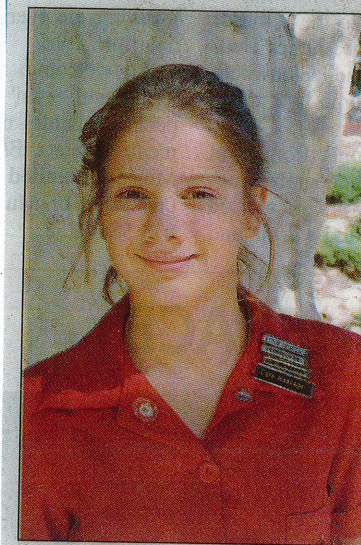


Friday, 5 May 2017

## *Cara swims for gold*



Maris Stella is exceptionally proud of Grade 7 learner, Cara Message, who was selected for the KZN Schools' swimming team and achieved incredible results at the South African Schools' Championships in Polokwane. Cara received gold medals for the 50m backstroke and the 4 x 50m U13 medley relay, a silver medal for the 4x100m U13 freestyle relay, bronze medals for the 100m backstroke and 4x50m U13 freestyle relay, and achieved 4th place in her other individual events, the 100m freestyle and 200m backstroke.

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