Winel-CE	2:31.60	
35.48	38.13	1:17.99		

5 Helmand, Anieke	18	KOVS-MA	2:32.69	
34.86	38.60	39.99	39.24	
6 De Jongh, Grace	17	Lane Leader-CE	2:32.84	
33.72	36.83	39.95	42.34	
7 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	2:32.85	
34.87	38.42	39.79	39.77	
8 Smidt, Clio J	17	Vineyard-CP	2:38.25	
36.21	39.55	41.33	41.16	
9 De Villiers, Lezanne	19	Lane Leader-CE	2:38.35	
35.99	40.06	41.36	40.94	
10 Rossouw, Nadia	17	Tygers-CP	2:39.43	
37.26	40.27	40.58	41.32	
11 Ward, Tanith A	17	SSISA-CP	2:39.52	
34.47			42.15	
12 Smit, Jenna	16	Curro Aquatics-CP	2:40.86	
37.27	40.80	41.91	40.88	
13 De Roubaix, Maric M	16	Lane Leader-CE	2:41.35	
37.56	40.25	41.95	41.59	
14 Ryser, Aurora	16	Tygers-CP	2:43.25	
36.93	40.56	42.89	42.87	
15 Watson, Caitlin C	16	Blouberg Marlins-CP	2:45.74	
37.38	41.78	44.02	42.56	
16 Bester, Lisa	16	The Well-CE	2:47.82	
39.33	42.64	43.19	42.66	
17 Gennarakis, Christina	16	Curro Aquatics-CP	2:51.64	
39.27	42.89	44.74	44.74	

## Event 501 Boys 11 &amp; Under 200 LC Meter Backstroke

Name	Age	Team	Finals Time	
1 Hahn, Kyle	11	ROA-ED	2:38.67	
36.53	41.31	40.88	39.95	
2 Bright, Michael C	11	Curro Aquatics-CP	2:47.20	
		1:24.59		
3 Vd Watt, Earle	11	GSA-CP	2:49.89	
		1:26.35		
4 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:52.24	
39.04	44.30	45.98	42.92	
5 Leitner, Zachary M	10	AQUA	2:55.91	
42.42	45.12	45.01	43.36	
6 Van Onselen, Pierre S	10	Tygers-CP	2:59.49	
41.91	46.63	47.28	43.67	
7 February, Dillon S	11	Curro Aquatics-CP	2:59.87	
41.30	45.68	46.44	46.45	
8 Viljoen, Jagger F	10	Aqua Sharks-CP	3:17.28	
		2:34.17		

## Event 501 Boys 11 &amp; Under 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	
1 Hahn, Kyle	11	ROA-ED	2:44.60	
37.06	43.02	43.12	41.40	
2 Vd Watt, Earle	11	GSA-CP	2:50.90	
38.73	44.38	1:27.79		
3 Bright, Michael C	11	Curro Aquatics-CP	2:51.08	
40.58	44.95	44.56	40.99	
4 February, Dillon S	11	Curro Aquatics-CP	2:56.53	
42.36	46.11	46.44	41.62	
5 Pautz, Benjamin R	11	Blouberg Marlins-CP	2:56.89	
40.63	44.91	47.20	44.15	

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Preliminaries ... (Event 501 Boys 11 & Under 200 LC Meter Backstroke)				
Name	Age	Team	Prelim Time	
6 Leitner, Zachary M	10	AQUA	2:58.17	
	42.95	45.63	45.44	44.15
7 Van Onselen, Pierre S	10	Tygers-CP	3:00.14	
	42.88	46.89	46.39	43.98
8 Viljoen, Jagger F	10	Aqua Sharks-CP	3:00.43	
	42.49	45.60	47.14	45.20
9 Naude, AJ J	11	Agulhas-OB	3:01.69	
	42.27	46.08	47.30	46.04
10 Breebaart, Joshua	11	Greydogs-CP	3:01.79	
			47.24	45.51
11 Poultney, Matthew	10	Swimlab-CP	3:03.51	
	43.23	47.56	48.29	44.43
12 Visagie, Dian	11	Swartland Aquati-WC	3:04.41	
	42.97	46.74	47.81	46.89
13 Wagener, Tiaan H	11	Aquasharks Winel-CE	3:05.68	
	43.70	47.76	48.90	45.32
14 Kruger, Zachary C	11	Swartland Aquati-WC	3:06.14	
	44.54	47.86	47.68	46.06
15 Mallin, Lukas	9	Swimlab-CP	3:07.92	
	45.90	49.83	48.37	43.82
16 Lewis, Amaru C	11	Paarl Aquarius-CE	3:10.11	
			1:37.78	
17 King, Aidan J	11	GSA-CP	3:12.67	
	43.31	48.78	50.79	49.79
18 Gerber, Luke M	10	Curro Aquatics-CP	3:14.96	
			49.91	48.32

## Event 501 Boys 12-13 200 LC Meter Backstroke

Name	Age	Team	Finals Time	
1 De Lange, Adriaan	13	Tygers-CP	2:14.81	
	31.52	33.87	34.66	34.76
2 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:25.43	
	33.70	37.18	37.62	36.93
3 Fernold, AJ	13	ROA-ED	2:30.52	
			1:15.91	
4 Nel, Max	13	ROA-ED	2:31.36	
	35.20	38.15	39.65	38.36
5 Gilmour, Connor A	13	Silver Fins-CP	2:31.99	
	34.71	38.74	39.96	38.58
6 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	2:35.91	
	35.40	39.07	41.18	40.26
7 Yeowart, Seth W	13	Greydogs-CP	2:37.34	
	36.52	40.48	1:20.34	
8 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	2:39.43	
	36.41	39.24	42.11	41.67

## Event 501 Boys 12-13 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	
1 De Lange, Adriaan	13	Tygers-CP	2:20.68	
	33.29	35.90	36.16	35.33
2 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	2:29.46	
	34.67	38.16	1:16.63	
3 Fernold, AJ	13	ROA-ED	2:30.62	
	35.12	38.55	38.40	38.55
4 Nel, Max	13	ROA-ED	2:32.80	
	35.31	39.07	40.16	38.26

5 Van Graan, Matthew D	13	Stellenbosch Aqu-CE	2:33.16	
	35.12	38.20	40.49	39.35
6 Gilmour, Connor A	13	Silver Fins-CP	2:33.89	
	35.01	39.85	39.74	39.29
7 Coolen, Jonathan T	13	Stellenbosch Aqu-CE	2:35.52	
	36.63	38.75	40.45	39.69
8 Yeowart, Seth W	13	Greydogs-CP	2:36.29	
	36.83	40.04	40.45	38.97
9 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	2:38.52	
	37.30	41.01	41.96	38.25
10 Bouwer, Jason	13	Tygers-CP	2:38.73	
	36.17	40.41	41.79	40.36
11 Hekandjo, Kabi A	13	AQUA	2:42.96	
	36.95	40.82	43.08	42.11
12 Rheeder, Liam M	13	Paarl Aquarius-CE	2:45.50	
	38.02	42.13	43.18	42.17
13 Verbeek, Pierre O	12	Curro Aquatics-CP	2:45.74	
	38.35	43.00	1:24.39	
14 Trower, Michael	12	Tygers-CP	2:46.59	
	38.10	42.55	43.57	42.37
15 Van Wyk, Jack R	12	Curro Aquatics-CP	2:46.62	
	38.95	42.53	43.80	41.34
16 van Wyk, Tariq K	13	Barracudas-CP	2:46.97	
	38.15	43.43	43.55	41.84
17 Van Vondel, Roland	12	Tygers-CP	2:47.30	
	40.25	43.85	42.41	40.79
18 Oaten, Rourke	13	Cybersmart-CP	2:48.10	
	41.75	42.89	43.60	39.86
19 Hodge, Cameron P	13	Lane Leader-CE	2:48.13	
	39.47	42.78	43.67	42.21
20 Wing, James L	13	Greydogs-CP	2:49.07	
	40.94	43.09	44.05	40.99
21 Parr, Colbyn S	12	Knysna Aquatics-ED	2:49.74	
	39.26	43.27	43.96	43.25
22 Coetzee, Sion M	13	Quick Silver-CP	2:50.75	
	39.51	44.26	44.49	42.49
23 Afonso, Aragon G	13	Quick Silver-CP	2:52.70	
	40.90	44.07	44.74	42.99
24 Bergh, Riley R	12	AQUA	2:53.27	
	40.30	44.44	45.04	43.49
25 Conradie, Niel	13	Quick Silver-CP	2:54.01	
	39.73	43.75	1:30.53	
26 Benecke, Delmar	12	Vineyard-CP	2:55.23	
	41.21	45.06	1:28.96	
27 Faulkner, Callum E	12	Blouberg Marlins-CP	2:56.19	
	41.17	45.70	46.44	42.88
28 Nell, Liam	12	Vineyard-CP	3:00.27	
	41.13	46.65	45.93	46.56
29 Muller, Lukas D	12	Quick Silver-CP	3:01.00	
	44.06	47.57	46.67	42.70
30 Slabber, Ruhann	13	Curro Aquatics-CP	3:06.58	
			1:36.20	

## Event 501 Men 14-15 200 LC Meter Backstroke

Name	Age	Team	Finals Time	
1 Trower, Nic T	14	Tygers-CP	2:10.18	
	30.12	32.82	33.57	33.67
2 Bestel, Luc M	14	Vineyard-CP	2:16.05	
	32.26	34.60	34.50	34.69
3 Esterhuizen, Lorenzo E	14	AQUA	2:17.44	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 501 Men 14-15 200 LC Meter Backstroke)

Name	Age	Team	Finals Time
4 Southworth, Matthew W	15	Cybersmart-CP	2:20.54
			32.66 36.30 1:11.58
5 Lottering, Seb C	15	ROA-ED	2:20.98
			31.94 36.07 36.19 36.78
6 Wollenschlaeger, Noah	15	Vineyard-CP	2:23.44
			33.48 36.78 36.46 36.72
7 Sirin, Ben	14	Vineyard-CP	2:24.63
8 Van Wyk, Wayne E	15	GSA-CP	2:25.56
			33.62 37.37 39.31 35.26

## Event 501 Men 14-15 200 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Trower, Nic T	14	Tygers-CP	2:14.71
			31.34 34.05 34.70 34.62
2 Bestel, Luc M	14	Vineyard-CP	2:18.15
			32.50 34.50 35.67 35.48
3 Esterhuizen, Lorenzo E	14	AQUA	2:18.35
			32.07 36.06 35.95 34.27
4 Lottering, Seb C	15	ROA-ED	2:21.99
			31.97 35.87 36.78 37.37
5 Pretorius, Luuk E	15	Knysna Aquatics-ED	2:22.26
			32.83 36.15 37.00 36.28
6 Wollenschlaeger, Noah	15	Vineyard-CP	2:22.86
			33.17 35.99 1:13.70
7 Van Wyk, Wayne E	15	GSA-CP	2:22.93
			32.96 36.33 37.98 35.66
8 Southworth, Matthew W	15	Cybersmart-CP	2:23.87
			32.83 36.75 37.50 36.79
9 Sirin, Ben	14	Vineyard-CP	2:25.21
			33.07 37.40 38.42 36.32
10 Kinnear, Connor	15	Tygers-CP	2:26.90
			33.55 37.46 37.66 38.23
11 De Kock, John P	14	Lane Leader-CE	2:27.61
			34.68 38.13 38.69 36.11
12 Bannister, Joshua G	15	Tygers-CP	2:27.93
			33.76 37.73 38.76 37.68
13 Terblanche, Luan L	15	Tygers-CP	2:28.72
			35.12 37.44 38.39 37.77
14 Schultz, Heinrich W	14	Lane Leader-CE	2:30.10
			33.90 38.07 39.13 39.00
15 February, Gerard G	14	Curro Aquatics-CP	2:30.91
			33.92 37.77 39.47 39.75
16 Walker, Yohan G	15	Vineyard-CP	2:32.69
			35.09 38.71 39.95 38.94
17 Viljoen, Jaden R	15	Aqua Sharks-CP	2:33.83
			34.79 38.61 40.42 40.01
18 Basson, Lucca N	14	Cybersmart-CP	2:34.45
			34.91 38.88 40.42 40.24
19 Lombard, Kyle M	15	Barracudas-CP	2:35.11
			34.61 38.29 40.62 41.59
20 Kotzè, Max M	14	Blouberg Marlins-CP	2:35.36
			36.04 39.82 40.28 39.22
21 Grovè, Daniël	14	Curro Hermanus-OB	2:35.91
			35.91 40.17 40.57 39.26
22 Myburgh, Ruan	15	Blouberg Marlins-CP	2:36.04
			36.07 39.14 41.63 39.20
23 Njoroge, Alphonse	14	Curro Aquatics-CP	2:36.09
			36.36 39.75 1:19.98

24 Lategan, Nicky N	14	Swartland Aquati-WC	2:37.31
			35.86 40.60 41.35 39.50
25 Arnott, Carter J	15	Aqua Sharks-CP	2:39.99
			36.25 39.25 41.75 42.74
26 Poggenpoel, Troy J	14	SSISA-CP	2:42.34
			36.78 40.01 42.71 42.84
27 De Bruyn, Cornè C	14	Aqua Sharks-CP	2:42.82
			38.12 41.83 42.35 40.52

## Event 501 Men 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Boshoff, Juan C	18	Tygers-CP	2:09.07
			30.45 32.95 34.06 31.61
2 Van Vondel, Anton J	16	Tygers-CP	2:10.61
			30.24 33.24 34.15 32.98
3 Wright, Keegan	17	Tygers-CP	2:13.25
			1:07.70
4 Clayton, Franco P	17	Lane Leader-CE	2:15.52
			32.38 34.83 34.45 33.86
5 Wolson, Daniel A	16	Swimlab-CP	2:16.16
			31.01 33.92 35.27 35.96
6 Möller, FC C	16	Tygers-CP	2:20.52
			32.70 35.37 36.80 35.65
7 Foot, Aiden C	17	Swartland Aquati-WC	2:20.69
			31.68 36.01 37.05 35.95
8 Nelson, Christopher A	16	Lane Leader-CE	2:20.75
			33.16 35.81 36.15 35.63
9 Swarts, Keeno A	18	Vineyard-CP	2:21.42
			33.00 35.61 36.17 36.64
10 Burger, Schalk S	18	Swartland Aquati-WC	2:22.15
			31.80 35.77 37.85 36.73
11 Terblanche, Kiaan C	18	Tygers-CP	2:23.50
			33.10 36.71 36.80 36.89
12 Strydom, Stephan	18	Tygers-CP	2:27.16
			1:16.65
13 Nefdt, Grant	16	Aqua Dolphin-CP	2:28.54
			33.80 38.42 1:16.32
14 Szapira, Saul	17	Tygers-CP	2:28.57
			33.10 37.02 39.28 39.17
15 Breet, Dawie-Louw L	16	Players-CE	2:29.23
			32.88 37.52 1:18.83
16 McWilliam, Troy J	16	Tygers-CP	2:31.25
			34.08 38.92

## Event 501 Men 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Boshoff, Juan C	18	Tygers-CP	2:14.70
			32.17 34.39 34.81 33.33
2 Van Vondel, Anton J	16	Tygers-CP	2:16.16
			31.26 34.78 35.11 35.01
3 Wright, Keegan	17	Tygers-CP	2:16.94
			32.28 34.98 35.44 34.24
4 Clayton, Franco P	17	Lane Leader-CE	2:17.12
			33.10 35.30 35.04 33.68
5 Wolson, Daniel A	16	Swimlab-CP	2:18.00
			32.28 34.81 35.58 35.33
6 Swarts, Keeno A	18	Vineyard-CP	2:21.26
			33.43 35.73 36.09 36.01
7 Burger, Schalk S	18	Swartland Aquati-WC	2:22.90
			32.38 36.02 37.78 36.72

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 501 Men 16 &amp; Over 200 LC Meter Backstroke)

Name	Age	Team	Prelim Time	
8 Nelson, Christopher A	16	Lane Leader-CE	2:24.04	
			33.87	36.24
			37.51	36.42
9 Möller, FC C	16	Tygers-CP	2:24.74	
			32.70	36.65
			38.27	37.12
10 Foot, Aiden C	17	Swartland Aquati-WC	2:25.25	
			32.37	36.72
			38.22	37.94
11 Clayton, Antony L	16	Lane Leader-CE	2:25.81	
			33.86	37.51
			37.42	37.02
12 Strydom, Stephan	18	Tygers-CP	2:25.99	
			32.99	36.02
			38.02	38.96
13 Terblanche, Kiaan C	18	Tygers-CP	2:26.14	
			32.44	37.53
			38.48	37.69
14 Nefdt, Grant	16	Aqua Dolphin-CP	2:27.39	
			33.46	37.55
			1:16.38	
15 McWilliam, Troy J	16	Tygers-CP	2:28.54	
			35.91	38.60
			37.49	36.54
16 Breet, Dawie-Louw L	16	Players-CE	2:29.44	
			33.46	38.10
			39.91	37.97
17 Szapira, Saul	17	Tygers-CP	2:31.49	
			35.30	38.52
			39.57	38.10
18 Bester, Eben	16	Tygers-CP	2:31.53	
			34.42	37.49
			40.19	39.43
19 Alexander, Ammaar	16	Marlin-CP	2:32.89	
			34.35	37.80
			40.10	40.64
20 Karsten, Jody	16	Blouberg Marlins-CP	2:36.57	
			36.08	39.51
			40.82	40.16
21 Rohner, Jayden M	16	Blouberg Marlins-CP	2:38.99	
			34.94	40.08
			41.97	42.00

## Event 502 Girls 11 &amp; Under 50 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Williams, Aqeelah	11	Uwc-CP	31.73
2 Dimatellis, Zoi	11	ROA-ED	32.16
3 Joyce, Jenna	11	Curro Aquatics-CP	32.57
4 Jansen van Rensburg, Mia	11	Vineyard-CP	32.93
5 Van Dyk, Zani	11	GSA-CP	33.02
6 du Plessis, Evie	11	BLOT-MA	33.37
7 Olivier, Julie M	11	Tygers-CP	33.73
8 Sabbagha, Georgia	11	Paarl Aquarius-CE	34.24

## Event 502 Girls 11 &amp; Under 50 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Dimatellis, Zoi	11	ROA-ED	32.35
2 du Plessis, Evie	11	BLOT-MA	32.91
3 Williams, Aqeelah	11	Uwc-CP	33.11
4 Van Dyk, Zani	11	GSA-CP	33.18
5 Jansen van Rensburg, Mia	11	Vineyard-CP	33.46
6 Joyce, Jenna	11	Curro Aquatics-CP	33.58
7 Olivier, Julie M	11	Tygers-CP	34.05
8 Sabbagha, Georgia	11	Paarl Aquarius-CE	34.50
9 Coetzee, Marli	11	GSA-CP	34.75
10 Billson, Amelie	11	Curro Aquatics-CP	34.78
11 Thirsk, Savannah	11	Tygers-CP	34.99
12 Ahmed, Bria	10	Swimlab-CP	35.17
13 Stilwaney, Mia C	11	Paarl Aquarius-CE	35.37
14 Jantjies, Zara	11	Manta-CP	35.38

## Event 502 Girls 12-13 50 LC Meter Freestyle

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Orchard, Milan M	13	Vineyard-CP	29.23
2 Magotsi, Riziki A	13	Vineyard-CP	29.26
3 Grütter, Arabelle	13	ROA-ED	29.61
4 Van Der Wath, Izi	13	Knysna Aquatics-ED	29.69
5 De Villiers, Anja	12	Tygers-CP	30.23
6 Fury, Amelia J	12	Vineyard-CP	30.25
7 Fenner, Olivia M	12	Players-CE	30.38
8 Visser, Cara	13	Cybersmart-CP	30.76

## Event 502 Girls 12-13 50 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Magotsi, Riziki A	13	Vineyard-CP	29.47
2 Orchard, Milan M	13	Vineyard-CP	29.70
3 Grütter, Arabelle	13	ROA-ED	29.98
4 Van Der Wath, Izi	13	Knysna Aquatics-ED	30.31
5 De Villiers, Anja	12	Tygers-CP	30.37
6 Fury, Amelia J	12	Vineyard-CP	30.51
7 Fenner, Olivia M	12	Players-CE	30.68
8 Visser, Cara	13	Cybersmart-CP	30.82
9 Louw, Anieka	13	Curro Aquatics-CP	30.88
10 Gerber, Simonè M	13	Greydogs-CP	31.05
11 Cloete-Hopkins, Aryana A	13	SSISA-CP	31.11
12 Coetzee, Liane	12	Players-CE	31.12
13 Laubscher, Mikalla I	13	GSA-CP	31.29
14 Bayly, Arabella	12	Vineyard-CP	31.30
*15 Lorenzen, Ava E	12	Blouberg Marlins-CP	31.33
*15 Ahmed, Ayla	12	Swimlab-CP	31.33
17 Riley, Logan	13	Vineyard-CP	31.53
18 Faul, Ellen J	12	Quicksilver Wine-CE	31.62
19 Nilsson, Rebecca B	12	Tygers-CP	31.88
20 O'Carroll, Nia E	13	Stellenbosch Aqu-CE	32.05
21 Botha, Chelsea	13	Curro Aquatics-CP	32.06
22 Bova-Olsen, Katya	13	Marlin-CP	32.14
23 Grobler, Zané	13	ROA-ED	32.17
24 Botha, Rebecca P	12	Knysna Aquatics-ED	32.26
25 Barnard, Adelmari D	13	Swartland Aquati-WC	32.55
26 Basson, Lenè	12	Curro-WC	32.57
27 Nienaber, Mila J	12	Quicksilver Wine-CE	32.65
28 Myers, Kirsten E	13	SSISA-CP	32.86
29 Samuels, Londyn	13	Paarl Aquarius-CE	33.13
30 Groves, Philippa R	12	SSISA-CP	33.15
31 Mason, Phoebe M	13	Stellenbosch Aqu-CE	33.17
32 Hager, Carle	13	Lane Leader-CE	33.28
33 Blake, Abi E	13	Greydogs-CP	33.36
34 Saayman, Nika D	13	Players-CE	33.42
35 Burger, Juanè	13	Tygers-CP	33.88
36 Schäfer, Kyla	12	Knysna Aquatics-ED	34.00
37 Sonnekus, Anya	12	Tygers-CP	34.36
38 Oaten, Sabrina	13	Cybersmart-CP	34.45
39 De Beer, Isabella C	12	Quicksilver Wine-CE	34.52
40 Thirsk, Madison	13	Tygers-CP	34.76
41 Baillie, Gabi J	13	ROA-ED	35.10

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Event 502 Women 14-15 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Kotze, Abigail	14 Tygers-CP	27.09
2 Humphrey, Jessica	15 AQUA	28.44
3 Combrink, Amy	14 Vineyard-CP	28.84
4 Vd Wal, Mieke	15 Curro Aquatics-CP	29.05
5 Cronjè, Danielle	15 Lane Leader-CE	29.17
6 Havemann, Bella	15 Aqua Sharks-CP	29.58
7 Van Galen, Ava-Loren	14 Stellenbosch Aqu-CE	29.61
8 Liebenberg, Emily M	14 Swartland Aquati-WC	29.75

## Event 502 Women 14-15 50 LC Meter Freestyle

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Burgess, Cassidy S	15 Vineyard-CP	28.61
2 Combrink, Amy	14 Vineyard-CP	28.99
3 Kotze, Abigail	14 Tygers-CP	29.15
4 Havemann, Bella	15 Aqua Sharks-CP	29.39
5 Cronjè, Danielle	15 Lane Leader-CE	29.54
6 Humphrey, Jessica	15 AQUA	29.62
7 Vd Wal, Mieke	15 Curro Aquatics-CP	29.67
8 Van Galen, Ava-Loren	14 Stellenbosch Aqu-CE	30.02
9 Liebenberg, Emily M	14 Swartland Aquati-WC	30.11
10 Holthuis, Keilah-Naomi	14 Quicksilver Wine-CE	30.25
11 Coleman, Madison	14 Blouberg Marlins-CP	30.26
*12 Goebel, Zoë	15 Tygers-CP	30.31
*12 Wium, Mari	14 Quicksilver Wine-CE	30.31
14 Zeelie, Shanna-Leigh	14 Blouberg Marlins-CP	30.40
*15 Slinger, Gizelle	14 AQUA	30.59
*15 Geyser, Almi	14 Lane Leader-CE	30.59
17 Hebler, Lily M	14 Quicksilver Wine-CE	30.68
18 Newton, Ava L	14 Curro Aquatics-CP	30.72
19 Verbeek, Wilmien	15 Curro Aquatics-CP	30.85
20 Gerber, Mia	15 Lane Leader-CE	31.21
*21 Glover, Erin K	15 Tygers-CP	31.28
*21 Hayes, Kerrigan L	14 Curro Aquatics-CP	31.28
23 Smith, Lara E	15 Tygers-CP	31.33
24 Jeftha, Zara L	15 Marlin-CP	31.48
25 Raimond, Marike M	14 Tygers-CP	31.82
*26 Lategan, Emma M	15 Curro Aquatics-CP	31.84
*26 Schreuder, Hannah G	15 Swimlab-CP	31.84
28 Morris, Jenna	14 Vineyard-CP	31.95
29 Visser, Sandri	14 Players-CE	32.64
30 Terblanche, Essie	14 Lane Leader-CE	32.78
31 Juries, Sam C	14 Curro-WC	34.02

## Event 502 Women 16 &amp; Over 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Hearne, Trinity S	20 Cybersmart-CP	26.79
2 Fury, Rebecca G	16 Vineyard-CP	27.08
3 Groepes, Rachel L	17 Swimlab-CP	27.57
4 Ribeiro, Nuria A	21 Maties-CE	27.65
5 Helmand, Anieke	18 KOVS-MA	27.69
6 Christie, Leah E	18 Curro Aquatics-CP	27.76
7 Cromhout, Hannah E	19 Swimlab-CP	27.83
8 Nieuwstad, Michelle	29 Lane Leader-CE	28.15
9 Heyes, Danielle A	17 Aqua Sharks-CP	28.63
10 De Jongh, Grace	17 Lane Leader-CE	28.90

11 Daffarn, Eri J	19 Vineyard-CP	28.97
12 Gennarakis, Christina	16 Curro Aquatics-CP	29.11
13 Novello, Utah	17 Curro-WC	29.26
14 De Villiers, Lezanne	19 Lane Leader-CE	29.34
15 De Wet, Emma M	16 Vineyard-CP	29.42
16 Webber, Isabella L	16 Vineyard-CP	29.46

## Event 502 Women 16 &amp; Over 50 LC Meter Freestyle

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Hearne, Trinity S	20 Cybersmart-CP	26.97
2 Fury, Rebecca G	16 Vineyard-CP	27.43
3 Helmand, Anieke	18 KOVS-MA	27.87
4 Groepes, Rachel L	17 Swimlab-CP	27.91
5 Ribeiro, Nuria A	21 Maties-CE	28.01
6 Cromhout, Hannah E	19 Swimlab-CP	28.06
7 Meier, Marné	24 Curro Aquatics-CP	28.09
8 Christie, Leah E	18 Curro Aquatics-CP	28.16
9 Nieuwstad, Michelle	29 Lane Leader-CE	28.17
10 Heyes, Danielle A	17 Aqua Sharks-CP	28.32
11 Prinsloo, Mila	16 Aquasharks Winel-CE	28.48
12 Straszacker, Kristen C	23 Curro Aquatics-CP	28.55
13 Daffarn, Eri J	19 Vineyard-CP	29.00
14 De Jongh, Grace	17 Lane Leader-CE	29.03
15 De Wet, Emma M	16 Vineyard-CP	29.08
16 Webber, Isabella L	16 Vineyard-CP	29.28
17 Gennarakis, Christina	16 Curro Aquatics-CP	29.32
18 Paljk, Tilka	26 Maties-CE	29.34
19 De Villiers, Lezanne	19 Lane Leader-CE	29.46
20 Novello, Utah	17 Curro-WC	29.56
21 Laubscher, Maya R	16 GSA-CP	29.96
22 Ryser, Aurora	16 Tygers-CP	30.04
23 Havenga, Skyla K	17 Curro-WC	30.06
24 Franks, Madison M	16 SSISA-CP	30.10
25 Smit, Jenna	16 Curro Aquatics-CP	30.13
26 Daniels, Sara H	17 Blouberg Marlins-CP	30.17
27 Hugo, Anika S	17 Quicksilver Wine-CE	30.19
28 Uys, Tara	18 Tygers-CP	30.27
29 Watson, Caitlin C	16 Blouberg Marlins-CP	30.48
30 Venter, Liya E	18 Blouberg Marlins-CP	30.80
31 Ward, Tanith A	17 SSISA-CP	30.98
32 Kotzè, Tamsyn G	16 Blouberg Marlins-CP	31.21
33 Langenhoven, Erin	16 Silver Fins-CP	31.27
34 Labuschagne, Michaela	16 SSISA-CP	31.66
35 Sabbagha, Annè	17 Paarl Aquarius-CE	32.37

## Event 502 Women 50 LC Meter Freestyle Multi-Class

Name	AgeTeam	Prelim Time
<b>Preliminaries</b>		
1 Vd Merwe, Mia S14	25 Curro Aquatics-CP	37.68

## Event 503 Boys 11 &amp; Under 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
<b>Finals</b>		
1 Hahn, Kyle	11 ROA-ED	30.37
2 van Rensburg, Tristan	11 GSA-CP	31.21
3 Bright, Michael C	11 Curro Aquatics-CP	31.23
4 Mallin, Lukas	9 Swimlab-CP	31.30
5 Pautz, Benjamin R	11 Blouberg Marlins-CP	31.56
6 VerLoren Van Themaat, Hein	11 Lane Leader-CE	31.98
7 Wagener, Tiaan H	11 Aquasharks Winel-CE	32.69

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Finals ... (Event 503 Boys 11 & Under 50 LC Meter Freestyle)**

Name	AgeTeam	Finals Time
8 Boshoff, Mickayle C	11 Knysna Aquatics-ED	33.15

**Event 503 Boys 11 & Under 50 LC Meter Freestyle**

Name	AgeTeam	Prelim Time
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**Preliminaries**

1 Hahn, Kyle	11 ROA-ED	30.81
2 van Rensburg, Tristan	11 GSA-CP	31.58
3 Bright, Michael C	11 Curro Aquatics-CP	31.93
4 Mallin, Lukas	9 Swimlab-CP	32.18
5 Pautz, Benjamin R	11 Blouberg Marlins-CP	32.25
6 Wagener, Tiaan H	11 Aquasharks Winel-CE	32.54
7 VerLoren Van Themaat, Hein	11 Lane Leader-CE	32.55
8 Boshoff, Mickayle C	11 Knysna Aquatics-ED	32.60
9 Poultney, Matthew	10 Swimlab-CP	32.80
10 Barnard, Theo J	11 Swartland Aquati-WC	32.96
11 Bosch, Ewan Y	11 Tygers-CP	33.19
12 Goodall, Aaron	11 Aqua Sharks-CP	33.28
13 Schreve, Lehan	11 Swartland Aquati-WC	33.29
14 Vd Watt, Earle	11 GSA-CP	33.54
15 February, Dillon S	11 Curro Aquatics-CP	33.56
16 Coolen, Nicolas D	11 Stellenbosch Aqu-CE	33.61
*17 Mccollum, Aiden I	11 Aqua Dolphin-CP	34.21
*17 Fenner, Jenson V	11 Players-CE	34.21
19 Basson, Henk	11 Lane Leader-CE	34.26
20 Van Onselen, Pierre S	10 Tygers-CP	34.35
*21 Fouche, Jack	11 Tygers-CP	34.90
*21 King, Aidan J	11 GSA-CP	34.90
23 Wessels, Hendrè	11 Agulhas-OB	35.15
24 Lategan, Wessel W	11 Swartland Aquati-WC	35.60
25 Dockerill, Max J	11 Curro Aquatics-CP	35.62
26 Kruger, Zachary C	11 Swartland Aquati-WC	35.71
27 Visagie, Dian	11 Swartland Aquati-WC	36.29
28 Baadjies, Cruden H	11 Paarl Aquarius-CE	36.46
29 Gerber, Luke M	10 Curro Aquatics-CP	36.74
30 Lewis, Amaru C	11 Paarl Aquarius-CE	37.56
31 Leitner, Zachary M	10 AQUA	38.18

**Event 503 Boys 12-13 50 LC Meter Freestyle**

Name	AgeTeam	Finals Time
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**Finals**

1 Van Schaik, Luc	13 Vineyard-CP	26.89
2 Fernold, AJ	13 ROA-ED	26.97
3 Searle, Jude	13 Vineyard-CP	27.23
4 Gilmour, Connor A	13 Silver Fins-CP	27.38
5 Wing, James L	13 Greydogs-CP	27.41
6 Williams, Logan	13 Vineyard-CP	27.80
7 Wagner, Noah J	13 Swimlab-CP	27.84
8 Goussard, Henry	13 Greydogs-CP	28.17

**Event 503 Boys 12-13 50 LC Meter Freestyle**

Name	AgeTeam	Prelim Time
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**Preliminaries**

1 Van Schaik, Luc	13 Vineyard-CP	27.21
2 Gilmour, Connor A	13 Silver Fins-CP	27.57
3 Fernold, AJ	13 ROA-ED	27.62
4 Wing, James L	13 Greydogs-CP	27.79
5 Searle, Jude	13 Vineyard-CP	27.91
6 Wagner, Noah J	13 Swimlab-CP	28.03
7 Williams, Logan	13 Vineyard-CP	28.11

8 Goussard, Henry	13 Greydogs-CP	28.28
9 Stanfliet, Nicholas	13 Vineyard-CP	28.54
10 De Lange, Adriaan	13 Tygers-CP	28.56
11 Boshoff, Keanu A	12 Knysna Aquatics-ED	28.63
12 Coolen, Jonathan T	13 Stellenbosch Aqu-CE	28.65
13 Mkavea, Tasu	13 Uwc-CP	29.00
14 Bezuidenhout, Ernst E	13 Curro Aquatics-CP	29.11
15 Verbeek, Pierre O	12 Curro Aquatics-CP	29.14
16 Fortuin, Niyaaaz	13 Vineyard-CP	29.51
17 Willenburg, Elijah K	13 Silver Fins-CP	30.11
18 Matthee, Burger P	12 Agulhas-OB	30.21
19 Pearson-Adams, Wolfe D	13 Swimlab-CP	30.29
20 Van Graan, Matthew D	13 Stellenbosch Aqu-CE	30.44
21 Cavallaro, Michele R	13 Cybersmart-CP	30.47
22 Smit, Reynard-Gray	12 Silver Fins-CP	30.67
23 Coleman, Travis	12 Blouberg Marlins-CP	30.68
24 Van Wyk, Jack R	12 Curro Aquatics-CP	30.94
25 Oosthuizen, Ethan	13 Players-CE	31.07
26 Slabber, Ruhann	13 Curro Aquatics-CP	31.16
27 Krause, Luke	13 Curro Aquatics-CP	31.19
28 Weber, Daniel	12 Players-CE	31.21
29 Parr, Colbyn S	12 Knysna Aquatics-ED	31.26
30 Swart, Nico N	12 Aqua Sharks-CP	31.39
31 Muller, Lukas D	12 Quick Silver-CP	31.41
*32 Van Der Merwe, Jesse	12 Vineyard-CP	31.42
*32 Van Zyl, Daniël R	12 Tygers-CP	31.42
*34 Rheeder, Liam M	13 Paarl Aquarius-CE	31.43
*34 Trower, Michael	12 Tygers-CP	31.43
36 Hekandjo, Kabi A	13 AQUA	31.55
37 Spencer, Marcus W	12 Vineyard-CP	31.83
38 Mouton, Jean A	13 Curro Aquatics-CP	31.93
39 Immelman, Max B	13 Greydogs-CP	32.19
40 Faulkner, Callum E	12 Blouberg Marlins-CP	32.41
41 Hodge, Cameron P	13 Lane Leader-CE	32.49
42 Benecke, Delmar	12 Vineyard-CP	32.63
43 Van Vondel, Roland	12 Tygers-CP	32.90
44 Bergh, Riley R	12 AQUA	34.89

**Event 503 Men 14-15 50 LC Meter Freestyle**

Name	AgeTeam	Finals Time
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**Finals**

1 Pretorius, Luuk E	15 Knysna Aquatics-ED	24.82
2 Trower, Nic T	14 Tygers-CP	25.48
3 Kotze, Eric B	14 Stellenbosch Aqu-CE	25.89
4 Kalapac, Joshua	14 Blouberg Marlins-CP	26.15
5 Wollenschlaeger, Noah	15 Vineyard-CP	26.18
6 Van Wyk, Wayne E	15 GSA-CP	26.22
7 Heyes, Garrick T	15 Aqua Sharks-CP	26.26
8 Theron, Luca D	15 Vineyard-CP	26.93

**Event 503 Men 14-15 50 LC Meter Freestyle**

Name	AgeTeam	Prelim Time
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**Preliminaries**

1 Pretorius, Luuk E	15 Knysna Aquatics-ED	25.66
2 Trower, Nic T	14 Tygers-CP	25.78
3 Kotze, Eric B	14 Stellenbosch Aqu-CE	25.98
4 Wollenschlaeger, Noah	15 Vineyard-CP	26.30
5 Heyes, Garrick T	15 Aqua Sharks-CP	26.54
6 Van Wyk, Wayne E	15 GSA-CP	26.65
7 Kalapac, Joshua	14 Blouberg Marlins-CP	26.77
8 Theron, Luca D	15 Vineyard-CP	26.89

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Preliminaries ... (Event 503 Men 14-15 50 LC Meter Freestyle)

Name	Age	Team	Prelim Time
9 Esterhuizen, Lorenzo E	14	AQUA	26.92
10 Lombard, Kyle M	15	Barracudas-CP	26.93
11 Rayne, Leo	14	Aqua Sharks-CP	26.97
12 Strydom, Conrad M	15	Quick Silver-CP	26.99
13 Linscott, Josh C	15	Manta-CP	27.08
14 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	27.09
15 Lottering, Seb C	15	ROA-ED	27.16
16 Viljoen, Jaden R	15	Aqua Sharks-CP	27.17
17 Walker, Yohan G	15	Vineyard-CP	27.27
18 Pedro, Tamkeen	15	Walmers-CP	27.30
19 Gilbert, Andrew A	14	Swimlab-CP	27.41
20 Schultz, Heinrich W	14	Lane Leader-CE	27.42
21 Kotzè, Max M	14	Blouberg Marlins-CP	27.49
22 Pautz, Nathan M	15	Blouberg Marlins-CP	27.64
23 Arnott, Carter J	15	Aqua Sharks-CP	27.74
24 February, Gerard G	14	Curro Aquatics-CP	27.77
25 Schreuder, Steffen	15	Aquasharks Winel-CE	27.79
26 Williams, Luca	15	Vineyard-CP	27.88
27 Kinnear, Connor	15	Tygers-CP	27.96
28 Daniels, Adam M	14	ELEC-TS	27.98
29 Das Neves, Lucas P	14	Tygers-CP	28.04
30 Rosslee, Christian F	14	Quicksilver Wine-CE	28.19
31 Williams, Jayden J	14	Paarl Aquarius-CE	28.32
32 De Jager, Nathan B	15	Aqua Sharks-CP	28.41
33 Waters, Steven G	14	Lane Leader-CE	28.42
34 Beukes, Jaden L	14	Walmers-CP	28.47
35 Spencer, Charles A	14	Vineyard-CP	28.75
36 Basson, Lucca N	14	Cybersmart-CP	29.02
37 Van der Watt, Alpheus J	15	Players-CE	29.03
38 De Bruyn, Cornè C	14	Aqua Sharks-CP	29.31
39 Yiorikas, Yiorgos	14	BLOT-MA	29.54
40 Myburgh, Ruan	15	Blouberg Marlins-CP	29.60
41 Grovè, Daniël	14	Curro Hermanus-OB	29.72
42 Goldstein, Phoenix J	15	Aqua Sharks-CP	29.79
43 Njoroge, Alphonse	14	Curro Aquatics-CP	30.12
--- Galochkin, Max	15	Aqua Sharks-CP	NS
--- Vermeulen, Hanco	14	Aquasharks Winel-CE	NS

## Event 503 Men 16 &amp; Over 50 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Esterhuysen, Joshua N	16	Tygers-CP	23.63
2 Luck, Taylor R	18	Vineyard-CP	23.66
3 Van Heerden, Stefan F	17	Lane Leader-CE	23.79
4 Etzold, Peter S	18	Vineyard-CP	24.43
5 Moncherry, Adam J	25	Lane Leader-CE	24.44
6 Hopkins, Tim	18	Tygers-CP	24.70
7 Van Greunen, Renier	17	Fish Eagle-ED	25.21
8 Clarke, Liam	16	Lane Leader-CE	25.32
9 West, Gabriel	19	Tygers-CP	25.52
10 Van Wyk, Wesley R	17	Aqua Sharks-CP	25.61
11 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	25.65
*12 Field, Luke D	17	Vineyard-CP	25.69
*12 Omar, Ilyaaas I	17	Marlin-CP	25.69
14 Geysler, Jacques M	16	Lane Leader-CE	25.81
15 Swarts, Keeno A	18	Vineyard-CP	26.00
16 Burger, Schalk S	18	Swartland Aquati-WC	26.14

## Event 503 Men 16 &amp; Over 50 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Luck, Taylor R	18	Vineyard-CP	23.57
2 Esterhuysen, Joshua N	16	Tygers-CP	23.94
3 Van Heerden, Stefan F	17	Lane Leader-CE	24.13
4 Etzold, Peter S	18	Vineyard-CP	24.57
5 Moncherry, Adam J	25	Lane Leader-CE	24.62
6 Hopkins, Tim	18	Tygers-CP	24.66
7 Van Greunen, Renier	17	Fish Eagle-ED	25.13
8 Omar, Ilyaaas I	17	Marlin-CP	25.44
9 Davidtsz, Colin	16	Cybersmart-CP	25.53
10 Field, Luke D	17	Vineyard-CP	25.71
11 Clarke, Liam	16	Lane Leader-CE	25.75
12 Van Wyk, Wesley R	17	Aqua Sharks-CP	25.76
13 Basson, Wilan	17	Aqua Sharks-CP	25.81
14 Swarts, Keeno A	18	Vineyard-CP	25.83
15 Geysler, Jacques M	16	Lane Leader-CE	25.88
16 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	25.92
17 West, Gabriel	19	Tygers-CP	25.93
18 Burger, Schalk S	18	Swartland Aquati-WC	25.99
19 Cicero, Zack	17	SSISA-CP	26.02
20 Foot, Aiden C	17	Swartland Aquati-WC	26.05
*21 Boonzaier, Jannie R	17	Aqua Sharks-CP	26.09
*21 Myburgh, Jordan	18	Blouberg Marlins-CP	26.09
23 Alexander, Ammaar	16	Marlin-CP	26.20
24 Abrahams, Matthew N	24	Aqua Sharks-CP	26.26
25 Beukes, Mateo A	18	Walmers-CP	26.30
26 Uys, Keegan	16	Lane Leader-CE	26.31
27 Hugo, Retief R	17	Aquasharks Winel-CE	26.38
28 Hendricks, Joshua	16	Lane Leader-CE	26.44
29 Forbes, Nicholas J	17	Lane Leader-CE	26.52
30 Carrol, Matt	18	Blouberg Marlins-CP	26.53
31 Viljoen, Stèphen	17	Aquasharks Winel-CE	26.61
32 Kleynhans, Ian	16	GSA-CP	26.64
33 Van Reenen, Ryan	24	Blouberg Marlins-CP	26.70
*34 Nelson, Christopher A	16	Lane Leader-CE	26.71
*34 Van Vondel, Anton J	16	Tygers-CP	26.71
*36 Hartman, Timothy J	17	SSISA-CP	26.75
*36 Barnard, Rohan C	19	Lane Leader-CE	26.75
38 Cornish, Jeyaad	18	Hurricane-CP	26.80
39 Louw, Guillaume	20	Curro Aquatics-CP	26.83
40 Malan, Johan S	17	Curro Aquatics-CP	26.93
*41 Lehnberg, Malan	17	Fish Eagle-ED	27.00
*41 Kotzè, Kailen M	17	Swartland Aquati-WC	27.00
43 Bester, Eben	16	Tygers-CP	27.09
44 Rohner, Jayden M	16	Blouberg Marlins-CP	27.18
45 McPetric, James L	16	Manta-CP	27.29
46 Zellie, Thomas J	16	Swimlab-CP	27.34
47 Gounden, Mikhael A	18	Curro-WC	27.41
48 Smith, Damian G	19	Fish Eagle-ED	27.52
49 Cloete-Hopkins, Adam F	16	SSISA-CP	27.72
50 Carr, Simeon	17	Torpedoes	27.74
51 Vorster, Josua A	18	Fish Eagle-ED	27.95
52 Szapira, Saul	17	Tygers-CP	27.99
53 McWilliam, Troy J	16	Tygers-CP	28.83

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

Event 503 Men 50 LC Meter Freestyle Multi-Class				Event 504 Girls 12-13 100 LC Meter Butterfly							
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time				
<b>Preliminaries</b>				<b>Preliminaries</b>							
1	Sadie, Christian M	26	Lane Leader-CE	30.24	8	Smith, Sophie	12	Vineyard-CP	1:19.41		
2	Vergotine, Valentino H	36	Vineyard-CP	32.43		35.63	43.78				
<b>Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly</b>				<b>Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly</b>							
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time				
<b>Finals</b>				<b>Finals</b>							
1	Williams, Aqeelah	11	Uwc-CP	1:18.16	1	Magotsi, Riziki A	13	Vineyard-CP	1:11.73		
	36.39	41.77				33.56	38.17				
2	Lockitch, Zara	11	Cybersmart-CP	1:23.82	2	Evans, Caitlin N	13	Tygers-CP	1:12.32		
	39.19	44.63				34.28	38.04				
3	Stilwaney, Mia C	11	Paarl Aquarius-CE	1:24.34	3	Gerber, Simonè M	13	Greydogs-CP	1:13.22		
4	Sabbagha, Georgia	11	Paarl Aquarius-CE	1:28.12			34.46	38.76			
	40.69	47.43		4	Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	1:14.71			
5	Joyce, Jenna	11	Curro Aquatics-CP	1:30.80			35.00	39.71			
	41.79	49.01		5	Lorenzen, Ava E	12	Blouberg Marlins-CP	1:15.07			
6	Billson, Amelie	11	Curro Aquatics-CP	1:33.34			35.28	39.79			
	42.46	50.88		6	Holman, Acaylia	13	Marlin-CP	1:17.25			
7	Boshoff, Anja	11	Tygers-CP	1:33.54			35.37	41.88			
	42.39	51.15		7	Smith, Sophie	12	Vineyard-CP	1:17.67			
8	Jansen van Rensburg, Mia	11	Vineyard-CP	1:39.46			35.62	42.05			
	41.91	57.55		8	Faul, Ellen J	12	Quicksilver Wine-CE	1:17.95			
<b>Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly</b>				<b>Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly</b>							
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time				
<b>Preliminaries</b>				<b>Preliminaries</b>							
1	Williams, Aqeelah	11	Uwc-CP	1:22.64	9	Visser, Cara	13	Cybersmart-CP	1:18.57		
	37.30	45.34				37.79	40.78				
2	Lockitch, Zara	11	Cybersmart-CP	1:27.22	10	Nilsson, Rebecca B	12	Tygers-CP	1:19.91		
	40.30	46.92				35.57	44.34				
3	Stilwaney, Mia C	11	Paarl Aquarius-CE	1:27.49	11	Swanepoel, Lulu A	12	Aqua Sharks-CP	1:21.08		
	38.86	48.63				38.24	42.84				
4	Sabbagha, Georgia	11	Paarl Aquarius-CE	1:28.04	12	Durandt, Sharli	12	Swimlab-CP	1:21.35		
	40.81	47.23				36.94	44.41				
5	Joyce, Jenna	11	Curro Aquatics-CP	1:31.85	13	De Villiers, Anja	12	Tygers-CP	1:21.67		
	41.05	50.80				37.15	44.52				
6	Billson, Amelie	11	Curro Aquatics-CP	1:32.72	14	Basson, Lenè	12	Curro-WC	1:24.01		
	41.91	50.81				38.24	45.77				
7	Boshoff, Anja	11	Tygers-CP	1:38.97	15	Ahmed, Ayla	12	Swimlab-CP	1:24.34		
	43.19	55.78				37.86	46.48				
8	Jansen van Rensburg, Mia	11	Vineyard-CP	1:45.06	16	Burger, Juanè	13	Tygers-CP	1:25.89		
	44.88	1:00.18				37.85	48.04				
<b>Event 504 Girls 12-13 100 LC Meter Butterfly</b>				<b>Event 504 Girls 12-13 100 LC Meter Butterfly</b>							
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time				
<b>Finals</b>				<b>Finals</b>							
1	Gerber, Simonè M	13	Greydogs-CP	1:09.70	17	Riley, Logan	13	Vineyard-CP	1:27.97		
2	Evans, Caitlin N	13	Tygers-CP	1:10.83			36.41	51.56			
	33.97	36.86		18	Botha, Chelsea	13	Curro Aquatics-CP	1:31.05			
3	Magotsi, Riziki A	13	Vineyard-CP	1:11.27			40.74	50.31			
	33.26	38.01		---	Bayly, Arabella	12	Vineyard-CP	DQ 1:16.24			
4	Lorenzen, Ava E	12	Blouberg Marlins-CP	1:13.85	Arms not brought backward simultaneously under the water						
	34.26	39.59				33.54	42.70				
5	Tsai-Rieb, Pei-Chi P	12	Cybersmart-CP	1:13.98	<b>Event 504 Women 14-15 100 LC Meter Butterfly</b>						
	34.47	39.51		<b>Finals</b>							
6	Faul, Ellen J	12	Quicksilver Wine-CE	1:15.14	1	Kotze, Abigail	14	Tygers-CP	1:01.78		
	32.91	42.23				28.84	32.94				
7	Holman, Acaylia	13	Marlin-CP	1:16.95	2	Burgess, Cassidy S	15	Vineyard-CP	1:03.09		
	35.06	41.89				29.98	33.11				
				3				Liebenberg, Emily M	14	Swartland Aquati-WC	1:11.08
										32.21	38.87
				4				Wium, Mari	14	Quicksilver Wine-CE	1:11.48
				5				Jantzen, Zianè	14	Quick Silver-CP	1:12.60
										33.70	38.90
				6				Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	1:13.22
										34.41	38.81



## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**Finals ... (Event 504 Women 14-15 100 LC Meter Butterfly)**

Name	Age	Team	Finals Time
7 Vd Wal, Mieke	15	Curro Aquatics-CP	1:14.48
	34.42	40.06	
8 Combrink, Amy	14	Vineyard-CP	1:14.92
	34.11	40.81	

**Event 504 Women 14-15 100 LC Meter Butterfly**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Burgess, Cassidy S	15	Vineyard-CP	1:05.55
	30.77	34.78	
2 Kotze, Abigail	14	Tygers-CP	1:09.10
	32.35	36.75	
3 Wium, Mari	14	Quicksilver Wine-CE	1:11.97
	33.37	38.60	
4 Liebenberg, Emily M	14	Swartland Aquati-WC	1:12.77
	33.50	39.27	
5 Vd Wal, Mieke	15	Curro Aquatics-CP	1:14.25
	33.14	41.11	
6 Combrink, Amy	14	Vineyard-CP	1:14.83
	33.83	41.00	
7 Jantzen, Zianè	14	Quick Silver-CP	1:15.04
	34.29	40.75	
8 Zeelie, Shanna-Leigh	14	Blouberg Marlins-CP	1:15.32
9 du Plessis, Madison	15	BLOT-MA	1:16.08
	34.54	41.54	
10 Trout, Sophia L	14	Vineyard-CP	1:16.43
	34.75	41.68	
11 Bergh, Madison S	14	AQUA	1:17.41
	34.93	42.48	
12 Smith, Lara E	15	Tygers-CP	1:17.54
	36.31	41.23	
13 Slinger, Gizelle	14	AQUA	1:18.08
	35.47	42.61	
14 Hartung, Amy M	14	Aqua Sharks-CP	1:18.96
	36.45	42.51	
15 Vd Westhuizen, Joy	15	Aqua Dolphin-CP	1:18.97
	35.18	43.79	
16 Verbeek, Wilmien	15	Curro Aquatics-CP	1:19.79
	35.75	44.04	
17 Gerber, Mia	15	Lane Leader-CE	1:20.54
	36.77	43.77	

**Event 504 Women 16 & Over 100 LC Meter Butterfly**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	1:00.99
	28.56	32.43	
2 Prinsloo, Mila	16	Aquasharks Winel-CE	1:05.42
	30.45	34.97	
3 Du Plessis, Chanel P	16	Cybersmart-CP	1:06.38
4 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	1:06.81
	30.98	35.83	
5 Lombard, Jana	16	Lane Leader-CE	1:07.14
	31.59	35.55	
6 Van Niekerk, Lica	16	Players-CE	1:07.67
	31.22	36.45	
7 Fury, Rebecca G	16	Vineyard-CP	1:08.07
	31.23	36.84	

8 Groepes, Rachel L	17	Swimlab-CP	1:09.39
	31.20	38.19	
9 Langenhoven, Erin	16	Silver Fins-CP	1:09.85
10 Webber, Isabella L	16	Vineyard-CP	1:11.29
	33.62	37.67	
11 Novello, Utah	17	Curro-WC	1:11.84
	33.42	38.42	
12 Gennarakis, Christina	16	Curro Aquatics-CP	1:13.36
	34.12	39.24	
13 Ryser, Aurora	16	Tygers-CP	1:14.33
	34.63	39.70	
14 Smidt, Clio J	17	Vineyard-CP	1:14.88
	34.06	40.82	

**Event 504 Women 16 & Over 100 LC Meter Butterfly**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hearne, Trinity S	20	Cybersmart-CP	1:01.23
	28.69	32.54	
2 Viljoen, Jo-Ell	17	Aquasharks Winel-CE	1:07.28
	31.35	35.93	
3 Du Plessis, Chanel P	16	Cybersmart-CP	1:07.63
	31.65	35.98	
4 Fury, Rebecca G	16	Vineyard-CP	1:08.15
	32.06	36.09	
5 Lombard, Jana	16	Lane Leader-CE	1:08.50
	32.54	35.96	
6 Van Niekerk, Lica	16	Players-CE	1:08.61
	31.46	37.15	
7 Prinsloo, Mila	16	Aquasharks Winel-CE	1:08.78
	32.03	36.75	
8 Groepes, Rachel L	17	Swimlab-CP	1:09.10
	31.72	37.38	
9 Webber, Isabella L	16	Vineyard-CP	1:11.67
	33.15	38.52	
10 Novello, Utah	17	Curro-WC	1:12.16
	33.43	38.73	
11 Hugo, Anika S	17	Quicksilver Wine-CE	1:12.18
	33.41	38.77	
12 Langenhoven, Erin	16	Silver Fins-CP	1:12.90
	33.32	39.58	
13 Gennarakis, Christina	16	Curro Aquatics-CP	1:13.68
	33.49	40.19	
14 Smidt, Clio J	17	Vineyard-CP	1:14.06
	34.21	39.85	
15 Ryser, Aurora	16	Tygers-CP	1:16.48
	35.14	41.34	
16 Daniels, Sara H	17	Blouberg Marlins-CP	1:20.33
	35.29	45.04	

**Event 505 Boys 11 & Under 100 LC Meter Butterfly**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Bright, Michael C	11	Curro Aquatics-CP	1:16.39
2 Schaefer, Daniel C	11	Players-CE	1:18.46
	35.99	42.47	
3 Barnard, Theo J	11	Swartland Aquati-WC	1:19.23
	36.06	43.17	
4 Bosch, Ewan Y	11	Tygers-CP	1:20.93
	37.02	43.91	
5 Schreve, Lehan	11	Swartland Aquati-WC	1:29.06
	39.67	49.39	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

## Finals ... (Event 505 Boys 11 &amp; Under 100 LC Meter Butterfly)

Name	Age	Team	Finals Time
6 Boshoff, Mickayle C	11	Knysna Aquatics-ED	1:29.85
40.68	49.17		
7 February, Dillon S	11	Curro Aquatics-CP	1:33.04
8 Lategan, Wessel W	11	Swartland Aquati-WC	1:46.37
47.43	58.94		

## Event 505 Boys 11 &amp; Under 100 LC Meter Butterfly

Name	Age	Team	Prelim Time
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## Preliminaries

1 Barnard, Theo J	11	Swartland Aquati-WC	1:21.15
37.08	44.07		
2 Schaefer, Daniel C	11	Players-CE	1:21.91
36.77	45.14		
3 Bright, Michael C	11	Curro Aquatics-CP	1:21.99
39.32	42.67		
4 Bosch, Ewan Y	11	Tygers-CP	1:22.35
36.97	45.38		
5 Boshoff, Mickayle C	11	Knysna Aquatics-ED	1:26.66
39.85	46.81		
6 Pautz, Benjamin R	11	Blouberg Marlins-CP	1:27.19
39.26	47.93		
7 Schreve, Lehan	11	Swartland Aquati-WC	1:34.09
42.61	51.48		
8 February, Dillon S	11	Curro Aquatics-CP	1:36.86
43.66	53.20		
9 Lategan, Wessel W	11	Swartland Aquati-WC	1:47.01
47.36	59.65		

## Event 505 Boys 12-13 100 LC Meter Butterfly

Name	Age	Team	Finals Time
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## Finals

1 De Lange, Adriaan	13	Tygers-CP	1:05.15
30.37	34.78		
2 Fernold, AJ	13	ROA-ED	1:06.00
30.98	35.02		
3 Van Schaik, Luc	13	Vineyard-CP	1:06.73
31.13	35.60		
4 Cavallaro, Michele R	13	Cybersmart-CP	1:08.00
5 Bouwer, Jason	13	Tygers-CP	1:09.16
32.50	36.66		
6 Nel, Max	13	ROA-ED	1:09.57
32.77	36.80		
7 Williams, Logan	13	Vineyard-CP	1:09.59
31.95	37.64		
8 Boshoff, Keanu A	12	Knysna Aquatics-ED	1:10.36

## Event 505 Boys 12-13 100 LC Meter Butterfly

Name	Age	Team	Prelim Time
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## Preliminaries

1 Van Schaik, Luc	13	Vineyard-CP	1:07.38
31.15	36.23		
2 Fernold, AJ	13	ROA-ED	1:07.52
31.92	35.60		
3 Cavallaro, Michele R	13	Cybersmart-CP	1:08.28
32.35	35.93		
4 De Lange, Adriaan	13	Tygers-CP	1:08.97
31.45	37.52		
5 Bouwer, Jason	13	Tygers-CP	1:09.62
32.89	36.73		

6 Williams, Logan	13	Vineyard-CP	1:09.75
32.75	37.00		
7 Boshoff, Keanu A	12	Knysna Aquatics-ED	1:10.63
32.94	37.69		
8 Nel, Max	13	ROA-ED	1:10.70
34.45	36.25		
9 Stanfliet, Nicholas	13	Vineyard-CP	1:10.91
32.46	38.45		
10 Kotzè, Arden C	13	Aquasharks Winel-CE	1:10.98
32.89	38.09		
11 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	1:12.69
34.77	37.92		
12 Pieterse, Marcelle J	13	Xcel Swim Academ-CP	1:12.72
33.65	39.07		
13 Wagner, Noah J	13	Swimlab-CP	1:13.77
34.09	39.68		
14 Roman, Noah P	13	Aqua Dolphin-CP	1:14.04
35.78	38.26		
15 Loots, Noah C	12	Aqua Sharks-CP	1:14.17
34.33	39.84		
16 Oaten, Rourke	13	Cybersmart-CP	1:16.30
35.81	40.49		
17 Van Zyl, Daniël R	12	Tygers-CP	1:16.75
36.15	40.60		
18 Swart, Nico N	12	Aqua Sharks-CP	1:17.50
35.75	41.75		
19 Afonso, Aragon G	13	Quick Silver-CP	1:17.79
36.03	41.76		
20 van Wyk, Tariq K	13	Barracudas-CP	1:18.13
35.41	42.72		
21 Walther-Kotzè, Leon C	13	Aqua Sharks-CP	1:18.41
34.88	43.53		
22 Mkavea, Tasu	13	Uwc-CP	1:18.47
34.93	43.54		
23 Rheeder, Liam M	13	Paarl Aquarius-CE	1:19.63
36.31	43.32		
24 Hekandjo, Kabi A	13	AQUA	1:20.74
36.48	44.26		
25 Spencer, Marcus W	12	Vineyard-CP	1:21.12
36.45	44.67		
26 Smit, Reynard-Gray	12	Silver Fins-CP	1:21.34
37.06	44.28		
27 Weber, Daniel	12	Players-CE	1:25.49
39.06	46.43		
28 Krause, Luke	13	Curro Aquatics-CP	1:30.96
39.73	51.23		
29 Van Der Merwe, Jesse	12	Vineyard-CP	1:31.39
40.86	50.53		

## Event 505 Men 14-15 100 LC Meter Butterfly

Name	Age	Team	Finals Time
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## Finals

1 Strydom, Conrad M	15	Quick Silver-CP	59.81
27.73	32.08		
2 Southworth, Matthew W	15	Cybersmart-CP	1:00.84
28.19	32.65		
3 Kotze, Eric B	14	Stellenbosch Aqu-CE	1:01.46
4 Dos-Santos, Andrei	15	Cybersmart-CP	1:01.76
29.26	32.50		
5 Schultz, Heinrich W	14	Lane Leader-CE	1:02.65
29.21	33.44		

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## Finals ... (Event 505 Men 14-15 100 LC Meter Butterfly)

Name	Age	Team	Finals Time
6 Bestel, Luc M	14	Vineyard-CP	1:02.97
	29.74	33.23	
7 Benecke, Alexander	15	SSISA-CP	1:03.90
	29.56	34.34	
8 Das Neves, Lucas P	14	Tygers-CP	1:05.85
	30.15	35.70	
<b>Event 505 Men 14-15 100 LC Meter Butterfly</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Strydom, Conrad M	15	Quick Silver-CP	1:00.65
	27.90	32.75	
2 Southworth, Matthew W	15	Cybersmart-CP	1:02.34
	29.12	33.22	
3 Kotze, Eric B	14	Stellenbosch Aqu-CE	1:02.59
	28.94	33.65	
4 Dos-Santos, Andrei	15	Cybersmart-CP	1:02.70
	29.83	32.87	
5 Esterhuizen, Lorenzo E	14	AQUA	1:03.00
	29.23	33.77	
6 Schultz, Heinrich W	14	Lane Leader-CE	1:03.14
	29.87	33.27	
7 Bestel, Luc M	14	Vineyard-CP	1:03.23
	29.64	33.59	
8 Benecke, Alexander	15	SSISA-CP	1:04.00
	29.40	34.60	
9 Pedro, Tamkeen	15	Walmers-CP	1:05.06
	29.81	35.25	
10 Das Neves, Lucas P	14	Tygers-CP	1:05.96
	30.74	35.22	
11 Daniels, Adam M	14	ELEC-TS	1:05.98
	30.53	35.45	
12 De Kock, John P	14	Lane Leader-CE	1:06.14
	30.59	35.55	
13 Solomon, Ethan	15	Aqua Dolphin-CP	1:06.21
	30.78	35.43	
14 Rosslee, Christian F	14	Quicksilver Wine-CE	1:06.41
	30.59	35.82	
15 Waters, Steven G	14	Lane Leader-CE	1:06.84
	30.82	36.02	
16 Smit, MJ M	15	Swimlab-CP	1:06.85
	29.94	36.91	
17 Heyes, Garrick T	15	Aqua Sharks-CP	1:06.94
	30.10	36.84	
18 Beukes, Jaden L	14	Walmers-CP	1:07.07
	31.32	35.75	
19 Wollenschlaeger, Noah	15	Vineyard-CP	1:07.11
	30.00	37.11	
*20 Kalapac, Joshua	14	Blouberg Marlins-CP	1:07.40
	31.79	35.61	
*20 Williams, Jayden J	14	Paarl Aquarius-CE	1:07.40
	29.96	37.44	
22 Schreuder, Steffen	15	Aquasharks Winel-CE	1:07.49
	31.17	36.32	
23 Haupt, Rhys A	14	Vineyard-CP	1:08.20
	31.54	36.66	
24 Van Wyk, Wayne E	15	GSA-CP	1:08.44
	30.91	37.53	

25 Arnott, Carter J	15	Aqua Sharks-CP	1:08.70
	31.71	36.99	
26 Williams, Luca	15	Vineyard-CP	1:09.08
	31.95	37.13	
27 Moolman, Carter S	15	Manta-CP	1:10.88
	32.38	38.50	
28 Basson, Lucca N	14	Cybersmart-CP	1:10.94
	33.04	37.90	
29 Pautz, Nathan M	15	Blouberg Marlins-CP	1:11.48
	32.05	39.43	
30 February, Gerard G	14	Curro Aquatics-CP	1:13.24
	32.62	40.62	
31 Poggenpoel, Troy J	14	SSISA-CP	1:13.82
	33.63	40.19	
32 Gilbert, Andrew A	14	Swimlab-CP	1:14.05
	33.63	40.42	
33 Hewitt-Smook, Kristian	15	Swartland Aquati-WC	1:16.19
	33.24	42.95	
34 Spencer, Charles A	14	Vineyard-CP	1:16.88
	33.67	43.21	

## Event 505 Men 16 &amp; Over 100 LC Meter Butterfly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Esterhuysen, Joshua N	16	Tygers-CP	57.39
2 West, Gabriel	19	Tygers-CP	57.92
	27.60	30.32	
3 Mia, Sirhaan	17	Marlin-CP	57.99
	26.81	31.18	
4 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	1:00.61
	27.72	32.89	
5 Wolson, Daniel A	16	Swimlab-CP	1:00.86
	28.53	32.33	
6 Basson, Wilan	17	Aqua Sharks-CP	1:01.43
	27.76	33.67	
7 Clarke, Liam	16	Lane Leader-CE	1:01.62
	28.42	33.20	
8 Louw, Guillaume	20	Curro Aquatics-CP	1:02.15
	28.88	33.27	
9 Peceur, Mark D	19	Paarl Aquarius-CE	1:02.52
	28.69	33.83	
10 Cicero, Zack	17	SSISA-CP	1:02.66
	28.90	33.76	
11 Beukes, Mateo A	18	Walmers-CP	1:02.73
	29.39	33.34	
12 Malherbe, Nicholas N	17	Lane Leader-CE	1:02.84
	29.51	33.33	
13 Geysler, Jacques M	16	Lane Leader-CE	1:02.88
	29.60	33.28	
14 Forbes, Nicholas J	17	Lane Leader-CE	1:03.29
	29.20	34.09	
15 Malan, Johan S	17	Curro Aquatics-CP	1:03.71
16 Lastroni, Giuliano	17	Torpedoes	1:05.29
	29.87	35.42	

## Event 505 Men 16 &amp; Over 100 LC Meter Butterfly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Mia, Sirhaan	17	Marlin-CP	57.49
	26.78	30.71	
2 West, Gabriel	19	Tygers-CP	59.89
	28.41	31.48	

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

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Preliminaries ... (Event 505 Men 16 & Over 100 LC Meter Butterfly)			
Name	Age	Team	Prelim Time
3 Esterhuysen, Joshua N	16	Tygers-CP	1:00.23
28.14	32.09		
4 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	1:01.34
28.70	32.64		
5 Basson, Wilan	17	Aqua Sharks-CP	1:01.44
28.25	33.19		
6 Wolson, Daniel A	16	Swimlab-CP	1:01.57
28.96	32.61		
7 Clarke, Liam	16	Lane Leader-CE	1:02.07
28.82	33.25		
8 Peceur, Mark D	19	Paarl Aquarius-CE	1:02.51
29.06	33.45		
9 Louw, Guillaume	20	Curro Aquatics-CP	1:02.60
28.88	33.72		
10 Malherbe, Nicholas N	17	Lane Leader-CE	1:02.74
28.26	34.48		
11 Malan, Johan S	17	Curro Aquatics-CP	1:02.86
28.78	34.08		
12 Geysler, Jacques M	16	Lane Leader-CE	1:03.03
30.00	33.03		
13 Beukes, Mateo A	18	Walmers-CP	1:03.13
29.29	33.84		
14 Viljoen, Stèphen	17	Aquasharks Winel-CE	1:03.43
29.37	34.06		
15 Cicero, Zack	17	SSISA-CP	1:03.76
29.22	34.54		
16 Lastroni, Giuliano	17	Torpedoes	1:03.82
29.75	34.07		
17 Forbes, Nicholas J	17	Lane Leader-CE	1:03.87
29.14	34.73		
18 McWilliam, Benn D	17	Tygers-CP	1:03.89
29.53	34.36		
19 Breet, Dawie-Louw L	16	Players-CE	1:04.02
28.95	35.07		
20 Van Wyk, Wesley R	17	Aqua Sharks-CP	1:04.60
29.60	35.00		
21 Terblanche, Kiaan C	18	Tygers-CP	1:06.19
29.89	36.30		
22 Abrahams, Matthew N	24	Aqua Sharks-CP	1:06.51
30.09	36.42		
23 Szapira, Saul	17	Tygers-CP	1:06.58
30.80	35.78		
24 Abrahams, Wasfi	17	Marlin-CP	1:06.83
30.81	36.02		
25 Hendricks, Joshua	16	Lane Leader-CE	1:07.54
30.25	37.29		
26 Kleynhans, Ian	16	GSA-CP	1:07.79
30.77	37.02		
27 Gounden, Mikhael A	18	Curro-WC	1:07.98
31.33	36.65		
28 Van Reenen, Ryan	24	Blouberg Marlins-CP	1:08.20
29.96	38.24		
29 Karsten, Jody	16	Blouberg Marlins-CP	1:09.89
31.86	38.03		
30 Cornish, Jeyaad	18	Hurricane-CP	1:22.00
35.59	46.41		

---	Davidtsz, Colin	16	Cybersmart-CP	DQ 1:02.11
	False start			
	28.64	33.47		
Event 506 Girls 13 & Under 1500 LC Meter Freestyle				
Name	Age	Team	Finals Time	
1 Evans, Caitlin N	13	Tygers-CP	19:08.83	
	33.88	38.12	39.07	39.32
	36.76	38.29	37.75	38.26
	38.54	38.84	38.02	38.24
	38.51	37.94	38.84	38.50
	38.76	38.33	38.04	38.15
	38.83	38.79		
	35.31	41.65	38.09	40.58
	1:16.18			
2 Durandt, Sharli	12	Swimlab-CP	19:29.80	
	33.86	38.06	39.45	39.26
	39.74	39.27	39.97	39.58
	39.45	39.30	39.77	39.10
	39.57	39.44	39.52	39.26
	39.39	39.42	39.19	39.18
	39.51	39.48	39.68	39.01
	39.27	38.84	39.04	38.33
	37.90	36.96		
3 Grütter, Arabelle	13	ROA-ED	20:06.36	
	33.96	38.36	38.78	39.46
	38.95	39.78	40.67	40.96
	40.83	41.29	41.66	41.17
	40.91	41.15	40.75	40.76
	40.74	40.61	40.61	40.97
	40.82	40.59	40.99	40.86
	40.58	40.67	40.44	40.15
	40.48	38.41		
4 Louw, Anieka	13	Curro Aquatics-CP	20:09.74	
	35.32	39.44	39.79	40.37
	40.09	40.66	40.49	41.12
	40.76	40.79	40.51	40.78
	40.09	40.67	41.14	40.99
	40.30	41.09	41.41	41.02
	40.92	40.92	41.12	40.67
	40.95	41.29	40.90	40.15
	39.08	36.91		
5 Grobler, Zané	13	ROA-ED	20:54.92	
	37.04	41.78	42.10	42.67
	42.88	42.62	42.01	42.43
	42.80	41.99	42.91	42.18
	42.13	42.43	42.50	42.65
	42.46	42.23	41.85	41.73
	42.51	42.12	42.74	42.36
	42.21	42.01	41.88	40.23
	40.00	37.47		
6 Swanepoel, Lulu A	12	Aqua Sharks-CP	21:06.81	
	37.78	42.43	42.90	42.28
	43.41	42.43	43.18	42.84
	42.47	42.77	43.89	42.67
	44.14	42.97	42.88	41.96
	43.27	41.68	42.15	42.09
	42.62	41.88	42.23	42.32
	42.58	42.21	43.00	41.41
	40.16	38.21		

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**(Event 506 Girls 13 & Under 1500 LC Meter Freestyle)**

Name	Age	Team	Finals Time
7 Nilsson, Rebecca B	12	Tygers-CP	21:57.48
37.98	43.47	42.78	43.94
43.92	43.95	44.22	44.59
42.62	46.85	43.97	44.72
44.80	45.17	44.58	44.52
44.48	45.07	44.60	44.88
44.11	45.12	44.19	45.10
44.77	44.77	40.94	45.68
42.25	39.44		

**Event 506 Women 14-15 1500 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Bergh, Madison S	14	AQUA	19:30.48
32.59	38.51	39.96	39.14
39.36	39.92	39.61	39.12
39.34	39.18	39.17	39.67
39.57	39.75	39.13	39.48
39.18	39.75	38.72	40.63
39.68	39.79	39.33	39.77
39.40	39.35	36.96	40.90
37.50	36.02		
2 Raimond, Marike M	14	Tygers-CP	19:57.20
34.73	38.75	39.09	39.48
39.58	39.55	39.24	39.74
40.07	40.31	40.02	40.09
40.47	40.62	40.22	40.20
40.10	40.74	41.23	40.86
40.61	40.49	40.53	41.05
40.62	40.89	40.53	40.50
39.00	37.89		
3 Hahn, Kayleigh K	14	ROA-ED	20:00.82
34.36	37.88	39.73	40.18
40.12	40.11	40.70	40.44
40.95	40.60	41.12	40.59
40.72	40.96	40.78	40.48
40.59	40.37	40.55	40.89
40.74	40.73	40.73	40.08
40.37	40.20	40.11	40.30
38.95	36.49		
4 Hartung, Amy M	14	Aqua Sharks-CP	20:53.43
36.45	40.60	40.18	40.58
41.20	40.99	41.60	42.56
42.01	42.96	42.66	42.65
43.97	43.34	42.69	41.89
41.92	42.53	42.23	42.25
41.64	42.16	43.32	42.64
41.43	41.51	41.50	41.08
42.09	40.80		

**Event 506 Women 16 & Over 1500 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Neilson, Hannah K	18	Uwc-CP	17:37.70
31.07	34.20	34.83	35.02
35.34	35.46	35.33	35.55
35.47	35.62	35.28	36.06
35.39	35.31	35.20	35.54
35.70	35.57	35.88	35.71
35.83	35.55	35.48	35.57
35.64	35.42	35.60	35.42
35.21	34.45		

2 De Roubaix, Maric M	16	Lane Leader-CE	19:28.21
33.25	37.07		
39.34	38.87	39.70	38.87
39.87	38.78	39.63	39.28
39.65	38.82	39.80	39.41
		39.36	38.86
39.76	38.83	39.68	39.02
40.15	39.28	39.76	38.69
39.42	36.28		
3 Laubscher, Maya R	16	GSA-CP	19:55.46
35.41	39.49	40.84	40.59
41.30	40.58	41.00	40.96
40.62	40.75	40.26	40.18
41.04	39.92	40.05	40.20
41.05	40.12	40.23	39.88
40.39	39.97	39.54	39.78
38.89	38.91	38.96	38.83
38.05	37.67		
4 Kotzè, Tamsyn G	16	Blouberg Marlins-CP	20:02.82
34.10	37.22	39.16	39.45
39.93	39.77	40.03	39.70
39.71	39.74	40.13	40.37
40.36	40.53	40.76	40.99
40.82	41.31	41.21	41.45
40.98	41.06	41.02	40.91
41.10	40.28	40.40	40.55
40.53	39.25		

**Event 507 Boys 13 & Under 800 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Bezuidenhout, Ernst E	13	Curro Aquatics-CP	9:55.16
33.30	36.92	37.66	37.86
37.90	38.49	37.58	37.86
37.55	37.47	37.57	37.64
37.43	37.36	37.21	35.36
2 Yeowart, Luke D	13	Greydogs-CP	10:02.32
33.83	36.98	37.53	37.77
38.10	38.15	38.43	38.52
38.68	38.96	38.67	38.57
38.21	38.25	37.16	34.51
3 Verbeek, Pierre O	12	Curro Aquatics-CP	10:06.88
33.74	38.60	38.54	39.08
38.65	38.15	38.89	38.17
39.00	38.57	38.74	38.31
38.01	37.70	37.35	35.38
4 Van Zyl, Daniël R	12	Tygers-CP	10:07.11
33.30	37.08	38.97	38.29
38.93	38.47	38.70	38.76
39.14	38.25	38.98	38.46
38.42	37.75	37.69	35.92
5 Cavallaro, Michele R	13	Cybersmart-CP	10:09.98
34.92	38.26	39.15	39.11
39.06	38.75	39.30	39.52
38.41	38.72	38.31	38.09
37.93	37.77	37.24	35.44
6 Yeowart, Seth W	13	Greydogs-CP	10:15.77
33.74	37.63	37.94	38.58
39.03	39.26	39.49	39.62
39.58	39.66	39.25	39.48
39.22	39.67	37.22	36.40

## Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023

## Results

**(Event 507 Boys 13 & Under 800 LC Meter Freestyle)**

Name	Age	Team	Finals Time	
7 Bouwer, Jason	13	Tygers-CP	10:28.27	
			34.13	38.62
			40.34	40.54
			40.50	39.66
			39.33	39.54
8 Kotzè, Arden C	13	Aquasharks Winel-CE	10:28.60	
			32.96	37.28
			40.72	40.38
			40.46	40.07
			38.78	36.36
9 Smit, Reynard-Gray	12	Silver Fins-CP	10:41.62	
			35.42	40.17
			41.40	40.66
			40.88	40.96
			39.91	39.45
10 Breebaart, Joshua	11	Greydogs-CP	10:42.38	
			35.33	39.79
			40.98	41.11
			40.38	41.12
			39.80	40.97
11 Loots, Noah C	12	Aqua Sharks-CP	10:44.90	
			34.39	39.33
				41.62
			40.80	42.00
				41.57
				38.47
12 Rheeder, Liam M	13	Paarl Aquarius-CE	10:50.42	
			35.96	40.04
			42.20	41.32
			42.38	41.45
			40.90	40.39
				38.51
				38.65
13 Trower, Michael	12	Tygers-CP	11:02.02	
			35.36	40.72
			43.38	41.98
			42.31	43.05
			42.03	42.14
				40.02
				37.20
14 Cole, Jarryd C	13	Swimlab-CP	11:05.39	
			36.26	41.21
			42.67	41.75
			41.98	42.85
			41.95	41.34
				40.49
				40.23
15 Hodgskiss, Fin J	12	SSISA-CP	11:15.30	
			35.52	40.50
			42.44	43.23
			43.83	43.15
			43.30	43.29
				42.53
				40.15
--- Van Wyk, Jack R	12	Curro Aquatics-CP	NS	

**Event 507 Men 14-15 800 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Solomon, Ethan	15	Aqua Dolphin-CP	9:14.90	
			31.29	34.30
			35.62	35.26
			35.35	35.28
			34.90	35.11
				33.74
				31.96
2 Bannister, Joshua G	15	Tygers-CP	9:23.16	
			31.24	35.05
			35.94	35.94
			35.78	35.87
			35.72	35.06
				34.98
				33.16

3 Terblanche, Luan L	15	Tygers-CP	9:29.64	
			31.42	34.93
			36.12	35.69
			36.06	36.18
			36.08	36.19
				36.27
				34.86
4 Southworth, Matthew W	15	Cybersmart-CP	9:45.19	
			30.28	33.01
			38.10	38.28
			38.21	37.29
			37.34	37.68
				35.58
				35.10
5 Pautz, Nathan M	15	Blouberg Marlins-CP	9:55.21	
			30.96	34.60
			38.33	38.37
			37.92	38.42
			37.82	37.66
				37.59
				36.60
6 February, Gerard G	14	Curro Aquatics-CP	10:06.55	
			32.34	36.66
			38.91	39.38
			38.60	38.56
			38.38	38.17
				38.10
				34.75
7 Lategan, Nicky N	14	Swartland Aquati-WC	10:14.95	
			32.70	37.26
			38.69	39.30
			39.62	39.35
			39.76	38.44
				38.65
				35.34
8 Kotzè, Max M	14	Blouberg Marlins-CP	10:18.69	
			32.43	37.07
			38.54	39.27
			40.12	39.82
			39.69	39.31
				38.84
				37.35

**Event 507 Men 16 & Over 800 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Bailey, Ethan J	20	Aqua Dolphin-CP	8:39.84	
			29.02	32.49
			32.79	32.82
			32.95	33.38
			33.43	33.28
				31.53
				30.22
2 Forbes, Thomas P	19	Lane Leader-CE	8:42.92	
			29.30	32.02
			33.17	33.06
			33.49	33.33
			33.40	32.23
				31.87
				30.76
3 Wright, Keegan	17	Tygers-CP	8:49.37	
			29.64	32.58
			33.28	33.50
			33.43	33.96
			33.58	33.37
				33.43
				32.13
4 McWilliam, Benn D	17	Tygers-CP	9:02.77	
			29.45	32.67
			33.70	34.50
			34.59	34.88
			34.75	34.82
				34.50
				33.49
5 Beukes, Wade	16	Aqua Dolphin-CP	9:06.16	
			30.38	32.74
			34.46	34.54
			34.87	34.81
			35.27	34.72
				34.70
				32.78

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**(Event 507 Men 16 & Over 800 LC Meter Freestyle)**

Name	Age	Team	Finals Time
6 Van Rooyen, Jan-Hendrik P	17	Knysna Aquatics-ED	9:06.84
	30.34	33.05	33.22 33.28
	34.03	34.61	35.26 35.62
	34.93	35.28	35.80 35.32
	35.51	34.82	34.75 31.02
7 McWilliam, Troy J	16	Tygers-CP	9:07.05
	30.08	33.12	34.44 34.49
	34.00	35.38	35.20 35.57
	34.51	34.65	34.63 35.09
	34.59	35.14	34.18 31.98
8 Clayton, Antony L	16	Lane Leader-CE	9:14.26
	31.28	34.49	35.63 35.57
	35.55	34.96	35.76 35.20
	35.41	35.23	35.27 34.92
	34.97	33.93	34.12 31.97
9 Lastroni, Giuliano	17	Torpedoes	9:24.82
	30.90	34.07	35.09 35.36
	35.79	35.62	36.06 35.72
	35.97	35.89	36.47 36.17
	36.55	36.08	1:09.08
10 Strydom, Stephan	18	Tygers-CP	9:26.94
	30.57	34.57	35.32 35.88
	35.84	35.68	35.83 35.80
	35.83	36.08	36.42 36.29
	36.33	35.59	36.32 34.59
11 Möller, FC C	16	Tygers-CP	9:47.66
	31.84	35.32	36.18 36.88
	36.77	37.60	37.48 37.70
	37.73	37.69	37.10 36.75
	37.55	38.09	37.09 35.89

**Event 600 Women 14-15 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
3 Allwood, Kate S S15	15	Aqua Sharks-CP	35.06

**Event 600 Women 16 & Over 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
4 Vd Merwe, Mia S14	25	Curro Aquatics-CP	37.59

**Event 600 Boys 12-13 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
5 Pardoe, James N S15	12	Greydogs-CP	38.93

**Event 600 Men 16 & Over 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
1 Sadie, Christian M S7	26	Lane Leader-CE	31.82
2 Vergotine, Valentino H S14	36	Vineyard-CP	31.97

**Event 601 Women 14-15 50 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
3 Allwood, Kate S S15	15	Aqua Sharks-CP	46.53

**Event 601 Women 16 & Over 50 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
4 Vd Merwe, Mia S14	25	Curro Aquatics-CP	47.00

**Event 601 Boys 12-13 50 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
2 Pardoe, James N S15	12	Greydogs-CP	44.14

**Event 601 Men 16 & Over 50 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
1 Vergotine, Valentino H S14	36	Vineyard-CP	39.13

**Event 602 Women 16 & Over 50 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Finals Time
3 Vd Merwe, Mia SB14	25	Curro Aquatics-CP	1:01.94

**Event 602 Boys 12-13 50 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Finals Time
2 Pardoe, James N SB15	12	Greydogs-CP	52.73

**Event 602 Men 16 & Over 50 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Finals Time
1 Vergotine, Valentino H SB14	36	Vineyard-CP	40.30

**Event 603 Women 14-15 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Finals Time
3 Allwood, Kate S S15	15	Aqua Sharks-CP	44.42

**Event 603 Women 16 & Over 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Finals Time
4 Vd Merwe, Mia S14	25	Curro Aquatics-CP	47.06

**Event 603 Boys 12-13 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Finals Time
5 Pardoe, James N S15	12	Greydogs-CP	49.79

**Event 603 Men 16 & Over 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Finals Time
1 Sadie, Christian M S7	26	Lane Leader-CE	31.19
2 Vergotine, Valentino H S14	36	Vineyard-CP	35.80

**Event 604 Women 14-15 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
2 Allwood, Kate S S15	15	Aqua Sharks-CP	1:16.49
	36.68	39.81	

**Event 604 Women 16 & Over 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
4 Vd Merwe, Mia S14	25	Curro Aquatics-CP	1:31.57
	39.83	51.74	

**Event 604 Boys 12-13 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
3 Pardoe, James N S15	12	Greydogs-CP	1:20.65
	37.63	43.02	

**Event 604 Men 16 & Over 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
1 Vergotine, Valentino H S14	36	Vineyard-CP	1:11.24
	33.70	37.54	

**Event 605 Women 14-15 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
5 Allwood, Kate S S15	15	Aqua Sharks-CP	1:41.44
	49.69	51.75	

**Event 605 Women 16 & Over 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
3 Kriegler, Joanica C S10	19	Lane Leader-CE	1:26.80
	41.75	45.05	
6 Vd Merwe, Mia S14	25	Curro Aquatics-CP	1:43.24

**Event 605 Boys 12-13 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Finals Time
4 Pardoe, James N S15	12	Greydogs-CP	1:33.11
	44.85	48.26	

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## Event 605 Men 16 &amp; Over 100 LC Meter Backstroke Multi-Class

Name	Age	Team	Finals Time
1 Sadie, Christian M S7	26	Lane Leader-CE	1:13.90
	35.56	38.34	
2 Vergotine, Valentino H S14	36	Vineyard-CP	1:25.27
	39.40	45.87	

## Event 606 Men 16 &amp; Over 100 LC Meter Breaststroke Multi-Class

Name	Age	Team	Finals Time
1 Vergotine, Valentino H SB14	36	Vineyard-CP	1:27.54
	41.00	46.54	

## Event 608 Women 14-15 200 LC Meter Freestyle Multi-Class

Name	Age	Team	Finals Time
3 Allwood, Kate S S15	15	Aqua Sharks-CP	2:49.53
	39.24	44.73	43.60 41.96

## Event 608 Women 16 &amp; Over 200 LC Meter Freestyle Multi-Class

Name	Age	Team	Finals Time
2 Kriegler, Joanica C S10	19	Lane Leader-CE	2:39.48
	35.06	40.86	42.39 41.17
5 Vd Merwe, Mia S14	25	Curro Aquatics-CP	3:18.79
	43.46	52.45	52.43 50.45

## Event 608 Boys 12-13 200 LC Meter Freestyle Multi-Class

Name	Age	Team	Finals Time
4 Pardoe, James N S15	12	Greydogs-CP	2:59.51
	41.05	46.29	47.64 44.53

## Event 608 Men 16 &amp; Over 200 LC Meter Freestyle Multi-Class

Name	Age	Team	Finals Time
1 Vergotine, Valentino H S14	36	Vineyard-CP	2:37.43
	35.32	39.97	41.25 40.89

## Event 609 Boys 12-13 200 LC Meter Backstroke Multi-Class

Name	Age	Team	Finals Time
2 Pardoe, James N S15	12	Greydogs-CP	3:23.94
	48.48	53.68	52.25 49.53

## Event 609 Men 16 &amp; Over 200 LC Meter Backstroke Multi-Class

Name	Age	Team	Finals Time
1 Vergotine, Valentino H S14	36	Vineyard-CP	3:18.97
			1:49.45

## Event 610 Boys 12-13 200 LC Meter Breaststroke Multi-Class

Name	Age	Team	Finals Time
2 Pardoe, James N SB15	12	Greydogs-CP	4:10.33
	56.51	1:05.49	1:04.63 1:03.70

## Event 610 Men 16 &amp; Over 200 LC Meter Breaststroke Multi-Class

Name	Age	Team	Finals Time
1 Vergotine, Valentino H SB14	36	Vineyard-CP	3:13.03
	42.55	48.49	50.38 51.61

## Event 612 Women 14-15 200 LC Meter IM Multi-Class

Name	Age	Team	Finals Time
3 Allwood, Kate S SM15	15	Aqua Sharks-CP	3:21.10
	47.25	54.75	56.75 42.35

## Event 612 Women 16 &amp; Over 200 LC Meter IM Multi-Class

Name	Age	Team	Finals Time
5 Vd Merwe, Mia SM14	25	Curro Aquatics-CP	3:54.04
	51.77	1:00.01	1:09.80 52.46

## Event 612 Boys 12-13 200 LC Meter IM Multi-Class

Name	Age	Team	Finals Time
4 Pardoe, James N SM15	12	Greydogs-CP	3:35.89
	52.38	53.38	1:03.86 46.27

## Event 612 Men 16 &amp; Over 200 LC Meter IM Multi-Class

Name	Age	Team	Finals Time
1 Sadie, Christian M SM7	26	Lane Leader-CE	2:36.63
	32.36	40.03	47.32 36.92
2 Vergotine, Valentino H SM14	36	Vineyard-CP	2:58.06
	36.78	46.33	51.78 43.17

## Event 701 Women 14-15 50 LC Meter Freestyle Swim-off

Name	Age	Team	Finals Time
<b>- Swim-off</b>			
1 Geyser, Almi	14	Lane Leader-CE	30.06
2 Slinger, Gizelle	14	AQUA	30.33