

Peek at the Week...

- ☺ Mon 30 Jan – Inter House chess
- ☺ **Thur 2 Feb – Independent Schools Athletics (Peter Mokaba Stadium)**
- ☺ Red Ants Rumble Adventure Race

STANFORD WINNERS AT INDEPENDENT SCHOOLS' ATHLETICS

Stanford had a successful day on the Athletics Track yesterday, and came out clear winners over Heuvelkruin and Pepps. Our athletes showed tremendous heart on the very hot day. I would like to thank all athletes, SLC supporters and Staff for their contributions. Results and record breakers will be published in next week's Snapshot.

Shane Friedrichs

THE STANFORD GAMES OF 2012

Well done to the following pupils for breaking records and receiving trophies at the Stanford Lake College Athletics Day held at the Peter Mokaba Athletics Stadium on 26 January. It turned out to be a splendid day of Athletics and a big thank you to all the support given by pupils and parents. I would like to take this opportunity to say how much I appreciate the assistance that all the staff gave on the day. Without this commitment from everyone involved, a big event like this would not have been possible. *Shane Friedrichs*

RECORD BREAKERS

Dewald	Ludick	Discus	B/15	39.34
Lala	Shipalana	Triple Jump	G/19	9.69
Lala	Shipalana	100m hurdles	G/19	00:17.1
Shaun	Lamminga	110m hurdles	B/19	00:15.9
Michelle	Pilusa	Long Jump	G/19	4.8
Hlogi	Modjela	High jump	B/16	1.72
Lori	Hyde	800m	G/19	02:34.5
Shaun	Lamminga	800m	B/19	02:13.6
Jessica	Mayes	Javelin	G/16	20.61
Graham	Harty	High jump	B/14	1.65
Jonty	Brown	Shot put	B/16	10.57
Lori	Hyde	1500m	G/19	05:38.2
Jessica	Mayes	Long jump	G/16	4.65
Michaela	McGaffin	400m	G/19	01:03.9



Thanks for the help Sir!



TROPHY WINNERS

Vavasour Cup for Boys Open 1500m : Shaun Lamminga
McGaffin Trust Trophy for the Top Sprinter : Michaela McGaffin
McGaffin Trust Relay Trophy : Orvis
Cheerio Trust Trophy – Best Senior Middle Distance Runner : Lori Hyde & Shaun Lamminga
Kenney Trophy – Best Senior Boys Discus : Leroy Morena
Kenney Trophy – Best Senior Girls Discus : Roelien Prinsloo
Loubser Trophy – Junior Victor Ludorum : Adam McGaffin
Loubser Trophy – Junior Victrix Ludorum : Makungu Valoyi
Loubser Trophy – Senior Victor Ludorum : Shaun Lamminga
Loubser Trophy – Senior Victrix Ludorum : Lori Hyde & Lalla Shipalana



RED ANTS RUMBLE – 130 KM ADVENTURE RACE – RACE REPORT

Team Ubuntu from Stanford Lake College competed in the "Red Ants Rumble" – a 130km adventure race – during the weekend of 26 – 28 January. Ubuntu was the only school team that entered and they took up the challenge of racing against very seasoned adult racers! Ubuntu participants were team captain Tarryn Brent, with Thomas Wilken, Mark Jarman and Tam Johnson.

Leg 1 started at 04:00 on Saturday morning. This was a quick 5 km orienteering leg in the plantations around Stanford Lake College. **Leg 2** was a beautiful 10km paddle on Ebenezer Dam as daylight broke through – from Stanford all the way to the other end of Ebenezer! **Leg 3** had them hike 7km on the grasslands hiking trails outside Haenertsburg to then check in at the Village Hall. **Leg 4** was a 50km bike from Haenertsburg via Annie's Fortune to the Serala forest station. This was straight forward and easy navigation. Not so straight forward and easy riding... they got going up the first steep climb, which they found out later was just a bump in the road! Approximately halfway in the leg the team went up the "little bit of climbing" hill - roughly 5km of chaining granny's neck off. At the end of this climb, the checkpoint had to be found in an old mine shaft tunnel, which was wet, but fun! To the surprise of some, the upward trek continued relentlessly. The next checkpoint was in a proper cave, the path lined with outdoor displays from New Balance. This was ironic, as they were all wearing bike shoes hiking up the hill to the cave check point. The cave was an awesome sight with all the stalactites and stalagmites. On they pushed to the next transition, with a bit of relief in altitude. **Leg 5** was a 15km hike/ kloofing section. This took teams down into the Mohlapitse and back up again to the Forest station! **Leg 6** was a 30km bike back to Ebenezer – by now this was at night for Ubuntu. It started with an awesome technical downhill through plantations and natural forest! The final **Leg 7** was a 10km paddle back to the start/finish at Stanford Lake College.

Ubuntu finished the race at 02:20 on Sunday morning after a total of 22hrs 20mins of non-stop racing, and managed to finish in 4th place in their mixed fours category, just 5 hours behind the winning team!!

Well done on finishing the race and kicking some experienced racers' butts! You guys (and girl) make us very proud!!

Neil Haarhoff



INTER HOUSE CHESS

Full results will be published next week, as the competition is still in progress!

The Week ahead...

- ☺ Fri 3 & Sat 4 Feb : Cricket vs Uplands
- ☺ Tue 7 Feb : Grade 8 Sleep Out
- ☺ Wed 8 Feb : Inter House Cross Country
- ☺ Thur 9 Feb : Inter House Public speaking
- ☺ Sat 11 Feb – Inter High (small schools) Athletics at Peter Mokaba Stadium