



MIDSTREAM COLLEGE

Circular 4/2023

2 March 2023

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SCHOOL MATTERS

FROM THE HEADMASTER'S OFFICE

The new Olympic motto *Citius, Altius, Fortius – Communiter* (Faster, Higher, Stronger – Together) certainly applied to our inter-high athletics team last Friday. In 2020, during our previous A-league inter-high, we won a total of 21 medals, three of which were gold. This time around we won 28 medals, including six gold. To every athlete, coach and supporter who contributed to us being faster, higher and stronger on the track and in the field, you made us proud.

I hope that the long weekend and boerewors rolls on Tuesday charged every learner and teacher's batteries after our night school and the athletics. Our winter sport is already in full swing and our first fixture is away against Northcliff High School next weekend. Good luck with the trials, team selections and practices. Carpe Diem!

The academics, by its very nature, functions at A-league level. I would like to remind learners of the extra classes on Mondays and that all teachers are available by appointment to assist with queries. If your child is struggling with a subject, please contact their teacher for advice. The first term reports will be available electronically on 26 April.

There is a crack in everything, that's how the light gets in.

Leonard Cohen

It's hard to believe we are already in March. Einstein had a point – time definitely flies. If your child is wrestling emotionally, feel free to contact the grade head and/or encourage them to talk to a teacher or friend they have a good relationship with. Allow the light in, and let us all strive to be children of the light and support those who are in dark places.

Let there be light.

Gen. 1:1 (The Bible: NIV)

SPORT

ATHLETICS

Approximately 650 Midstream supporters cheered on our athletes during the inter-high on a scorching day at Pilditch. The Pretoria A-league is arguably the biggest schools' athletics stage

in the country. Our athletics team managed to finish 6th overall and thus, this “small private school” managed to remain in the A-league for 2024. We are extremely proud of every learner who played a part in this slice of history in Midstream’s short existence.

Team results:

Girls	Boys	Overall
7 th	6 th	6 th

Medals won: 6 gold, 8 silver and 14 bronze.

Medal winners:

Athlete	Age Group	Item	Medal
Trent Sewpaul	Boys 14	100 m	Bronze
Ethan Mahlangu	Boys 14	200 m	Bronze
Rupert Groenewald	Boys 14	1 500 m	Bronze
Omogolo Mauoane	Boys 14	100 m H	Bronze
Amy Nel	Girls 14	Discus	Bronze
CA Froneman	Boys 16	400 m H	Silver
Owen Delpont	Boys 16	400 m	Bronze
Sandile Modise	Boys 16	100 m 200 m	Gold Gold
Chad Dlamini, CA Froneman, Owen Delpont & Sandile Modise	Boys 16	Relay	Bronze
Xavier van der Leek	Boys 17	800 m 1 500 m 3 000 m	Silver Silver Bronze
Juan Breytenbach	Boys 17	1 500 m	Bronze
Luca Jankovic	Boys 17	Long Jump High Jump	Gold Bronze
Thabang Rammabi	Boys 17	Long Jump Triple Jump	Silver Bronze
Ashley Williams	Girls 19	100 m 400 m	Bronze Bronze
Hilton Thomas	Boys 19	100 m 200 m 400 m	Gold Silver Gold
Eben de Wit	Boys 19	800 m 1 500 m	Silver Bronze
Justin Hattingh	Boys 19	110 m H 400 m H	Silver Gold
Hilton Thomas, Justin Hattingh, Kobus Alberts & Nicolaas Vlok	Boys 19	Relay	Silver

Individual results (above 800 points on the ASA table):

Athlete	Age Group	Item	ASA points
Ashley Williams	Girls 19	200 m	876
		400 m	839
		100 m	830
Hilton Thomas	Boys 19	400 m	868
		200 m	835
		100 m	806
Xavier van der Leek	Boys 17	1 500 m	863
		3 000 m	845
Luca Jankovic	Boys 17	Long Jump	860
Justin Hattingh	Boys 19	400 m Hurdles	850
		110 m Hurdles	842
Hilton Thomas, Justin Hattingh, Kobus Alberts & Nicolaas Vlok	Boys 19	Relay	848
Juan Breytenbach	Boys 17	3 000 m	838
		1 500 m	831
Aphelele Mbatsha	Girls 14	200 m	837
		100 m	816
Eben de Wit	Boys 19	1 500 m	836
Thabang Rammabi	Boys 17	Long Jump	834
Anushke Niemand	Girls 19	400 m Hurdles	827
Cristi van der Walt	Girls 16	400 m Hurdles	824
		100 m Hurdles	821
Anika le Roux	Girls 17	100 m Hurdles	818
		400 m Hurdles	816
		200 m	812
CA Froneman	Boys 16	110 m Hurdles	814
Sandile Modise	Boys 16	200 m	812
		100 m	806
Thabang Rammabi, Jacques Vlok, Luca Jankovic & Thavha Nemukula	Boys 17	Relay	811
Zabine von Westernhagen	Girls 17	3 000 m	810
Chad Dlamini, CA Froneman, Owen Delpont & Sandile Modise	Boys 16	Relay	805

SWIMMING

Our inter-high swimmers won 38 medals (14 gold, 11 silver and 13 bronze), and improved five records at the A-league gala. Adrian van Wyk was the Junior Victor Ludorum and Lance Cromhout the Senior Victor Ludorum. Congratulations for being crowned the second best swimming school in Gauteng North.

Medal winners at the inter-high gala:

Swimmer	Age Group	Item	Medal
Abigail Roberts	U14 Girls	50 m Backstroke 50 m Butterfly	Bronze Gold
Lyla van der Spuy	U14 Girls	100 m Freestyle 50 m Backstroke	Gold Gold
Rouxné du Plessis, Abigail Roberts, Lyla van der Spuy & Annabell Sirrals	U14 Girls	Freestyle relay	Gold
Juan Pretorius	U14 Boys	50 m Backstroke	Bronze
Rupert Groenewald	U14 Boys	50 m Butterfly	Bronze
Nicholas Cownie, Juan Pretorius, Rupert Groenewald & Ivan Kyndell	U14 Boys	Medley relay	Bronze
Alika van der Merwe	U15 Girls	Individual medley 50 m Breaststroke	Bronze Bronze
Grace Powell	U15 Girls	100 m Freestyle 50 m Butterfly 200 m Freestyle	Bronze Silver Gold
Jana Swiegers	U15 Girls	50 m Backstroke 100 m Backstroke	Gold Gold (Record)
Jana Swiegers, Alika van der Merwe, Grace Powell & Lindi Claassen	U15 Girls	Medley relay Freestyle relay	Gold Gold
Caleb Ingram	U15 Boys	50 m Breaststroke	Bronze
Paul Loubser	U15 Boys	50 m Butterfly	Silver
Adrian van Wyk	U15 Boys	200 m Freestyle 100 m Backstroke 50 m Backstroke	Gold (Record) Gold (Record) Gold (Record)
Adrian van Wyk, Caleb Ingram, Paul Loubser & Dawid Ford	U15 Boys	Medley relay	Gold
Xander du Toit	U16 Boys	Individual medley 100 m Butterfly	Bronze Silver
Lance Cromhout	U16 Boys	200 m Freestyle 100 m Freestyle 100 m Backstroke	Silver Gold Gold (Record)
Xander du Toit, Lance Cromhout, Ruben Pöhl & Ethan Koen	U16 Boys	Medley relay Freestyle relay	Silver Bronze
Jemma van Wyk	U17 Girls	200 m Freestyle 100 m Backstroke 100 m Freestyle	Bronze Bronze Silver
Demi Jacobs	U17 Girls	100 m Breaststroke	Bronze
Jemma van Wyk, Demi Jacobs, Lea Manikas & Lemé Lubbe	U17 Girls	Medley relay Freestyle relay	Bronze Bronze
Michael Kleynhans	U19 Boys	100 m Freestyle 100 m Backstroke	Bronze Silver

TENNIS

Recent girls' results:

Team	Opponent	Result
U19A	Hartbeespoort A	Won 61 - 6
U19A	PHSG A	Won 41 - 26
U19A	Curro Woodhill	Won 63 - 4
U19B	Zwartkop C	Won 45 - 22
U19B	AHMP E	Lost 32 - 36
U19C	PHSG C	Lost 26 - 41
U19C	Rietondale A	Won 63 - 4

WINTER SPORT

The trials and practice sessions are in full swing and we look forward to the first two derbies of the season.

Date	Opponent	Home / Away
10 & 11 March	Northcliff	Away
14 & 15 March	Cornwall Hill	Home

ACKNOWLEDGEMENT OF NON-SCHOOL SPORT

TRIATHLON

Robért Ford (grade 11) successfully represented the province at the SA Championships and the Junior Africa Cup in Bloemfontein recently. He achieved an 11th place in the 16-19 years age group in the Africa division and came 10th among the SA athletes. Well done!

GOLF

Ruben-hein Churr (grade 9) participated in the US Kids Gauteng Junior Championship at Serengeti, and won his age group (13-14 years). Congratulations!

SWIMMING

Nicholas Cownie (grade 8), swam the Midmar Mile twice over the weekend of 10 and 11 February – both times under 28 minutes. Congratulations, Nicholas!

LET'S COMMUNICATE:

For all circulars, as well as other information, you may visit or contact us at:

- www.midstreamcollege.co.za
- Facebook (search Midstream College)
- Instagram (midstream_college)

NEXT CIRCULAR

Thursday, 16 March 2023

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**MIDSTREAM
COLLEGE**



EXCELLENTIA

Gr. 1-12

March 8 Maart

16:00