



**Western Cape
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SPORT LEGENDS

14 DECEMBER 2016

ATHLETICS



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Ernest Johannes Blaauw

Eden

Age: 57

- ❑ His athletics career started in 1988.
- ❑ He completed the Ford Marathon Series in Cape Town (1990), Port Elizabeth (1992) and Durban (1994) respectively.
- ❑ He participated and completed 7 Comrades Marathons, the Old Mutual Cape Town Marathon, the Veet van Afrika Marathon as well as the Rhodes University Settlers marathon on 5 occasions.
- ❑ Ernest received medals for all of the above mentioned marathons ranging from gold to bronze.
- ❑ Ernest gives back to his community by giving motivational talks and training young runners on a weekly basis.



Isak Mentoor

West Coast

Age: 64

- ❑ His career started in 1989 in Vredenburg under the auspices of Boland Athletics.
- ❑ He was elected as Chairperson of Salkoriane Athletics Club in 1990 and currently still serves in this role.
- ❑ Isak received his permanent numbers for the Two Oceans Marathon and the PPC Riebeeck Berg Marathons respectively.
- ❑ He achieved his first gold medal at the Bushgard Marathon in Namibia.
- ❑ Isak is a qualified Boland Athletics technical official and referee, as well as a member of West Coast Athletics and West Coast Road Running Commissions.



BADMINTON



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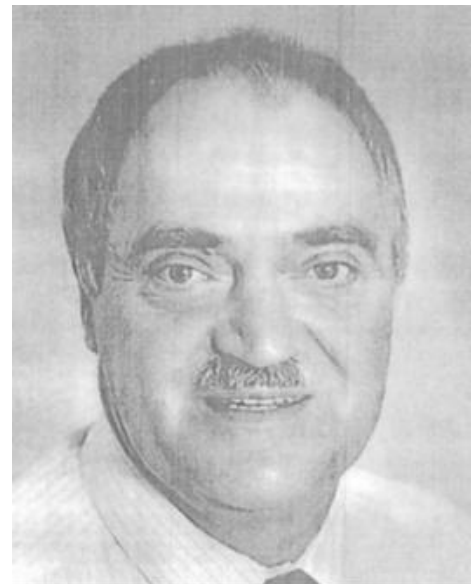


Ernest Jacobs

Cape Winelands

Age: 78

- ❑ Ernest's career started in 1955 in Randfontein, Johannesburg at the age of 17 yrs.
- ❑ Represented Western Transvaal for 5 years playing in Inter-Provincial Tournaments.
- ❑ Represented the Orange Free State for two years in which he won the Inter-Provincial Tournament.
- ❑ During his term of Office as President of Boland, he was instrumental in bringing badminton to schools in disadvantaged areas.
- ❑ He is the current President of Boland Badminton Association as well as an active selector and player.



BASEBALL



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Abe De Bruin

Cape Winelands

Age: 67

- ❑ Abe`s career in sport started at primary school where he participated in rugby, cricket, cycling, athletics and cross country.
- ❑ Known as “Mr Baseball”, he started baseball in De Doorns, helping neighbouring schools in Malmesbury, Atlantis, Paarl, Roberston and Worcester.
- ❑ In 2004, he became secretary of the Boland Baseball Union, a position he occupied until 2010.
- ❑ He was then elected as Chairperson until 2014.
- ❑ Currently, he is the CEO of Cape Winelands Baseball Federation, member of Worcester Strikers Baseball and Softball Club and Treasurer of the Western Cape Baseball Federation.



BOXING



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Andrew Lebohang Phokeng

Cape Winelands

Age: 55

- ❑ Phokeng started coaching boxing at Khuthele Industry School in Paarl in 1988.
- ❑ In the same year, he was selected as a National Coach at the All Africa Games.
- ❑ In 1994, he was a founder member of the Western Cape Open Boxing Organisation (WCOBO) and the Cape Winelands Boxing Organisations respectively.
- ❑ In 2002, he became a National Qualified Referee and Judge and went on to officiate in Mozambique at the Mandela Cup where boxers from Germany and Seychelles were competing.
- ❑ He is currently the Head Coach of Bonnytown CYCC, Board Member of WECSA and President of the Western Cape Open Boxing Organisation.



CYCLING



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Michael Anthony Lombard

Eden

Age: 65

- ❑ Started his sport career in Oudtshoorn and Pretoria in 1988.
- ❑ Served as Chairperson of Pretoria Police Cycling Club and the Oudtshoorn Cycling Club.
- ❑ In his capacity as coach, he produced one World Champion, three SA Champions and various Provincial Champions.
- ❑ He has served on cycling committees for 10 years and is currently the Chairperson of the Oudtshoorn Cycling Club and an Executive Committee Member of Cycling South Africa.
- ❑ He recently represented South Africa at the World Championships in Perth, Australia on 1 September 2016.



EQUESTRIAN



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Sonia Alice (Sally) Kluth

Cape Metropole

Age: 82

- ❑ Started riding in 1940 in Somerset West.
- ❑ In 1980, she was crowned the South African Dressage Individual Champion.
- ❑ She rescued countless neglected and abused horses and ponies over the years.
- ❑ Sally coached several previously disadvantaged individuals to competent rider athletes and also put them through school.
- ❑ She has been instrumental in the training and coaching of special needs riding for children with a disability in the Somerset West/Strand area.



FOOTBALL



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Amos Nicolaas Mitchell

Central Karoo

Age: 69

- ❑ Amos started his career at St. John`s Primary School in De Aar.
- ❑ He was elected captain during his High School football career and later played for the senior team of the Sentraal High School in De Aar.
- ❑ He served as President of SASFA Western Cape, and was a member of SASFA NEC representing WC and a member of SASFA REC Central Karoo.
- ❑ As a Manager, he represented SAFA Western Cape Boys U/12 to Dallas Cup in USA in 2000 where they finished as Runner`s Up.
- ❑ While teaching at Teske Memorial Primary School in Beaufort West, he continues to play a significant role in supporting football in the schools and in the federation.



GOLF



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Tannah Harris

Eden

Age: 73

- ❑ Tannah is President of Southern Cape Golf Union and has served in this role for the past 10 years.
- ❑ As a qualified R & A Rules Official, he has been invited on several occasions to officiate as a rules and course set up official at the South African Open Tournament, the PGA and the Sunshine and Winter Tour tournament.
- ❑ He has served for 6 years on the South African Golf Association`s National Executive.
- ❑ Tannah is also keenly involved with the South Cape Nomads, where he was made an honorary member in 2010.
- ❑ He is known as being the leading light for the Caddies League which is growing from strength to strength.



Mziwonke Michael Nomjila

Cape Metropole

Age: 72

- ❑ Mziwonke started his sport career in 1967 at Zolani Centre.
- ❑ He received a first prize trophy for bodybuilding.
- ❑ He also received a prize for improved Golf Player of the Year.
- ❑ He is still providing lessons for Junior Golf.
- ❑ Mziwonke is currently a retired member.



HOCKEY



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Ronald Hendrickse

Cape Metropole

Age: 71

- ❑ Better known as “Ron Ron” to the youth, he has dedicated a huge part of his life to Hockey Development within the greater part of the Cape Flats.
- ❑ He is a Founder Member of the Central Hockey Club.
- ❑ His involvement in administration started in the early 1970`s under the banner of the South African Council of Sports (SACOS).
- ❑ His passion has always been the development of youth of which he always advocated for education.
- ❑ He strived for Youth development at primary, secondary and tertiary levels in collaboration with key social partners.



KARATE



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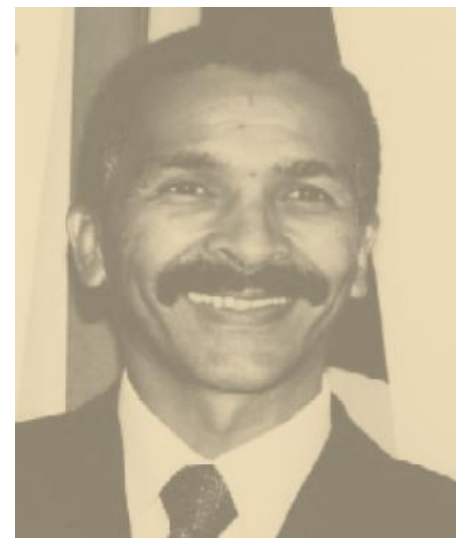


Patrick Ross

Cape Winelands

Age: 60

- ❑ Patrick started karate in 1969.
- ❑ He is currently a 5th Dan Black Belt in Shukokai Karate, Kobe Osaka and Hayashi-Ha Shito-Ryu Karate.
- ❑ In 1982, he became an official of Boland Karate, serving as President, Vice President, Public Relations Officer and Additional Member respectively.
- ❑ Attended an International Referees Course in Scotland under a Highly Acclaimed kumite master – Soke T Morrise – an qualified as a referee by obtaining 90% in the exam.
- ❑ In 2010, he received the Lifetime Achievers Award from Boland Karate.



Christopher Walter Henry Ensil

Cape Metropole

Age: 60

- ❑ Christopher was the World Karate Champion in 2004 and 2014.
- ❑ He was a National Coach and Selector from 1996 – 2003, taking South Africa to First Place in 2004, 2008, 2012 & 2014.
- ❑ He is a Founder Member of Goju Kan, with the school producing students of high standard who went on to represent the Western Cape & South Africa.
- ❑ As a coach since 1983, he has produced many Provincial, National, All Africa and World Champions.
- ❑ He is currently the director of coaches and has received the Coach of the Year in 2015.



LAWN BOWLS



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Johannes Jacobus Havenga

Eden

Age: 91

- ❑ Johannes started his sport career in 2001 at George Bowling Club.
- ❑ He became a committee member of George Bowling Club, followed by two terms as Vice President and then President.
- ❑ He broadened the appeal of the game, especially popularising it amongst youth.
- ❑ He overcame many obstacles such as the lack of knowledge of bowls, social preference, lack of facilities, transport and finances.
- ❑ Reaching out to the underprivileged became a special focus for which he received acclaim at club, district and national level.



Walter Oosthuizen

Cape Metropole

Age: 78

- ❑ Walter is a Founder Member of the Eskom Bowling Club in Worcester, of which he also served as Secretary (1970 – 1971) and President (1972 – 1980).
- ❑ Was awarded the honour of Worcester Sportsman of the year in 1973.
- ❑ After moving to Cape Town in 1988, he served as President of Koeberg Bowls Club and also qualified as a Level 2 Umpire.
- ❑ He serves on the Western Province Technical Officials Standing Committee.
- ❑ Currently still a bowler, he is also a member of Durbanville BC and contributes to their monthly magazine with an insert on Laws of Bowls.



Brian John Avery

Cape Metropole

Age: 80

- ❑ Brian decided to take up Lawn Bowls in 1990 at the Fresnaye Bowling Club, where he is a Life Member.
- ❑ In 1993, he moved through playing as Lead, then Second, then Third and was promoted to SKIP and is currently still playing as SKIP in the WPBA Flag Competition.
- ❑ He has represented the Club in National Tournaments, including the All Cape Tournament.
- ❑ He has served as Vice President (1994 – 2000); Club Selector (1995 – present) as well as greens keeper (1995 – 2005).
- ❑ He has completed numerous umpires and coaches courses under the auspices of Bowls South Africa.



MASTERS ATHLETICS



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Aletta (Toy) Ungerer

Eden

Age: 71

- ❑ Aletta started Masters Athletics in October 2004 at the age of 59 years.
- ❑ She was awarded National Colours and holds the SA Record for Age Group 60 – 65 yrs (100m & Long Jump); SA Record for Age Group 65 – 70 yrs (100m, 200m, 400m & Long Jump); SA Record for Age Group 70 yrs+(100m (3X), 200m (.87 sec from the World Record) and 400m (.89 sec from the World Record).
- ❑ Aletta has won medals at the following World Champs: California (Silver 400m, Silver Long Jump, Bronze 100m & 200m (2011); Brazil (1 Gold 400m, 1 Bronze 200m & 1 Bronze Long Jump (2013).
- ❑ Currently an Executive Member of Masters Athletics South Africa.
- ❑ Currently Chairperson of Masters Athletics SWD & Secretary of Athletics SWD (ASWD).



NETBALL



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Hestheretha Reynecke

Central Karoo

Age: 64

- ❑ Started her career in 1968 in Goodwood, Western Cape.
- ❑ Represented Western Province Schools Netball from 1968 – 1970 and played college and club netball from 1971 – 1979.
- ❑ She is a Founder Member of Albertons Netball Club, where she was also a player and a coach.
- ❑ After coaching Western Province, South Western District and Western Cape teams, she was awarded Sport Coach of the Year in 2006.
- ❑ From 2007 – 2011, she was the Chairperson of South Western District Netball and served on the Western Cape structure.



Heleen Sara Madumbo

Central Karoo

Age: 59

- ❑ Heleen started her sporting career in 1977 in Beaufort West at John D Crawford Primary.
- ❑ She went on to win various leagues with her learners, achieving South Western District Colours.
- ❑ She is currently still involved with coaching at a club level having done so for 30 years.
- ❑ Under her coaching, netball players have done exceptionally well and are still playing in various high Schools.
- ❑ She still coaches netball and athletics and is still a member of her netball club.



Maria (Miemie) Dorethea Thiar

Cape Winelands

Age: 66

- ❑ Maria started her netball career in 1989.
- ❑ Her goal is to make netball available and accessible in the communities.
- ❑ She has served Boland Netball in the capacity of Secretary from 1997 – 2016.
- ❑ She has given of her time voluntarily to those who want to play sport.
- ❑ She is a qualified umpire and has managed teams of Cape Winelands and the Western Cape.



Loretta Cornelia Van Der Westhuizen

West Coast

Age: 63

- ❑ Fondly known as "Lottie", she has been involved with netball and athletic umpiring in the Cape Winelands and West Coast areas.
- ❑ Lottie has served for 31 years at Dirkie Uys Primary School while 18 of the 31 years, she has been involved with the U/13A and U/12A netball teams.
- ❑ From 1989 – 1991, she coached the U/13 Boland Netball team that went unbeaten under her guidance. Her 1991 team went on to win the South African Championships.
- ❑ In 1997, she was elected Secretary of Boland USSASA Primary Schools Netball Executive and served on the West Boland Primary Executives respectively.
- ❑ She is currently an umpire at Dirkie Uys Primary School, coaching the West Coast U/12 team and serving on the Swartland Primary Schools Executive.



RUGBY



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George Hector Fredericks

Cape Winelands

Age: 69

- ❑ George started his sporting career in the early sixties as Secretary of Retreat Rugby Football Club.
- ❑ He was a member of Young Standard Rugby Football Club, serving the club in the capacity of Vice Chairperson and First Team Coach.
- ❑ He took up the job of U/19 Coach of which he was a huge success.
- ❑ He became Junior Rugby Convenor in Paarl Rugby and Boland Rugby Unions and was awarded for his efforts by the South African Rugby Union.
- ❑ George is the current president of Young Standards Rugby Football Club and a member of Retreat Rugby Football Club`s old Boys.



Samuel Sony Gxilishe

Cape Metropole

Age: 74

- ❑ Started his sporting career in 1963 in Khayamandi, Stellenbosch.
- ❑ He played school rugby in the position of centre wing.
- ❑ He represented Boland, as well as the Leopards in 1972 and 1975 respectively.
- ❑ He was a member of Olympic Gugulethu Rugby Club.
- ❑ He continues to give back to the community in the form of a spiritual leader, where he has inspired and motivated other black rugby players to also achieve their Springbok Colours.

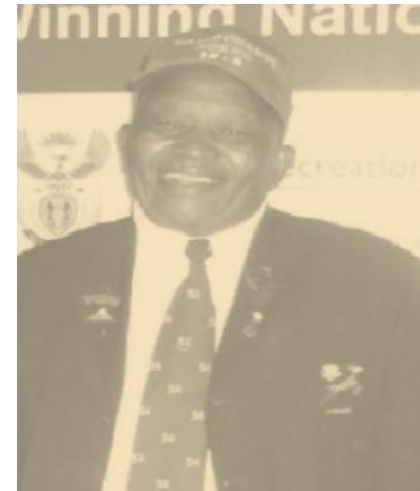


Velile William Diba

Cape Metropole

Age: 69

- ❑ Velile started his sporting career in 1962 at school level.
- ❑ As a successful rugby participant, he represented the Leopards.
- ❑ He gave back to the community by coaching various players at local level.
- ❑ He was awarded his Springbok Blazer and also the Legendary Lagunya Rugby Award.
- ❑ He is currently retired, but his passion for rugby continues.



Frederick Mervyn Draai

Eden

Age: 71

- ❑ Frederick started his sporting career at Perseverance Rugby Football Club in Oudtshoorn.
- ❑ He started coaching in 1985 at Bridgton Rugby Club and went on to coach at All Blacks Rugby Club, Collegians Rugby Club and Spring Rose Rugby Club, where he achieved great success.
- ❑ Frederick coached the South Western Districts Rugby Union U/19, U/21, Amateur, Countryside and Women`s teams respectively.
- ❑ Frederick was a selector for the South Western District Rugby Union and also played an instrumental role in the establishment of Women`s Rugby Clubs in the Eden area.
- ❑ He is currently the coach of the Oudtshoorn School of Skills.



Tommy Meintjies

Central Karoo

Age: 63

- ❑ Started his Rugby career in 1974 at A.H. Barnard Primary School in Beaufort West.
- ❑ He received coaching certificates for Rugby, Athletics, Cricket and as a Beginner's Tennis Instructor.
- ❑ He played South African Schools Rugby, represented Central Karoo Rugby and South Western Districts Rugby Unions respectively.
- ❑ He coached the A.H. Barnard school's U/11 and U/13 teams respectively.
- ❑ His success saw him being elected to coach the Karoo's Schools Rugby Team.

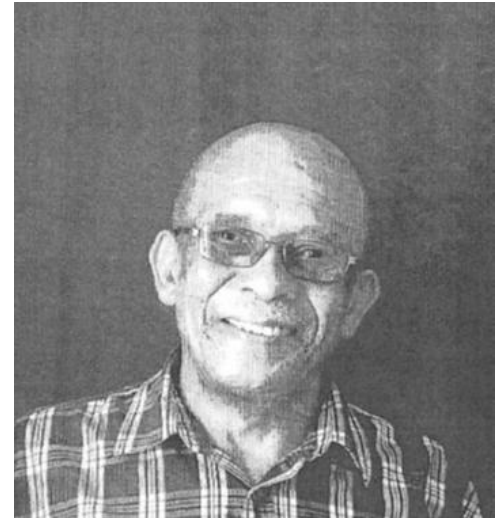


Harry Joseph Levendal

Eden

Age: 64

- ❑ Harry started his Rugby career in 1973 at Happy Hearts Rugby Club in Brandwacht.
- ❑ He served in various capacities of Chairperson, Player, Coach and Referee.
- ❑ In 1984, Harry was named the South Western District Rugby Union Junior Coach.
- ❑ Harry is a former Director of Rugby for the Southern Canoe Region.
- ❑ He is currently retired from sports and was honoured as a South Western District Eagles Veteran.



Gregory James Morkel

Central Karoo

Age: 73

- ❑ Gregory started playing rugby in 1962 in Beaufort West.
- ❑ He represented the South Western District Rugby Union.
- ❑ He went on to play for the South African Rugby Union where he received his Springbok Colours.
- ❑ In 1966, he was awarded the Sportsman of the Year Award in Oudtshoorn.
- ❑ In 2006, Gregory was named the Sports Personality of the Year at the Sakekamer, Beaufort West.



Fezile Peter Mali

Cape Metropole

Age: 76

- ❑ Mali started as Secretary of Flying Eagles Rugby Club in 1960, a position he held up until 1972.
- ❑ He organised tours to the Eastern Cape to compete against teams such as Busy Boys & Spring Rose Rugby Clubs.
- ❑ He was instrumental in organising players on a Rugby Tour to Italy in 1972.
- ❑ Mali was a delegate to the South African Rugby Board under the late Dr. Danie Craven.
- ❑ He is currently retired with the aim of organising boxing and rugby legends.



SURFING



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Leonard Giles

Eden

Age: 63

- ❑ Leonard started in 1963 in a small town called Herold`s Bay.
- ❑ He was chosen to represent South African Surfing in 1982 at the World Surfing Champs in Portugal.
- ❑ Has won multiple South African Championships over 8 different divisions and 10 Victoria Bay Quad Titles across numerous divisions.
- ❑ Leonard was the first surfer from his area to receive National Colours for Surfing.
- ❑ He has donated his Victoria Bay Quad Trophy and it is being used as the Open Division Prize.



SURF LIFESAVING



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Newton, Colin (Neddy) Sisam

Cape Metropole

Age: 74

- ❑ Neddy was instrumental in the development of new Lifesaving Clubs along the Cape coastline.
- ❑ From 1961 – 2000, he rescued and resuscitated a number of potential drowning victims...85 of these rescues were done in 1961 alone.
- ❑ He was a swimming coach at Trafalgar, Athlone and Kensington Pools from 1961 – 1971.
- ❑ In 1963, he succeeded in getting 6 black members of Alpha Surf Lifesaving Club in the Western Cape Province to obtain their surf proficiency Award.
- ❑ Neddy is now a Lifetime Member at Alpha Surf Lifesaving Club.



SOFTBALL



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Mary Eileen Bennett

Cape Metropole

Age: 58

- ❑ Mary represented Western Province Softball from 1978 – 1990.
- ❑ She later went on to represent South African Softball in 1979, 1983 and 1988 respectively.
- ❑ She also coached at the Western Province School of Excellence, a programme for talented youth players.
- ❑ Mary was the head of the Western Province Masters League for the 2014/2015 season.
- ❑ She was the Head Coach of Falcons Softball Club and was also referred to as the backbone of the Club where she received a Lifetime Membership.



Rugaya “Gaya” Mammon

Cape Metropole

Age: 61

- ❑ Rugaya`s sporting career started in the 1960`s.
- ❑ After unification in the 1992/1993 season, Rugaya played for Westridge Yankees Softball where they won the League and the Knockout Finals.
- ❑ In 1997, she made her first Western Province Masters Team.
- ❑ She received her South African Colours in 2002 and attended the Women`s World Softball Championships in Canada.
- ❑ Rugaya has played a pivotal role in empowering females in the workplace and in sport where she continues to educate the youth.



Thank you

Contact Us



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