

### THE WIK TRIATHLON – 5<sup>TH</sup> ANNUAL EVENT

SLC hosted its fifth annual triathlon, 'The Wik' Off-Road Triathlon, in memory of late friend and staff member, Wik van der Walt. Despite the poor weather, the number of athletes who attended the event was more than double that of 2016, a sign of not just how popular this event is, but also of the popularity of triathlon in Limpopo.



There were talented fields in both the long and the short course races which were respectively : a 1km swim, 26km MTB, 10km run, and a 500m swim, 15km MTB and 5km run. Plenty of names were thrown around as potential winners of both races.

The Mountain did not disappoint and the weather, combined with plenty of hills at altitude, made for some tough racing conditions. However, the athletes had prepared well with hard training and put in great performances in difficult conditions, with the record being broken on the day by the overall men's winners. In the short race it was Tzaneen local Kuno Venter in the men's and Stanford pupil Ani Gutierrez-Hernandez winning the ladies race. In the longer race (Stanfordian Challenge), local athlete Steve Willson won the men's; and defending ladies champ, Melanie Melville, held onto her title, coming in with ease well ahead of the field. Well done to all athletes who took part. We look forward to seeing you all again in 2018!

*Mr Steve Willson*



#### Stanfordian Challenge results

*Above: Ladies L to R: Britt Dando (2), Melanie Melville (1), Janine Pretorius (3)*

*Left: Men L to R: Andre van der Merwe (2), Steve Willson (1), Chris Dando (3)*



### GOLF RESULTS

Stanford play in the C- league, which fields players with an average handicap of between 15 and 24. They play in teams of 4. Last Friday they beat Tom Naude 4/0 and played All Square against PHS, winning two and losing two matches.

*Mr Neil Haarhoff*

### SANESA QUALIFIER – 2ND ROUND

This past weekend saw the second round of the Equestrian competition being held at Broadlands. Sarena Wolff and Tammy Dyason (Gr 11) gave it their best, but unfortunately did not complete all rounds clear. Sarena was placed first in the 1.10cm 2-phase round, but took a pole in the 1.10cm round. The girls will have another two chances to qualify for Nationals.

### ASTROTURF

#### "LEAVE A LEGACY"

After only 2 weeks since the launch of this **fund raiser**, we have already raised R65 000!! We have also secured an advertising pledge of R110 000 for the year from Nashua Limpopo and Trophy Toyota. A reminder to anyone who would like to donate and "Leave a Legacy", you have until August to do so. For information or queries, contact Rona McGaffin on [rs@slc.co.za](mailto:rs@slc.co.za)

### DOUBLE MOON ADVENTURE RACE

On Friday 10<sup>th</sup> March, Stanford Lake College took part in the Double-Moon Adventure Race that tests you to the very limit! Trail running, zip lining, kayaking and mountain biking disciplines were alternated over two race distances – 100km and 200km. SLC entered 2 teams in the 100km race; Tshanduko (members - Matt Wilkinson, David Pullinger, Lara Dando and Emma Melville) and Badgers (members - Owen Venter, Marthinus Maritz, Danica Altenroxel and Robin Lacey). The teams raced really hard and were competing against top senior national competitors in this gruelling sport. In the end, Badgers came 2<sup>nd</sup> in the 100km event in a time of 21 hrs and 46 mins, with Tshanduko taking 1<sup>st</sup> place in 16 hrs and 36 mins. Well done to the teams for the amazing effort. Stanford also had staff competing with Mr Steve Willson racing for Red Ants and Mr Tiaan Fullard for Gooi Mielies, finishing 1<sup>st</sup> and 2<sup>nd</sup> respectively in the 200km event. Stanford really showed some real grit. Past pupils of Stanford : Rowena Viljoen, Brian Gardner (Team Red Ants) and Leanne Winnan (née Reed) are active adventure racers who also took part in this race. Mr Steve Willson is also an Alumnus of Stanford. *Mr Tiaan Fullard*



TEAM TSHANDUKO



TEAM BADGERS

### GRADE 9 TREK COMMENTS

Two weeks ago we published some sentiments of the Gr8s after their 3 day trek. The Gr9s went on a 7 day expedition and these were some of the thoughts that they wrote in a common 'diary' during the trek.

"My deep sleep was cut short by the sound of my fellow mates absolutely bewildered by the view that greeted them that morning. Some stunned, some speechless, but most of all, amazed." (*Lance Trueman*)

"It was late and I was tired of everyone talking and there was a very badly placed cow pooh under me, so I got up and slept on one of the rafts which was surprisingly comfortable." (*Owen Venter*)

"Day 2, waking up to a beautiful sunrise. The sun opening up the windows with crisp orange, amber kisses looking through. We were all completely silent from the spectacular view." (*Amber Smit*)

"As the sun went down our camp site dimmed as dark as a cave. The only source of light that we received was from the mysterious moon and the twinkling stars right above us." (*Lemolcan Khumalo*)

"Shall I compare Trek to a summer's day?  
No, thou art nothing like it!  
Rough winds do shake the darling tents each night.  
And Trek is too long a date.  
The golden eye burns our backs  
Off' the gold complexion dimmed – we freeze  
By chance and nature's changing course we are bound to lose a few limbs  
Death will brag with the lives it claimed.  
But as long as eye can see and man can read  
It gives suffering to Trek victims and memories to thee."  
*Shakespeare by Revelas [co-editors Rosendorff and Venter] – they didn't help much (Lia Revelas)*