



NPC. Reg No
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1992-2020



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BOARD MEMBERS

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To	ASA Members
From	ASA Office
Date	07 February 2020
Subject	Register of 2020 ASA National Coaches
No pages	9

ELECTRONIC TRANSMISSION

**CIRCULAR 10 of ASA 2020
REGISTER OF 2020 ASA NATIONAL COACHES UPDATED**

Dear Members

Please find attached the latest update on the database of ASA National Coaches.

During the 2019 ASA National Coaches Symposium, coaches delivered thesis material as part of the criteria to qualify as ASA National Coaches. The theme of the 2019 ASA National Coaches Symposium was "The preparation of an athlete for the 2020 WA World Junior Championships and/or 2020 Olympic Games.

A panel of highly skilled coaches, whom in their own right has produced many athletes of international standing, has evaluated the thesis material and approved the thesis material of 13 coaches. Their names are listed in red on the attached spread sheet.

The thesis material will be placed on the ASA Website <http://www.athletics.org.za/coaches/coachingspecifictopics> and can be downloaded free of charge.

ASA will also publish the thesis material in the ASA National Coaching Journal and will be available in hard copy format at the 2020 ASA Primary School Championships, 2020 ASA Youth, Junior and High Schools Champions as well as at the 2020 ASA National Senior Championships. Only 2000 will be printed and will be made available on a first come first serve basis.

The panel of National Coaches listed on the ASA Data base now totals 169. The listed coaches serve as Excellence Advisors in their respective communities to ensure that the quality of coaching remains at a highly level in South Africa.

Athletics greetings

Richard Stander
ASA CEO

Not signed due to electronic sending

Disclaimer

From the ASA Office e-mail: ceo@athleticssa.net. For more information: ASA website www.athletics.org.za
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EXCELLENCE ADVISORS - REGISTER OF NATIONAL COACHES FOR 2020
COACHES CERTIFIED AS ASA LEVEL 3 NATIONAL COACHES
UPDATES AND CORECTIONS ON 06 FEBRUARY 2020

	NATIONAL COACH	EVENT	PROV	YEAR OBTAINED	ASA STATUS Level 3 – National Coach Lecturer - Pass rate 80%+	IAAF STATUS Level 1 - Coach Level 2 - Continental Level 3 – Lecturer - Pass rate 80%+	Demographics (black; Coloured; Indian; white)	2017 ASA License number	Cell Number	E-mail Address
1.	Bownes Shaun	Sprints / Hurdles	ACNW	2018	Level 3		W	1598	0825671384	sbownes@telkomsa.net
2.	Botha Hennie	Middle & Long	ACNW	1984	Level 3		W	194	082 898 4406	10177922@nwu.ac.za
3.	Koen Basie	Throws	ACNW	1987	Level 3; Lecturer	Level 2	W	1859	076 793 0315	koenbasie@gmail.com
4.	Lawless Cyril	Sprints / Jumps	ACNW	1997	Level 3		W	2113	082 493 4072	cyrillawless@yahoo.com
5.	Liebenberg Terseus	Throws	ACNW	1997	Level 3; Lecturer	Level 1; Lecturer	W	193	072 972 2019	terseus.liebenberg@nwu.ac.za
6.	Marx Martin	Jumps	ACNW		Level 3, Lecturer		M		082 870 6042	marxmartin8@gmail.com
7.	Moerdyk Gerard	Race Walk	ACNW	1984	Level 3; Lecturer		W	198	072 582 8820	gerard.moerdyk@nwu.ac.za
8.	Motlagale Adam	Middle & Long	ACNW	1997	Level 3		B	266	073 780 3600 073 460 7734 073 259 8848	adam.motlagale@sibanyegold.co.za
9.	Van den Berg Ria	Sprints	ACNW	1997	Level 3	Level 1	W	199	084 584 6554	ria.vandenberg@nwu.ac.za
10.	Verster Jean	Middle & Long	ACNW	1987	Level 3		W	197	082 923 6399	jean.verster@nwu.ac.za
11.	Human Frans	Javelin Throw	AFS	2010	Level 3		W	722	083 750 5654	frans@g-h.co.za
12.	Botha Ans	Sprints	AFS	1995	Level 3		W	840	082 410 1258	bothaans@yahoo.com
13.	Botha Johannes	Middle & Long Sprints/Hur/Relay	AFS	2004 2009	Level 3	Level 1	W	2105	082 847 5902	mjpbotha@mweb.co.za
14.	Cronje Sarina	Middle & Long	AFS	2001	Level 3		W	824	083 640 8073	cronjesj@ufs.ac.za

NB: Please submit any changes, updates or corrections to Atlehang Mofokeng at e-mail address AtlehangM@athleticssa.co.za. Please use the same template format as provided.

15.	Du Plessis JPR	Sprints Sprints/Hur/Relay	AFS	2004 2009	Level 3	Level 3, Lecturer	W	1463	073 356 7631	jprdup@gmail.com
16.	Lenyora George Motshabl Fusitive	Sprints	AFS	1997	Level 3		B	1975	082 470 4687	lenyora@vodamail.co.za lenyora@sacr.fs.gov.za;
17.	Lodewyk Wimpie	Jumps	AFS	2004	Level 3		W	3347	082 339 7063	lodewykwa1@gmail.com
18.	Naude Elizna	Throws	AFS	2017	Level 3, Lecturer		W	1773	082 708 1063	diskuschamp65@hotmail.com
19.	Prinsloo DB	Middle & Long	AFS	1995	Level 3		W	875	083 287 8810	PrinslDB@ufs.ac.za
20.	Quintin Roberts	Throws	AFS	2017	Level 3, Lecturer		W	4145	082 733 9650	sport@calcuolusschools.co.za
21.	Swarts Steven	Sprints	AFS	2016	Level 3		C	726	082 990 8498	steven.swarts@vodacom.co.za
22.	Van Rensburg Derek	Middle & Long	AFS	2010	Level 3		W	777	072 341 7988	derek4@vodamail.co.za
23.	Vorster Elinda	Sprints	AFS		Level 3		W	881	084 680 0161	elindasprint@gmail.com
24.	Aphane Reneilwe	Jumps	AGN	2017	Level 3		B	15902	076 900 9520	reneilweaphane@yahoo.com
25.	Badenhorst Hugo	Jumps / Long Jump	AGN	1997	Level 3; Lecturer	Level 4	W	7874	083 6753 523	hugo.badenhorst@lantic.net
26.	Bradley George	Middle & Long	AGN	2018	Level 3, Lecturer		W	15923	0829262529	georgebradley@gmail.com
27.	Bremer Inge	Sprints / Hurdles	AGN	2004	Level 3, Lecturer	Level 2	W	7515	083 763 0006	ingeb1966@gmail.com
28.	Britz Chris	Race Walk	AGN	2017	Level 3, Lecturer		W	5	083 650 4767	Chris.britz@aecom.com
29.	Claassen Len	Middle & Long	AGN	1998	Level 3	Level 2	W	7510	083 6253 698	claassen@nashuaisp.co.za
30.	Corby Heleen	Middle & Long	AGN	2004	Level 3	Level 1	W			pilateslifestyle@gmail.com
31.	Cornelius Danie	Jumps	AGN	1988	Level 3, Lecturer		W	7586	083 417 7377	danie.cornelius@up.ac.za
32.	Cornelius Neil	Long Jump / Triple Jumps	AGN	2010	Level 3, Lecturer		W	7589	083 467 6782	neiljumps@gmail.com
33.	Du Preez Jacobus Abraham	Throws	AGN		Level 3		W	7514	082 927 9960	dup.preez7@gmail.com
34.	Engelbrecht Willie	Sprints, Middle & Long	AGN	2010	Level 3, Lecturer		W	10449	072 754 1391	atletiek@zwarries.co.za
35.	Eva Janita	Throws	AGN	2017	Level 3		W	11370	082 920 7334	janitaeve@gmail.com
36.	Fischer Lynette	Middle & Long	AGN	2016	Level 3		W	5000	061 054 8388	lynette.fis@gmail.com
37.	Geyser Frederik	Middle & Long	AGN	2017	Level 3, Lecturer		W	6	082 448 8603	frikkiegeyser.bhs@gmail.com
38.	Kieser Alert	Sprints	AGN	1990	Level 3	Level 2	W	12191	073 8942929	atletiek@hseldo.co.za
39.	Kriel Hennie	Sprints / Hurdles	AGN	1992	Level 3	Level 4	W	7568	082 462 9052	henkriel@yahoo.com

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				1995						
40.	Mashegwane Godfrey	Middle & Long	AGN		Level 3		B	5381	082 405 6918	Godfrey.mashwagwane@hpc.co.za
41.	Matentjie Elias	Sprints / Hurdles	AGN	2004	Level 3	Level 1	B	5389	076 981 6656	eliasfitnessmanagement2@gmail.com
42.	Mnyengeza Mlungisi	Middle & Long	AGN		Level 3	Level 4	B	9286	076 262 9752	Mnyengezammb@tut.ac.za
43.	Mokganyetsi Hendrick	Sprints / Hurdles	AGN	2008	Level 3	Level 3	B	6	079 492 7543	lepena.mokganyetsi@dcs.gov.za lepenam75@gmail.com
44.	Ramakgaphola Bebe	Sprints	AGN		Level 3	Level 3	B	9310	082 069 3761	www.bebe.co.za@gmail.com
45.	Rheeder Leon	Throws	AGN	2018	Level 3		W	10146	0823915457	l.rheeder01@gmail.com
46.	Selala Margaret	Jumps	AGN		Level 3	Level 1	B	15942	076 303 6411	margaretlondy@vodamail.co.za
47.	Skosana Enoch	Middle & Long	AGN	2016	Level 3		B	8253	082 825 8001	enoch.skosana@gmail.com
48.	Strohenger Charley	Sprints / Jumps	AGN	2004	Level 3	Level 4	W	5393	082 895 9285	limitlessport@gmail.com/houtpoot@gmail.com
49.	Strydom Jaun	Sprints/Huddles	AGN	1998 2003	Level 3, Lecturer	Level 3	W	7587	084 216 7109	jaunstrydom@lantic.net
50.	Sutton Ammie	Sprints / Hurdles	AGN	2001	Level 3	Level 3	W	7516	082 440 0281	ammie@amric.co.za/ammie.sutton@up.ac.za
51.	Sutton Richard	Jumps	AGN	2001	Level 3	IAAF 2	W	7517	082 901 8703	atletiek@amric.co.za
52.	Van Heerden Nico	Sprint & Middle Distance	AGN	1995	Level 3		W	1051	083 291 2377	n_vanheerden@yahoo.co.uk
53.	Van Rooyen Frans	Sprints	AGN	2017	Level 3, Lecturer		W	1869	082 885 5662	spoedvark999@gmail.com
54.	Van Vuuren Jakes	Pole Vault	AGN	1997 2001	Level 3	Level 3	W	5383	084 258 4268	vanvuurenjb@gmail.com
55.	Van Zyl LJ	Sprints /Hurdles	AGN	2018	Level 3 Lecturer		W	7453	0828166001	ljoudeklip@gmail.com
56.	Witbooi Colin	Middle & Long	AGN	2012	Level 3	Level 1	W	5607	082 477 0029	Colin_witbooi@yahoo.com
57.	Mabinza Lukhanyo	Middle & Long	AGN	2019	Level 3	N/A	B	6020	0849231282	22mabinza22@gmail.com
58.	Sepeng Mzamo	Middle & Long	AGN	2019	Level 3	N/A	B	50	0659363888	mzamosepeng@gmail.com
59.	Reyneke Irma	Sprints / Hurdles	AGN	2019	Level 3	N/A	W	8537	0828984418	irma_reyneke@mweb.co.za
60.	Nel Wimpie	Sprints / Hurdles	AGN	2019	Level 3	N/A	W	10269	0833093462	nelw7@icloud.com
61.	Matebedi Thabo	Sprints	AGN	2019	Level 3	N/A	B	7841	0744053437	Thabo.matebedi@hpc.co.za
62.	Senekal Theodorus	Jumps	AGW	2017	Level 3		W	1023	078 987 3084	kimberleydiamondac@gmail.com

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63.	Badehorst Daniel Petrus	Throws	AMPU	2004	Level 3	Level 3	W	12	083 256 9806	dpb@nelliesh.co.za
64.	Gama Boikie Paulos	Middle & Long	AMPU	1997	Level 3	Level 2	B	3322	082 977 1665	boikie02@gmail.com
65.	Luus Theuns	Middle & Long	AMPU	2017	Level 3		W	7	083 630 8729	luustema@lantic.net
66.	Makgato Pieter	Distances	AMPU	2001	Level 3		B	3005	076 764 9840	moyabo.makgato@gmail.com
67.	Opperman Estelle	Throws	AMPU		Level 3		W	3002	082 923 4876	oppies1@webmail.co.za
68.	Van der Merwe Jaco	Sprints, Middle & Long	AMPU	2016	Level 3		W	1420	082 614 8595	jacomeerkat@gmail.com
69.	Van der Walt Mike	Sprints	AMPU	2004	Level 3	Level 2	W	2819	083 448 7827	mikevdwalt@hotmail.com
70.	Mogano Bruce	Middle & Long	ANWN	1998	Level 3; Lecturer	Level 3	C	1527	082 686 6783	bmogano@yahoo.com
71.	Esterhuizen Stephan	Sprints / Hurdles	ANWN	2016	Level 3		W	1753	083 415 7509	Stephan1234456@gmail.com
72.	Keikabile Motlatsi	Middle & Long	ANWN	2000	Level 3; Lecturer		B	1752	082 200 5910	Motlatsi.com@webmail.co.za
73.	Swart Blackie	Middle & Long	ANWN	2010	ASA Level 3	N/A	W	103	0828281377	blackiepi.swart@implats.co.za
74.	Thipe Eugene	Sprints / Hurdles	ANWN	2005	Level 3	Level 3	B	1754	082 522 1291	Eugene@bafokengsports.com
75.	De Swardt Abrie	Middle & Long	ASWD	2000	Level 3; Lecturer	Level 1; Lecturer	W	38	072 348 1961	abrie.deswardt@nmmu.ac.za
76.	Hardnick Jonathan	Middle & Long	ASWD	2016 2018	Level 3		C	1234	081 315 7016	jonathanhardnick7JH@gmail.com
77.	Prins Desmond	Middle & Long	ASWD	2001	Level 3		C	1420	079 903 6352	desmond.prins12@yahoo.com
78.	Diale Joseph	Middle & Long	AVT	1998	Level 3	Level 2	B	876	063 034 3180	josephd@vut.ac.za
79.	Harries Ian	Middle & Long	AVT	2006	Level 3; Lecturer	Level 2	W	1190	083 642 4336	enduramax@telkomsa.net
80.	Tladi Abram	Sprints, Middle & Long	AVT	2001	Level 3; Lecturer	Level 1; Lecturer	B	198	072 300 0181	tldmasikeabram6@gmail.com
81.	Booyesen Rodney	Sprints /Hurdles Jumps	BOLA	2018 2019	Level 3	N/A	C	747	0833551944	Rodney4wp@yahoo.com
82.	Du Plessis, Brandon	Sprints/Hurdles	BOLA	2009	Level 3	Level 3	C	10	076 187 7260	brandonathletics@yahoo.com
83.	Ferreira Suzanne	Sprints / Hurdles	BOLA	2018	Level 3, Lecturer		W	756	0824981712	suzanneferreira28@gmail.com
84.	Fischer Maurice	Sprints	BOLA	2016	Level 3		C	2076	074 339 1772	mauloufish@gmail.com
85.	Fortuin Heinrich	Jumps	BOLA	2018	Level 3		C	316	0748219782	heinrichfortuin@gmail.com
86.	Jantjies Basil	Middle & Long	BOLA	2004	Level 3	Level 1	C	1100	072 633 3865	mpsbasil@gmail.com

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87.	Julius Raymond	Sprints	BOLA	1995	Level 3; Lecturer	Level 2	C	1291	072 198 5407	rjj1@mighty.co.za
88.	Klaase Hendrik	Middle & Long	BOLA	2005	Level 3	Level 1	C	56	076 903 0827	spikyhk@gmail.com
89.	Le Roux Seef	Sprints/Hurdles Multi-Events	BOLA	2009 2010	Level 3, Lecturer	Level 3 Lecturer	W	786	072 444 1416	seef@bloemhofschooll1.co.za
90.	Lourens Pieter	Throws	BOLA	1997	Level 3	Level 3	C	2	083 357 4517	wlps@intekom.co.za
91.	Nienaber Louis	Jumps	BOLA		Level 3		W	2050	083 375 3673	louis.nienaber2@gmail.com
92.	Preller Carl	Throws, Jumps	BOLA	1995 2005	Level 3, Lecturer	Level 4, Lecturer	W	314	083 283 9612	kaaipreller@mweb.co.za
93.	Smit Johan	Throws	BOLA	2016	Level 3		W	2008	073 848 8587	swwelect@telkomsa.net
94.	Van der Burgh Andre	Hurdles, Sprints	BOLA	2016	Level 3		W	1288	083 627 1628	AndreVanderburgh100@gmail.com
95.	Julius Regan	Jumps	BOLA	2019	Level 3	N/A	C	1767	0614932218	Reganjulius94@gmail.com
96.	Cronje Nico	Throws	BOLA	2019	Level 3	N/A	W	975	0712301471	cronjenico@yahoo.com
97.	Louw Yvette	Jumps & Sprints	BORA	2006	Level 3	Level 1	W	1627	073 791 0492	klippielouw@gmail.com
98.	Minnie Gregory	Middle & Long	BORA	2005	Level 3	Level 1	C	1421	072 431 7814	gregminnie@vodamail.co.za gregminnie49@gmail.com
99.	Blignaut Hendrik Petrus	Throws	CGA		Level 3	Level 5	W	4191	084 437 8541	pierreblignaut@telkomsa.net
100.	De Ru Rudi	Sprints / Hurdles	CGA	2018	Level 3, Lecturer		W		0711231003	rudideru@gmail.com
101.	Fouche Emmarie	Jumps	CGA	2009	Level 3	Level 5	W	18676	083 654 9488	emmariefouche@gmail.com
102.	Furstenburg Johan	Sprints & Hurdles	CGA	1989	Level 3		W	11230	083 647 3902	johan@gofaster.co.za
103.	Gundry George	M & L Distances	CGA	2016	Level 3		W	17052	082 579 2015	george@georgian.za.net
104.	Haitengi Roger	Jumps	CGA	2017	Level 3		C	2153	072 487 2656	Rogerh@uj.ac.za
105.	Hamlett John	Middle & Long	CGA		Level 3		W	22007	083 602 1725	j.hamlett@me.com
106.	Jackson Shaun	Hurdles sprints	CGA	2005	Level 3		C	19241	083 737 9377	shaun.jackson@helpmekaar.co.za
107.	Khoza, Siyaya	Middle & Long	CGA	2018	Level 3		B	9117	072 9118696	siyaya911@gmail.com
108.	Kotze Stephanie	Sprints	CGA	1995	Level 3		W	19136	083 271 1962	
109.	Mare Hein	Sprints	CGA		Level 3		W	16689	082 895 5540	heinmare@yahoo.com
110.	Mayer Richard	Middle & Long	CGA	2018	Level 3, Lecturer		W	1397	0833085546	mayer@fullardmayer.co.za
111.	Nagel Morne	Sprints	CGA	2016	Level 3	Level 2, Lecturer	W	18697	083 360 1249	mornen@uj.ac.za
112.	Nkuna Mbuyiselo	Middle & Long	CGA	2004	Level 3	Level 3	B	9006	081 214 1636	Mbuyiselonkuna1@gmail.com

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113.	Prinsloo Werner	Middle & Long	CGA		Level 3		W	19447	082 322 4641	wernerprinsloo@ananzi.co.za
114.	Ramaala, Hendrick	Middle & Long	CGA	2018	Level 3		B	7236	0720266197	hendrickramaala@yahoo.com
115.	Sanders Sonette	Jumps	CGA	2017	Level 3		W	2865	072 124 9468	cslcsanders@absamail.co.za
116.	Seastad Hans	Middle & Long	CGA	2014	Level 3		W	31113	082 945 4949	hanz@absamail.co.za
117.	Sliep Hans	Distance	CGA		Level 3		W	30099	083 228 8906	hans.sliep@gmail.com
118.	Smith Johannes Jakobus	Middle & Long	CGA	1988	Level 3; Lecturer	Level 5	W	12173	083 638 0474	jjcoachsmith@gmail.com
119.	Tsagane, Thabiso	Race Walk	CGA	2018	Level 3		B	607	0761643474	ttsagane@gmail.com
120.	Van der Merwe JP	Middle & Long	CGA	2000	Level 3; Lecturer		W	6149	084 580 3152	jp.vandermerwe@helpmakaar.co.za
121.	Van der Westhuizen Glen	Middle & Long	CGA	2018	Level 3, Lecturer		W	13	0827791545	glen@bhs.co.za
122.	Van Merwe Jannie	Sprints	CGA	2017	Level 3, Lecturer		W	7887	082 599 6152	jannie@ihtalent.com
123.	Van Niekerk Maryna	Jumps & Sprints	CGA		Level 3		W	25070	072 613 6466	marynaowen@gmail.com
124.	Van Niekerk Owen	Jumps	CGA	2000	Level 3; Lecturer	Level 5	W	2016	072 613 6466	marynaowen@gmail.com
125.	Vermaas Eben	Throws	CGA	2016	Level 3		W	2234	084 437 8541	eben@kenpies.co.za
126.	Viljoen Elize	M&L Distances	CGA	2018	Level 3, Lecturer		W	15923	0824604407	eviljoen@bestconsulting.co.za
127.	Hlaselo Dumisane	Middle & Long	CGA	2019	Level 3	N/A	B	7931	0738405916	dumisaneh@uj.ac.za
128.	Brown Edward	Shot Put/Discus	EPA		Level 3		W	3344	082 262 7071	eddastrading@telkomsa.net
129.	Gerber Karel	Middle, Long & Hurdles	EPA	1993 1998	Level 3	Level 1	W	2356	084 556 7499	karelgerber800@gmail.com
130.	Gerrie Postumus	Sprints / Sprints	EPA		Level 3	Level 3	W	2363	082 807 6159	posthumusg@dws.gov.za
131.	Hoshe Derrick	Race Walk, Middle & Long	EPA		Level 3		C	2305	083 388 6562	derrick.hoshe@nmmu.ac.za
132.	Kock Andrew	Sprints	EPA	2016	Level 3		C	2340	082 654 4258	andrew.kock@nmmu.ac.za
133.	Koen Charlie	Hammer throw	EPA		Level 3		W	1102	082 929 8555	Charlie.koen@vodamail.co.za
134.	Nellis Bothma	Jumps	EPA	1999	Level 3		W	2361	082 575 1818 041 504 3467	Nellis.bothma@mandela.ac.za
135.	Oosthuizen Vernon	Javelin	EPA		Level 3		W	2359	083 508 3298	vernon.oosthuizen@nmmu.ac.za
136.	Van Dyk Jean-Pierre	Jumps	EPA	2017	Level 3		W	4039	082 657 6930	Jeanpierreandyk02@gmail.com
137.	Van Greunen Johan	Sprints	EPA	1990 1991	Level 3	Level 3	W	2264	083 775 1270	jvg@mighty.co.za

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138.	Kahn Jessi	Sprints	EPA	2019	Level 3	N/A	W	2821	0833944544	Jm.heatley05@gmail.com
139.	Smith Nicole	Jumps	EPA	2019	Level 3	N/A	W	2630	0735009343	nsmith@collegiate.co.za
140.	Ally Mohamed	Sprints	KZNA	2004	Level 3	Level 1	C	10133	083 349 9931	allym@kznathletics.co.za
141.	Balram Vijay	Throws	KZNA	1995	Level 3		I	14234	073 494 1652	Vijay.balram@kzndsr.gov.za Ntombenhle.vilakazi@kzndsr.gov.za
142.	Gordham Luxmichund	Sprints	KZNA	1995	Level 3	Level 1	I	14236	083 785 2025	luxgordhan@telkomsa.net
143.	Kinloch Clyde	Throws	KZNA	2016	Level 3		W	601	082 572 3408	clyde.kinloch@gmail.com
144.	Labuschagne Marc	Sprints	KZNA	2000	Level 3; Lecturer		W	14237	083 598 9694	marclabu@hotmail.com
145.	Mabhida Xolani	Middle & Long	KZNA	2016	Level 3		B	14240	079 806 7205	lwethu.mabida@yahoo.com
146.	Madi Wiseman	Middle & Long	KZNA	2004	Level 3	Level 1	B	14238	082 966 2093	wiseman.madi@kzndsr.gov.za
147.	Mundell Oliver	Race Walk	KZNA	2018	Level 3		W	14721	083 603 7129	omundell@vodamail.co.za
148.	Nkosinathi Zungu	Sprints / Hurdles	KZNA	2018	Level 3		B	15100		nkosinathizunqu86@gmail.com
149.	Schroeder Michael	Sprints / Hurdles	KZNA	2018	Level 3		W	7652	0741262929	Mikeschroeds123@gmail.com
150.	Seme Michael	Middle & Long	AGN	1995	Level 3, Lecturer	Level 5	B	7586	073 148 5332	semespong@gmail.com
151.	White Chris	Sprints	KZNA	2016	Level 3		B	14235	083 359 9607	coachchriswhite@gmail.com
152.	Williamson Norrie	Middle & Long	KZNA	2015	Level 3	Level	W	60	083 445 5200	norrie@coachnorrie.co.za
153.	Zondi Kenneth	Sprints	KZNA	1996	Level 3	Level 1	B	14241	083 513 5211	kenneth.zondi@gmail.com
154.	Fraser Wade	Sprints / Hurdles	LIMA		Level 3		W		073 610 4862	wade.fraser@ul.ac.za
155.	Maakamedi Leon	Sprints	LIMA		Level 3	Level 2	B	2549	082 977 5756	leonmaakamedi@gmail.com
156.	Maponyane Kakata	Sprints	LIMA	1989	Level 3		B	104	084 761 1534	kakata@worldonline.co.za
157.	Baadjies Mario	Sprints	NWCA	2016	Level 3	Level 2	C	94	083 761 0871	Mario.baabjies1979@gmail.com
158.	Ramolefi Ruben	Middle & Long	NWCA		Level 3	Level 2	C	178	076 282 6866	rubenramolefi@gmail.com
159.	Adams Tashwell	Sprints, Hurdles	WPA	2016	Level 3		C	12951	071 008 3713	Tashwelladams@yahoo.com
160.	Damon Daniel	Throws	WPA	2017	Level 3		C	11399	081 489 5868 084 489 5868	Danjdamon@gmail.com
161.	Donough Waleed	Jumps/ Com Events	WPA	2018	Level 3		C	35	0823966504	waleed@compudata.co.za
162.	Meyer Mariana	Long Jump Sprints	WPA	1994 1986	Level 3		W	11400	082 777 4050	coachmariana@mweb.co.za
163.	Otto Marcel	Sprints, Hurdles,	WPA	1997	Level 3	Level 4	W	122	082 414 7071	marcel@indigobrands.com

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		Jumps		2004						
164.	Philander Mario	Middle & Long	WPA	2016	Level 3	Level 1; Lecturer	C	12950	072 254 1880	Marioph15@yahoo.com
165.	Van Wyk Emil	Sprints/Hurdles	WPA	2018	Level 3		C	15179	0721343229	emilvw@nedbank.co.za
166.	Van Wyk Nathan	Sprints / Hurdles	WPA	2018	Level 3		C	15177	0781756262	nathanvanwyk79@gmail.com
167.	Shuttleworth Kathleen	M & L Distances	WPA	2019	Level 3	Level 1	W	548	0834099939	Kathleen@active4life.co.za
168.	Skhosana Aleck	Hurdles	ASA	1991	Level 3		B	*	083 789 8877 072 014 7660	askhosana@ginet.co.za skhosita@gmail.com
169.	Stander Richard	Middle & Long	ASA	1989	Level 3; Lecturer	Level 1	W	*	072 347 8964	ceo@athleticssa.co.za

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