



Western Cape
Government



Cultural Affairs and Sport

Western Cape Provincial Sport Awards

17 September 2022

Foreword



It is wonderful to be able to once again host this exciting event as we acknowledge and honour the achievements of the sporting stars of our province.

Today we honour our province's sportspeople for the role they have played in bringing hope and motivating others through their examples of hard work, passion and perseverance. We are grateful for each individual who has contributed to shaping and growing the sporting environment in our province.

Over the past few years, we have seen the importance of sport in uniting people and bringing a sense of belonging through participation and support of sporting codes.

Sport is not only important for physical wellbeing, but also for the mental health and wellness of all people. Sport brings a renewed sense of hope and comraderie and it is important that we keep bringing this to all people.

Thank you to every person who has contributed to sport in our province, whether it is through participation in a code, coaching, volunteering, officiating, technical assistance or administrative support. The sporting world is an ecosystem of different people coming together to work towards a common goal – growing sport and encouraging participation and promotion of sport.

Please continue the great work you are doing in fostering social cohesion and growing a sense of mutual respect and belonging in our communities. Please enjoy this event with us as we celebrate you and your contributions.

Anroux Marais
Minister of Cultural Affairs and Sport
Western Cape Government

Volunteer of the Year

Charmaine Mostert- (Cape Winelands Bowls)

Charmaine has made it her life's aim to voluntarily assist and enable fellow lawn bowlers, unselfishly volunteering and dedicating her free time and energy during club and district matches.

She is the Bowls South Africa database administrator for her club, as well as for Cape Winelands and Boland Bowls. On a weekly basis she promotes bowls activities in the media, Herald and Worcester Standard newspapers, forwarding photographs and articles of club winners, winners of district competitions, open day tournaments, fun days, business league and team-building events. Her greatest passion is coaching, which she successfully undertakes in respect of the Ceres Bowling Club Youth.

Clifton Courtney Swartz- (Western Cape Tennis)

As player, coach and administrator, he has played a significant role in the fight for non-racialism in sport and creating opportunities for people to play sport in some of the most remote rural areas of our land.

He is also serving as a member of the National Transformation Committee for Tennis South Africa and holds a position within the national coaching and governance positions in Tennis South Africa.

Clifton has a passion for township as well as rural sport development and has developed and executed several project proposals to this effect.

Conroy Williams- (Overberg Kickboxing)

In 2019 Conroy decided to give back to the community of Barrydale, by giving kickboxing classes to children and adults of Barrydale. These classes he gives free of charge, and voluntary. He gives classes from his residence in Barrydale using punching bags that are hanging in his garage.

Conroy is very passionate about uplifting the children and the community of Barrydale through sport and always goes the extra mile by looking for sponsors for his students to improve.

Conroy's Motto: "You Are Measured In What You Give Back Not What You Have In Life".

Joy Goolooze- (Eden Lifesaving)

Joy has been the district secretary for the past 10 years and has proven herself as helpful, dependable, dedicated and hardworking.

She is the Eden Lifesaving secretary.

She is a qualified National Nipper Instructor and a qualified National Technical Official.

She is a qualified Level 1 coach and a Provincial Selector. She has managed the administrative

side and the scoring at events. At Club level she holds a position of Nipper Officer. She created a strong support team and managed to train club members to serve as managers at competitions.

Ngwanathole Nong- (Central Karoo Athletics)

She has been selflessly volunteering her time and resources to ensure the community of Beaufort West has an active lifestyle by either running or walking.

Every Wednesday, she has tirelessly ensured that the community at Voortrekker Road participates in the weekly Sundowner run/walks, which have seen many people participating and loving it.

She has displayed the spirit of true leadership in many of her fitness events/projects.

She formed a fitness group which focuses mainly on people who are not so much into running but would love to get fit.

Nicolette Schlehmeier – (West Coast Athletics)

She is volunteering for Athletics, Cross Country, NSRI, Life guarding and Photography.

She coaches athletes during the week and weekends with the aim to inspire and build their dreams.

She volunteers for the NSRI at station 4.

Volunteers as a lifeguard at Paternoster beach and presently trains new recruits with the aim for them to partake in the SA Lifesaving Championships 2023.

Muya Kaloko- (Western Cape WCSAPD)

He is very knowledgeable of Goalball Coaching and Technical Official roles and responsibilities and is a reliable co-operative member with a huge passion for the visually impaired.

Under his guidance, the WCSAPD Senior male team won silver at the 2022 National championships, narrowly missing out on gold in extra time.

Muya was also instrumental in hosting the first workshop for Blind football. This year will also be the 6th year that he organises the Women in Sport talk at UCT.

Robert Doidge – (WP WPSAPD)

Mr Robert Doidge has been a volunteer with Western Province Sport Association for the Physically Disabled for over 40 years.

He has remained active post-retirement as a volunteer in various capacities on the WPSAPD Executive Committee. Over the years, he has demonstrated a deep commitment for development of disability sport and has played a significant leadership role in WPSAPD.

Robbie has made a difference in the lives of many individuals living with physical disabilities. His commitment to ensuring that athletes participate in sport means that they can enjoy the social and health benefits of sport.

Community Builder of the Year

Chaeli Sports and Recreation Club - (Cape Town)

The CSRC invites both disabled and able-bodied people to become members as one of their core values is inclusion.

The focus of participation across all the sporting codes (competitive and social activities) is raising awareness for, by, and with adaptive athletes by advocating and ensuring that these activities take place in an inclusive environment

The CSRC is involved in athletics (road running/walking), cycling and disabled dance sport.

Inge Theron- (West Coast Netball)

Inge utilizes netball for youth development, to combat crime, gangsterism, GBV, and boosts the morale of the players to enhance their self-confidence through events and awareness campaigns in her position as Chairperson of Velddrif Netball Club.

Furthermore, she is the Assistant Coach for the West Coast A-netball team which participated at nationals. She is the Assistant Coach for the West Coast Netball Academy, Match Secretary for the West Coast Netball Federation and appointed as the statistician for the Southern Stings (Western Cape).

Conroy Williams- (Overberg Kickboxing)

In 2019 Conroy decided to give back to the community of Barrydale by giving classes' children and adults of Barrydale. This class he gives free of charge, and it is voluntary. He gives classes from his residence in Barrydale. Punching bags that are hang in his garage. Conroy is very passionate about uplifting the children and the community of Barrydale though sport and always go the extra mile by looking for sponsors for his students to improve.

CONROY'S MOTTO

"YOU ARE MEASURED IN WHAT YOU GIVE BACK NOT WHAT YOU HAVE IN LIFE".

Conroy has started the Barrydale Panic Room to teach martial arts within the community to keep young people off the streets and involved in sport. Conroy is also the assistant coach at Barrydale rugby club.

He also had individuals from his club compete at the SAKA South African Kickboxing Championships where one of the three boys won and became the SA Champion.

Fanie van der Merwe- (Western Cape SAPD)

As a retired T37 Paralympic medalist in track events, he has been actively involved in the development of junior athletes, particularly from grassroots level.

His involvement stretches as far as activities such as skateboarding, rollerblading, surfing and coaching of track and field specifically for those youth with physical disabilities but also for disadvantaged youth who are able bodied.

He often calls on his fellow Paralympians to assist at coaching clinics focusing on track events, javelin, shotput and discus.

Gaber Thopps - (Central Karoo)

Mr Thopps serves on different sporting structures to ensure that sport is moving forward in the Central Karoo District.

Sport Codes such as Athletics, Volleyball, Softball, Baseball, Basketball, Indigenous Games for Schools, Rugby, Netball and Soccer all benefit from his contributions. He motivates and inspires many learners to be active in sport to keep them away from drugs and other social ills.

He was part of a campaign to ensure that there are excellent and proper playing facilities in the Central Karoo. Mr Thopps is an active administrator and sport enthusiast who wants to take sport in the Central Karoo to the next level.

Ingrid Lestrade- (Cape Winelands Judo)

Ingrid has used Judo to help more than 50 poor, disadvantaged and very vulnerable rural farm children and teenagers to stay in school and not drop out at the early age. At the recent South African National Judo Championships that were held in Port Elizabeth on 25 June 2022, twelve of Ingrid's farm children participated in it. Two children won a gold medal and became South African Champions for the first time, four won silver medals and four one bronze medals. Ten out of twelve children who participated in the national Judo competition achieved medals.

Lazola Thole- (Eden Youth Development)

He is the founder and chairman of Ikhaya Community Development Sport and Recreation, an NPO in Mosselbay.

Ikhaya does not only offer sport but also participates in arts and culture activities.

Susan Agrella- (Western Cape Fencing)

Susan became part of the community forum and dialogue group, where the local township and surrounding communities established greater communication and interaction on issues such as youth, security, substance abuse and economic development. She ensured that the success of fencers from the township was shared with the community and was involved in establishing community fund raising projects for the fencers who have become positive role models in the community.

Susan is now in the process of establishing a fencing club in the community where township youth, inspired by the success of Susan's students, can now learn how to fence.

Recreation Body of the Year

Bayethe Multisport Academy - (Eden)

The Academy now has a footprint in Mossel Bay, George, Mauritius, Free State and Addo. The Academy is registered as a NPO and it is based in Mossel Bay, Western Cape. Learners from Indwe Secondary School, Hillcrest SSS, Milkwood Primary under their banner. Their interest in multisport has sparked a great deal of interest amongst the adjacent communities and have undertaken a commitment to secure entry level road bicycles, secondhand swimsuits, swimming aid material and second-hand running shoes to assist their athletes in their activities.

Cape Winelands - Bowls

Cape Winelands Bowls is a very active federation in the district and does incredible community building by hosting an annual Business League with most bowls clubs in the Winelands. These events are hosted to help bring communities together who would not normally participate in sport and at the same time create a healthy community in a fun atmosphere. These events promote the sport and are a steppingstone to players joining their local clubs as they first become corporate members and then later join as full members who then participate in leagues and competitions. Corporate members are added to the Bowls South Africa database which gives them access to data.

Greenlillies Old Age Club - (West Coast)

Greenlillies Old Age Club is a social club that encourages community members that are 50 years and older to join and take part in sport and recreation activities.

Activities are based on recreation for the elderly and where they emphasize on human movement and healthy lifestyles.

The club participates locally in the Golden Games activities annually.

Rygate Cubs Festival-Football - (Cape Town)

Rygate Cubs Festival (under 6,8, and 10 Soccer Tournament) it is born out of the desire to secure the future generation of football in the Cape Flats.

Clubs all over the Metropole take part in this event with approximately 1600 players participating. They make sure each player enjoys themselves by playing under floodlights and are provided with much needed refreshments. The players all receive a medal for participation.

The pillars of the Rygate Cubs Festival are:

- Friendship
- Enjoyment
- Diversity

Sxolies Aerobics & Fitness Club-Aerobics - (Overberg)

Sxolies has focused on promoting aerobics in communities and has developed aerobics athletes and technical officials / Instructors within the communities.

Promoting sustainable arts and culture, sport & recreation programmes to deliver government mandates, The program doesn't have any age restrictions and possesses a very strong support towards GBV where women and girls are being taught self-defense on a daily basis through training exercises.

The program is a community driven initiative that has juniors, adults, and veterans.

Indigenous Games Team of the Year

Cape Winelands -Drie Stokkies

2021: Coach of the provincial team hailed from the District Team 2021: District Winners at the Cape Winelands IG Festival

2021: Provincial Winners in Male Category

2021: 2 Members represented the Province in the Provincial Team 2021: Ranked 4th at National Indigenous Games Festival in Durban 2022: District Winners at the Cape Winelands IG Festival (May) 2022: Male Winners at the Provincial IG Festival

2022: Coach selected to manage the Provincial Team which will be partaking at National Championship in Margate, KZN.

Central Karoo-Jukskei

The development team won gold at the Western Cape Provincial Indigenous Games and 4 Players received Gold Medals.

The elite team won Bronze at the Western Cape Provincial Indigenous Games.

1 Player was selected to participate at the National Indigenous Games in KwaZulu Natal in September 2022.

Eden-Drie Stokkies

They have won the bronze medal at the WC Champs.

Some of their members were included in the WC Drie-Stokkies (three sticks) team.

Overberg-Intonga

Over the year they have worked hard improving their skills.

Due to all their training sessions and hard work, they finished last season with 2 gold Medals and 1 bronze Medal in Intonga at the Provincial Indigenous Games at the WCSS (Western Cape Sport School).

Apart from sports, they are excellent and excel in academics and work as well.

West Coast -Kgati Team

The team has little to no resources and participated at the West Coast Indigenous Games event. Despite their circumstances, they won the West Coast District event and were selected to partake at the Western Cape Championships.

At the Indigenous Games event, at the Western Cape Sport School, they won the silver medal, and two members were selected for the Western Cape team to partake at the National Indigenous Games event in Margate, KZN.

School Team of the Year

Generation School Hermanus-Chess (Overberg)

The Generation School Chess Team achieved the following during the awards qualifying period:
The Intercampus – winners.

The Overberg Chess Federation Open – Winners u10 and u12.

The Overberg School championship – Winners u9 and u 11, Bronze u13.

Western Cape School Championship 2021 – Winners u9 and Bronze u18.

Western Cape School Championship 2022 – u9 fourth place out of 75 and u11 third out of 91.

Rural Chess Cup – 6 children selected to represent Overberg.

South African Open Chess tournament – Lyle came third and that places him in the top 10 in the country.

Oakdale 560kg team-Tug of war (Eden)

The Eden Junior Champs & SA Junior Champs winners.

The team received SA colours and qualify to go to World Champs.

They are the SA Senior u23 winners.

They are the SA Club Champs 600kg winners.

Paarl Girls High School U18 A-Netball (Cape Winelands)

The team did extremely well during the 2022 season. They started off by winning all their games at the Wale&Loot Netball Festival in April. They won the prestigious ABSA Wildeklaar competition in May, where two of their players were also awarded best player of the tournament and centre court player of the tournament. The team represented the Western Cape at the final round of the National Top School Netball competition on 8 - 9 August 2022. Three players of this team form part of the Western Cape Cedars u.18 Netball team and participated at the Telkom Netball Championships from 11 - 15 July. Two players made the u.19 SA netball. This team is currently ranked #1 in South Africa.

Under 13 Cape Town (Western Cape Disas) Team-Tennis (Cape Town)

The top 6 boys and top 6 primary school players were selected to take part in the Tennis SA Interprovincial.

The U.13 players played in Bloemfontein during the April holiday. This was their third year in a row winning the Cape Town u.13 national title.

5 out of the 12 players were selected for the SA Primary Schools Squad.

3 players in the team and 2 reserves.

This year the Western Cape Disas team were seeded 4th in the tournament.

They won the Round Robin section and in the quarter final the team tied with just the singles completed.

Developing School Team of the Year

Beaufort West Secondary School -Soccer (Central Karoo)

The U/16 Beaufort West Secondary School Soccer Team participated in the Bayview soccer tournament in Cape Town. This is the first Beaufort West team ever to participate in this competition. Through struggles and against all odds, the boys reached the Gold Plate finals. The team carried the name of Central Karoo to the next level with their discipline, neatness and team spirit. Beaufort West Secondary School has no sporting facilities at the school, and still does exceptionally well and have many learners that advance to the next level of play in all sports. They are represented in all districts, federation and Western Cape teams.

The school is busy developing table tennis and basketball teams.

Indwe High School (Eden)

This is a no Fees School based in the Mossel Bay Municipality, with 1600 learners.

The school participated in the Safa-Eden Schools football programs for the last five (5) years and showed consistent growth in school's competitions.

This year Indwe went from strength to strength and on 28 May 2022 they played in the Pan African Championship for U/15 Boys and Girls and were crowned Regional Champions in the girl's division.

As the regional champions they had to go and represent Safa-Eden at the Western Cape Provincial Championships on the 11-12 July 2022. Again, the girls of Indwe went on to take the Provincial crown and booked their tickets for the National Pan African Championships that took place in Benoni, in the Gauteng Province from 12-16 July 2022. At this Tournament they rubbed shoulders with the best players in the country, but never disappointed, as they dominated the group stage stages of the Tournament.

Lukhanyo-Cross country (Overberg)

They started with a programme in the year 2020. They had a lot of raw talent, ambitious kids and they always wanted to learn new things and were enthusiastic to give 100 % on the field.

Over the year, they worked hard on their skills. Due to all those training sessions and hard work, they have been finishing in the top 10 in the previous league trials with a good time.

Apart from sport, they excellent in academics as well.

Nieuwoudt Primary School-Multi sport (West Coast)

The school is situated next to the Olifants River and has a total of 960 learners.

The Boland u/13 female is ranked number 4 in Boland for 1500m.

4 Zone records were improved, and 2 North West Boland records were improved by athletes from the school; 3 players were selected for the Northwest Boland Rugby team u/13. One netball player was selected for the Northwest Boland team.



3 boys and 3 girls participated in the Western Cape Basketball Trials.
The West Coast u/10 table Tennis Champion is from the school.

W.F Loots Primary School (Cape Winelands)

From the start of 2022 season they played in almost all the games on the roster.

They took part in the Tee - Ball Trials, and two of their players were selected in the Cape Winelands Federation Team. The team attended the National Junior Baseball Championship, that were held in Cape Town during March 2022.

The school took part in the Edwin Benney Tee - Ball Festival and were the only school who entered two teams to take part.

They ended up winners of the festival.

School Sportswoman of the Year

Chris- Mari Nel- (West Coast Athletics)

Chris-Mari participated at the Zone Athletics and broke the records for Hammer throw, Discus and Shot put.

She participated at the Boland Athletics Championships and won gold in Hammer Throw, Discus and Shot Put.

She participated at the Western Cape Athletics Championships and won gold in Hammer Throw, Discus and Shot put.

She participated at the SASA National Championships in Germiston and won gold in Hammer Throw, Discus and Shot Put.

She participated at the ASA National Championships in Potchefstroom and won gold in Discus and set a new South African School Record for Shot Put and won gold.

Furthermore – SA Schools Sports Stars has ranked her - 1st in Hammer Throw, 1st in Discus and 1st in Shot Put.

Geo Meyer- (Central Karoo Netball)

Geo is a key player for her school and plays in the second team at the tender age of 14. She participated in the Spartans junior team and was selected at the CKSN trials and participated in the Inter-zonal on the 07 May 2022 in Oudsthoorn.

She was selected as one of five Central Karoo players into the Western Cape Schools Netball Teams. She represented the Western Cape Schools Netball at the National Winter Games in July in Stellenbosch.

She was part of the team of u/14 Western Cape Cedars that won gold at the Winter Games.

Geo is also an athlete participating at her school and excelling at field events taking up first and second place.

Leigh van Zyl -Paarl Girls High – (Cape Winelands Tennis)

Leigh is currently ranked no. 3 in singles and no.10 in doubles on the TSA (Tennis South Africa) rankings for u18 Girls. She is no.4 in singles and no.3 in doubles on the TSA rankings for Women. Singles results in 2022:

-Winner of the ITF (International Tennis Federation) J4 Tournament in Potchefstroom at the end of February.

-Winner of the ITF J4 Tournament in Potchefstroom in early March.

-Runner up at the Africa Junior Championships in Tunisia in April.

-Runner up at the ITF J3 Tournament in Tunisia in April.

Doubles results in 2022:

-Runner up at the ITF J4 Tournament in in Potchefstroom at the end of February.

-Runner up at the African Junior Championships in Tunisia in April.

-Semi-finalist at the ITF J3 Tournament in Tunisia in April.

Leigh was selected to represent the South African Women's Team at the Billie Jean King Cup (previously known as the Fed Cup) held in North Macedonia at the beginning of July.

Namika Pieterse- (Overberg Kickboxing)

A 2-time Overberg kickboxing Champion for 2022.

She is a 2-time Western Cape kickboxing Champion.

She is a South African Kickboxing Champions, Runner up and 3rd place

She represented Western Cape Kickboxing Team.

She was selected for the National Presidents Kickboxing Team.

She will be representing South Africa at the African Kickboxing Championships 2022.

*OGKK National Karate Kumite Champion.

Sarah-Jane Lewis- (Eden Karate)

Sarah won a silver medal at the Karate South African National Championships. Sarah-Jane was also selected for the Protea Team to participate at the AUSC Region 5 Tournament in May 2022. She attended the National Team training in preparation for the AUSC Region 5 Tournament and was again selected for the second time for the Protea Team to participate at the World Youth Camp & Tournament in Croatia in June 2022. Sarah-Jane was selected for the third time in a row for the Protea Team to participate at the Commonwealth Karate Championships in Birmingham, England in September 2022.

Tatiana Thomatos - (WP Modern Pentathlon)

Tatiana has competed both nationally and internationally during the period 1 October 2021 to 31 August 2022 representing the Western Cape in the various disciplines of the sport as well as fencing. Tatiana has further qualified to represent the South African Modern Pentathlon Association (SAMPA) team in the girls U13 category at the UIPM World Championships for Modern Pentathlon Laser Run in Lisbon, Portugal, 22-25 September 2022, as well as the World Championships for Modern Pentathlon Biathlon and Triathlon in Madeira, Portugal, 26 – 30 October 2022. Tatiana has excelled both on and off the field in the various disciplines within the sports code. Her commitment, hard work and character is a true reflection of the ethos of sportsmanship and motivation to many young athletes.

School Sportsman of the Year

Aidan Brümmer - (Overberg Kickboxing)

He is the Overberg Kickboxing Champion 2022 (Gold and Gold).

He is the Western Cape Kickboxing Champion 2022 (Gold).

He represented Overberg Kickboxing Team.

He is the South African Kickboxing Champion (Gold).

He represented Western Cape Kickboxing Team.

He was selected for the National Protea Kickboxing Team.

He will be representing South Africa at the African Kickboxing Championships 2022.

Benjamin MacFarlane- (Cape Town Tennis)

He is a hardworking, organized and dedicated student-athlete who has excelled academically and in his chosen sport of tennis.

He is a well-mannered, humble and respectful to all others, especially to competitors.

Christian Hattingh- (Eden Triathlon)

He has won all the regional competitions and bronze at the Nationals Junior Elite (18yr-19yr). At the African Cup he was placed 4th & represented SA at the Troutbeck African Cup and won silver.

He was awarded Protea colours and represented SA at the World Triathlon Sprint and Relay champs.

Ethan Kulsen - (Cape Winelands Cycling)

African Continental Track Champs 2022 and was selected to represent South Africa. Scratch Race Gold, Team Pursuit Gold, Madison Gold, Cape Metro Criterium League Gold, Cape Metro Road League Silver and 4-time SA Track Champion.

Ethan has been cycling from a very young age and has shown talent from a very young age. He has been coached by his dad Elrick Kulsen. Through the years his cycling development has made him a champion today. He has excelled in track cycling to such an extent that he has now represented South Africa at the African Continental Track Champs taking place in Nigeria. He has already won 3 gold medals.

Henrico Williams - (Central Karoo Volleyball)

He is a strong man with various abilities. He is one of the best volunteers at school and club level. He serves on various committees. A leader at School and Club level that's why he serves on the Western Cape School Volleyball Executive and on the Western Cape Volleyball Federation as School Director. He is coaching both school and club participants. His team at the school gives him a total of eight players in the school Western Cape Team who participated in the National

School Championship in July 2022 in Cape Town. One of his u/14 players received a trophy for best setter for u/14 years boys.

Meguel Ocks - (West Coast Kickboxing)

He is the West Coast Kickboxing Champion for his division.

He participated at the Western Cape Kickboxing Championships in March 2022 and won gold and silver. In May 2022 he participated at the National Kickboxing Championships in Mossel Bay and was crowned the South African National Champion in his division. He will be representing South Africa at the World Kickboxing Championships in Italy in September 2022.

Pieter Kruger - (Western Cape Fencing)

He is the 2022 African U15 Men's Epee Champion, achieved at the Junior African Championships held in Nigeria. He is the 2022 South African U15 Men's Epee Champion and U17 Men's Epee Champion, both achieved at the SA Junior National Championships held in Limpopo on 25 June 2022. He was selected to represent South Africa in the U17 and U20 men's epee individual and team events at the Commonwealth Fencing Championships which was held in England in August 2022.

Tristan Mc Given - (Western Cape Cycling)

Cross Country Olympic (XCO).

Western Cape Championships held on 11 June 2022 – won 1st Place (Western Cape Champion)

Western Cape XCO Cup Series 2022, Sprog Boys – won 1st Place.

(Western Cape Champion) South African XCO Championships held on 2 July 2022 – won 1st Place (SA Champion)

Western Cape Schools MTB series – won 1st Place at both events held in 2022.

South African Time Trial Championships – 1st Place (SA Champion)

South African Road Championships – 1st Place (SA Champion)

South African Criterium Championships – 1st Place (SA Champion)

Tristan currently holds:

He has seven (7) Western Cape Championship titles.

He has eight (8) South African Championship titles.

He has one (1) South African Record.

Journalist of the Year

Adnaan Mohamed - (Cape Town)

Adnaan Mohamed is currently the Chairperson of Road Running in Western Province Athletics (WPA). Besides being a sport administrator, he is also a sport journalist who strives to highlight the sporting achievements of elite athletes as well as uplifting promising, talented athletes from under-privileged communities at grassroots level.

In 2021, Adnaan was one of only four journalists in South Africa, who despite facing enormous challenges at the height of the Covid 19 pandemic, made it to the Olympic Games in Japan, where he covered the global sporting showpiece for Media24 as well as various broadcast media outlets.

Adnaan has consistently been reporting on both development and elite sport efforts despite many of these athletes having to rise above the huge challenges they experienced in their communities.

Blake Linder - (Eden)

Journalist at the Knysna-Plett Herald.

Often writes special profiles on sporting heroes from the district.

Regularly covers various sporting events such as:

Local cricket, football, netball and rugby matches, Simola Hillclimb, Knysna Oyster Festival and will often be seen at the MTB events.

Hannes Schoeman - (Cape Winelands)

Mr Schoeman is extremely active throughout the Cape Winelands District. He actively covers a multitude of sporting activities within the district. He has a passion for Boxing and ensures that athletes are exposed via media posts.

His coverage of sport greatly assists the development of grass roots sport as well as assists growing awareness.

Sean Campbell - (Western Cape)

Sean does weekly coverage of games. He produces weekly articles on games and shares results.

He did extensive coverage of junior and senior national baseball championships held in Cape Town in March 2022.

He gives back to sport by continuing to give time to report on fixtures and players achievements.

Sydney Armoed - (Overberg)

He is very passionate about all sport in the Overberg.

He started his own newspaper so that he could get the word around.

He is an avid photographer and uses his own pictures for printed media and always publishes it on Facebook as well.

He will travel all over the Overberg to get a sport article and sometimes follows a team out of the Overberg to give support.

Photographer of the Year

Carol Neethling - (Cape Town)

Carol spends many hours alongside the greens in the Western Cape with her camera on hand to capture shots of the many players and tournaments. She is an amateur photographer but pours her heart and soul into capturing moments.

Clive Cupido - (West Coast)

Clive is very well known within the West Coast District. His focus on athletics is appreciated by many within the surrounding communities. He is present at all events, large and small and always seems to go the extra mile when capturing the most significant moments of the day. His picture was taken during the Boland League 1 on 3 February 2022 at Dal Josaphat Stadium.

•Capturing the low body position, driving with the arms, shoulders and legs

CAPTION: Preparing for takeoff - Flying Strandloper

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Christopher Hitchcock - (Western Cape)

Christopher (Chris) Hitchcock has dedicated his time and efforts to photographing various sporting events throughout South Africa for the Past 12 years as a full-time occupation.

On numerous occasions Chris has offered his services to the Western Province Mountain Biking Commission at no charge when they have hosted development events or clinic's in and around the Western Cape.

John Wessels - (Cape Winelands)

Having had the opportunity this year to train with the Cape Winelands Judo Team made this photo so much more special. The photograph was captured during the South Africa Open Championships on 25 June 2022 in Gqeberha.

The hours of commitment, pain and effort needed to just walk onto the mat cannot be captured in a single photograph. Hopefully the pictures show the commitment needed to go for the opportunity that is in front of you.

In order to execute a throw like this, the thrower requires agility, flexibility and excellent balance to keep control of himself and his opponent while standing on one.

André Arends – (Overberg)

The photograph that was taken on 20 April 2022 in Swellendam at a cross country event. This little boy in the red T shirt didn't have any shoes as part of his sport clothes.

He decided to run with his jean and without shoes.

This photo shows determination and a will to always work hard no matter circumstances.

It does not determine who he is or what he will achieve. He will always aim higher!

Newcomer of the Year

Aidan Brümmer - (Overberg Kickboxing)

He is the Overberg Kickboxing champion 2022 (Gold and Gold).

He is the Western Cape Kickboxing Champion 2022 (Gold).

He is the South African Kickboxing Champion (Gold).

He was selected for the National Protea Kickboxing Team.

He will be representing South Africa at the African Kickboxing Championships 2022.

Angell Pholman - (West Coast Athletics)

Saldanha Zone Athletics Champion in 1200m with a new record of 4min,28sec

West Coast Primary Schools-, West Boland-, and Western Cape Primary Schools Champion in 1200m

Ranked 5th in South Africa at the SASSA Primary School Championships in Potchefstroom.

CT Basketball Association - (Cape Town Basketball)

The Basketball National League launched their inaugural Women's League in 2021.

The ten franchises were placed in two conferences. The WC Mountaineers found themselves in the conference with the following teams Northwest Eagles, Kwa-Zulu Marlines, Tshwane Suns and Free State Warriors,

They showed their mettle by making it to the Finals but got pipped 3 points by Tshwane Suns. For the 1st year they are proud of all their achievements and have proven that Basketball is alive and well in Cape Town.

Deoln Crause - (Eden Basketball)

He is a member of the WC u15 team that won Gold at nationals.

The MVP at the SABU IPT in 2022.

He was selected for SA u15 team that is currently participating at the International u15 Champs in Mexico.

Duwayne Adams - (Cape Winelands Cycling)

Duwayne came into the sport of cycling later in his life. He has shown tremendous talent straight away. He has achieved fantastic results in a short space of time, being coached by Elrick Kulsen has put him in a very good training space. He is a pupil of Noorder Paarl School and is dedicated to his schoolwork. Finding a balance between many hours of training and schoolwork is very important to him.

The highlight for him was being selected to represent SA at the African Continental Track Champs in Nigeria.

Kyle Corbellari - (Western Cape Karate)

Kyle was selected to represent Karate South Africa in a Championship against the Botswana Karate team that was held in January 2022, in Gaborone, where he went on to win a silver medal.

In 2022 Kyle represented the Karate Western Cape at the Karate South Africa Championships during March and became the Karate South Africa Champion in the age category 14/15 boy's kumite.

Kyle Minnies - (Central Karoo Tennis)

He attended his first umpiring workshop facilitated by Peter May, Director of WC Tennis Federation Umpiring Commission and passed with flying colours as the top candidate.

Remarkable is the fact that he had never set foot on the Tennis court before He showed great interest in the desire to become an umpire.

He was an umpire for the SA School's Winter Games in Johannesburg from the 11th to the 15th of July 2022.

Coach of the Year

Desiree Ellis - (SAFA Cape Town)

She was crowned CAF Coach of the Year 3 times. Desiree Ellis has made history on Saturday, 23 July 2022 by becoming the first coach to lead South Africa to AFCON success.

She was the only female coach, yet she was crowned the Coach of the Tournament.

Banyana Banyana has won the Buhari Sup in 2021 in Nigeria under her guidance.

Banyana Banyana won the COSAFA Cup and are the current cup holders.

Marchelle Maroun - (West Coast Netball)

She is the Langebaan Netball Club Head Coach at a Level 4 NSA grading - very few coaches obtained this achievement in South Africa.

Marchelle is the National Coach Developer for Netball SA as well as the Head Coach for the Western Cape Netball Federation - Southern Stings.

Shaun-Benjamin Olivier - (Central Karoo)

He coached at Royal Blues FC where he is also an administrator and Covid-19 Compliance Officer. He coached all the sports at above mentioned school, and he loves doing that, because sport has always been part of his life. His family is very sport orientated and as a child he played in as many teams as possible. Starting with Soccer and rugby he joined teams since primary school days with soccer being his favourite sport, but he also played softball, basketball and table tennis.

He took his love for sports to different sport programs over the years and working with children and giving them love for sports and exercises. Working in this industry is very fulfilling and with ten years of experience, he is an asset to any sport's program. He is currently busy starting his own academy with the help of the Local Football Association.

Ruehan van Romburgh - (Overberg Kickboxing)

He is a 7th degree Black Belt in Kickboxing. He is a teacher of teachers known in Japanese as a Shihan. Ruehan is the head coach of the Overberg Kickboxing Team and there were

12 fighters that represented the region at the Western Cape Kickboxing Championships on 12 February 2022 in Hermanus. The National Body of Kickboxing in South Africa appointed Ruehan as the Head Coach for the Fighters from the South of South Africa. Ruehan will be leading the fighters from the South of South Africa at the WAKO African Kickboxing in Johannesburg, South Africa from 26-28 August 2022.

For the Year of 2022 Ruehan has trained

24 Overberg Champions

6 Western Cape Champions

7 South African Champions
11 National Protea Team Members
Appointed National Coach for the south Area of South Africa

Petrus Johannes Lourens – (Eden Tug-of-War)

The winning coach of all 6 weight divisions in the SA Junior Tug of War Champs.
His 560kg team won gold and qualified to represent SA at the World Championships.
He was appointed to coach the 680kg team at Worlds Championships.

Kurt Herzog – (Cape Winelands Wrestling)

He is never reluctant to affect positive change and his leaderships is immaculate. He is always well prepared for his coaching sessions if its, club-, provincial- or national level. He always strives to identify the strengths and weaknesses of his athletes. Thereafter you will see a significant improvement when the proseecco is put in place. Setting goals for every athlete and the team is important. Coach Kurt already instills this as a priority as this will be the secret of his success. Coach Kurt is the Head Coach of Worcester wrestling club, Head coach of the Cape Winelands Wrestling and coached wrestlers at the South African National championships as well as been chosen as the Head Coach of the South African National Team that represented South Africa at the African Championships in Morocco.

Patrick Collings – (Western Cape Fencing)

Since 01 October 2021, Patrick's athletes have won nine gold, seven silver and 13 bronze medals in national competitions in the women and men's epee U11, U13, U15, U17, U20, Senior and Veteran age groups.

As from the 29 July 2022, his epeeists held the number one national ranking in three different age categories. Another five of his fencers are ranked in the top five nationally in their age categories.

Five of his students will represent South Africa in eight different categories at the Commonwealth Fencing Championships which will be held in London in August 2022.

Daniel Damon – (Western Cape SAPD)

Daniel is the Senior Field Coach at Stellenbosch for the following:

- Physically Disabled and Able-Bodied Field Coach
- WCSAPD Development Academy Head Coach

He is also the Selection Panel Member for International Competitions Selection, the Cape Winelands Sport Association for the Physically Disabled Athletics Convener and the Cape Winelands International Para Athletics Organiser.

Daniel Damon is an ASA level 3 Coach specializing in Javelin, Shot Put and Discus.

Sport Administrator of the Year

Christopher Rodgers – (West Coast Athletics)

The founder of the Langebaan Athletics Clubs who is well known for their community and youth development within the West Coast District.

He was selected as the Boland ASA Junior Team Manager which participated in Paarl and Germiston.

He was selected as the ASA Boland Junior Manager for Cross Country team which participated Durban.

Currently he is the Boland Cross Country Regional Coordinator for the West Coast District.

Dr Corena de Beer – (Cape Town – SASSCO)

Corena is the President of the South African Shooting Sport Confederation (SASSCO) in the Cape Town District, which represents all shooting sport federations in the Cape Town District.

She is an exco member on the national South African Shooting Sport Confederation (SASSCo).

She is the Secretary of the Black Powder Shooting Union (BPSU) as well as the treasurer of the Black Powder Shooting Union.

She is also the secretary / treasurer of the Western Province Bisley Association (WPBA).

Mongezi Ndarana – (SAFA Cape Winelands)

Mongezi has served in two (2) senior positions of Safa Cape Winelands for the period in question and this is as the Regional General Secretary preceding August 2021 until the 2nd of April 2022 where he was elected unopposed as the Regional President. He worked very hard not only managing the administration of Safa in the region but also to give strategic direction to the five (5) Local Football Associations that makes up the district. Mr Ndarana has served the said areas diligently and saw to it that football in these areas developed.

Nicolette Wright – (Western Cape Aquatics)

Ms Wright is actively involved in promoting the sport of swimming. She is a hands-on person whose administrative skills have assisted the province in creating and overseeing functional committees.

During the COVID years, she was voted in as the Provincial Compliance Officer, a very stressful and time-consuming position which involved many long hours of ensuring that galas were able to be run under Federation rules. She is an extremely reliable honest person and has had a huge influence on the development and success of aquatics in recent years.

Samara Maleka – (Overberg Basketball)

Mrs. Maleka is the co-founder the Overberg Basketball Association.

She was elected as Provincial Secretary of the Western Cape Basketball Association during the

Provincial Congress in Nov 2021. Mrs. Maleka was elected as the National Executive Committee member and the Chairperson of the South African Women's Basketball Development Committee. Her passion for the sport is contagious and she constantly assists players and administrators. She's busy building a powerful legacy at the club, district and provincial level. She worked with many people in her local community setting up various Basketball matches and fun activities to get people involved and these have been a real success.

Sonja Schultz – (Eden Cycling)

Sonja is the Eden Cycling Secretary & Chief Team Manager as well as the Oudtshoorn Cycling Club Chairperson.

In addition to being the WC Cycling Secretary she also serves on the CSA Woman's Commission & Road Cycling Commission.

Sylvia Bruckner – (Western Cape Equestrian)

Sylvia has been at the helm, steering the Western Cape Equestrian Federation through the change in our structure from 2015 and has set up a Provincial Federation that is in line with the Transformation requirements including ensuring all 6 of our districts are compliant and our corporate governance is in place.

The committees she is involved in are The Board Institute of People Management, Safeguarding Commission at Provincial Sport Confederation, and the Remuneration Committee of SASCO.

She is incredibly well-respected within the previously disadvantaged communities and continuously works with them to see how we can develop their athletes and if they have a query, she is the first person they call.

Valerie Goliath – (Central Karoo Tennis)

Valerie "auntie Val" or "Juffrou Val", as she is favorably known by colleagues and players, is known for, as a tennis player, administrator, coach and committee member.

She emerged as one of the most gifted and committed sport personalities in Beaufort West, the Central Karoo District, Western Cape and South Africa, with a series of achievements in a variety of sport codes and excelled in tennis and netball at provincial and national level.

She currently holds the position Deputy President of the Central Karoo Sport Council. Chairperson of the CK Netball and CK Tennis Federations respectively. Statistician WC Netball Federation.

She introduced tennis to kindergarden kids in November 2021.

She is a role player in the launch of the multipurpose facility.

She is the driving force behind the implementation of the Modifying Tennis League in January 2022.

District Federation of the Year

Central Karoo Netball

They complied in terms of its annual AGMs held on 13 February 2022.

The executive also serves on higher structures V Goliath (Statistician), A.Prince Demarcation and Structures at WC Netball. V Goliath serves on CKDSC as Vice Chair.

They participated in all calendar tournaments Stellensport Female Ranking Tournament in February in Stenbosch, Males and Females at WC Championships in Beaufort West, Twizza Tournament finals hosted in Paarl where the district sent its top 2 male and female teams, Spar National Tournament in August in Nort West and the Development Tournament in August in Eden.

CKSN achieved 5 players at WC level who played at All Ages and the Winter Games winning gold and being runners up out of 9 provinces. Two of CKSN officials served as national managers at both All Ages and Winter Games.

Eden Netball Federation

Eden Netball hosted Coaches workshops for 22 clubs in Oct 2021, namely good governance and club administration workshops in October 2021. The scoring and coaching workshops were held in July 2022.

Attended all NSA trainings and workshops.

Telkom Netball Champs EDEN u19 came 3rd, Spar Nationals 2 u21 included in the SA Training Squad.

Overberg Kickboxing

Overberg kickboxing has 19 Champions.

6 Western Cape Kickboxing Champs

Has represented Overberg Kickboxing Team x12 fighters.

Has South African kickboxing Champions x5.

Has represented Western Cape Kickboxing Team x 12 fighters.

Has represented South Africa x 9 fighters.

SAFA Cape Winelands

Safa Cape Winelands has worked very hard to ensure that football was played in the region under the demanding Covid-19 Disaster Management Act regulations but also to give strategic direction to the five (5) Local Football Associations that make up the district. Mr. Ndarana has served the said areas diligently and saw to it that football in these areas developed.

Testimony to this, is that for many years football in Langeberg and Witzenberg was very informal with the teams in those said areas having lost interest in formal football due to the

absence of formal structures and competent leadership,

In August 2021 the federation with help and support of its leadership in the region focused on the said areas, elected new leadership, held leadership courses and mobilized the communities around the vision of a united region.

SAFA Cape Town

They are a Federation that engages all racial groups and breaks down racial barriers with the formation of the SAFA Cape Town Medical Committee, the only such structure in the country, they contribute to creating a healthy and safe society for all. Their referees are deployed internationally by FIFA and CAF and therefore fair play is the order of the day. Their administrators not only straddle the continent but also globally as proven by Jerome Damons being the FIFA VAR Instructor and Desiree Ellis being a Laureus Ambassador. Their President Bennett Bailey was appointed as a CAF Match Commissioner in May 2022. Their contribution to Women's Development speaks volumes with SAFA CT contributing 9 players out of squad of 23. Furthermore, they started a new woman's regional league, the only one in South Africa with 21 teams.

West Coast Netball

The federation has been 100% compliant in spending all the allocated funds. They continue to focus on the development of the sport through courses and coaching clinics, they are very involved within the community doing outreach programmes contributing not only to sport but society as a whole.

The federation produces top administrators and players and has a well driven development plan in place which takes netball to every part of the district.

The growth of the federation is evident with the increasing number of participants. They are also hosting fantastic events and are always practicing good governance.

Western Cape Netball Federation: Nadene Scherman as the Development officer; Madelein Horn as the Vice president and Selector convenor; Suzette Visser Coaches convenor. West Coast Netball were the winners of the A and B league at the NSA South African SPAR Championships. The federation hosted various awareness campaigns and events such as: 16 Days of Activism, 7s Tournament, Business tournaments, Clanwilliam SPAR Tournament,

Provincial Federation of the Year

Western Cape Cycling

Western Cape Cycling has proven to be a very well-run federation that has focused on developing the sport of cycling in all aspects of its operations. It has placed its focus on developing cycling at school level as well as at elite cycling events.

It has continued with efforts to capacitate its technical officials and coaches by hosting various training courses.

Western Cape Cycling are also in good standing with the Western Cape Provincial Sport Confederation (WCPSC) and have properly accounted for all funding received by both the WCPSC and the Department of Cultural Affairs and Sport.

Western Cape Darts

The Federation has made huge strides in transformation and have achieved this through community engagement. The federation has also received increased junior membership which has helped the growth and stability of the federation.

Western Cape Chess

Western Cape Chess have a large presence in the education system within the Western Cape. They have implemented a number of school development programs in which chess has been used to assist learners in improving their grades and ability to plan and strategize. Western Cape Chess is currently in good standing with the Western Cape Provincial Sport Confederation and is one of the top performing federations within the Western Cape.

Team of the Year

Maties A-Team - (Cape Winelands Netball)

During the USSA Netball Championships at Camp Discovery, the Matie team beat all teams and were unstoppable in this competition.

For many years they had to be content with always being in the second or third position. However, 2022 belonged to the maroon machine.

The team was focused, and each player contributed 100%. They played with determination and had the encouragement from the bench.

Although they played in the final almost every year they could just not break through. But 2022 belonged to them. Maties won gold at this USSA Championships for the 1st time in 27 years. The last time they won gold was in 1995. Many of their players are playing in the Telkom National League annually and are for sure, the breeding ground for Cape Winelands. We are hopeful for the Varsity Cup and believe they will be on the podium for gold.

Overberg A1 Team - (Overberg Jukskei)

At the SA Championships held in Kroonstad from the 26 March - 01 April the Overberg A1 team was represented by Elna v.d.Berg (capt.), Bibi Schmidt, Arina Steyn and Carina Botha. After the first 5 games of the competition the team was lying third. However, with Bibi Schmidt motivating them they soon decided that third wasn't good enough. With determination and extraordinary consistency, they achieved first place on the log after eight games. Another first for Overberg as this team won Gold and the "Unie Winkels Trophy. 3 of these ladies were selected to represent the Ladies SA Protea Team

Vasco Da Gama - (SAFA Cape Town)

Vasco Da Gama are not only one of the youngest football teams competing in the National Women's League but are also one of the most successful women's football teams in the Western Cape.

The team consists of young ladies from "all walks of Cape Town "ranging from Parow, Khayelitsha, Heinz Park, Gugulethu, Delft and Bellville. This diverse team has blended to create a force in ladies' football, achieving many awards.

Vasco Da Gama Ladies team has been in action since 2008 and during this period, they have moulded young ladies into good footballers, who have achieved many awards.

West Coast 8 Ball Pool Ladies Team - (West Coast Pool)

The team finished 2nd at the Cape Metro Regional Tournament.

It was the first time in 14 years since a West Coast ladies 8 Ball team has qualified and entered the South African 8 Ball Championships that took place in June 2022.

History was made when the team finished the competition in the 2nd position. The hard work, perseverance and dedication ensured that they had beaten top ranked provinces.

Furthermore, they have claimed an A-division spot for the 2023 South African National 8 Ball Championships.

Western Cape Baseball - (Western Cape Baseball)

This team of district players trained prior to the tournament consistently, worked hard and played their heart out and did not lose one game. 11 of these players made the SA team as well as 2 of the coaches. They competed in the World Cup in Mexico.

Western Cape Saddle Seat Equestrian Team - (Western Cape Equestrian)

The Senior Team competed in the World Cup against USA and the International team, consisting of 3 Namibians, 2 Canadians, 2 South Africans, and 2 Americans.

The Senior team were awarded with a Silver Medal in the 5 Gaited Division and a Bronze in the 3 Gaited division.

The SA Protea Junior Team also competed against the international teams, and they were awarded with a silver medal in the 3 gaited and 5 gaited divisions.

Youth Worlds 29er Team - (Eden Sailing)

Selected for World Champs in 2021

Youth World Champs 2022, 23rd overall.

SA Youth Sailing Nationals 2nd

WC Open Champs 1st

SA Open Champs 4th

Recognition of Technical Excellence

Anso Kemp – (Cape Winelands Netball)

September 2021: Umpire at the Varsity Cup Netball and was extremely fortunate to umpire the Finals. She was Invited for the Jamaica Test Series in Jamaica but cancelled due to COVID.

In October 2021 Anso Umpired at the Pent Series in Windhoek, Namibia (Namibia, Malawi, Zimbabwe, Zambia and Lesotho)

November 2021: Umpire at the England Rise Again Series in England, between England vs Jamaica.

January 2022: Umpire at the Vitality Netball Quad Series in England - England, Australia, New Zealand South Africa.

March 2022: Umpire at the Waterkloof School's series in Pretoria.

May and June 2022: Umpire at the Telkom Netball League (umpired the semi's)

in July and August 2022, she was invited to umpire in Birmingham at the Commonwealth Games 2022

August 2022: invited to umpire at the World Cup Qualifiers 2022 in Pretoria.

Marion February – (SAFA Overberg)

Ms. Marion February has been appointed as Director of Coaching at the SAFA Overberg Football Academy and comes with a wealth of knowledge and experience to the Region. She is a CAF A license coach and served as a Provincial Technical Officer for SAFA Western Cape. She is an accredited D-license Coaching Course trainer and her passion for football development is at all levels and opportunities.

She recently received Certificates from the South African Sports Coaching Association in the Sports Coaching Category for:

Senior Sports Coach and Provincial Coach Developer.

Masixole Bambiso – (SAFA Eden)

Masixole is part of the SAFA provincial panel.

He also officiated the DSTV Compact Cup final as well as the Nedbank Cup final.

Mr Bambiso officiated the Soweto Derby-Kaizer Chiefs vs Orlando Pirates.

Maegan Claasen - (West Coast Kickboxing)

Maegan was the technical official for the West Coast Kickboxing Championships.

She was selected as a technical official for the Western Cape Kickboxing Championships in March 2022.

Furthermore, Maegan was selected as a technical official for the National Kickboxing Championships in May 2022 as well as a technical official for the African Kickboxing Championships in September 2022.

Sophia Schroeder - (Central Karoo Netball)

Sophia held the position of Primary Schools Vice Chairperson. She took over the additional role of Primary Schools Secretary. She is currently Joint Structure Secretary of Central Karoo Schools overseeing all administration of both High and primary schools.

She was appointed WC manager of u13 Willows to the National All Ages Tournament. Liaising with parents and coach. Ensuring attire fittings are carried out meticulously and teams get fed timeously. She served as a Technical Official at National All Ages Tournaments. She was appointed as General Manager of Primary School teams going to WC Inter-district Tournament. She was Central Karoo selector at Provincial Athletics.

Willem Giliomee - (Cape Town Wrestling)

National Achievements 2021/2022

Willem is the Head Referee at South African Wrestling Federation Youth Championships 2021, South African Wrestling Federation Senior Tournament 2021, South African Wrestling Federation Presidents Tournament 2021, South African Wrestling Federation International Trials 2022, Education in South Africa 2021/22 (12 National Clinics,3 District)

International Achievements 2021/2022

He passed United World Wrestling upgrading clinic in Tunisia 2021- Highest International grading (first new Olympic category in South Africa for 9 years).

Referee at the Senior Olympic Qualifier Championship - Tunisia 2021.

Referee at the u/20 World Championships – Russia 2021.

Referee at the u/17 African Continental Championships – Morocco 2022.

Junior Sportswoman of the Year

Anya Du Plessis – (Eden Cycling)

Anya was selected to represent SA at the African Continental Track Cycling Championships 14-18 July 2022 and won 6 Gold Medals at the African Continental Track Cycling Championships (Team Pursuit; Team Sprint; Scratch Race, Points Race & Keirin). Anya is the African Continental Junior Ladies Champion. At the SA Track Cycling Champs, she won 3 gold medals, 1 silver medal and 2 bronze medals.

Geo Meyer – (Central Karoo Netball)

Geo is a key player for her school and plays in the second team at the tender age of 14. She participated in the Spartans junior team.

She was selected at the CKSN trials and participated in the Inter-zonal on the 07 May 2022 in Oudsthoorn. She was selected as one of five Central Karoo players into the Western Cape Schools netball teams. She represented the Western Cape Schools Netball at the National Winter Games in July in Stellenbosch. The team she was part of u/14 WC Cedars won gold at the Winter Games.

Geo is also an athlete participating at her school and excelling at field events taking up first and second place.

Holly Cleworth – (Western Cape Lifesaving)

At the African Surf Lifesaving Championships in Cairo, Egypt she competed as a senior, even though still a junior athlete. She won multiple medals and contributed to many other point scoring results. She is an integral part of Team South Africa winning the title and gold medal. As a junior and senior Protea, she has inspired many other girls in the province to strive for national and international success.

Holly fulfils her duties as a volunteer lifeguard and does many hours of service for the community of the Western Cape by patrolling the beaches of Clifton during the summer season.

Lize-Mare Du Plessis – (Cape Winelands Equestrian)

Her diligence, character and leadership abilities have played a big part in achieving phenomenal success in her field of play. She has represented South African Equestrian over the last 12 years both on international soil as well as at home grounds. She has captained her team on many occasions in International Tests. Some of her achievements are as follows.

Represented her province, Western Cape colours, from age 12 (2011) to date.

She received her Protea colours as a Senior Rider for the first time in 2019, as well as in 2020 and 2021 – 7 consecutive years receiving this high honour in her sport.

2021: International test against Pakistan in Durban RSA

05 September 2021 – Best Man – rider with the highest score

2022: International test against Jordan in Durban RSA 1 to 2 June 2022 – Best Man – rider with the highest score.

Mignon-van Zyl – (Overberg Karate)

On the 21st of November 2021 - Western Cape Provincial Championship: She was Included in the Provincial team.

On the 3rd of December 2021 - SA JKA Overstrand Championship: She won gold and silver medals in Kata & Kumite, Awarded "Best Senior Female in 2021"

10 December 2021 - Karate S.A. Arnold Classic National event – She won 3rd place bronze medal for Kumite.

Karate S.A. ranking: RTH position Girls 16 & 17 years

19 February 2022 Western Province JKA Championship – 1st place Kata gold and 2nd place.

21 May 2022 SA JKA National Championship – 1st place Kata gold and 2nd place Kumite silver medals.

Mignon van Zyl is a Junior Protea since 2016 and at present in the Top 5 of Karate S.A.'s ranking system. In May 2022 she was awarded the National Champion in Girls 15- & 16-years age category.

Nadia van Wyk – (Western Cape Cycling)

At the SA Champs (March 2022),

Nadia won gold in the following: Road Race, Time trial and for Criterium.

Mountain Biking XCO:

MTB XCO Western Cape series (gold) MTB XCO Western Cape Champs (gold) MTB XCO SA Champs (gold).

Skeigh- Lee Jenecker – (West Coast Kickboxing)

West Coast Kickboxing Championships – Gold.

Western Cape Kickboxing Championships – 2x Silver.

South African National Championships she won 1x Gold medals and 1x Silver.

She has been selected to represent South Africa at the World Kickboxing. Championships in Italy in September 2022.

Tatiana Thomatos – (WP Modern Pentathlon)

Tatiana has competed both nationally and internationally during the period 1 October 2021 to 31 August 2022.

She has represented the Western Cape in the various disciplines of the sport as well fencing. Tatiana has excelled both on and off the field in the various disciplines within the sports code and will be a great ambassador for Western Cape Sport and Junior Woman in Sport.

Her commitment, hard work and character is a true reflection of the ethos of sportsmanship and motivation to many young athletes.

Junior Sportsman of the Year

Bonga Nkqintza - (Eden Triathlon)

Bonga is the SA u23 Duathlon Champ and was selected to represent SA in World Champs. She finished 3rd overall at the Eden Triathlon Open. At the SA Triathlon Champs 5th overall & SA Duathlon Champs 2nd.

Denmar Jacobs - (Western Province Athletics)

WPA + ASA u20 Record holder -13.44s on 9 April 2022 at the Parow Track. He is the WPA Provincial Team Captain that competed at the ASA u20 Championships in April 2022. Denmar is an ASA Member of the national team who competed at the WA u20 Championships in Cali, Colombia in August 2022. International: He is currently the u20 110m Hurdles athlete with the 6th fastest time in the world in 2022 (as on 26 July 2022).

Elxzandr  Syster - (Overberg Kickboxing)

Elxzandre is a 2-time Overberg Kickboxing runner up for 2022 (2 silver). He is a 2-time Western Cape Kickboxing Champion (2 gold). He is a 2-time South African kickboxing Champion (2 gold) and was selected for the National Protea Kickboxing Team. He will be representing South Africa at the African Kickboxing Championships 2022.

Ethan Kulsen - (Cape Winelands Cycling)

At the African Continental Track Champs 2022 (Selected to represent South Africa.) Scratch Race Gold, Team Pursuit Gold, Madison Gold, Cape Metro Criterium League Gold, Cape Metro Road League Silver and 4-time SA Track Champion. Ethan has been cycling from a very young age and has shown talent from a very young age. He has been coached by his dad Elrick Kulsen. Through the years his cycling development has made him a champion today. He has excelled in track cycling to such an extent that he has represented South Africa at the African Continental Track Champs taking place in Nigeria. He has already won 3 gold medals. Ethan is a humble, quiet dedicated athlete who puts in many hours of training.

Jugene Wessels - (Central Karoo Football)

He is a young 15-year-old boy that shows great soccer talent. He has been the captain of the u15 team that won the Pan African Central Karoo Cup, Captain of the U16 Beaufort West team that played in the Bayview soccer tournament. Jugene led his team into the Gold Plate finals. He was also selected for the Western Cape u17 Provincial Team that played in Johannesburg.

His soccer skills are excellent, but his real strength lies in his personality, team spirit and motivation to his teammates. A true captain and leader.

Naor Lombard - (Western Cape Lifesaving)

At the South African Junior Surf Lifesaving Championships (October 2021).

For individual Medals (u17 Age Group) - 3 x gold, 2 x silver, 1 x bronze

For team Medals - 2 x gold, 3x silver.

He was an U17 Male Competitor of the Championships

He is the highest Individual Junior Male points scorer of the Championships.

African Surf Lifesaving Championships - Cairo, Egypt.

He competed as a senior, even though still a junior athlete.

He is one of the highest individual points scorers for the entire competition.

Pieter Kruger - (Western Cape Fencing)

He is the 2022 African U15 Men's Epee Champion, achieved at the Junior African Championships held in Nigeria. Pieter is the 2022 South African U15 Men's Epee Champion and U17 Men's Epee Champion, both achieved at the SA Junior National Championships held in Limpopo on 25 June 2022.

He was selected to represent South Africa in the U17 and U20 men's epee individual and team events at the Commonwealth Fencing Championships which took place in England in August 2022.

Zane Esau - (West Coast Kickboxing)

West Coast Kickboxing Championships - gold and silver.

Western Cape Kickboxing Championships - 2 gold.

South African National Championships he won 2 gold medals and 1 silver.

He has been selected to represent South Africa at the World Kickboxing Championships in Italy in September 2022.

Sportswoman of the Year with a Disability

Anrunè Liebenberg Weyers - (Western Cape SAPD)

Anrunè's athletics passion for running started at the age of 11 and developed into a drive and motivation in her life.

2020 was an incredibly bleak year for athletes in South Africa. Training was close to non-existent. Lockdowns delayed, prohibited, and challenged athletes and no competitions locally or internationally took place. Anrunè never gave up despite contracting Covid-19, she went on to compete at the Tokyo 2020 Paralympic Games in the final of the women's 400m T47 category. She had cruised into the final with a time of 57.59 seconds and had expressed her relief at just being able to compete at the event after recovering from Covid-19 just a month previously. South Africa's first Gold Medal at the Tokyo 2020 Paralympic Games!

Elanza Jordaan - (WP SAPD)

At the interprovincial Competition in Bloemfontein — Gold Medalist BC3 2022

Toyota National Championships — Gold Medal BC3

World Boccia (BISFed) Africa Regional Competition — Gold Medalist BC3

Elzana qualified to participate in the World Boccia (BISFed) World Championships in Rio de Janeiro in Dec 2022 in the individual and pairs events

Elzana is an active member of the Giles Boccia Club. She initiates and helps with fund raising projects for the club. She has raised funds to buy a Boccia Ramp for the club.

Minke Janse van Rensburg - (Eden Aquatics)

She is 1 of 5 swimmers to represent SA at the World Downs Syndrome Champs and has broken 7 International records since Oct 2021 for short course.

She has broken 9 International Long course records since Oct 2021.

She holds the 50m freestyle senior world record and the 50m butterfly Africa record. She achieved 1st place in the 100m breaststroke in Port Elizabeth.

Toni Mould - (Cape Winelands Netball)

31 August 2021 - Tokyo Paralympics 2020 T1-T2 Time Trial - 10th 02 September 2021 - Tokyo Paralympics 2020 T1-T2 Road Race 8th 22 January 2022 - Western Cape T1 Time Trial - gold

10 February 2022 - South African Road Championships T1 Time Trial - gold 12 February 2022 - South African Road Championships T1 Road Race - gold

She was the only female African Para cyclist at Tokyo 2020 and qualified for World Cup and World Champs in Canada as part of Team SA.

Sportsman of the Year with a Disability

Franklin Cupido - (Overberg Cricket)

This past cricket season he represented, not just only his club, Villiersdorp Cricket Club but also the Department Correctional Services Western Province Team where he received 2 gold medals at the DCS National Championship.

He was then chosen for the DCS South African National Cricket Team, where he also received 1 Gold and 1 Silver during the tournament. Franklin also won the Individual Presidential Award at the Cricket South Africa National Inter Forces Championship.

He was also the first ever person with a disability to represent DCS at provincial and national level, competing against able body athletes.

Johnathan Ntutu - (Western Cape SAPD)

Johnathan achieved the following:

International Level

IPC World Ranking

T12 Men's 100m - Ranked 7th (August 2021) Time: 11,10s Paris France

African Ranking

T12 Men's 100m Time: 11,10s - Ranked 1st (August 2021) Paris France

National Level

SASAPD National Championships, Germiston Gauteng March 2022

T12 Men's 100m Final — Time: 11,19s (Gold) (Season's Best)

Leander Pholman - (West Coast Athletics)

He ran SA qualifying times for ELSEN in the 100m and 200m in January 2022.

The Elsen School Championships was held on 16 February 2022 and Leander was crowned the Boland Champion for 200m, 400m, 800m and High Jump with a new ELSEN record. At the Western Cape Athletics Championships that was held on 24 - 25 February 2022, Leander won gold for the 400m and 800m.

Marven Adams - (Cape Winelands Karate)

Marven Adams has been part of Patrick Ross Karate for the past 6 years. He graded to purple belt on 28 May 2022.

He is the only registered karate student with a disability in the Western Cape and currently the best kata student in South Africa.

Marven won the gold medal for Individual kata at the Western Cape Tournament that took place in Wynberg on 21 November 2022.



At the Development Inter Provincial Tournament in Wynberg 16 April 2022 he won the gold medal for individual kata.

Karate South Africa National Elite Championship: Durban from 15-17 July 2022-3 gold medal for Individual kata.

Ricardi Matthee - (Eden Judo)

At the Judo SASAPD Gold medal.

He won gold at the SA Open for visually impaired.

SA selection for region 5 Youth Games (cancelled due Covid 19)

Ministerial Commendation

David Bellairs

David Bellairs is the Director of Cape Town Cycle Tour Trust who has been organising the Cape Town Cycle Tour which is the largest timed cycle race in the world.

He is experienced in hosting a world class event, he is also passionate about sport marketing and youth development.

Valerie Goliath

Valerie Goliath has been involved in grassroot sport for many years, using sport to build communities and shape societies.

She serves as the Chairperson for both Tennis and Netball in the Central Karoo District where she is determined to grow the sport and produce top athletes and also provides leadership where she serves on the Central Karoo Sport Council.

Mark Nicholson

Mark Nicholson is currently the Director of the Lavender Hill Sport and Recreation Foundation which does Football, Netball, Spiritual Dancing, Longboard Skating, Recreational Activities, and Indigenous Games in the Lavender Hill community.

He is passionate about using sport to make a difference within communities and changing the future of young adults.

John Dobson

John Dobson is currently the Head Coach of Super Rugby side, The Stormers, and has vast experience working in various rugby positions.

He went on to guide the Stormers to victory in the inaugural United Rugby Championships in Cape Town.

Sportswoman of the Year

Birgit Schmidt - (Overberg Jukskei)

Birgit was selected to represent Western Cape. They won their matches against all the other provinces and once again won the gold medal.

Throughout the tournament Bibi displayed exceptional talent and dependability.

Her excellent performance was rewarded by her inclusion in the Women's SA Protea team and thus being awarded her Senior Protea Colors for the first time.

The SA women's Protea team played their first test match against Namibia, and

another outstanding performance by Bibi helped them to beat Namibia and win Gold.

In total Bibi won 4 gold medals which was an exceptional achievement for such a young lady.

Chris-Mari Nel - (West Coast Athletics)

Chris-Mari participated at the Zone Athletics and broke the records for Hammer throw, Discus and Shot put.

Participated at the Boland Athletics Championships and won gold in Hammer throw, Discus and Shot put.

Participated at the Western Cape Athletics Championships and won gold in Hammer throw, Discus and Shot put.

Participated at the SASA National Championships in Germiston and won gold in Hammer throw, Discus and Shot put.

Participated at the ASA National Championships in Potchefstroom and won gold in Discus and set a new South African School record for Shot Put and won gold.

Furthermore - SA Schools Sports Stars has ranked her - 1st in Hammer throw, 1st in Discus and 1st in Shot.

Colleen Piketh - (Eden Bowls)

Colleen is the SA Masters Ladies Singles Champion,

World Bowls Indoor Champs Mixed Pairs Bronze medal, Ladies Singles section winner.

SA selection for Commonwealth Games Ladies singles and Ladies pairs.

Glenda Pieters - (Western Cape Fencing)

Glenda is nominated for winning gold in the Veteran Women's Epee +60 years category at the 2022 Commonwealth Fencing Championships

Glenda has shown tremendous sportsmanship throughout each competition she has participated in.

She continues to play a part in developing and growing her sport code.

Heike Janse van Vuuren – (Western Cape Tennis)

She has consistently been ranked in the top of her age group and has won the National Singles and Doubles titles on several occasions.

In April, Heike competed in the African Junior Championship in Tunisia and finished as the African Junior Champion.

In June, she was chosen for the Senior SA Billie Jean King Team (Protea Team) that participated in Skopje Macedonia. A remarkable achievement for an U18 player.

Lucrecia Zahela – (Central Karoo Drie Stokkies)

Her team exemplifies all the qualities such as discipline that any coach or sports leader is looking for in athletes.

Accolades are as follows for the term:

2021: Drie Stokkies Champion in the Central Karoo Indigenous Games.

2021: Silver Medalist at the Western Cape Provincial Indigenous Games Festival. 2021: Vice Captain of Western Cape Drie Stokkies Team Festival.

2022: Gold Medalist at Central Karoo Indigenous Games Festival

2022: Member of the Central Karoo District Team

Lucrecia participated in district, provincial and inter-provincial Championships. She displayed great excellence and entertaining displays and competition.

Practiced fair play even during the toughest circumstances.

Nichole Taljaard – (Cape Winelands Netball)

Her hard work and determination have showed over the years as she has been part of the Provincial team- Southern Stings who compete at the highest level of netball in SA since 2016-2022. With perseverance Nichole became a regular member of the Senior Protea squad from 2019-2021 and was selected in the SA Presidents 12 in August 2021 to compete in the tri-nations against Uganda and Namibia.

TNL – 2022(1 x Player of the Match) SA Protea Team.

June 2022 selected in squad to represent SA at two test series against Wales in Cardiff. (19 – 20 July 2022) - Debut

In 2022 Nichole was selected to form part of the Spar Proteas National team that competed at the Commonwealth Games in Birmingham.

Thembi Christina Kgatlana – (SAFA Cape Town)

Caps

Banyana Banyana – 64

U/20 Basetsana – 11

U/17 Bantwana – 6

Goals

U/20 (2)

Banyana Banyana (22)

Banyana Debut

V Namibia on 5th July 2014

Sportsman of the Year

Adriaan Wildschutt – (Western Province Athletics)

At the indoor 3000m-7:52mins FSU School Record.

At the indoor 5000m-13:09min he broke his own South African Record, FSU and ACC Records

He was 10th at World Indoors 3000-8:09 mins

The first Senior South African team at the NCAA D1 Indoor ALL-AMERICAN 5000m-13:21(4th place).

At the Atlantic Coast Conference Silver Outdoor 5000m-13:28mins. FSU School Record

At the outdoor 10,000M—+27:38. 2ND fastest South African ever, FSU, ACC records

At the NCAA D1OUTDOOR 10,000M All American-28:18mins (7TH PLACE)

For the World Champs Oregon 5000M—+13:44(30TH PLACE)

He made the South African Team for the Commonwealth Games for 5000M/10000m.

Aiden Liam Jackson – (Western Cape Karate)

He was selected to represent South Africa at the UFAK(Egypt) and was the gold medalist for the Karate South Africa League 1 kumite.

He is the Champion for the UFAK Region 5 -kumite gold medalist -UFAK Region 5 team Championships, kumite silver medalist

He was selected to represent South Africa at the Commonwealth Karate Games (England), September.

Coenraad Janse van Vuuren – (Cape Winelands Modern Pentathlon)

2022- SA National Modern Pentathlon Championship 24-26 June 2022 Pretoria

Gold medal in the full complete modern pentathlon of

(1) Fencing (2) swimming (3) horse jumping and combined (4) pistol shoot (5) run

Silver medal in the 2022 SA National Laser Pistol Shoot-Run Championship on 25 June 2022 in Pretoria.

Mr Coenraad Van Vuuren (master 70+)

He was selected to represent the SA National Team at the World Laser Pistol Shoot Run Championships on the 22-26 September 2022 in Lisbon Portugal.

Silver medalist in the SA National Biathlete Championships and Bronze medalist in the SA National Triathlete Championships from 28-29 May 2022 in Somerset College, Stellenbosch.

He was selected to represent the SA National Team at the World Championships from the 26-30 October 2022 in Madeira Island (Portugal).

Devon Melk – (West Coast Kickboxing)

Devon was crowned as the West Coast Kickboxing Champion.

He was unable to compete in his discipline at the Western Cape Kickboxing Championships and took part in an additional division where he obtained silver.

He participated at the National Kickboxing Championships and was crowned the South African Champion.

He will be representing South Africa in Mauritius at the International Kickboxing Championships.

Gershon Links – (Central Karoo Rugby)

At the Inter school's 1st place.

Provincial athletics top 8 finish in long jump.

School Rugby Team Captain.

He was selected at the SWD trials in Oudtshoorn and George.

He played in the Triangle Tournament in Worcester representing the SWD Eagles.

He is inspirational and has a positive effect on his teammates.

Günther Kramer – (Western Cape Archery)

To date, Gunther holds the following records:

SA record for the SANIFAA field, hunter and animal rounds

SA record for Indoor SANIFAA field round

African regional record for the IFAA field, hunter and animal rounds

World record for the IFAA field, hunter and animal rounds

Significant Achievements (Feb- Aug 2022)

1st place at the SA Field Nationals in the (Thabazimbi, March 2022)

1st place at the African Field Archery Championships (Thabazimbi, 29 April – 2 May 2022)

1st place at the European Bowhunter Championships (June 2022)

1st place at the DM Field Championships (Germany, July 2022)

1st place at the World Field Archery Championships (Estonia, August 2022)

SA record at the SA Field Nationals with a score of 560/560

Tied 3 x world records at African Field Archery Championships

World record at World Field Archery Championships in Estonia with a 560/560



Ruehan van Romburgh - (Overberg Kickboxing)

He is a two-time Overberg Kickboxing Champion for 2022.
He is the Western Cape Kickboxing Champion.
He has represented Overberg Kickboxing Team.
Ruehan is the South African Kickboxing Champion.
He has represented the Western Cape Kickboxing Team.
He is the champ of champion's winner.
He was selected for the National Protea Kickboxing Team.
He will represent South Africa at the African Kickboxing Championships 2022.

Tristan Nortjé - (Eden Cycling)

The reigning SA MTB XCO u23 Champ.
SA Marathon Champs 3rd Elite, WC MTB XCO Champs 1st Elite, SA MTB XCO.
SA selection for UCI World MTB XCO Champs & SA selection for MTB Elite World Marathon Champs.

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**Western Cape
Government**