

THERE IS SOMETHING FOR EVERYONE ON THE MOUNTAIN OVER THE WEEKEND OF 17/18/19 MARCH

- OPEN WEEKEND FOR GRADE 6s & 7s AT SLC
- EBENEZER OPEN WATER MILE SWIM – MOUNTAIN YACHT CLUB AT EBENEZER DAM
- THE WIK TRIATHLON AT SLC



THE ADVENTUROUS CHOICE



Stanford Lake College

AN INDEPENDENT, CO-EDUCATIONAL BOARDING SCHOOL

OPEN WEEKEND FOR ALL GRADE 6 & 7's  
17 - 18 MARCH 2017

Bookings essential at [mbanks@stanfordlakecollege.co.za](mailto:mbanks@stanfordlakecollege.co.za)

THE WIK TRIATHLON - 19 MARCH 2017

(NB: It is a long weekend in SA, early booking on the mountain is very important due to limited accommodation. Use [www.limpopobookings.co.za](http://www.limpopobookings.co.za))

STANFORD LAKE COLLEGE PRESENTATIONS BY HEADMASTER, CRAIG CAROLAN, WILL BE AS FOLLOWS:

TUE 14 FEB 2017 AT 17h30: BRIDGE CLUB, CECIL AVENUE, BULAWAYO  
Info: [fiona@yoafrica.com](mailto:fiona@yoafrica.com)

WED 15 FEB 2017 AT 16h30: VICTORIA FALLS PRIMARY SCHOOL  
Info: [secretary@vicfallsprimary.co.zw](mailto:secretary@vicfallsprimary.co.zw)

Tel: 015 276 6103  
Email: [mbanks@stanfordlakecollege.co.za](mailto:mbanks@stanfordlakecollege.co.za) • [www.slc.co.za](http://www.slc.co.za)



**4TH WIK TRIATHLON**  
**19 MARCH 2017**  
STANFORD LAKE COLLEGE  
MAGOEBAKLOOF, LIMPOPO

**THE WIK:**  
500m swim, 15km mtb ride, 5km trail run  
**ENTRIES:**  
Individual Junior (+15yrs on the day) - R120  
Individual Senior (+18yrs) - R140  
Team (+12yrs on the day) - R360

**STANFORDIAN CHALLENGE:**  
1km swim, 24km mtb ride, 10km trail run  
**ENTRIES:**  
Individual Seniors ONLY (+18yrs) - R180

**GREAT PRIZES**  
Note: TSA day licenses must be purchased in cash at registration.  
No swim cap-no swim. No helmet-no ride  
Start time: 8:00 am



Enter now as entry prices increase on 15 February!



presents the

**EBENEZER MILE & 3000m SWIM**

**Saturday, 18 March 2017**

Direct link to enter online at [www.rotaryhaenertsburg.co.za](http://www.rotaryhaenertsburg.co.za)

Enquiries:

083 297 2349 / 082 442 2995

**S** **SMIT GARRUN**

Should be your Short Term Brokers Choice

FSP 11184

**STANFORD 1<sup>ST</sup> XI CRICKET MATCHES**

Stanford Lake College played PHS on Tuesday. We won the toss and bowled first. We started very well but lost our way in the bowling which resulted in too many boundaries being scored. PHS scored 184/3 in their 20 overs. We scored 106/4 in our 20 overs with Justyn Trueman top scoring with 49. We lost the match by 78 runs.

Stanford Lake College played Maligale Cricket Club on Thursday and batted first, scoring 171/7 in our 20 overs. Lance Trueman was the top scorer with 51\*. He was well supported by Christian Schmidt who made 36. Stanford bowled them out for 40, winning by 131 runs. Bryce Reed took 5/6 in his four overs and Jackson Ndhlovu took 2/5.  
*Mr Shane Friedrichs*

**GRADE 9s RIVER TRAINING FOR UPCOMING TREK**

Last week both the Gr.9 classes went to Georges Valley to do river training for their upcoming Gr.9 Trek. The focus was on boat handling, capsize drills, throw bagging procedures, cocktail position and getting more comfortable in fast flowing water. The students learned a lot of valuable lessons and are considerably more comfortable in the water now. And most important – they had a lot of fun in the process!



Thank you to Mr James Hitchins for his assistance with the training.

*Mr Neil Haarhoff*