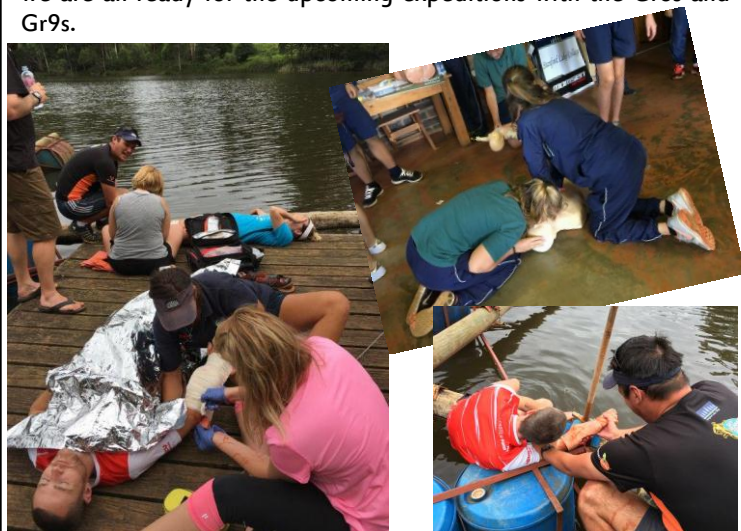


FIRST AID TRAINING 2017

On 12th & 13th January, the Outdoor Centre conducted its annual first aid training in co-operation with Wild Medix. The course included basic first aid training for pupils, in which they were taught what to do in several problematic situations and did practical exercises on these. This equips the pupils to react accordingly in a health related emergency. The course proved to be a huge success, with 30 pupils enrolled, thus ensuring Stanfordinians will be in safe hands. These students will be part of the First aid club. They will do duty (together with the paramedics) at our sporting events and will gain valuable experience and the service hours can be logged towards their President's Award qualification!

We also had 8 staff doing their wilderness level 3 refreshers and training. This was once again a very good learning experience and we are all ready for the upcoming expeditions with the Gr8s and Gr9s.



BUFFELSPOORT XTERRA RACE REPORT

This past weekend a young SLC triathlon team made their way to the Buffelspoort Xterra, which is an off-road triathlon and is known as one of the toughest Xterras in the world due to the steep, rocky terrain and very high temperatures. The Xterra Full is a 1.5km swim, 28km mountain bike and 12km trail run, while the Xterra Lite consists of a 400m swim, 20km bike and a 6km run.

As well as the 15 pupils who took part in the Lite on Sunday, there were also a few Stanford parents and staff who competed in the Full on Saturday. Some excellent results were achieved, particularly Melanie Melville who won her age category and was the 5th overall ladies finisher. The team had been training intensively for this event since the end of 2016 and the hard work paid off with some very impressive results, particularly given that they were competing in a field of just over 600 athletes. Matt Wilkinson (Gr12) finished 8th male overall while Lara Dando and Emma Melville (Gr10) finished as 5th and 10th ladies respectively. This is an amazing achievement considering that most of the top finishers are professional triathletes. Added to this, the junior boys' team of Luke Wood, Reuben Middleton and Ethan Jones (all Gr8) finished as the 3rd overall Team, racing against much older and more experienced teams. Congratulations to our Triathlete coach, Mr Steve Willson, who completed in both the Full Xterra and the Lite on Saturday & Sunday respectively, achieving a top 10 place in both events!

All Stanford parents and pupils who took part →→→

Back: Wayne Lacey, Shane Friedrichs.

Middle: Gary Middleton, Reuben Middleton, Marthinus Maritz, Luke Wood, David Pullinger, Kate Wood, Lara Dando, Emma Melville, Cailin Desmet, Sarah Venter, Susie Wood, Melanie Melville.

Front: Matthew Wilkinson, Robin Lacey, Ethan Jones, Steve Willson, Casper Venter, Warrick Melville, Mark Melville.

INTERHOUSE ATHLETICS DAY

Stanford Lake College hosted its annual Interhouse Athletics meeting last Thursday at the school. We were fortunate enough to have a beautiful sunny day which helped our athletes to produce outstanding performances. 10 Records were broken on the day. Well done to Orvis who ended winning the Spirit trophy and beat Fenwick on the last relay of the day to win the Athletics Meeting.

Trophies and Awards - 2017

Vavasour Cup for Boys Open 1500m & Cheerio Trust Trophy - Best Senior Middle Distance Runner - **Justyn Trueman**
 McGaffin Trust Relay Trophy - **Orvis**
 Kenney Trophy – Best Senior Boys Discus - **Luke Burns**
 Kenney Trophy – Best Senior Girls Discus - **Normane Mnisi**
 Loubser Trophy – Junior Victor Ludorum - **Rofhiwa Nevhutalu**
 Loubser Trophy – Junior Victrix Ludorum - **Lia Revelas**
 Loubser Trophy – Senior Victor Ludorum & McGaffin Trust Trophy for the Top Sprinter - **Mfumo Mongwe**
 Loubser Trophy – Senior Victrix Ludorum - **Mokgadi Mangena**
 Winning House - **Orvis**
 Spirit Trophy – **Orvis**

Record Breakers: Robin Lacey Shot Put G/16, Jarred Schoeman Javelin B/16, Lia Revelas 100m hurdles G/15, Mokgadi Mangena 100m hurdles G/16, Rofhiwa Nevhutalu 100m hurdles B/15, Anja Maree Shot Put & Discus G/14, Danica Altenroxel Javelin G/15, Mokgadi Mangena High Jump G/16, Mfumo Mongwe 400m B/19



↑
 All the record breakers with Guest of Honour, Mr Adrian Lucas, who presented the prizes and trophies

→
 The winning House, Orvis – team captains Mikael Malik and Shikara Janke with Mr Lucas

