

Peek at the Week ...

- ☺ Saturday, 30 January – Atlantic Rugby 7s at Peter Mokaba Stadium starting 09h00
- ☺ **Saturday, 30 January – Second day of MTB Series at Barberton**
- ☺ Sunday, 31 January – SLC Hockey Coaching Camp continues from 08h00
- ☺ **Monday, 1 February – World Water Week starts**
- ☺ Tuesday, 2 February – World Water Day
- ☺ **Wednesday, 3 February – Jnr & Snr Inter-House Debating**
- ☺ Wednesday, 3 February – 1st Cricket team vs Seshego 20/20
- ☺ **Friday, 5th & Saturday, 6th February – Limpopo Swimming Championships in Polokwane**
- ☺ Saturday, 6 February - Small Schools' Athletics Meeting, Musina
- ☺ Saturday, 6 February – IEB User Group Conferences for staff in Johannesburg

Academic Awards based on last year's results

The following awards were made last Friday at assembly:

Brains Bars:

Michelle Chitate [Gr 8 - 2009]	Lyla Adam [Gr 9 - 2009]
Cassandra McGaffin [Gr 8 - 2009]	Tarryn Brent [Gr 9 - 2009]
Nadia Ndhlovu [Gr 8 - 2009]	Hajira Hassim [Gr 9 - 2009]
Reinhard Schmidt [Gr 8 - 2009]	Fezeka Ntsanwisi [Gr 9 - 2009]
Brandon Wright [Gr 8 - 2009]	Anja Revelas [Gr 9 - 2009]

Half Colours

Christopher Altona [Gr 10 - 2009]
Carmen Bradford* [Gr 11 - 2009]
Kent Henderson [Gr 11 - 2009]
Mologadi Monakhisi* [Gr 11 - 2009]
Yke Osmers* [Gr 11 - 2009]
Laila Turk* [Gr 11 - 2009]

Full Colours

Francois Maritz [Gr 10 - 2009]
Lizanne Steenkamp [Gr 10 - 2009]
Stephan Bezuidenhout* [Gr 11 - 2009]
Nyasha Chitate [Gr 11 - 2009]
Ashleigh Keller* [Gr 11 - 2009]
Kathleen Painter* [Gr 11 - 2009]
Zyza Stander [Gr 11 - 2009]

* Those pupils with an asterisk beside their name received re-awards

SEVEN-A-SIDE RUGBY

Try time!

Justin Mitchell on his way to scoring the winning try against Wonderboom



Stanford Lake College 7s Rugby team [Matthew Saverton, Dillen McGaffin, Wayne Westcott, Justin Mitchell, Them bani Mashela, Cameron Daly, Shaun Bepura, Bradley Costa, Terry Tomes, Tim Tomes, Peter Ramahlodi and Hlulani Mayimele] had a very successful Atlantic 7s Tournament at PHS last Saturday. The team beat PEPPS 19 - 0, Wonderboom 32 - 22 and lost 0 - 17 in the Group matches. In the Plate Semi-Finals matches, the SLC 7s dominated the early exchanges against the much bigger Pretoria Tuine outfit but failed to finish and they paid dearly for this, as they conceded three break-away tries in the second period. The College lost 5 - 17. The off-season preparation for the tour to KwaZulu Natal later in March is underway. The touring squad will be announced shortly.

DEBATING RESULTS

A tightly contested Inter-House debating competition resulted in the following:

Seniors

1. Fenwick
2. Orvis
3. Loomis

Juniors

1. Loomis
2. Orvis
3. Fenwick

ADVENTURE RACING/CYCLING ACHIEVEMENTS Stanford does it again!

Tshanduko team [Stephan Bezuidenhout, Ryan Garrett, Matthew Baleta and Tarryn Brent - pictured below] was awarded overall 1st place in the annual Schools Adventure Racing Grand Challenge held in the Soutpansberg district in December 2009. They also walked away with the gruelling Vasbyt Challenge for the second year running! In addition they won the Riebok [MTB/Hiking] and Rietrot [Water] Challenges. Well done, Tshanduko!



At the 2nd event of the MTN/MiWay National MTB Series 45 km, held in Barberton on 30 January, Tarryn finished as second lady overall and first in her category. There were 507 cyclists in this race.

Stanford 2nd at Sabie Experience 2009

In December 2009, Ryan Garrett and Stephan Bezuidenhout achieved a 2nd place finish at the Sabie Experience stage race held over two days in the mountains of Sabie. Once again the weather played havoc, with heavy rain making the course more of a mud bath than a marathon track. This was one better than their previous year's 3rd place finish.



ATHLETICS

Thirty two SLC athletes took part in the Zonal Trials yesterday. Twenty eight qualified in 42 different items. Well done, College! More news next week.



FUN IN CANADA

Marinus Gubitz, on exchange to Sedbergh in Canada, is having loads of winter fun and impressing all with his helpfulness, willingness to take part in everything and his good manners. He'll be off to see his first professional ice hockey game soon, much to his delight.

Events in the week ahead...

- ☺ Wednesday, 10 February – Inter-House Cross Country
- ☺ **Wednesday, 10 February – Second Gr 8 Sleep-Out**
- ☺ Thursday, 11 February – Valentine's Social 18h30-21h30
- ☺ **Friday, 12 February – Ben Vorster Invitation Athletics Day**
- ☺ Friday, 12 to Sunday, 14 February – Grades 8 to 12 – Closed weekend
- ☺ **Saturday, 13 February – Inter-High Athletics, Phalaborwa**
- ☺ Saturday, 13 February – IEB User Groups Conference