

LIFESAVING SA STILLWATER TEAM HEADS FOR COMMONWEALTH GAMES IN ENGLAND

The National Lifesaving Team to represent South Africa at the Commonwealth Stillwater Lifesaving Championships in Bath, England from the 27th to the 29th of September this year will be presented with their Protea colours on **Friday, 22nd September 2006**, in a glittering Protea Blazer Ceremony in Boksburg, Johannesburg.

That same afternoon the Lifesaving SA Team including the President's Team will be leaving from JHB airport to fly to Bath, England where they will be taking part in the Commonwealth Stillwater Lifesaving Championships. The Commonwealth Lifesaving Stillwater Games is takes place in England from 27th to 29th September. The Opening Ceremony will be on Tuesday, 26th September.

Below is the final team selection for the National squad and the Development Squad that will be competing in the Commonwealth Stillwater Lifesaving Championships.

SA National Stillwater Team:

Women: Jade Antunes (Western Province) (Captain), Eloise van Gysen, Kin van Deventer, Zenobia Mans (Easterns); Sarah Baillie (KZN)

Men: Craig Dingle (Captain, Easterns), Barjo van Niekerk (Gauteng North), Paul Dias (KZN), Robin Saggars (Gauteng), Stewart Hall (Gauteng)

SA Development Team:

Girls: Jane Broderick (Captain), Samantha Plumb, Yolize du Plessis (Easterns), Nastassja Alexander (WP), Carla van Wyk (Easterns)

Boys: Mark Dingle (Captain), Brian Keevy (Easterns), Werner Bosman, Armand Marais (Gauteng North), Thomas Khumalo (Gauteng)

The National Men's team comprising a powerful line-up of the likes of Craig Dingle, Barjo van Niekerk, Robin Saggars and Stewart Hall have set their minds on bringing home gold. Barjo currently holds the position of No. 1 Fresh Water Lifesaver in South Africa and should possibly make a win in the 100m Manikin rescue with fins. Craig Dingle hopes to continue his outstanding performance in the Commonwealth Championships like he did at Stillwater Nationals in April 2006 when he magnificently broke the world record in line throw.

More/....

Paul Dias is at his peak fitness and will be proving a real challenge to the International Competitors especially as his eye is on the gold for the 200m Super lifesaver. Our dynamic Men's Team: Craig, Barjo, Stewart and Paul looks likely to also take the Gold in the 4 x 25m Manikin relay.

The Women's Team is very new but has great potential and promises to give the other International Competitors a run for their money. Eloise van Gysen and Jade Antunnes are likely to put up talented performances and bring home medals in their respective events. This team could make the Aussies nervous as they did at the last Commonwealth champs.

Our development team will be traveling overseas for the first time and it will be interesting to see what they are capable of as they are participating in the same category as the National team. Thomas Khumalo looks ready to give a promising performance and has already improved his time in the 50m Manikin rescue by 2 seconds. The benefits for this Development Team are enormous as it exposes them to international competition and skills they would never learn by competing just locally. Finally, the very reality of competing internationally is a big motivator for our young Development Team in inspiring them to go further in Lifesaving Sport as they get older.

The Teams are being managed by Kaltoema Damon and Andrew Crook and are being coached by National Coach Valencia Walker.

ENDS:

Issued by:

Miss Nelanjini Govender -Ops & Marketing Manager -Lifesaving SA

Ph.: 031-3129215

Fax: 031-3125612

E-Mail: marketing@lifesaving.co.za