



Western Cape  
Government

Cultural Affairs and Sport



Sport Awards 2019



# Foreword

At a time when the nation needs much healing and despondence has become the order the day, the 2019 Western Cape Sport Awards ceremony officially honours and recognises the shining beacons of hope and inspiration from our communities suffering under turmoil.

A whole of society approach is an urgent necessity and this evening's award ceremony personifies this commitment. This evening, the Western Cape Government and partners reaffirm our collaborative mandate to use sport and recreation as a means of social and personal development amongst all affected by the societal challenges that often places us at high-risk.

This evening we flip the script, this evening we celebrate our sport stars and their solid support base for collectively strengthening each other's resolve to be better versions of themselves to uplift the very communities they call home. This evening we applaud them for making the decision to occupy themselves with positive development programmes through sport to instead be deemed a people with potential rather than a nation at risk as anti-social activities such as gender-based violence, xenophobia and substance abuse fail to and will not become a priority

We congratulate each nominee with great gratitude for the influential role they have and will continue to play in representing our beloved province and communities with much pride. The journey of a thousand miles starts with a single step and we have a long way

to go, but together we can redress the challenges our communities are plagued with through sport. An individual's circumstances can indeed be improved through participation, developing and excelling in their preferred sporting codes and it is not only the individual's circumstances changed, but that of their families, their communities, provinces and country as a whole.

Kindly join us in celebration of our provincial sporting excellence this evening.



Anroux Marais  
Minister of Cultural Affairs and Sport  
Western Cape Government

# Volunteer of The Year

## **Dr. Corena de Beer – Cape Town Metro - Black Powder Shooting**

Dr Corena De Beer is a full-time medical scientist and senior lecturer at the Faculty of Medicine and Health Science of the University of Stellenbosch. She starts her day at 04:00 every day so she can fulfill her administrative duties to the various boards she serves. She is also a Vice President of the Muzzle Loaders International Confederation (MLAIC).

## **Isabel de Wet – West Coast - Karate**

Isabel is the secretary of the West Coast Karate association. She is responsible for organising Provincial and National tournaments. Isabel promotes and advertises Karate in the West Coast region.

## **Nadia Jacobus-Julies – Eden - Netball**

Nadia is a netball volunteer in coaching, umpiring, coordinating and administration who pursues growth, development and opportunity for athletes and officials. She does all this whilst being a professional firefighter. She is the coach of the u19 Eden Netball team that won Gold in the B-Division at the Netball Championships.

## **Renaldo Claassen – Overberg - Bowls**

Renaldo is a school teacher whose love for bowls and giving back brings him joy. He gives of his time to build sport participation in the Barrydale community. He works tirelessly to educate and arrange fun days. Renaldo also gives of his time to bowlers who have no resources, coaching and other support in order to develop a love for bowling as a sport.

## **Charmaine Mostert – Cape Winelands - Bowls**

Charmaine dedicates her free time and energy by serving on various Bowls committees. Her portfolios include administration, promotion and development of bowls throughout the Western Cape.

## **Franco Lucas – Central Karoo - Multicoded**

Franco is a very dedicated, passionate, selfless and loyal community worker within Beaufort West. He dedicates his time and resources to the causes he believes in, in order to help others in the process.



# Sport Community Builder of The Year

## **Frank Solomon - Cape Town Metro - Lifesaving**

Frank Solomon has had an illustrious career as a big wave surfer. He is committed to enhancing the lives of the youth in Imizamo Yethu and Hangberg through his organisation, Sentinel Ocean Alliance (SOA). He started SOA to create a space where underprivileged youth of his community would be able to experience ocean based opportunities. He dreams of making SOA a sustainable model that can be rolled out across the Cape in coastal areas.

## **Langebaan Athletics Club - West Coast - Athletics**

Langebaan Athletics committee comprises of 85% women because of their expertise and love for improving the lives of their community members. Their core values are esprit de corps- which means team spirit, education and perseverance.

## **Thembaletu Wellness Club - Eden - Athletics**

Thembaletu Wellness Club promotes wellness through exercise in the community of George. Their aim is to raise awareness against chronic diseases. They conduct regular HIV programmes to serve the needs of the communities to minimize the impact of the pandemic.

## **Willem Christian Gerber Marais - Overberg - Jukskei**

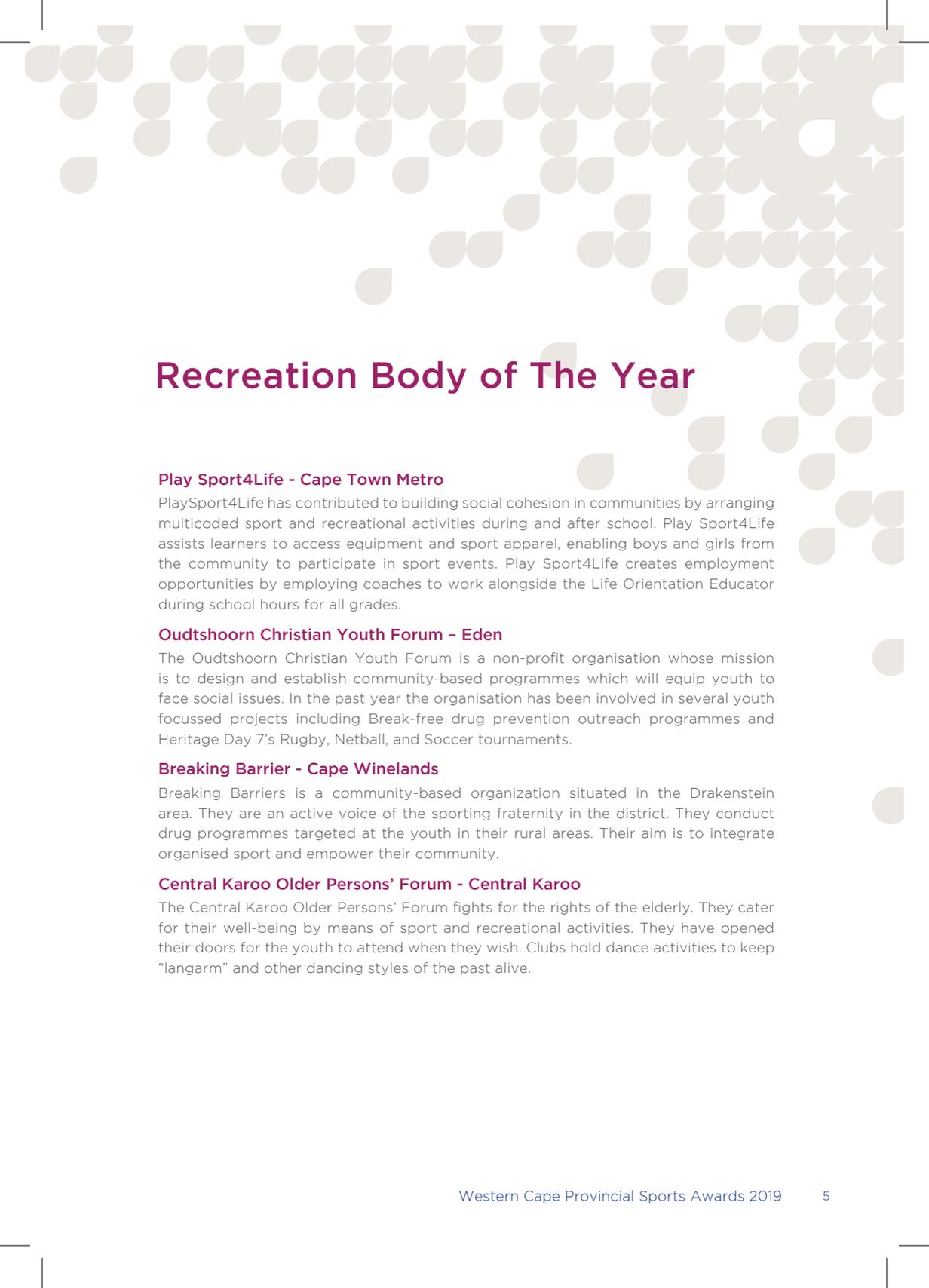
Willem serves on the Overberg District Jukskei Federation as Treasurer. He was instrumental in acquiring resources for the Jukskei programmes. Willem's main aim is to increase participation in sport by community.

## **Annetjie De Klerk - Cape Winelands - Jukskei**

Annetjie is a Master SA Jukskei player who still makes time to share her knowledge and is always prepared to assist and guide young players within the Indigenous Game (IG) structure. Annetjie De Klerk has recently gone on roadshows with the IG structure to develop the code of Jukskei in rural areas. The passion for the development of the code and nurturing of the athletes to combat the social ills of the community are priorities to Annetjie De Klerk.

## **Henry Piedt - Central Karoo - Volleyball**

Henry helps with the development of sport throughout the Central Karoo district. He has a strong love for sport and his passion is evident as he is on every structure that needs assistance and development. At school level he coaches Kho-Kho and volleyball. At provincial level he is part of the high-performance coaching centres.



## Recreation Body of The Year

### **Play Sport4Life - Cape Town Metro**

PlaySport4Life has contributed to building social cohesion in communities by arranging multicoded sport and recreational activities during and after school. Play Sport4Life assists learners to access equipment and sport apparel, enabling boys and girls from the community to participate in sport events. Play Sport4Life creates employment opportunities by employing coaches to work alongside the Life Orientation Educator during school hours for all grades.

### **Oudtshoorn Christian Youth Forum – Eden**

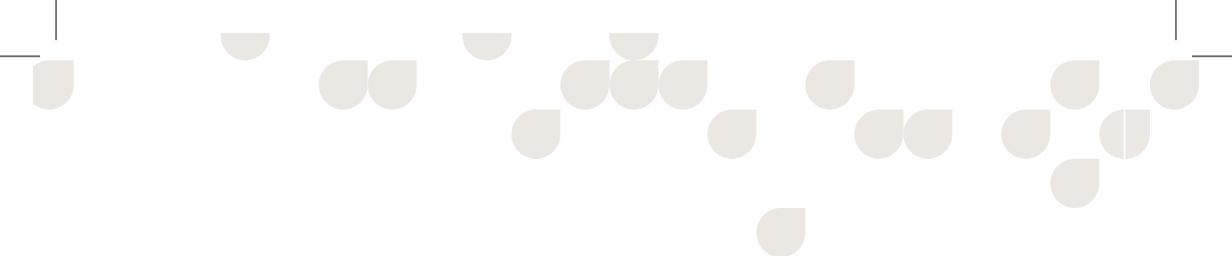
The Oudtshoorn Christian Youth Forum is a non-profit organisation whose mission is to design and establish community-based programmes which will equip youth to face social issues. In the past year the organisation has been involved in several youth focussed projects including Break-free drug prevention outreach programmes and Heritage Day 7's Rugby, Netball, and Soccer tournaments.

### **Breaking Barrier - Cape Winelands**

Breaking Barriers is a community-based organization situated in the Drakenstein area. They are an active voice of the sporting fraternity in the district. They conduct drug programmes targeted at the youth in their rural areas. Their aim is to integrate organised sport and empower their community.

### **Central Karoo Older Persons' Forum - Central Karoo**

The Central Karoo Older Persons' Forum fights for the rights of the elderly. They cater for their well-being by means of sport and recreational activities. They have opened their doors for the youth to attend when they wish. Clubs hold dance activities to keep "langarm" and other dancing styles of the past alive.



# Indigenous Games Team of The Year

## **Team Kgati Western Cape - Cape Town Metro - Kgati**

Team Kgati Western Cape had a glittering 2018-2019 season. They achieved a milestone that placed it amongst the greatest teams of all time when they became the first team to topple the mighty Kwa-Zulu Natal team. They have crafted and written a history of their own by being the most successful team in the Western Cape Indigenous Games.

## **Cape Winelands Kho Kho - Cape Winelands**

At the recent Provincial Championships in Kuilsrivier, Cape Town from 5-7 July 2019, the Cape Winelands team once again showed their hard work and dedication to their code and won the code during their festival. The team is ranked first in the province.

## **Western Cape Jukskei Development Team - Eden**

This team displayed great discipline, team work and fair play during the National Indigenous Games Festival (NIGF). The team did extremely well considering that they come from an underprivileged community. Despite the lack of a proper Jukskei pitch and adequate equipment, It thrived and is among the best in the province and in the country at large.

## **Abigail De Boer - Central Karoo - Diketo**

Abigail de Boer is passionate about Diketo. After the nationals she went on to share her knowledge of Diketo in her community where she teaches and trains. She recently held mini-clinic's during the school holidays.



## School Team of The Year

### **Groote Schuur Primary School - Cape Town Metro - Majorettes**

They have won the Provincial Championships for the past four years in a row. They have consistently been in the top 5 teams of the National Championships out of 30 schools country wide and last year finished 4th overall. They have won all the subdivisions in each discipline.

### **Uitkyk Primary u7 Chess Team - West Coast - Chess**

All six players started playing for the first time in 2018. The team consists of two of the best players in the Western Cape and South Africa. They were the Upper West Coast Schools Chess Top Schools Champion.

### **Van Reede Majorettes - Eden - Majorettes**

They are SWD Champion of Champions 2019. They have previously been SWD Champions. They were placed 5th at the SAMCA National Champion of Champions 2019. They were placed 4th in the Baton Group at the SAMCA National Championships 2019.

### **Swellendam High School - Overberg - Tug of War**

The Swellendam High School u/19 received a gold medal in the Overberg Championships and silver at the SA Championships. Some of the team members compete in the senior league of 2019 and are currently the Southern Club champions in the U23 Tug-of-War weight category.

### **Paarl's Girls' High Team - Cape Winelands - Athletics**

In 2019 they were invited to participate at HTS Drostyd Invitational Meeting and they won the girls' section. They also won the Prestige competition for the first time. They also won the biggest event for the athletic season against La Rochelle, Bloemhof and Rhenish.

### **Beaufort West Secondary - Central Karoo - Football**

Beaufort West Secondary won the district Coca Cola Play offs. They played in the Provincial playoffs and won the Kay Motsepe Provincial Playoffs in Central Karoo. They will be part of the national playoffs in September 2019 at the Kay Motsepe Tournament.



# Developing School Team of The Year

## **Matthew Goniwe Memorial School - Cape Town Metro - Cycling**

The school has been a part of the Development Cycling Programme since 2005. The school has shown to be a continual nurturing facility for the growth and development of young cyclists in the Western Cape. Through the programme the school has continued to provide talented riders to the WP and Western Cape Cycling Squads.

## **Uitkyk Primary – West Coast - Chess**

All seven girls aged 9 represented West Coast School Chess since 2015/2016. They are All seven girls aged 9 represented West Coast School Chess since 2015/2016. They are all members of the Uitkyk Pioneers since its inception. The team has won the West Coast Schools Chess top schools championships. The team has shown consistent growth and always displays teamwork and sportsmanship. The team was also the Western Cape Schools Chess top schools Championships runner-up.

## **Franken Primary School Judo Team - Eden - Judo**

In September 2017, 11 athletes from the school received Western Cape colours. The team won 6 gold medals, 4 silver medals and 1 bronze medal at the SA schools tournament in October. In November 3 students were selected to national trials and 11 students are ranked in Top 6 in SA.

## **Lückhoff High School – Cape Winelands - Football**

Lückhoff is one of the schools that are currently participating in the SAFA Cape Winelands school football programme. The school is represented in the current u/21 national team where Luke Le Roux delivers fantastic play. They were the Western Cape Champions in 2017 and the 2018 Cape Winelands District Football Champions.

# School Sportswoman of The Year

## **Nokuthula Yonke - Cape Town Metro - Athletics**

Nokuthula Yonke achieved excellent results at the SASAPD National Championships. She broke the South African record in Javelin. In May 2019 she represented South Africa at the IWBFB u25 Women's World Championships in Thailand. Team South Africa obtained 7th place out of 10 countries competing.

## **Caitlyn Schlehmeier - West Coast - Athletics**

Caitlyn received the Best Track Athlete Trophy in 2018 and she also received the Bertus Pienaar Trophy as the senior sport girl 2018. She was awarded the Bakkies Louw Trophy for Best Sport Achievement in 2018. She also received full honours for Cross-Country and athletics.

## **Nolene van Rensburg - Eden - Athletics**

Nolene received a silver medal at the ASA Race Walking Championships. She also received the 10 000m gold medal and 400m silver medal at the ASWD Championship. She is the SASA Provincial High School Champion. She holds the new Western Cape record and Prize for the best Track and Field Competition.

## **Eliska Pienaar - Overberg - Tug of War**

Eliska represented South Africa during the World Championships in Camps Bay, Cape Town. She was selected for the u23 ladies team but did so well, that the coach promoted her to the 540kg ladies weight division. The u23 ladies won a silver medal during the Club World Championships where Eliska pulled for the Disa Ladies team. She is a true leader and passionate athlete that always goes the extra mile for her team and country.

## **Kristi Snyman - Cape Winelands - Athletics**

Kristi Snyman is the captain of the Paarl's Girls High Athletic team. She received gold medals at the Boland Central Athletics Meeting and at the Boland Athletics Meeting. She received a gold medal at the SA Schools Championships for the 3rd consecutive year. At the CAA African Champs in Ivory Coast she won a bronze medal.

## **Marloline Hermanus - Central Karoo - Football**

Marloline was selected for the Central Karoo u17 girls football team that represented the district at the Western Cape playoffs. She made the Western Cape team that went to the National Games in Durban in July 2019 it's the first time. She made the Western Cape Team and they won gold.

# School Sportsman of The Year

## **Marx Meyer - Cape Town Metro - Shooting**

Marx Meyer is a 17 year old scholar who attained his junior Protea colours for the first time in 2018 when he participated in the Short Range MLAIC World Championship in Austria. He competes both in Junior and Senior events and have won several medals and accolades in the Senior events as well. He is currently holding the SA record for the Jun match (25m single shot pistol Junior) with a score of 90/100. He broke this record 3 times in the past year.

## **Dequinne de Bruyn - West Coast - Multi-disciplined**

Dequinne de Bruyn is an exemplary learner with regards to academics and personifies the school's ethos and value system. Dequinne was the Victor Ludorum of his school, participating in no less than 9 track and field items. As captain of the u13 soccer team he played centre forward leading the attack for his team. Scoring the most goals in the league, he led his team by setting an example showing sportsmanship and fair play.

## **Drikus de Jager - Eden - Tennis**

Drikus won the TSA Super 8 PE (Singles Boys u/14) and also won the TSA Super 8 PE (Doubles Boys u/14). He was selected for South Africa u/14 team and was placed 5th. He is 3rd in the African Junior Championship Boys u/14. He is currently ranked number 1 in South Africa Boys u/14.

## **Devine Januarie - Overberg - Kickboxing**

Devine was crowned the double kickboxing Overberg champion at the regional kickboxing championship in February 2019 at Hermanus. He was also crowned the Double Kickboxing Western Cape champion in March 2019. He represented the Overberg Kickboxing team in May 2019. He was crowned the South African kickboxing champion in one of the 2 fighting modes and in the other he came 2<sup>nd</sup>.

## **Paul Daniels - Cape Winelands - Athletics**

At the recent Toyota SASAPD National Championships in Stellenbosch during March 2019, he improved his sprinting time in the 100m and 200m sprints by breaking the African record. He was selected to compete for Team South Africa at the World Para Athletics Junior Championships in Nottwil, Switzerland at the end of July 2019. He has been shortlisted to be part of the WCSAPD development squad for the period 2019-2024.

## **Luciano Jonas - Central Karoo - Football**

Luciano Jonas is truly a dedicated sportsman and a role model to his peers. He is the u15 Coca Cola Regional Football Team captain where the team placed 2nd at that tournament. He is part of the team that was called up for the u17 South African National Team. He was selected for the SAFA Cup Team.



## After School Sport Coaching Excellence Award

### **Nigel Savel- Surfing Coach - Metro South**

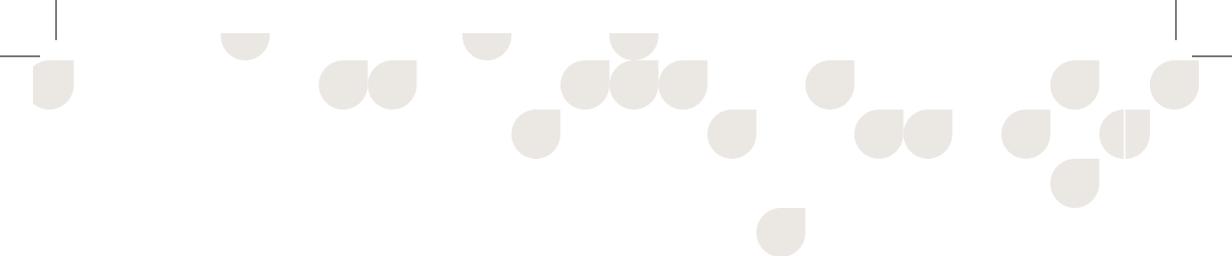
Nigel Savel is the Founder of the 9 Miles Project, and after school surfing programme operating in Strandfontein, Cape Town and Elands Bay. Nigel devotes his time to offering quality surfing instruction and nurturing mentorship to the learners and is committed to breaking the stigma associated with at-risk youth. In the past year, two of his students were selected to participate in the Sea Harvest SA Junior Surfing Championships and the Billabong Junior Series.

### **Lukhanyo Xhonti – Chess Coach - Metro South**

Lukhanyo Xhonti is a dedicated chess coach from Masiphumelele, Cape Town who has beaten the odds to bring chess to the learners of Ukhanyo Primary School. Motivated far beyond the small stipend he receives for his coaching, Lukhanyo's chess players have shown determination in showcasing their talent and skill. Having only started playing in early 2019, two of his 12-year old learners placed 3rd and 4th in the U/16 Cape Town Games, with another learner placing 2nd in the U/14 age group. The Ukhanyo Team have also qualified for the WP regional trials.

### **Hendricka Brown – Athletics Coach - Metro North**

Hendricka Brown volunteers as a Physical Education teacher at Grosvenor Primary School in Atlantis, where she works to identify talented athletes who she trains after school to participate at the next level. In 2018, her learners started to compete in national trials, and in 2019, four learners have qualified for the WP athletics squad and one has made the WC squad. She has also worked to revive cross country in Atlantis and serves on the Atlantis Cross Country Board.



# Journalist of The Year

## **Shirley Ann Kaminer - Cape Town - Metro**

Shirley is a Protea player. She is passionate about writing and sharing of information. She started a newsletter. Her responsibilities are devising the newsletter format and recruiting top bridge players to contribute articles that promote the sport.

## **Madi Pieterse – West Coast**

Madi is a talented and motivated journalist that does not know of discouragement. She is relatively new to the business but has made a great contribution so far. She is passionate about sport.

## **Wydnham Everts - Eden**

Wydnham's articles cover all sport codes in Oudtshoorn and surrounding areas weekend after weekend. His articles are original and they include an in-depth depiction of the specific sporting code and the athlete. He also covers sport codes that aren't normally featured in the media. He uses social media to interact with young athletes, with the group having a following of 70 000 users.

## **Sydney Jaques Armoed – Overberg**

Sydney is an entrepreneur and writer from Caledon. He started writing as a freelance writer for the Theewaterskloof & Cape Agulhas Gazette. He started his own local newspaper in 2018 called the Transoverberg which is issued every second week. The newspaper is hugely focussed on sport and the success stories of the sporting fraternity in the area. He also has a love for photography.

## **Peter Daniels – Cape Winelands**

Peter is a teacher by profession but is a sport radio journalist out of his love for sport. He also participates in development projects and encourages his listeners to engage with him on his radio show. He shares the sport achievements of schools and clubs in the area on the show.



# Photographer of The Year

## **Ebenezer Titus - Eden**

Ebenezer is a dedicated sports photographer. He is passionate about sports and attends various sporting events such as karate, basketball, majorettes and body building.

## **Ernest Kilowan - Cape Winelands**

Ernest is a freelance photographer doing exceptional work for the Paarl Post, Stellenbosch and Paarl Gazette as well as Die Son. He is involved with sport at grassroots level, clubs, schools and recreational events. He has covered many major events in the area including Boland league athletics championships and Rugby clubs and schools league.

## **Samual B Jacobs - Central Karoo**

Samual is a sport and local photographer in Beaufort West. He is the administrator of Proudly Beaufort West group on Facebook. He is always willing to support sporting codes by capturing their events. He supports rural towns and contributes towards development of Central Karoo sports.

## **Ian Christopher Flack - West Coast**

The winning image was taken at the SASA National Cross Country Championships held in Bloemfontein at the end of September 2018. The young lady in the image was 2km into her 3km race. The wind, heat and dust at altitude got to many of the coastal athletes. However, she kept going and despite the great discomfort of stomach cramps and finished the race. The image captures the emotions of the moment.



## Newcomer of The Year

### **Reyaan Traut - Cape Town Metro - Cycling**

Reyaan received two gold medals at the 2019 SA Track Champs held in Cape Town. He went on to complete his 1st Cape Town Cycle Tour in a time of 3h4min coming 16th of 483 in his start group. He came 1st in the Cat3 in his first WPCA road league event and is currently 5th on the log against abled bodied persons.

### **Jocelyn Rossouw - West Coast - Shore Angling**

Jocelyn has been involved in shore angling for 6 years. She was part of the Protea team that participated in the International Shore Angling tournament in Mossel Bay, Western Cape in December 2018.

### **Charlize Murphy - Eden - Cycling**

Charlize Murphy started cycling in June 2018. In 2019 she won her 3rd road race during the 60km race. She also came 3rd in the time trial over 11km. At 16 years of age she became the youngest cyclist to take part in the 2019 Protea Baanfietsspan and received her Protea colours at the 2019 AFCON Tournament in Pietemariitzburg.

### **Eliska Pienaar - Overberg - Tug of War**

Eliska represented South Africa during the World Championships in Camps Bay, Cape Town. She was selected for the u23 ladies team but did so well, that the coach promoted her to the 540kg ladies weight division. The u23 ladies won a silver medal during the Club World Championships where Eliska pulled for the Disa Ladies team. She is a true leader and passionate athlete that always goes the extra mile for her team and country.

### **Johan van Zyl - Cape Winelands - Cycling**

Johan is a motivated cyclist, who enjoys cycling and mountain biking. He manages to juggle his matric work, training and cycling. He was selected for the Junior team that represented South Africa at the Africa Continental MTB Championship in Windhoek and won a silver medal. He also represented South Africa for the first time internationally.

### **Marloline Hermanus - Central Karoo - Football**

Marloline was selected at the Central Karoo u/17 girls football team that represented the district at the Western Cape Play-offs. She made it to the Western Cape team that went to the National Games in Durban for the first time. She made it to the Western Cape and they won gold.

# Coach of The Year

## **Desiree Ellis - Cape Town Metro - Football**

Desiree is a retired South African women's footballer and current coach of the South Africa women's national football team. She is a founding member of the South Africa women's national football team. She was awarded Confederation of African Football Women's Coach of the Year in 2018. She has won medals in the COSAFA Cup and led the team at the Women's AFCON and was also in charge when the squad qualified for and played in their maiden FIFA Women's World Cup in France in June 2019.

## **Gerald Vrolick - West Coast - Kickboxing**

Gerald has done incredible work at the Langebaan Kickboxing Club. The club boasts a few National Protea Kickboxers, SA Champions and West Coast Champions. Gerald was assigned to coach Jade Vrolick and Quenton Jonas who performed exceptionally well in their divisions and their performances at the World Championships resulted in them being ranked in the top ten in the world. Gerald was awarded his Presidential Colours for his role in coaching the SA Kickboxers.

## **Sybeth Hughes - Eden - Swimming**

Sybeth coaches two swimming teams of the Carpe Diem School twice a week which includes Autistic, PD & II athletes. She also coaches Up with Downs and conducts Emmaus Protective Workshops. She organises swimming galas between these institutions on a regular basis and also promotes inclusivity with other swimming clubs and Eden Aquatics swimming galas.

## **Jan Antohan Gerber - Overberg - Tug of War**

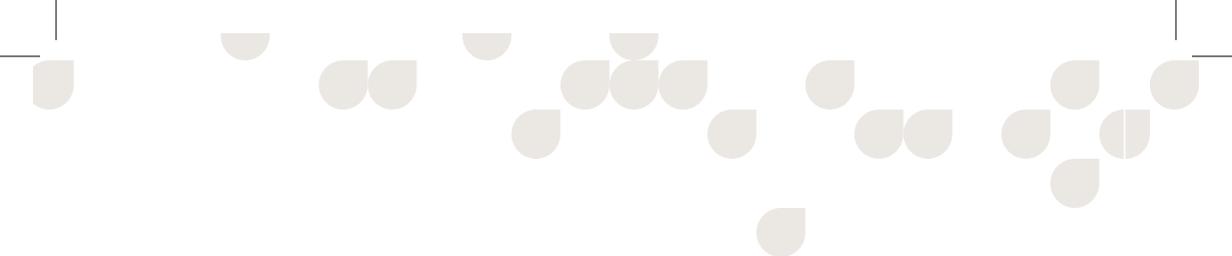
Antohan is the most successful Tug of War coach in Overberg. He is currently coaching the Swellendam Club ladies' teams. During the junior seasons, he won a silver medal in both the 560 kg mix and the 480kg ladies divisions. At the Southern Club Championships, they won all the ladies weight divisions, as well as the 2 mix divisions, u23 and senior. These ladies are all u/23 and it's the same team in every weight division. They will represent SA at the junior World Championships in Ireland in September 2019.

## **Elrick Kulsen - Cape Winelands - Cycling**

Elrick coached cyclists Wade Theunissen at the Africa Track Champs where Wade won the silver medal in Sprint and the bronze medal in Kilo. Elrick also coached Ethan Kulsen who won 7 medals at the SA Track Champs in 2019. He also coached Nolan Hoffman to a Western Cape Track Championship in 2018/2019. He was also the National Team Manager at the Commonwealth Games.

## **Julian Marlow - Central Karoo - Football**

Julian is part of the R.E.C in the Central Karoo and assisted with the selection of the Central Karoo team that went to the Western Cape Provincial Playoffs in May 2019. He is the Regional Technical official of SAFACK. Julian was the coach of the U/21 Western Cape Team that came second at the National SAB U/21 Tournament.



# Administrator of The Year

## **Elze Lambrechts - Malherber - Cape Town Metro Multi-coded**

Elze has proven herself to be a fine administrator in multiple capacities in the field of Disability Sport. She is the Chairperson of WPSAPD. She has improved reporting pathways within the WPSAPD Council to the extent that the district reports have provided more information and year planning has become more efficient. She is the vice chairperson of the Western Cape Sports Association for the Intellectually Impaired. She is also an educator at the Alta du Toit school.

## **Isabel de Wet - West Coast - Karate**

Isabel is the secretary of the Karate Association and handles all the communication in the region, as well as at provincial level. She worked tirelessly for 16 months to get West Coast Karate affiliated with the Sport Council. She is always promoting the sport and enforcing a positive image of the sport.

## **Corné Bence - Eden - Cycling**

Corne is the International Team Manager for road and track cycling in 2018 and 2019. He is also the Para-cycling international team manager for road and track in September 2018. He is the UCI accredited coach and accredited to host courses in Africa in an attempt to develop track cycling in 2018-2019. He is a member of the Disciplinary Commission Panel of Cycling South Africa. He is the Race Director of Cycling SA Youth Festival since 2010-2019. He is the National Track Selector since 2010 till current.

## **Jacoba Phillips - Overberg - Tug of War**

Jacoba is vice chairperson and chief administrator of the World Championships. She oversees the administration of the South African National Tug of War Teams. She has represented South Africa with her Tug of War squad and she has made great strides at the World Games numerous times.

## **Zanne Parsons - Cape Winelands - Cycling**

Zanne has been instrumental in bringing structure to cycling in the Cape Winelands. In 2017 the area hosted the SA Road and TT Champs with great success. She is the secretary for Cape Winelands Cycling and drives the administrative issues. She has been involved in organising many successful events in the area. She submits funding applications for cyclists to ensure that they can attend events.

## **Magdalene Veronica Fielies - Central Karoo - Football**

Magdalene worked tirelessly to get the district up and running and she was instrumental in getting Central Karoo to compete at all levels, including the Winter Games 2019. She ensured that the Central Karoo schools take part in the SAFA Central Karoo League Games.

# Federation of The Year

## **Cape Town Netball Federation - Cape Town Metro**

Cape Town Netball Federation (CTNF) strives to develop and grow netball in the greater Cape Metropole. The federation has 12 senior clubs in the district. During 2018/2019 the federation attended district and provincial tournaments. They have offered a number of courses including an umpires and coaching course. They successfully hosted the SA u19 Championships in June 2019.

## **West Coast Netball - West Coast**

The federation is a recognised structure of the National federation and is affiliated to Netball SA, Western Cape Netball and SASCOC. They have provided a clear plan of growing and developing netball in schools. Development in all areas has taken place and they hosted numerous courses and clinics. Umpires from West Coast netball union have the opportunity to gain their SA Umpires grading through the federation.

## **Eden Biathlon - Eden**

The Eden Biathlon is an amateur sport code and is managed by volunteers. They ran a successful school league and participated in the interprovincial school's competition where 20 primary schools and 20 high schools completed at the SA Championships 2019 in Nelson Mandela Bay where 3 Eden Schools finished in the top 10. They have a league of 6 meetings, a provincial championship and host a very successful Highgate Interprovincial meeting every year. They have been awarded the right to host the 2020 SA Biathlon Championship in Oudtshoorn.

## **Overberg Sailing - Overberg District**

Overberg sailing hosted 3 events in the district. Theewater Sailing Academy hosted training camps where they had mini clinics sessions every week. The Overberg Sailing Federation has introduced the Theewater Sport school which takes scholars out of the local schools on the last weekend to learn about water safety and sailing. The TSC has also been granted the Youth Nationals for December. They will also host the Mi-Way Ultra marathon later this year.

## **Cape Winelands - SAPD**

Cape Winelands is the sport home for many Physically Disabled athletes in the Winelands region. The Local Organising Team took on the task of hosting the Toyota SASAPD National Championships in March 2019 where 72 South African records, 15 records and 7 world records were broken. Five of the 20 athletes that were selected for the Junior Para Athletic Championships in Nottwil, Switzerland came from this federation.

## **SAFA Central Karoo - Central Karoo**

The SAFA Central Karoo hosts and administers the SAB Regional League. They also hosted the SAB Provincial playoffs and the Nedbank Provincial Playoffs. 4 players made it to the Western Cape SAB U/21 Team. They have CAF A&B License accredited coaches. The instructors are level 6 & 7 referee's instructors.



# Team of The Year

## **Cape Town Kings – Cape Town Metro - Ice Hockey**

The team won gold in the South African Ice Hockey Super League which took place in Gauteng during the months of February and March 2019. The Cape Town Kings won all 8 of their matches. There were 8 players who were selected for the Senior National Men's team that took part in the IIHF World Championship in Bulgaria in April 2019.

## **Salkoriane Athletics Club - West Coast - Athletics**

The Salkoriane team took part in the Paarl Mall Boland Road Running League race where four of their athletes won two gold medals and two silver medals. This team is always disciplined in all the competitions whether it is individual or team races.

## **SWD Eagles Rugby Team - Eden - Rugby**

The SWD Rugby Union senior team were crowned Currie Cup 1st Division champions. They won seven consecutive games including the play offs. They finished in the 1st position which resulted in them qualifying for promotion relegation play offs.

## **Swellendam u23 Mens Team - Overberg - Tug of War**

The Swellendam u23 Mens team won during the 2018 season the Southern Club Championships, held during September 2019 in Camps Bay, Cape Town. During this event they participated in the Open Club World Championships and won a bronze medal, making them the 3rd best club out of 26 countries. The same team went on to win another bronze medal in the World Championships. In 2019 they won the Southern Club Championships.

## **Batalion FC - Cape Winelands - Football**

In 2018 season Batalion FC won the SAB League and represented the Cape Winelands region in the Provincial play offs in George. They were promoted to the ABC Motsepe League for the 2018/2019 season after winning in the playoffs. They are the only Cape Winelands team playing in the ABC Motsepe making them the second highest team in the region after Stellenbosch FC.

## **Barcelona FC - Central Karoo - Football**

In 2018 season Barcelona won the SAB Regional playoffs in the Western Cape. Their four players went on to participate in the SAB 2019 Nationals Championships.



# Recognition of Technical Excellence

## **Elizna Van den Berg - Cape Town Metro - Netball**

Elizna officiated the SA Protea Fast5 team in Melbourne in 2018. Despite a very busy schedule to excel at National and International level she still assists at schools and federation level with umpiring, mentoring and presentations of course. She mentors 6 umpires and under her guidance they were awarded their grading during 2018. She is the youngest of 3 umpires to represent SA at the Netball World Cup in Liverpool England. She umpired at the Telkom Netball League in May-June 2019 and was appointed to umpire the Semi-Final of the 1<sup>st</sup> division.

## **Jannie Boks - West Coast - Kickboxing**

Jannie has distinguished himself as a knowledgeable and competent referee for West Coast Kickboxing. He is sound in his judgement and has superior knowledge of the kickboxing rules. He was appointed to referee at the SA Championship in 2018.

## **Malcolm Johnson - Eden - Baseball**

Malcolm was selected to officiate at several WBC Game Time events and remains active within the international baseball arena. As part of the national umpires governing body, Malcolm is responsible for the conduct and ethics of officials, players and spectators by international WBC codes and norms. He was umpire at the 2018 SA vs France International Incoming Series and at the 2019 Africa Continental Cup and at the 2020 Olympic Qualifiers.

## **Roseline Wolmarans - Cape Winelands - Netball**

Roseline is a very active technical official on district, provincial, national and international level. She serves on the NSA board of umpires as an examining board member and as a grader. She was the CW Umpires convenor until January 2019. She officiated at the 2019 Cape Winelands Super League matches and was technical convenor at the U/19 National Netball Championship in Kuilsriver in June 2019. Roseline coaches the Boland College who played in the National College Tournament in Cape Town 2019 and was awarded a silver medal.

## **Collin Lottering - Central Karoo - Football**

Collin is the National Referee Coordinator at the Winter Games. He was the ABC Motsepe League Match commissioner and also the HOD for the Provincial Referees Committee. He also currently holds a level 7 National Referee certificate.



# Junior Sportswoman of The Year

## **Amirah Spannenberg - Cape Town Metro - Netball**

Amirah is a dedicated, hardworking and versatile athlete. She participates in the Western Cape Southern Stings Netball (2019) and Top Schools Senior Super League (2019) trials. Amirah represented South Africa in the South African School Netball u18 team in New Zealand in 2019. She became an ambassador for Youth Sports Against Crime and Substance Abuse.

## **Amber Coraizin - West Coast - Netball**

She played for the Vredenburg Netball Club where she played for the A team and played in the A1 senior league. Her team won in the West Coast. She was selected for the West Coast A senior team to compete in the Western Cape Championships even though she is under 19. During the Western Cape Netball Championships, she was awarded Best u19 centre player and Tournament player of the Western Cape Tournament. She was awarded the Sportswoman of the year at the West Coast Netball Union Prize giving.

## **Aimee Canny - Eden - Swimming**

Aimee was awarded 5 gold medals, 2 silver and a bronze at the Junior Nationals. She was awarded a Gold medal for the Youth Elite 100m freestyle, Bronze medal during the youth elite- 50m. She and her relay team broke the Open SA record by one second. She will represent SA in Budapest at the Junior World Championship 2019.

## **Mignon van Zyl - Overberg - Karate**

Mignon started Karate at the age of 4. She obtained her junior black belt at the age of 10. She received her bronze medal at the Karate SA Women's Championship in Durban. She received two gold medals for the kata and kumite events. Mignon represented South Africa at the 9th Commonwealth Games in November 2018. In 2019 she won two gold medals for the kumite and kata events at the SA JKA Western Province Championship in March.

## **Neache Frans - Cape Winelands - Majorettes**

Neache obtained South African Majorette and Cheerleading colours in September 2018. She also obtained her Protea colours the same month. She is part of the team that represented SA at the Majorette World Federation in 2018. She was placed 1st at the Regional Achievements event in January and again in April and May. Neache was awarded 7th place as leader at the South African majorette and cheerleading National Championships.

## **Zoey Swanepoel - Central Karoo - Dancesport**

Zoey is the SWD, WP and SA Champion. She has represented SA in Ankara, Turkey. She is the placed 1st in her age group. She is selected to participate in the World Dance Sport Championships.

# Junior Sportsman of The Year

## **Luke Davids - Cape Town Metro - Athletics**

Luke won a gold medal at the Olympic Youth Games u/18 100m in 10.33 seconds in Buenos Aires in October 2018. He won a bronze medal in the 200m U/20 at the 2019 African Games. He won a silver medal in the U/20 at the 2019 African Games. He is currently ranked 19th in the world. He is the 100m and 200m Junior Champion.

## **Jade Vrolick - West Coast - Kickboxing**

Jade won three medals in semi-contact, light contact and the kick light mode. Through these achievements he was crowned the Western Cape Provincial Champion. He went on to enter the South African National Championships where he received two gold medals in the light contact and kick light modes. He also received a silver medal in the semi-contact mode. He is selected for the National Team to represent SA at the WAKO Junior World Kickboxing Championships in Venice, Italy.

## **Martin Vorster - Eden - Golf**

Martin was part of the winning Junior Protea that won the 2019 All-Africa Junior Championships where Martin was the team captain. He was also part of the team that won the Toyota Junior World Cup in Japan where he was also team captain. He finished 2nd individually at the 2019 Toyota Junior World Cup in Japan. He is the Limpopo Amateur Stroke Play champion. At the 2019 St Andrews Links Trophy in Scotland, Martin and his team were awarded 2<sup>nd</sup> place.

## **Ethan Barker - Overberg - Tug of War**

Ethan represented Swellendam Club in 2018 season where they won the U23 weight division at the Southern Club, National Club, Western Cape and National Championships. He was selected to represent SA at the World Championships in September 2018, Ethan was part of the team that won a Bronze medal in both the World Cup Championships as well as the World Championships. Ethan was part of the team that won the Southern Club Championship for 2019.

## **Daniel Briers-Louw - Cape Winelands - Gymnastics**

Daniel competed at the Junior Para World Champions in Notwil, Switzerland in 2019 and was awarded a silver medal for the 100m. He is presently the record holder in his category; T13, a 200m SA champion and a 400m SA champion in Potchefstroom. Daniel is presently ranked 6th in the world on the IPC ranking list.

## **Verdon Laws - Central Karoo**

Verdon is the SWD Dance Champion and ranked second in South Africa. He will represent South Africa in September in China and on November 2019 in Romania.



## Sportswoman With A Disability

### **Elanza Jordaan - Cape Town Metro - Boccia**

Elanza was awarded a gold medal for BC3 Pairs at the CPISRA World Games in Spain. It was her first time participating at an international event. She is selected to participate at the BISFed Sao Paulo America Regional Championship in Brazil on 29 September till 6 October 2019.

### **Lauren Delport - West Coast - Basketball**

Lauren Delport is an outstanding athlete who started playing basketball at the age of 12 years. Since then she has excelled in the sport. Lauren is currently the captain of the U/16 basketball team and displays exceptional leadership qualities. She plays the game of basketball with grace and ease. She is a great role model not only for her team mates but for all young girls within her community. She achieved West Coast colours and represented her province in the Top Schools tournament in December 2018.

### **Minke Janse van Rensburg - Eden - Swimming**

Minke competed at the South African Sports Association for the Intellectually Impaired in Kimberley and won 2 gold, 6 silver and a bronze medal. She also qualified for the INAS Global Games in October in Australia. Minke broke the 50m freestyle Open style record at a biathlon gala. She currently holds the Eden Aquatics record for the 100m freestyle world record. She broke her Junior World record in the 50m freestyle in Knysna at the same event.

### **Charne Felix - Cape Winelands - Athletics**

Charne competed at the Toyota SASAPD National Championships in Stellenbosch in 2019 achieving an African Record and then went on to later to improve her record of 3.93m by jumping to 4.15m. Charne has been listed one of 30 athletes from the Western Cape to become part of the Development team of the International sports.



## Sportsman With A Disability

### **Mpumelelo Mhlongo - Cape Town Metro - Track and Field**

Mpumelelo was the Long jump finalist at the University Sport South African Track and Field Champion and a semi-finalist in the 100m. Mhlongo excels in three events: 100 m, 200 m and long jump. At the SASAPD Toyota National Championships for the Physically Disabled and Visually Impaired his time was 11,41s which are Olympic and World qualifying times. In the 200m, he is the National Champion and holds the SA record and the African record. He received a silver medal for the long jump at 5,12m (after sustaining a foot injury in the 100m, pre long jump event). At the World Para Athletics Grand Prix event in Italy he was ranked 1<sup>st</sup> in the 100m, 200m and in the Long Jump where he broke a new world record of 7.03m.

### **Ce-Jay Otto - West Coast - Football/Athletics**

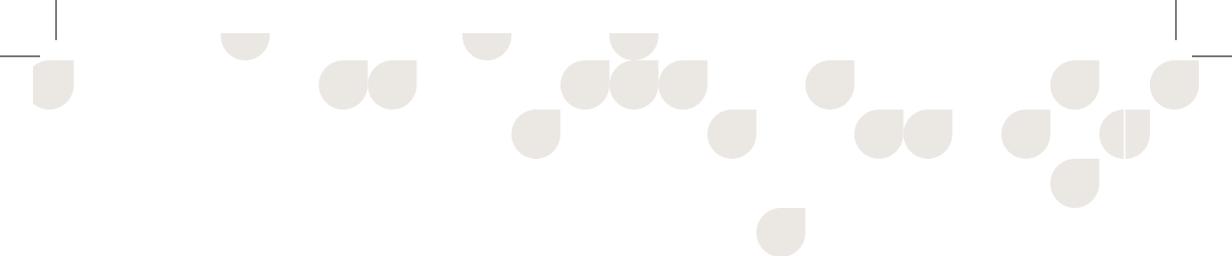
Ce-Jay is an exceptionally talented sportsman. He has achieved numerous accolades in sport due to his talent, discipline and hard work. He is the captain of the u/16 football team. He has been a top scorer for three consecutive years. He received his Western Province colours in both football and athletics.

### **Phillo Verlaat - Eden - Cycling**

Phillo won gold in the road race and during the time trial event at the SA Champion 2019. He is the Eden 2019 Road and the Time Trial Champion. He received his Protea colours and was selected for the National Para cycling event in September 2019.

### **Reinhardt Hamman - Cape Winelands - Javelin and Shotput**

Reinhardt is a Rio2016 Gold medallist in Javelin. At the Toyota SASAPD National Championship, he threw a distance of 53.37m still maintaining his Rio2016 distance and breaking yet another African record. He is expected to participate at the World Para Athletics Championships in Dubai in November 2019 and hopefully at the 2020 Paralympics. He is a talented Gold medallist on the field holding 1st and 2nd spots in the world in his chosen disciplines.



# Ministerial Commendations

## **Jeff Coetzee:**

- Jeff Coetzee was the top junior in Singles and Doubles in the 12-18 years' age group in his younger years.
- He also went on to represent South Africa in the Davies Cup
- Started coaching Cabal and Robert Farah in 2013 who then went on to win the Wimbledon Doubles final in England in 2019.

## **Wietsche Van der Westhuizen**

- 59-Year-old Wietsche Van der Westhuizen has completed the Comrades Marathon 40 times consecutively and 32 Two Oceans.
- He is now part of an elite team that has completed the race more than 40 consecutive times.
- He achieved his Comrades Marathon Quadruple Green Number status in 2017.

## **Tony Abrahamson**

- Ran his first Two Oceans in 1971
- The 68-year-old has run the Two Oceans Marathon 44 Times.
- He won a Silver in 1982 in 2 hours 52 Minutes and then went on to win three more silver medals in 1984; 1985 and 1995.

## **Desiree Ellis**

- Confederation of African Football Women's Coach of the Year in 2018
- The First Coach to take South Africa's National Women's soccer team to a World Cup.
- Won the Cosafa Women's Championship three consecutive times as Banyana coach.

## **Herschel Jantjies**

- He scored two tries on his debut for the Springboks who went on to beat Australia 35-17 in the Rugby Championships.
- He has shown great ability and skill since his debut and continues to showcase world class performances.
- He is part of the Springbok World Cup Team of 2019



## Sportswoman of The Year

### **Hayley Preen - Cape Town Metro - Equestrian**

Hayley Preen is the epitome of a sportswoman at the age of 21. Hayley took the top spot among her female counterparts in the XTERRA SA Full race in Grabouw. She participated in a 1.5 km swim, 28 km mountain bike ride and 12.5 km trail run. She was the first woman to cross the finish line, automatically qualifying her for the global race on 27 October in Kapalua, on Maui's north-west coast in Hawaii. Hayley clocked in at 2:52:40, 13 minutes faster than her finishing time in 2018.

### **Elsabe Campbell - West Coast Shore - Angling**

Elsabe was selected for the Protea team that took part in the World Cup in South Africa. She was placed 37th, the team was placed 8th in the World. She was selected again in 2018 to take part in the World Cup in Wales.

### **Anel Oosthuizen - Eden - Athletics**

Anel Oosthuizen competed in the women's 20 kilometres walk event at the 2016 Summer Olympics. She finished in 63rd place with a time of 1:45:06 at the age of 21. She is the ASWD 2018 Sportswoman of the year. She is the ASA 20km Woman Race Walking Champion. She was selected for the African Preliminary Team in August in Morocco. She holds 7 consecutive SA National Championship titles.

### **Johanna Magdalena Snyman - Overberg - Lawn Bowls**

Johanna was the youngest ever female lawn bowls player selected for the Open Protea side. She was also the first player to be selected through all the development stages. She played in the SA Open Ladies Masters and won the bronze. She was also selected to skip for the Boland Open Ladies side in the annual SA inter-district competition. Her team won 7 out of their 9 games. She is rated in the top 5 Open Ladies of South Africa.

### **Esmeralda Baatjies - Cape Winelands - Judo**

Esmeralda was selected for the Cape Winelands Judo Team that participated in the SA National Championships. She achieved a 1st place in the senior ladies 78kg category. Esmeralda is the currently ranked no 1 in SA in her weight category. Esmeralda is a role model to younger judokas and motivates and support each player. She is ranked 1<sup>st</sup> in the Province and 1<sup>st</sup> in the Nation.

### **Zoey Swanepoel - Overberg - Dancesport**

Zoey is the SWD, WP and SA Champion. She has represented SA in Ankara, Turkey. She is the placed 1st in her age group. She is selected to participate in the World Dance Sport Championships.



# Sportsman of The Year

## **Chad Le Clos - Cape Town Metro - Swimming**

Chad is the global face of swimming with World, Olympic and Commonwealth titles. He is an Olympic Gold and three-times silver medallist. He is the most decorated South African Olympian. He is an eight time World Champion and World Record holder. He is a fourth time FINA World Cup Series Winner and FINA Male Swimmer of the year and seventeen-time Commonwealth Games medallist and the most successful Commonwealth Games swimmer.

## **Clive Cupido - West Coast - Athletics**

Clive Cupido is a professional, disciplined and highly organised fitness professional. In his first year participating in biathlon, Clive became the Winelands champion. He also competed in the annual interprovincial competition in Oudtshoorn and achieved 4th position in his age group. Clive also competed in Pretoria in the South Africa National Championship and came in overall 9<sup>th</sup> place.

## **Jovan Rebula - Eden - SC Golf**

Jovan was selected for SA Golf team that toured the UK during June 2018. He competed in the British Amateur, Scottish Amateur Open and St Andrew Links Trophy and English Amateur. He went on to win the British Amateur Championship. He is the first South African to win this tournament. Jovan won the Freddie Tait Cup in the 2019 South African Open Championship. He is currently studying in the United States on a golf scholarship at Auburn College in Alabama. In April he claimed his first big win on US soil, the prestigious South Eastern Conference Championship title.

## **Ruehan Van Romburgh - Overberg - Kickboxing**

Ruehan is head instructor of Legacy Martial Arts Academy in Hermanus. He is the Overberg kickboxing champion, Provincial Kickboxing champion as well as SA champion. Ruehan has his sixth degree kickboxing belt and represented the Protea Martial arts team at the World Kickboxing Championship and became World champion. He was placed first in all the fighting modes.

## **Jan Albert Steenkamp - Cape Winelands - Equestrian**

Jan is a Polo and Polocrosse player with commitments to local and national clubs. He also coaches part-time juniors and adults at Unicorns Polo Crosse and is very passionate and driven to give back to the sport and help develop and inspire future players.

## **Luciano Jonas - Central Karoo - Football**

Luciano Jonas is truly a dedicated sportsman and a role model to his peers. He is the u15 Coca Cola Regional Football Team captain where the team placed 2nd at that tournament. He is part of the team that was called up for the u/17 South African National Team. He was selected for the SAFA Cup Team.



# Winners

Volunteer of The Year

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Community Builder of The Year

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School Team of The Year

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Developing School Team of The Year

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School Sportswoman of The Year

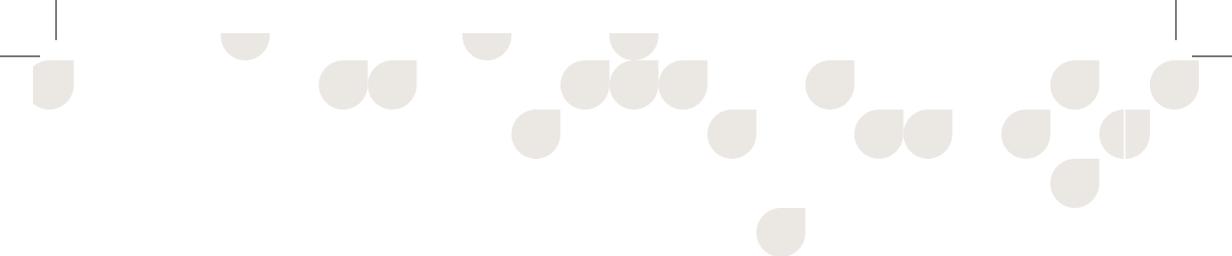
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School Sportsman of The Year

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After School Sport Coaching Excellence Award

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**Journalist of The Year**

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**Photographer of The Year**

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**Newcomer of The Year**

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**Coach of The Year**

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**Administrator of The Year**

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**Federation of The Year**

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**Team of The Year**

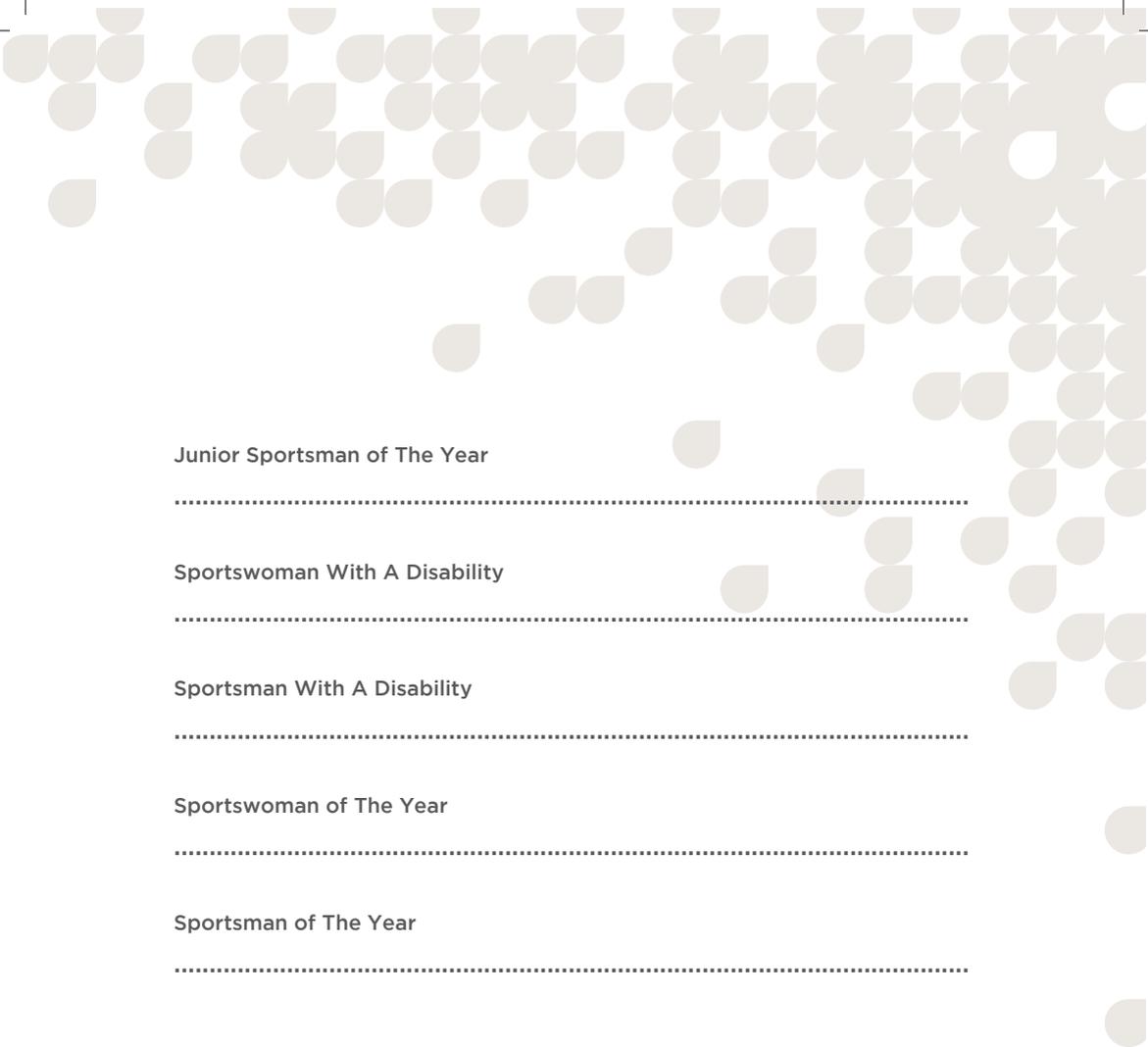
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**Recognition of Technical Excellence**

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**Junior Sportswoman of The Year**

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Junior Sportsman of The Year

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Sportswoman With A Disability

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Sportsman With A Disability

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Sportswoman of The Year

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Sportsman of The Year

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**Western Cape  
Government**

Cultural Affairs and Sport