

SPORT RESULTS

SWIMMING

We also congratulate all the swimmers who participated at the SANJ regional championships from 30 March to 2 April. You truly held Midstream College's name up high.

Abigail Roberts's results:

1st in 50m Butterfly
1st in 50m backstroke
1st in 4x100m freestyle relay
1st in 4x50m freestyle relay
1st in 4x50m mixed medley relay
2nd in 100m backstroke
2nd in 4x100m medley relay
3rd in 50m freestyle
5th in 100m butterfly
8th in 100m freestyle

Rouxné du Plessis's results:

2nd in 50m backstroke
2nd in 200m backstroke
5th in 100m backstroke
5th in 100m freestyle
5th in 50m butterfly

Mila van der Linde's results:

1st in 100m backstroke
1st in 200m backstroke
2nd in 50m backstroke

Regardt Schoeman's results:

2nd in 100m butterfly
6th in 50m butterfly