



Fish Eagle Swimming Club – Press Release ... 6th April 2017

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Fish Eagle Swimmers ... Results from SA Level 3 Regional Age Group Champs 2017

Four Fish Eagle Swimming Club swimmers, Amy, Jack, Tasha and Daniel, (all coached by Francois du Toit and Sonja van Ryswyk), qualified and competed in the recent SA Level 3 Champs, which took place at the Penny Heyns Swimming Pool in Sasolburg from the 23rd to the 26th March 2017.

As can be seen by their results, they all competed with great gusto. Congratulation Amy, Jack, Tasha & Daniel on your AWESWUM SWIMS!

Level 3	# Prelims Swum	# Finals Swum	# Personal Best Times Achieved	# Relays Swum	# Medals Won
Amy Carey (13yrs)	6	1	4	0	1 Silver (Girls 13 50 Free)
Jack Osborne (14yrs)	3	3	0	0	
Tasha du Toit (16yrs)	7	6	2	0	
Daniel Triggiani (16yrs)	9	9	7	0	2 Bronze (Boys 15-18 50 Free & 100 Free)

Fish Eagle Swimmers ... Results from SA Level 2 Regional Age Group Champs 2017

Eleven Fish Eagle Swimming Club swimmers, Rebecca, Courtney, Sumarie, Alicia, Kayla W, Teaghan (coached by Francois du Toit and Sonja van Ryswyk) and Henk, Kayla J, Saskia, Junior, Alan (coached by Linda Joubert) qualified and competed in the recent SA Level 2 Champs, which also took place at the Penny Heyns Swimming Pool in Sasolburg, from the 24th to the 26th March 2017.

As can be seen by their AWESWUM results, they all flew through the water in true Fish Eagle style and dominated the relays too! Congratulation Henk, Kayla J, Saskia, Junior, Alan, Rebecca, Courtney, Sumarie, Alicia, Kayla W and Teaghan on your AWESWUM SWIMS!

Level 2	# Prelims Swum	# Finals Swum	# Personal Best Times Achieved	# Relays Swum	# Medals Won
Henk Jansen (12yrs)	4	4	2	0	2 Bronze (Boys 12 100 Back & 100 Fly)
Courtney Kleiner (13yrs)	7	6	2	2	1 Gold (Girls 13-16 4 x 50 Free Relay) and 1 Bronze (Mixed 13-16 4 x 50 Medley Relay)
Teaghan Wafer (13yrs)	7	3	2	0	1 Gold (Girls 13 50 Fly) and 1 Silver (Girls 13 50 Free)
Alan Smith (14yrs)	6	6	4	2	4 Gold (Boys 14 200 IM, 200 Free, 200 Back & Mixed 13-16 4 x 50 Free Relay) and 1 Bronze (Mixed 13-16 4 x 50 Medley Relay)
Alicia Smit (14yrs)	3	2	3	1	3 Silver (Girls 14 50 Breast, 100 Breast & Girls 13-16 4 x 50 Medley Relay)
Rebecca du Toit (15yrs)	3	3	3	3	2 Gold (Girls 13-16 4 x 50 Free Relay & Mixed 13-16 4 x 50 Free Relay) and 1 Silver (Girls 13-16 4 x 50 Medley Relay)
Kayla Jansen (15yrs)	8	6	2	4	2 Gold (Girls 13-16 4 x 50 Free Relay & Mixed 13-16 4 x 50 Free Relay) and 1 Silver (Girls 13-16 4 x 50 Medley Relay) and 2 Bronze (Girls 200 Breast & Mixed 13-16 4 x 50 Medley Relay)
Saskia Ludick (15yrs)	5	4	4	0	1 Gold (Girls 15 100 Fly) and 1 Silver (Girls 13 50 Fly)
Sumarie Roodt (15yrs)	3	1	1	1	1 Silver (Girls 13-16 4 x 50 Medley Relay)
Kayla Wafer (15yrs)	4	2	1	1	1 Gold (Girls 13-16 4 x 50 Free Relay)
Junior Moore (16yrs)	5	5	5	2	2 Gold (Boys 16 & Over 50 Free & Mixed 13-16 4 x 50 Free Relay) and 2 Bronze (Boys 16 & Over 50 Fly & Mixed 13-16 4 x 50 Medley Relay)

A big thank you to all our members who officiated at the championships and hearty congratulations to all our swimmers – you did us all proud! Fish Eagle Swimming Club looks forward to celebrating our swimmers 2016/2017 achievements at our up and coming Annual Prize Giving which will take place after the Club's SGM and AGM on Saturday the 22nd April 2017 at the Richards Bay Yacht Club. The event is open to all interested parties and will start at 4pm, followed by a 'Bring 'n Braai'.

Registrations for the 2017/2018 Swimming Season open on the 1st May 2017! And don't forget we are training through winter this year and hosting our FISH EAGLE 1000M SWIM on the 22nd & 23rd September 2017! Follow us on our Facebook Page to keep up with all the latest news in our world of swimming or visit our website at www.fisheagles.co.za.