



1992-2018

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BOARD MEMBERS

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SA Sports Trust

MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	27 June 2018
Subject	2018 CAA African Champs – Final team
No pages	3

ELECTRONIC TRANSMISSION

Dear ASA Members

**CIRCULAR 63 OF ASA 2018 (06/27)
TEAM TO CAA AFRICAN SENIOR CHAMPIONSHIPS**

Please find attached the ASA Team that will represent South Africa at the 2018 CAA African Championships in Asaba, Nigeria, from 1 – 5 August 2018.

The team consist of 79 athletes (47 men and 32 women).

The first objective of the ASA Team will be to maintain the first position in Africa on the medal tally. ASA achieved position 1 on the medal tally in Africa at the 2018 CAA African Senior Championships in Durban.

The team consist of a healthy balance between experienced athletes and young upcoming talented athletes, as ASA has also as objective the preparation for the 2019 IAAF World Championships and ultimately the 2020 Olympic Games.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

**2018 CAA AFRICA CHAMPIONSHIPS
FINAL TEAM - NIGERIA – 1 - 5 AUGUST 2018**

Akani SIMBINE (AGN) Roscoe ENGEL (WPA) Simon MAGAKWE (WPA)	100m	Carina HORN (AGN) Tebogo MAMATHU (AGN) Cassidy WILLIAMSON (KZNA)
Luxolo ADAMS (EPA) Anaso JOBODWANA (AGN) Thando DLODLO (CGA)	200m	Justine PALFRAMAN (BOLA) Tamzin THOMAS (CGA)
Thapelo PHORA (AGN) Pieter CONRADIE (ACNW) Zakhiti NENE (KZNA)	400m	Justine PALFRAMAN (BOLA) Caster SEMENYA (AGN)
Tshepo TSHITE (ACNW) Rynhardt VAN RENSBURG (AFS) Kabelo Simon MOHLOSI (ANWN)	800m	Caster SEMENYA (AGN)
Jerry MOTSAU (ACNW)	1500m	Caster SEMENYA (AGN) Dominique SCOTT EFURD (WPA)
Jerry MOTSAU (ACNW)	5000m	Dominique SCOTT EFURD (WPA)
Stephen MOKOKA (AGN)	10000m	Glenrose XABA (AGN)
Siboniso SOLDAKA (WPA)	3000mSC	Cherise SIMS (BORA)
Antonio ALKANA (WPA) Ruan DE VRIES (AGN)	110mH / 100mH	Rikenette STEENKAMP (AGN)
Lindsay HANEKOM (AGN) Le Roux HAMMAN (AGN) Sokwakhana ZAZINI (AGN)	400mH	Wenda NEL (AGN) Zeney VAN DER WALT (AGN)
Chris MOLEYA (AGN) Mpho LINKS (ACNW) Breyton POOLE (WPA)	High Jump	Julia DU PLESSIS (CGA) Marilize HIGGINS (CGA) Yvonne ROBSON (AGN)
Valco VAN WYK (BOLA) Ekhardt VAN DER WATT (BOLA)	Pole Vault	Jodie SEDRAS (WPA)
Luvo MANYONGA (EPA) Ruswahl SAMAAI (CGA) Cheswill JOHNSON (CGA)	Long Jump	Lynique BENEKE (AFS) Zinzi CHABANGU (CGA)
Godfrey MOKOENA (CGA) Menzi MTHEMBU (CGA)	Triple Jump	Patience NTSHINGILA (CGA) Zinzi CHABANGU (CGA)
Orazio CREMONA (CGA) Kyle BLIGNAUT (CGA) Jason VAN ROOYEN (CGA)	Shot Put	Ischke SENEKAL (EPA) Meike STRYDOM (ASWD)
Victor HOGAN (BOLA) Werner VISSER (CGA)	Discus	Ischke SENEKAL (EPA) Riette HEYNS (ACNW)

		Yolandi STANDER (AFS)
Chris HARMSE (AFS) Alan CUMMING (ACNW) Tshepang MAKHETE (ACNW)	Hammer Throw	Margo Chene COETZEE (AGN)
Johan GROBLER (ACNW) Philmar VAN RENSBURG (AMPU) Anro VAN EEDEN (BOLA)	Javelin	Sunette VILJOEN (ACNW) Jo-Ane VAN DYK (ACNW) Megan WILKE (ACNW)
Fredriech PRETORIUS (AGN) Duncan McGLADDERY (AGN)	Decathlon/ Heptathlon	Nienka DU TOIT (BOLA)
Lebogang SHANGE (CGA) Wayne SNYMAN (AGN)	20km Race Walk	Anel OOSTHUIZEN (ASWD) Zelda SCHULTZ (ACNW)
Akani SIMBINE Roscoe ENGEL Simon MAGAKWE Henrico BRUINTJIES (AGN) Anaso JOBODWANA Thando DLODLO Emile ERASMUS (AGN)	4 x 100m Relay	Carina HORN Tebogo MAMATHU Cassidy WILLIAMSON Tamzin THOMAS Rikenette STEENKAMP Rose XEYI (AGN)
Thapelo PHORA Pieter CONRADIE Zakhiti NENE Sokwakhana ZAZINI Lindsay HANEKOM Le Roux HAMMAN	4 x 400m Relay	Justine PALFRAMAN Caster SEMENYA Wenda NEL Zeney VAN DER WALT Ariane NEL (ACNW)