



Sport Awards Winners 21 October 2023

Category	Winner
Sport Administrator of the year	Reinet Barnard – Western Cape Sport Association for the Physically Disabled and the Visually Impaired
Sportsman of the year	Christo Lamprecht – Garden Route
Sportswoman of the year	Candice Lill – Western Cape Cycling
Team of the year	Crew of Tin-Tin – Overberg Sailing
Newcomer of the year	Anli Engelbrecht – West Coast
Volunteer of the year	Anthea Arendse – Central Karoo Football
Indigenous Games Team of the year	Cape Winelands Drie Stokkies
School team of the year	Oakdale 560kg Tug of War Team – Garden Route
Developing School Team of the year	Mispah School Athletic Team – Overberg
Recognition of Technical Excellence	Anso Kemp – Western Cape Netball
Sport Community Builder of the year	Brendon Kotella – West Coast
Junior Sportswoman of the year	Tatiana Thomatos – Cape Town
Junior Sportsman of the year	Ethan Kulsen – Cape Winelands
School Sportsman of the year	Kyle Southworth – Cape Town
School Sportswoman of the year	Tatiana Thomatos – Cape Town
Coach of the year	Daniel Damon – West Coast
District Federation of the year	West Coast Netball Federation
Sportsman of the year with a Disability	Mpumelelo Mhlongo – Cape Town
Sportswoman of the year with a Disability	Minke Janse Van Rensburg – Garden Route Swimming
Recreation Body of the year	Legacy Martial Arts Academy – Overberg



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Photographer of the year	Reinhardt Hamman - Cape Winelands
Journalist of the year	Myles Minnaar - Cape Winelands
Provincial Sport Federation	Western Cape Cycling
Best After School Sport and Recreation Programme Award	Waves for Change
After School Sport and Recreation Coaching Excellence Award	Elrick Kulsen - Cape Winelands
Ministerial Awards	
Caylix Sport & Forward Foundation	
Hoërskool Oakdale Toutrek Seuns 560kg	
Pool4Change	