



Western Cape
Government



Cultural Affairs and Sport

Western Cape Provincial Sport Awards

21 October 2023

Foreword



It is a great pleasure to welcome you to the annual Western Cape Provincial Sport Awards, where we honour and reward those sportswomen, sportsmen, coaches and administrators who brought us such joy this year through their involvement in sport.

This year, much happened for women in sport, as the ladies really stepped into the spotlight. We hosted a very successful Netball World Cup in Cape Town, and the Women's T20 Cricket World Cup kept us on the edge of our seats.

We were thrilled at the antics of the Masters Hockey tournament, and the Springboks carried the hope of the whole nation at the Rugby World Cup in France. Such is the ability of sport to bring hope and unite our people.

Our para-athletes did us proud with their participation and excellence at the Toyota SASAPD National Championships. The event gave South African athletes global exposure and an opportunity to qualify for international events. Records tumbled and all of us were inspired.

Sport in the Western Cape is alive and flourishing. For this, I thank every responsible official in the Department of Cultural Affairs and Sport. A special word of thanks to the Western Cape Provincial Sport Confederation under the enthusiastic leadership of J.P. Naudé for their role in the success of our sports stars.

Anroux Marais
Minister of Cultural Affairs and Sport
Western Cape Government

Volunteer of the Year

Anthea Arendse – Central Karoo (Football)

Anthea started her coaching career in 2019. Her boys' team have grown so much personally as well as within their sporting code. Her team achieved 2nd place in the development tournament held in December 2022 in Beaufort West. She coached the Teske Gedenk Primary School girls football team as well as the Beaufort West Secondary girls football team. Her biggest accomplishment was achieving 2nd place with the team in the PAN African Cup for girls. Her u19 and u13 teams won the Mini World Cup hosted at the local youth hub this year. She continues to inspire the children from her boys' and girls' teams respectively.

Bruce Keytel – Overberg (Sailing)

Bruce epitomises the role of a volunteer. He has dedicated most of his free time this year to volunteering as a race officer at the various prestigious and important regattas and serving on various committees. He is the chairman of the South African Sailing Committee (Western Cape), the National High-performance Committee and represents race officers on the National Council. He is part of the selection committee for sailors who will represent South Africa internationally. Everything he does, is voluntary work. Bruce has dedicated the last twelve years to assisting with sailing. He was the principal race officer at the regatta that took place in August 2022, as well as the Lipton Cup Keelboats in Langebaan.

Professor Corena de Beer – Cape Town (Black Powder shooting)

Professor Corena de Beer currently holds several executive positions on district, provincial, national and international levels in shooting sports organisations. She is the President of the South African Shooting Sport Confederation in the Cape Town district. On provincial level she is the secretary/treasurer for the Western Province Bisley Association since 2004 and the treasurer for Western Province Black Powder Association since 2013. She organises the national and provincial championships every year and in addition to participating in these events, she scores all the targets, captures the scores and determines the winners. She also arranges the prize giving after the events and the annual social event where deserved individuals in the Western Province Black Powder fraternity are recognised and honoured. She has created and updates the websites for the BPSU, WPBA and SASSCO Western Cape, including the Cape Town districts. She maintains the Black Powder League results and sends out notices of shoots and other newsletters twice per month for each organisation.

Aletta Marie Botes – Garden Route (Tug-of-War)

Aletta has been the treasurer for the Eden Junior Tug of War and the Eden Tug-of-War Federation for the past 5 years. She is the chairperson of the technical Committee in the district and she also organises the referees for the various tournaments and championships. She is a very competent treasurer and her bookkeeping skills are exceptional. Aletta is the head administrator at the Eden/Swellendam regional tournaments as well as at the Western Cape Championship in Robertson. For the past two years she has also been the administrator at the SA Junior Tug of War Championship (Malmesbury and Swellendam) which was hosted by the SAJTU. Aletta performed her duties as administrator for the championship with distinction. She is held in high esteem by her fellow colleagues.

Shoenay Siebritz – West Coast (Chess)

Shoenay was co-opted as a board member of the West Coast Chess Union. She has excelled by going above and beyond what was required of her. Shoenay has planned, organised and managed one of the championships with limited knowledge. She used her exceptional networking skills and talents to secure sponsorships. She has been instrumental in arranging affordable accommodation for the teams travelling from other districts.

Roseline Wolmarans-Daniels - Cape Winelands (Netball)

Roseline is willing to assist whenever she is asked to do so after hours. The Netball Federation can always rely on her assistance and she does not expect any reward in return. Throughout her umpiring career she has been offering her services on a voluntary basis. Roseline has been doing volunteering at the District Cape Winelands Netball Federation as an exco member, she facilitated and conducts umpiring courses at schools and clubs and does gradings. At provincial level she facilitated and conducted umpire courses at schools and clubs and does the grading. She is a mentor to umpires for higher grading. At national level she serves on grading panel boards, does gradings at tournaments, serves as match manager at Netball South Africa events and works with the technical team. At international level she was appointed by World Netball as Officiating Official for Africa.

Sport Community Builder of the Year

Lionel Haas – Central Karoo

Lionel is a resident of Beaufort West. He has a passion for sport and is actively involved in sport. He participated in different sporting codes such as cricket and football. He lived for football but also did not forget about the balance between sport and academic education. He first showed his love for building his community when he began teaching young people the importance of having a balance in their lives to achieve success. He consistently arranges his own "Vlakkie" Football and cricket leagues that keep the young and older community members busy on weekends and during the week. It gives him real pleasure knowing that he is making a difference in his community.

Conroy Clint Williams - Overberg

Conroy is a coach and runs the Barrydale Fight Club, which is a community-based programme and a registered NPC. He also gives of his time to coach the Barrydale Eagles Rugby Club. Conroy organises an annual white-collar event to raise funds for the club. This event took place in December 2022. The funding will go towards the building of a new multipurpose sports complex. He does this out of love for the sport and the community and its people.

Babalwa Rubusana – Cape Town

Babalwa is the founder of the Gugulethu Chess College. She has been doing amazing work with the whole community, including the Gugulethu school children. She has been teaching children chess and making sure they attend chess tournaments hosted within the City of Cape Town. Gugulethu Chess College is a no fee based mobile chess college that attends to the needs of schools around the impoverished and underdeveloped areas of Gugulethu. The College focuses on teaching children and adults how to play the game of chess and develop their chess skills. Through her efforts, Luzuko Primary School was able to win the 2023 u11 Metro District Central Top School Chess Championship. They will participate in the Western Cape Top Schools tournament later this year.

Jammie-Lee May – Garden Route

Jammie-Lee has been involved in tug-of-war since primary school where she formed part of the VKS Tug-of-War team in George. After school she became a class assistant at Kranshoek Primary School near Plettenberg Bay where she volunteered as a coach and assisted in the management of various teams. One of her 340 kg teams won the bronze medal at the 2023 Overberg District Champs and participated in the SA Junior Championships in Swellendam.

Charlene Elliott - Cape Winelands

Charlene's community work started in the rural community of Klappmuts (Stellenbosch), Simondium (Drakenstein) and Witzenberg rural community. She launched and was part of several projects and campaigns, including the anti-bullying campaign. She has been the headmaster of Learning Tree Aftercare and Crèche in Simondium for the past six years. Charlene is a motivational speaker at schools, clubs, federations and churches and loves giving back to her community. One of the ways she expresses her commitment is by providing care and support to the elderly. As the chairperson of the Commission for Female Wrestling she arranged a project where they assisted 200 street people from June to July 2023 by providing blankets and food.

Brendon Kotella - West Coast

Brendon has used sport to empower communities in a positive way. He started initially with rugby in Chatsworth and soon saw the need for activities and sport for girls in the community. He started with informal netball games, with girls of all ages participating. The girls u13 and younger ones participate in an annual netball tour to Touwsrivier. They registered as a netball club at the West Coast Netball Union with 15 players and hope to increase the numbers next year. One of their players is also part of the West Coast Development team who will participate in the Western Cape Women and Girls Tournament in Cape Town. He stays in Kalbaskraal, a community in the Swartland Municipality. This community faces many challenges, including poverty, unemployment, crime and drug-related problems, but having sport keeps these children busy and away from negative influences.

Recreation Body of the Year

Soup Aftercare Centre – Garden Route

The Soup Aftercare Centre does excellent work for the youth of Oudtshoorn. A group of farm children from Oudtshoorn in the Little Karoo are being prepared for life outside of their own community. The Soup Aftercare Centre teaches the children - who have spent their lives in rural schools - how to cope with the demands of the education system by creating a safe space where they receive assistance with their schoolwork, a balanced meal and also the opportunity to participate in different sporting codes. Most of these children will encounter challenges such as peer pressure, substance abuse and bullying for the first time. One of the biggest social ills is that girls drop out of school because they are pregnant. Through the programmes and support offered at the aftercare, these children have access to more resources to be informed and assist them with schoolwork while being able to enjoy the sport they play in a safe space. The aftercare centre often organises sports days for the children where they can compete and showcase their talents.

Beaufort West Karate Dojo – Central Karoo

The Beaufort West Karate Dojo was founded three years ago. They have done a remarkable job in the past year by being ambassadors for the karate sporting code, not only in Beaufort West but also at provincial level. The Dojo proudly represented the Central Karoo wherever they participated. They participated in three competitions this year and brought home 82 medals. The Koun'na Kai Nationals were held on 8 October 2022 at the Beaufort West Showgrounds, where the athletes performed spectacularly, applying the well-controlled skills they had practised throughout the year. On Women's Day, the Dojo hosted their first self-defence class for the women of Beaufort West. The Dojo is committed to making it an annual event.

Cape Winelands Farmworkers Sport and Recreation Association

The Cape Winelands Farmworkers Sport and Recreation Association strives to make the Cape Winelands the best district in the Western Cape. They work as an administrative team to give back to the community and to enable every player in the rural areas to be part of different sporting codes (rugby, football, netball, tug of war, dominoes and cross country). The team was the overall winners at the WC Provincial Farm Workers and Rural Sport Games in June 2023. The district playoffs of the Cape Winelands Farm Workers and rural sports took place in Witzenberg in October 2022. At the SAFA CW Men's Regional League two more soccer teams were promoted to the SAFA CW promotional league.

Legacy Martial Arts Academy - Overberg

Ruehan realised something had to be done to help the community of Hermanus. He witnessed alcohol abuse, children being involved in gangs and drug abuse by learners. He decided to make an impact in his community by running a martial arts academy from his home. He converted his garage into a studio and intended it to be a point of change in the community of Hermanus. He has imprinted the values and life skills martial arts equipped him with as a child growing up in Hermanus. He runs youth camps and women's clinics for the community. This does not only help the women but also assist them in channelling their daily stress into something constructive.

Indigenous Games Team of the Year

Garden Route – Sophumelela Club, Kgati Team

The team won the Kgati competition at the Eden Indigenous Games and went on to compete at the Western Cape Championships where four members of the team have been included in the Western Cape team that competed at the National Indigenous Games.

Overberg – Anelisa Sindo, Drie Stokkies

Anelisa Sindo started playing Drie Stokkies three years ago. She was born in a small town in the Overberg known as Riviersonderend. She represented the Badisa Club in Drie Stokkies at the Overberg District Games on 28 May 2023. Anelisa performed very well at the District Games and she was selected to represent the Overberg at the Provincial Games held in Cape Town on 21 July 2023. Here she won a gold medal. She was also selected to represent the Western Cape at the National Festival in KwaZulu-Natal in September. Anelisa is a young, talented and promising athlete from the Overberg who can go the extra mile to achieve and she shows no fear.

Cape Winelands – Drie Stokkies

The Cape Winelands Drie Stokkies team has shown exemplary discipline and zeal in the code of Drie Stokkies in the District and Province. During the nomination period and beyond the team has been outstanding on and off the field, uplifting the profile of the code of Drie Stokkies in the Cape Winelands. The team, which consists of both male and females have displayed fair play and teamwork during the respective games, assisting and driving each other to reach their potential. Some of the feats of the team are as follows: Provincial Drie Stokkies championship winners at the provincial Indigenous Games Festival held in July 2022. Three players were selected to represent the provincial team and their manager was selected to manage the provincial team. The Drie Stokkies team helped the Provincial team secure 4th place. At the Provincial Drie Stokkies Championship in July 2023, 4 players were selected to represent the provincial team in Durban.

Central Karoo - Abigail De Boer, Diketo

Abigail has played a strong leadership role in developing sports activities in her district, especially the code Diketo. In 2022 she set herself a goal and stuck to it until she finally achieved it by winning gold at the National Indigenous Games Festival in KwaZulu-Natal. Abigail gave 100% every single practice on and off the field and in the process motivated her fellow teammates.

West Coast – Kwakhona Paliso, Intonga

Kwakhona was selected to represent the Western Cape for Intonga at the 2022 National Indigenous Games Festival in Durban. He excelled at the event, showing great leadership skills as the vice-captain of the team. He led the team that participated in the West Coast District Games in Vredendal in May 2023. He was selected to represent the West Coast District at the Western Cape Games in July 2023. During the games he exhibited outstanding skills and he won the gold medal at the event. He was once again selected to participate in the Western Cape team that participated in the 2023 National Indigenous Games Festival in Durban in September 2023.



School Team of the Year

Beaufort West Secondary School – Central Karoo

A brilliant, combined team of excellent players participated last year in the Kay Motsepe u19 tournament. They were the winners of the Central Karoo Kay Motsepe and winners of the Western Cape Kay Motsepe.

Oakdale 560 kg Tug-of-war team – Garden Route

This team excelled in the Eden Junior Tug-of-war Championships in Oudtshoorn and the Overberg District Championships in Swellendam. They obtained their official Protea Colours in September 2022 and represented South Africa at the World Championships in the Netherlands where they were crowned as the world champions.

Curro Langebaan u11 Girls Team

During 2022, the u11 girls team of Curro Langebaan had the following achievements in chess tournaments: West Coast Top Schools Champion and silver medallist at the Western Cape Championship. 2023 saw the u11 girls team field different players and they achieved the following: West Coast Top Schools Champion and competed at the Western Cape Championship in September 2023. In most West Coast competitions, they competed against boys teams and did really well.

Lückhoff High School u19 Girls – Cape Winelands

Lückhoff High School beat Kayamandi High School 2-0 in the final on 8 September 2022. They went on to represent the SAFA Cape Winelands district in the Provincial Championship on the West Coast. They came 2nd in the Western Cape Provincial Championship and were selected to represent the province in the National Championship.

Developing School Team of the Year

Mispah School Athletics Team - Overberg

Despite many challenges, Mispah School had the honour to enter an athletics team to participate at the WCSA II competition on 13 May 2023. With a resilient spirit, the coaches and management team rose above their unfortunate circumstances and reaped the fruit of their hard work when the team ended in the overall fourth place in the category for athletes with Severe Intellectual Disability (SID). The team also achieve an overall fifth place in the competition.

FJ Conradie Primary School - Cape Winelands

The school is very functional, with a strong executive team. They entered various teams who participated in the league structures. Some of their players were selected to participate in other districts. They produced three players who took part in the National Baseball Championship in Gauteng in July 2023.

Pakamisani Primary School u13 Netball Team - Garden Route

Pakamisani Primary School is in Kwanokutula, Plettenberg Bay. The team is from a rural community and has done exceptionally well this year. They won the district mini-Olympics in March 2023 and represented Eden at the Western Cape Schools Mini Olympics. They won the Eden Top Schools Championships and will participate in the Provincials. This team is filled with potential, and we are very proud of their achievements. The team is coached by Ms Lena Prins from the DCAS MOD Centre.

Bastiaanse Secondary u15 Girls Team - Central Karoo

The team competed in a regional qualifying stage, for the PAN African games, that consisted of three teams. The team reached the semi-final of the PAN African games but unfortunately lost against SAFA Overberg reached the finals.

Meiring Primary School u9 Chess Team - West Coast

The game of chess was introduced to Meiring Primary School during the Covid-19 pandemic in 2021. Due to the limit on participants only a handful of players could participate in 2021. In 2022 chess started to make inroads and the focus switched to the junior players to develop the sport at the school. In 2023 the sport blossomed at the school. The u9 team played in and excelled at various West Coast tournaments. The team established themselves as the top u19 team in the West Coast.

School Sportswoman of the Year

Tatiana Thomatos - Cape Town

Tatiana has competed both nationally and internationally during the period 1 September 2022 to 31 August 2023 representing the Western Cape in the various disciplines of the sport as well as fencing. Tatiana has excelled both on and off the field in various disciplines within the various sports codes and she will be a great ambassador for Western Cape Sport and junior women in sport. Provincially her achievements are as follows: Gold in Laser Run, Gold in Biathlon, Silver in Triathlon, Silver in 800m and 1500m at Primary Schools Western Cape Championships, Silver in 800m and 1500m Primary Schools Western Province Championships, Silver in Biathlon and Bronze in Biathlon Interprovincial Championship in Oudtshoorn. At national level she won a gold medal in the Laser Run, a silver medal in triathlon, a bronze medal in biathlon and a silver medal in pentathlon. At international level she qualified for the South African team who was chosen to compete at the World Championship for Modern Pentathlon in biathlon, triathlon, the Laser Run and pentathlon. She was chosen for the South African team to compete in the Laser Run in Bath, United Kingdom in August.

Namika Pieterse - Overberg

Namika is 10 years of age and trains at the Legacy Martial Arts Academy in Hermanus where she obtained an orange belt. She represented the National Protea Kickboxing Team at the WAKO African Kickboxing Championship in Johannesburg from 1-3 September 2022. Namika won her division and she was crowned the African Continental Champion for Younger Cadets in the u32 kg point fighting category. She won both her fighting modes at the Overberg Kickboxing Championships on 18 November 2022 and was crowned a double Overberg Champion. Namika represented the Western Cape Kickboxing Team at the South African Kickboxing Championship at Lephalela. She obtained a 1st and 3rd place and was crowned the SA Kickboxing Champion for younger female cadets in the u32 kg category.

Misha De Villiers - Cape Town

Throughout the year Misha has displayed unparalleled determination and resilience, pushing the boundaries of her abilities in the realm of kickboxing. Her outstanding results illustrate the sheer talent and skill that she brings to the sport. She has achieved many gold medals in local competitions in Cape Town. She has competed both nationally and internationally. She achieved 3rd place in the Teams event against Italy and received a bronze medal at the World Champs in Italy in October 2022. Misha achieved 1st and 2nd place at the Western Cape Provincial Kickboxing Championship. She obtained her WCP Sports Colours in Kickboxing. Misha achieved 2nd and 3rd place at the SAKA National Kickboxing Championships. She represented the SA National Kickboxing Team against Canada and came 2nd overall in her weight division.

Tia Marwenick - Garden Route

Leigh is currently ranked no. 3 in singles and no.10 in doubles on the TSA (Tennis South Africa) Tia is a cyclist who won a gold medal at the Western Cape Trial Championship in her age group in the road division. In track she achieved 1 gold and 2 bronze medals. At the South African Omnium Championship, she achieved a silver medal in Junior Women and received Eden Colours at the annual prize giving in December 2022. She was selected to represent South Africa at the African Continental Trac2 Championship in Egypt and she won 2 Gold Medals, 6 Silver Medals and 2 Bronze Medals. She achieved 4 Gold medals, 1 Silver and 3 Bronze at the South African Track Championship in April 2023.

Zoha Essop - Central Karoo

Zoha plays for her school's first team, Central High, in 2023 (first junior to be in the first team). She is the vice-captain of the 2023 Central High first team. She was selected for CKSN u15 in April 2023. Zoha was selected for the Eden Karoo u15 interzonal 2023. In May 2023 she was also selected for the u15 Western Cape Cedars team. She represented the Western Cape u15 team at the Boksburg National Schools Netball competition where her team finished fifth. She won her school's Victor Ludorum award as best junior athlete when she broke the 400 m school record in athletics.

Misa von Wielligh - Cape Winelands

Misa achieved 2nd place at the Judo SA National Trials which was held in January 2023 and was selected for the u17 SA National Team. She competed in judo at the Commonwealth Judo Championship on 5 August 2023 in Gqeberha where she achieved a 1st place and was crowned the Commonwealth Champion 2023 in the u17 70+kg weight division. Misa participated in championships during February and June 2023 and achieved 1st place in both. Misa became a Judo SA National Technical Official during July 2023 and is currently the youngest National Technical Official in South Africa.

Zané Esterhuizen - West Coast

Zané is an outstanding modern biathlon athlete, netball player and swimmer. She participated on the track and achieved three gold medals and one bronze medal between February and March 2023. She has excelled in modern biathlon and has won all five Boland League competitions. She won the Boland Junior Victrix Ludorum trophy (u9 and u17). She takes part in netball (captains the side) and swims for the school's swimming team where she won various gold, silver and bronze medals at invitational galas.

School Sportsman of the Year

Silvino Hendriks - Central Karoo

Silvino is a 11-year-old learner at Restvale Primary school in Nelspoort. His achievements are as follows: He received the Ratty Rathenam award for player of the tournament at the u12 soccer extravaganza where he scored a total of 9 goals. Silvino received the player of the tournament award at the annual BWLFA u13 tournament in Beaufort West with a total of 11 goals. He was selected to play for the Central Karoo team that competed in East London this September 2023. In 2022 he was named best player in the Central Karoo at the age of ten. He scored 20 goals in the two tournaments in which he participated this year. Silvino also represented Central Karoo Athletics in Paarl this year.

Jordin Gabriëls - Overberg

Jordin finished the 2022 cross-country season with a silver medal in the boys u12 category at the SA Cross Country Championship in October 2022. He competed in the u13 boys 800 m discipline and won the race with a new meeting record. This achievement set the tone for the 2023 track and field season. At the Suid Punt Track and Field Championship in February 2023, Jordin competed in numerous disciplines and achieved 1st place in all of them. He broke the meeting record in some of the events. Jordin won the 800 m boys u13, 100 m boys u13, long jump boys u13, 200 m boys u13 and 1500 m boys u13.

Kyle Southworth – Cape Town

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 Kyle competed in the World Transplant Games in Perth, Australia in April 2023. He was awarded Senior Protea Colours in Transplant Sports for representing South Africa at the World Transplant Games. Kyle won his age category in the squash competition. He also took part in the following athletic items in the men's age category 18-29 with the following results: 100 m - 5th and long jump - 4th.

Johan Schoeman - Garden Route

Johan participates in various disciplines. In biathlon he won a bronze medal at the Eden Championships and he participated at the Highgate Interprovincial event where 7 provinces were represented, finishing 12th out of a field of 39 athletes. He represented Eden at the SA National Biathlon Championship and finished 20th out of a field of 66 athletes in the boys u15 category. He has participated in cross-country events and won a silver medal at the ASWD Cross-country Championship. In the Laser Run he won gold at the Eden Championship and

silver at the Western Cape Championship. He also won a silver medal at the SA Championship in the boys u15 category. Johan competed from 22-23 September 2022 at the UIPM World Laser Run Championship in Lisbon, Portugal. He finished 7th out of a field of 24 finalists in the individual boys u15 category, 5th in the mixed relay and won gold in the boys u15 team competition. In athletics he finished 1st in the boys u14 400 m sprint at the Eden and ASWD Athletic Championship. He won bronze in the same event at the Western Cape Schools Athletics Championship.

Jayden Cupido - Cape Winelands

Jayden is a 16-year-old grade 10 learner at Klein Nederburg Secondary. He currently plays for the Jaguars Volleyball Club. Jayden became the youngest member to be selected for the Western Cape senior mens's team at the age of 15. The Western Cranes won silver at the National Interprovincial Tournament. During May 2023 he was selected for the Cape Winelands District team, as well as the Western Cape u17 team. During July 2023 Jayden captained the Western Cape u17 team that won a bronze medal at the National Winter Games. He was selected to participate at the Youth Commonwealth Games in Trinidad and Tobago (Beach Volleyball). This will be his first international appearance.

Meguel Ocks - West Coast

Meguel represented South Africa as part of the national team that participated in the World Kickboxing Championships held in Jesolo, Italy. He achieved a world ranking of 5th overall. He then went on to represent the West Coast at the Western Cape Championship held in March 2023 where he achieved one first place and one second place. Meguel was chosen to represent the Western Cape as part of the team that attended the national championship that was held in Limpopo during May 2023. He came second. Meguel has been chosen to represent South Africa as part of the national team and is eligible to attend the African Championship being held in Cairo, Egypt during December 2023.

Matthew Okada - Western Cape Judo

Matthew obtained a black belt (ShoDan) in 2022. He represented Cape Town Judo at the South African National Open Championship in July 2023 where he achieved a silver medal. Matthew represented Judo South Africa during August 2023 at the African Championship where he obtained a 7th place. He then represented Judo South Africa at the Commonwealth Games in August 2023 where he obtained a 3rd place.



After School Sport and Recreation Coaching Excellence Award

DSV Shift Academy - Elrick Kulsen, Cape Winelands

Elrick has been involved in the coaching and development of riders for more than two decades. He has coached and developed riders from all spheres of life and has helped many riders win national and international titles. In total the academy riders under his coaching and supervision achieved 45 podium positions. During the Western Cape Track Championship in October 2022 the academy achieved 19 podium positions that included 11 Western Cape titles. Two of the riders under his coaching, Ethan Kulsen and Fjorn Lacky, was selected to represent South Africa at the Continental Track Cycling Championship in Egypt.

Bulelani Zelanga - Waves for Change

Bulelani has been an active member and participant of the Waves for Change surf therapy after-school programme and the weekend surf club respectively since he was a 12-year-old boy. The Waves for Change programme improves children's well-being through skills to cope with chronic adversity, trauma and toxic stress. At a community and provincial level, Waves for Change improves access to community-based, child-friendly mental health services. Bulelani was recruited to be a surf therapy coach at Waves for Change. He currently is the senior coach responsible for delivering Waves for Change curriculum to participants involved in the after-school programme.

Danél Frans - MOD Centre - Grootbrak Garden Route

Danél is involved in netball, softball and athletics at school and her teams has achieved well in all the above-mentioned sport codes. She has a strong work ethic and believes in making the best out of any situation. She is always coming up with solutions to challenges. She started the project called Dress the Princess for matric girls who could not afford to attend the matric dance.

Best After School Sport and Recreation Programme

Western Cape Climbing High Performance

The Western Cape Climbing High Performance team is an initiative started by Christopher Allan (Bsc Physiotherapy Wits 1996). Christopher obtained his MPhil (Sports Physiotherapy) from UCT in 2013. The team includes Chris, the head coach, Tiffany and all the Western Cape climbing approved climbing coaches in the Western Cape. There are 52 high performance youth athletes involved in the programme, with continuous training, evaluation and upgrading of skills taking place. The programme uses tailor-made programmes for each individual athlete to bring out their unique abilities. This programme resulted in the Western Cape obtaining 60% of the podium places at the national competition held in March 2023 and has turned the Western Cape into the most successful provincial climbing organisation in South Africa.

Score Malmesbury – Community Sports Centre – West Coast

The Swartland Community Sports Centre (SCSC) is relatively young, having opened its doors in 2019. It is situated in the heart of the “red zone” of poverty, unemployment, alcohol and drug abuse, gang violence and gender-based violence in Malmesbury. The centre uses sport and recreation to enable underprivileged young people to learn, grow and develop, so that they can achieve their full potential and make healthy, positive, future-orientated choices for their own lives and contribute to a better community and society. Together with the Department and various other stakeholders they were part of the Netball World Cup Trophy Tour where more than 300 youth were in attendance. The centre was also used as a viewing centre for the Netball World Cup. The centre's netball team made up from surrounding high school players reached the semi-finals of the West Coast Club Development League. The SCSC football u13 team who practise after school every day, won the SWALFA League and was promoted to the Regional League for the next season. The YearBeyond Academic Programme is designed as a catch-up intervention assisting learners in closing their foundational and literacy gaps. The centre also has Daily Freeplay and Weekly Score for All, reaching an average of 390 children, where they play in a safe place. There are also the semiweekly Indoor Futsal, daily aerobic classes for youth and elderly and sport coaching collaboration with the West Coast College.

Waves for Change Surf Therapy

Waves for Change has identified the afterschool space as a unique opportunity to introduce children to people and spaces that protect against the impact of toxic stress. They have identified that young people in South Africa face extreme and consistent adversity. Last year (2022) 2500 children attended a weekly surf therapy session with Waves for Change. There have been various interventions with children and Waves for Change. The report, now submitted for peer review, recommended Waves for Change surf therapy programmes as an effective after-school intervention for youth exposed to trauma.

Coolplay

Coolplay is an NGO dedicated to teaching life skills through sport. The organisation has made a remarkable impact on underprivileged communities in the Western Cape. Coolplay's commitment to empowering and engaging learners is evident in their impressive reach. Twenty-four Coolplay learners have demonstrated strong sporting talent and have been given provincial recognition for their exceptional skills. This accomplishment not only highlights the effectiveness of Coolplay's coaching and training methods but also showcases the organisation's ability to recognise and nurture talent within their programme. They not only provide job opportunities but also instill a sense of pride and ownership, fostering a deeper connection between the organisation and the community they serve.

DSV - Cycling Academy - Cape Winelands

The DSV Cycling Academy provides a safe environment for youth to meet, learn, train and grow to their maximum potential. They develop young children into young responsible adults that the community will look up to and be inspired by. The DSV Cycling academy allows equal opportunity.

9Miles Project

They are a sport for good community-based organisation that was founded in 2013 by Nigel and Sher'Neil Savel. 9Miles Project believes that sport has the power to transform lives. They have been providing safe spaces for at-risk and marginalised children and youth for the past 10 years. They provide surf and fitness training, access to coaches, the necessary surf equipment in structured after-school and holiday programmes in order to engage vulnerable youth and make surfing more accessible. The programme incorporates water safety training, swimming lessons, fitness tests, training in partnership with NSRI and Strandfontein Lifesaving and general life skills lessons. The impact of these programmes includes the fact that the children who came through the programmes as beneficiaries are now running the programmes and their various surf-related enterprises. They have a strong female operations team that participate in the surf programme but also provide mentorship, social support and academic support.

Journalist of the Year

Daphne Louise Taylor - Cape Town

Daphne was born and raised in the small town of Vryheid in KwaZulu-Natal. She lived and worked in Johannesburg and later relocated to Cape Town. With her move to Cape Town, she remained in the print and publishing industry until she got involved in the publishing of magazines. She has taught herself over the years how to photograph and capture the skill and joy of competitors. Daphne is a talented journalist and photographer who has done an enormous amount of work to portray sports photography in a positive light.

Wyndham Ewerts - Garden Route

Wyndham is a sports journalist for Group Editors Co (PTY) LTD that covers sport and recreation activities for the GEORGE HERALD, KNYSNA-PLETT HERALD, SOUTHERN CAPE FORUM, MOSSELBAY ADVERTISER AND OUDTSHOORN KOERANT (newspaper within the Garden Route District). He covers stories within the sport, looking beyond the competitive aspect of sport. Wyndham uses his writing as a vehicle to promote success stories in sport to inspire the communities within the Garden Route.

Myles Minnaar - Cape Winelands

Myles created the Village Guy, an award-winning positive impact platform started with a desire to get to know Paarl and Wellington through the eyes of the community by speaking to people and sharing their success stories. The Village Guy has received several awards and recognition for its contribution to the Paarl and Wellington communities and gives exposure to sport, especially involving local athletes, to a worldwide audience. It is a passion project to spread stories and keep the community educated and informed about people fulfilling their dreams in the community. The platform is also used for the livestreaming of local sports fixtures, to show videos of school sport achievements, to host weekly blogs and sports shows and convey all the weekend updates, scores and fixtures

Sydney Armoed - Overberg

Sydney is a sport journalist for the Transoverberg News and social media platforms. He publishes five to six articles covering sport activities within the Overberg District as well as surrounding districts. Sydney Armoed covered elite sports tournaments such as the Transnet Saldanha Top Eight tournament where an Overberg-based team won the tournament and the Ladies Pool Championships in the Southern Cape.

Photographer of the Year

Charl Gerber - Garden Route

Charl is a regular when it comes to cycling within the Eden Region. His photography in cycling and various other sports is of the highest standard. Charl has been taking photos for Eden Cycling for the past 5 years. He was recently appointed as the official photographer at the South African Elite Road and Time Trial Championship. He covers the Eden Cross-country Mountain Bike race, Mountain Bike Marathon, Eden Road Race, Timbercity Cycle Tour and many more cycling events. He highlighted these photos as his favourites.

Johlen Swarts - Central Karoo

The photograph taken by Johlen for the Beaufort West Karate Dojo was captured at the Koun'na Kai Karate Nationals in Beaufort West on 8 October 2022. The self-control and focus captured in this photo demonstrate the level of skill and agility taught to the athlete. The ura mawashi geri kick (backwards kick) is well presented in this photo. It shows how the kick is not meant to touch the opponent to hurt him but rather to demonstrate the athlete's ability to exert control and power at the same time.

Johan Maree - Cape Town

Johan's photographs enable us to capture the full story of the players and their emotions. He somehow captures a memory one can reflect upon to remember the whole event. Johan does not only capture the contestants' emotions but the spectators as well. One can also feel the emotions and excitement the spectators are experiencing. Johan not only photographs popular mainstream sports like rugby, netball and hockey but also smaller sports like judo, ice hockey and sports for physical disabled athletes.

Reinhardt Hamman - Cape Winelands

Reinhardt covers all para-athletics sports events locally and internationally. He has a passion for photography and livestreaming. He captured the world record at the Toyota SASAPD National Championship with a wonderful image that highlighted the efforts made by competing athletes. As a photographer he has captured events all around the world, including para-athletics events such as the Sitting Volleyball Championship and many others. He is a talented media liaison and sports photographer with a love and passion for local and international parasports.

Clive Cupido - West Coast

Mr Cupido is not only an avid photographer but also an active athlete. Clive has used his experience as an athlete to capture the athlete's perspective in his photographs of numerous sporting activities. Clive took photographs during the Boland League 1. He captured the true moments and action shots of the athletes.

Sydney Armoed - Overberg

Sydney started sports photography six years ago. He does not have any formal education or experience and travels on his own expense across the Overberg and to the outside districts to capture sporting events like athletics, football, netball, boxing, cricket and rugby. His photos are published in the Transover Newspaper as well as on their social media platforms.

Newcomer of the Year

Colin Karelse - Central Karoo

Colin's achievements are as follows: he won the inter school 800 m, he achieved 1st place at the inter schools' athletics championship, 1st place at the Central Karoo Athletics Championship, 3rd place at the Western Cape Championships, won the cross country 6 km, won the Central Karoo Championship and he achieved 1st place at the ASWD Eden Cross Country Championship. He is also part of four learners from Beaufort West who will be attending the final selection camp of the Stellenbosch High School bursary programme.

Kayden Pool - Overberg

Kayden has a green belt in kickboxing. He won both his fighting modes at the Overberg Kickboxing Championship on 18 November 2022 and was crowned a double Overberg Champion for 2022. Kayden was selected for the Overberg Kickboxing team and represented his region at the Western Cape Kickboxing Championship on 25 March 2023. He won both his divisions and was crowned a Double Western Cape Kickboxing Champion. Kayden was selected for the Western Cape Kickboxing team. He participated at the South African Kickboxing Championship and won a gold and silver medal in his division.

Trystan Macdonald - Cape Town

Trystan made a remarkable entry to international competition in 2023, winning the u15 African Men's Épée Fencing Championship as well as silver in the u17 men's épée team competition at the Junior African Championship. Nationally Tryston has won one gold and three silver medals and provincially he has won two gold medals.

Tyla Rae Glynn - Garden Route

Tyla Rae decided to dedicate herself to fencing after finishing last at the Cape Open Fencing Competition in the girls u17 division in December 2021. She won gold at the same competition one year later. Tyla then jumped from 10th to 4th position on the national ranking list and was chosen for the Junior National Team who participated at the Junior African Championship in Ghana. She won a silver medal and a bronze medal.

Luke Williams - Cape Winelands

Luke is a student at Patrick Ross Karate Academy. He is excelling in karate and recently obtained his brown belt. Luke won a gold medal for individual kata and a gold medal for team kata at the National Schools Tournament. He won a bronze medal for individual kata and gold

medal for team kata at the Western Cape trials. Luke won a silver medal for team kata at the nationals that took place in Durban during March 2023. He also won a bronze medal for individual kata at the National K1 League during April 2023.

Anli Engelbrecht - West Coast

The 2022/2023 sports season has undoubtedly been Anli's most successful year yet. After leading the North-West Boland team to a dominant victory in the 2023 javelin race, she continued her strong form by winning the javelin and coming 4th in Shotput at the Boland Championship. She threw a dominating distance of 51.79m in javelin. Anli was selected to represent Boland at the Western Cape Championship in both javelin and shotput. She won a gold medal in javelin. Anil participated in the SA Schools Athletics National Championship in Germiston in April 2023 and won a gold medal with a personal best of 52.66 m. She went on to represent her country at the Commonwealth Youth Games during August 2023 and won a bronze medal.

Coach of the Year

Kyle Melanie - Central Karoo

Kyle was the coach of the Bastiaanse Secondary u14 boys football team that was part of the three regional teams who competed in the PAN African Games in the Cape Winelands. They lost in the finals against Ubuntu Academy.

Ruehan Van Romburgh - Overberg

Ruehan has been teaching kickboxing to athletes for the past 25 years. He is the head instructor at the Legacy Martial Arts Academy and the head coach of the Overberg Kickboxing Team. He was appointed as the Director of Coaching for the South African National Kickboxing Team for athletes from the southern part of South Africa. He had eight athletes who represented the South African National Kickboxing team from 1-3 September. The team won 7 gold and 2 silver medals.

Claire Terblanche - Cape Town

Claire is a former national Proteas women's cricketer who later played a role as a national women's cricketer selector. She has a very prestigious CSA level 3 coaching qualification. Claire was also appointed as one of four head coaches to coach one of the Cricket South Africa Women Super League teams. At the recently held Cricket South Africa Awards Claire was announced as the CSA Coach of the Year.

Petrus Johannes Lourens - Garden Route

Petrus Lourens has been the head coach for tug-of-war at the Hoër Landbouskool Oakdale in Riversdale for twenty-three years. The 560 kg teams have been crowned as National Champions on fifteen occasions. The team also won the World Championship five times and finished second on four occasions. Piet guided Landbouskool Oakdale to win this year's World Championship. His teams won the various weight categories at the District Championship in March 2023 in Swellendam. The 560 kg team competed at the World Championship in September 2023 in Switzerland.

Daniel Damon - Cape Winelands

Daniel was selected as team coach of the South African team who competed at this year's World Para-athletics Championship in Paris. This was the 4th time he was selected to participate at the World Championship. He was also selected for the Paralympics (Rio and Tokyo) and the Commonwealth Games (Gold Coast and Birmingham) in recent years. Daniel works with para-athletes and abled-bodied athletes as throwing coach. Kerwin Noemdo won

Gold in the Men's shot put combined event F38/46 with a distance of 16.13m International Wheelchair and Amputee Sport Federation World Games. Mandilené Hoffman won the bronze medal in the Women's shot put combined event F56/57 with a distance of 7.95m at the International Wheelchair and Amputee Sport Federation World Games.

Theresa Pienaar – West Coast

Theresa currently coaches at the Vredenburg Kickboxing Club and she is part of the West Coast Kickboxing coaching team. During September 2022 she coached the Vredenburg Kickboxing Club athletes who took part in the West Coast Championship. During this tournament most of her athletes were selected to attend the Western Cape Championship and represent the West Coast. In September 2022 she represented South African as the national coach at the World Kickboxing championship held in Jesolo, Italy. Four athletes accompanied her as part of the national team. During July 2023 she was chosen to assist with the coaching of students who represented the South African team against Canada. Her students achieved 1st and 2nd place.

Partick Collings – Western Cape Fencing

Patrick's students have excelled in international, national and provincial competitions in the period 1 September 2022 to 31 August 2023. They won international and national championships, including five international medals, 16 national medals and 19 provincial medals. He has a 16-year-old fencer ranked 50th in the world in u20 men's épée and he is the épée coach of a 13-year-old u17 women's modern pentathlon athlete ranked 25th in the world. He is also involved in developing fencing in disadvantaged communities in the Cape Town Metropole district. Patrick is involved in the development of coaching as head of the South African Fencing Coaching Commission. He is a board member of the South African Sports Coaches Association and a board member of the Commonwealth Fencing Federation.

Administrator of the Year

Sonja Schultz – Garden Route

Sonja has been serving on the Oudtshoorn Cycling Club Committee for the past six years (two years as the chairperson). She has served as the secretary for the Eden Exco and the Western Cape Cycling Committee for the past 3 years and 2 years respectively. She forms an integral part of the success of cycling in the Eden as well as the Western Cape region and excels in the management and administration of the various regions. She acted as Chief Manager for the Eden Cycling team as well as the Western Cape Cycling team on numerous occasions, including the most recent South African Track Championship, where the Eden Team won 60 medals. Sonja has obtained several qualifications as part of her involvement in the sport of cycling and she has completed her Safeguarding Course, C-Manager Licence and her B- Managers licence. Sonja is currently serving as the Safeguarding Officer for Eden Cycling.

Thabiso Maleke – Overberg

Thabiso believes that sport and recreation contributes positively towards improving the quality of life within our communities. His plan is to provide a basis for integration and closer collaboration among sports agencies and governing bodies to promote sport and recreation as a social cohesion mechanism. He was recently appointed to lead the Theewaterskloof Municipal Sports fraternity as a sports development officer. His main responsibility is to establish a well-functioning and constituted municipal sports council.

Majiet Rawoot – Cape Town

Majiet took over the leadership after the chairperson during the difficult Covid-19 period. He has committed his resources and expertise to uplift and support our youth. Majiet won the award for Sports Administrator of the Year (2023) at the Fancy Pigeons Annual Awards Ceremony. He is unselfish and committed to getting the federation compliant and becoming a well-run federation. He holds the position of Show Manager and under his leadership Fancy Pigeons has staged three awesome shows and two training days. Fancy Pigeons has grown substantially and his greatest feat was setting up the show hall for the National Championship Show.

Natasha Opperman – West Coast

Natasha is an educator at Curro Langebaan. For the past 9 years she has been coaching chess to learners from Grade R to Grade 7. Her main responsibilities at school are coaching and promoting the sport, encouraging learners to take part in competitions and registering them for tournaments. During 2022, Natasha coached and registered three teams to compete in the West Coast Top Schools Competition. Her achievements include the u9 open team West Coast

Championship and competing at the Western Cape competition in September 2022 where the u11 girls won a silver medal at the Western Cape competition in September 2022 and the u13 open team won a bronze medal at the West Coast competition.

Kaylanne Collins - Cape Winelands

Kaylanne is the General Secretary of the Cape Winelands Volleyball Union. She has illustrated the importance of good administration skills during a period of transformation in volleyball within the Province. Kaylanne was nominated in September 2022 for the Administrator of the Year Award at the District Sports Awards. She was also nominated for the same category at the Annual Cape Winelands Volleyball Union Awards in December 2022. As administrator she upholds standards of excellence and dedication towards the union on a daily basis. Kaylanne's track record as an excellent administrator preceded her when the National Federation appointed her as the interim head of communications in the Province in April 2023.

Shameem Essop – Central Karoo

Shameen was a selector for primary schools for the Central Karoo Schools Netball Federation during April 2023. She was also a selector for high schools for the Central Karoo Schools Netball /Eden u17 Interzonal Competition in Beaufort West during May 2023. Shameen was the selector for the Senior Netball Easter Tournament in March 2023. She was the manager for the High Schools Inter-district Tournament during July 2023 in Riversdale. Shameen was selected for the EPG and Transformation Portfolio Subcommittee serving on the Central Karoo Netball Federation Executive Committee in 2022 and 2023.

Reinet Barnard - Western Cape Sport Association for the Physically Disabled and Visually Impaired

Reinet was not new to leadership when she was elected as chairperson of the WCSAPD. After accepting the position, she took time to familiarise herself with the role players. Reinet accepted the position as a volunteer and committed herself to developing and managing sports for the physically disabled and visually impaired in the Province. The WCSAPD manages and oversees sport for the physically disabled and visually impaired in three districts. These three districts are under her watchful eye, each presenting its own challenges in all seven sports codes. She successfully hosted her first major event in Cape Town from 17-21 March 2023. Apart from managing WCSAPD, she is also the driving force behind the coaching and mentoring of Boccia in the Western Cape. She is involved at national level and coaches the Boccia African Regional Champions in the BC3 individual and pairs division. Reinet is an International Boccia Referee.

District Federation of the Year

Eden Netball

In 2022 they hosted one of the best major provincial tournaments. They have a sound working relationship with all six municipal structures. They can boast with 28 level 1 and two Netball South Africa accredited technical officials. Eden Netball are the first district to participate in a level 2 course.

Central Karoo Hockey

Central Karoo Hockey experienced an incredibly special year. They held a successful coaching clinic in February 2023. Their main event took place on 4 March 2023, with teams participating in both the boys and girls divisions. The u14 boys as well as four teams in the Kraaifontein senior division won gold medals. Three players from Central Karoo took part in the Eden Schools Hockey trials in the u13, u14, u16 and u18 boys and girls categories. Nine players were included in the respective teams and took part in all the training camps in Eden. All nine players went to the respective tournaments and four boys and three girls were selected for the Western Cape provincial team. The three players in the Western Cape team competed at the national playoffs in Limpopo. The boys won silver medals and the girls bronze medals. These were exceptional achievements.

Chess Western Province

The federation has been one of the most active sports federations in Cape Town, organising numerous chess tournaments throughout the City of Cape Town and attracting large numbers of chess players in the process. The organisation has over 2 000 active players who participated in rated tournaments during 2023. During 2022 Chess Western Province successfully hosted the South African Open Chess Championship where over 500 players from across South Africa as well as some international players participated. During November 2023 the organisation hosted its own chess awards ceremony where chess players and administrators were recognised for their outstanding achievements during the year. During January 2023 the organisation hosted the Cape Town Masters Challenge, which qualified as an International Masters Tournament.

Overberg Kickboxing

The federation is all about rewarding its athletes for all the hard work put in during class. As a federation they host regional tournaments like the Overberg Kickboxing Championship,

which took place in November 2022 with 140 competitors. They had the privilege to host the Western Cape Provincial Tournament, where 34 athletes represented the Overberg Region. The athletes won 19 gold medals, 13 silver medals and 6 bronze medals. Fifteen fighters were selected for the South African Kickboxing team.

Cape Winelands Sports Association for the Physically Disabled

The federation is responsible for sports codes governed by the mother body SASAPD in the Cape Winelands. One school and four clubs competing in para-athletics and Goalball (sport for the visually impaired) is affiliated. Three athletes and one coach, Daniel Damon, were selected for the South African team who participated at the World Para-athletics Championship in France, Paris from 3-7 July 2023. Kerwin Noemdo (F46 class) won a bronze medal in the shotput. The CWSAPD federation has 43 athletes in the WCSAPD team that competed at the National Championship during March 2023 in Cape Town. Outstanding results were achieved in goalball, with senior team players winning gold medals. In the junior ladies category one player won a silver medal and in the senior ladies category three players won bronze medals. The para-athletes won 10 gold medals, 15 silver medals and 16 bronze medals at the National Championship.

West Coast Netball

The West Coast Netball Federation is fully compliant with regulations as set out by the district sports council. They have displayed effective and efficient financial management while conducting their business in a commendable manner. The federation has also produced teams that have excelled at all the tournaments in which they participated. This feat can be attributed to their extensive development programmes and initiatives. The federation has also emphasised the importance of their capacity building initiatives and they have implemented training programmes for not only players but coaches and technical officials as well. More than 2 000 school/federation participants attended various training opportunities where they were their own hosts. They have made huge strides in terms of transformation and they have ensured that netball is accessible to all people.

Provincial Federation of the Year

Western Cape Cycling

They are the top province with regards to transformation and development within Cycling South Africa. The EXCO positions are filled according to the constitution. Regular meetings, AGM and member meetings are held. The Committee members are fully transformational. They are in good standing with the Western Cape Provincial Sport Confederation and Cycling South Africa. In all five regions the structures are fully functional.

Western Cape Sports Association for the Physically Disabled and Visually Impaired

The WCSAPD is the provincial federation managing and overseeing sport for people with physical disabilities and visual impairments in the Western Cape. They oversee three districts: WPSAPD, CWSAPD and Eden SAPD. The WCSAPD presented the 2023 Toyota SASAPD National Championship from 17-21 March 2023. They have monthly meetings and host annual sports awards ceremonies to give recognition to their coaches, athletes, administrators and volunteers. The WCSAPD is proud to assist para-athletes in the seven sports codes they cater for. They have increased their membership from 245 in 2022 to 273 in 2023.

Team of the Year

Crew of Tin-Tin Sailing – Overberg

Di Hutton-Squire was the skipper of the winning entry in the 2022 Cape Town to St Helena Yacht Race. Graham Stuart, Charles Leggatt as navigator and schoolboy Alex Botha was part of the four-person team. There are four crew members on board the Tin-Tin, a racing yacht and one of the smallest in the race, measuring 33 ft in length. The race began on 29 December 2022. It is a 1 700 nautical miles (3 000 km) ocean race from Cape Town to St Helena Island in the mid-Atlantic Ocean. Tin-Tin was declared the winner after a handicap was applied.

Western Province Hockey – Men's Team

The team has done the Western Province Hockey Union and the province extremely proud by winning the National Men's Indoor title for the 3rd successive year. Our Senior Provincial Indoor Men's team has been the dominant force at national level for the longest and this has also resulted in no fewer than five players as well as the team manager representing the National Indoor Men's team at the FIH Indoor World Cup held in February of this year in Pretoria. The fact that all members of this Provincial Indoor team are also outdoor players is

impressive, especially since it requires plenty of dedication and time management to represent your province in two different formats of the sport.

Union Stars Women's Cricket Team - Garden Route

The club won the Garden Route Badgers Division 1 Women's competition for the 8th consecutive season. The club won the qualifying matches against the club champions of Western Province and Boland to be crowned the Western Cape T10 champions and advance to represent Western Cape at the Cricket South Africa T20 Club Championships. The club was undefeated in the CSA T20 Club Championship tournament that took place in Potchefstroom during April 2023 and was crowned the CSA T20 Women's Club Champions. The club won the award as the Garden Route Badgers representative team for 2022/2023.

Bastiaanse Secondary School Boys u15 - Central Karoo

The team competed in a regional qualifying stage that consisted of three teams. The team reached the final of the Pan African Games.

Boland Cavaliers - Cape Winelands

For the 1st time since 2011 the Boland Cavaliers brought silverware to the proud Boland Rugby Unions by being crowned the 2023 SA Rugby Currie Cup First Division Champions. The Boland Cavaliers won 10 out of 14 matches during the season, giving them a winning success rate of 71.4%. Out of the ten wins the best performances were their 72-18 victory over the Border Bulldogs in East London and the brilliant win against the Valke in the Currie Cup First Division final on 24 June 2023 in Wellington at a packed Boland Rugby Stadium. They also reached the semi-finals of the SA Rugby Mzansi Challenge where they lost to South Western Districts in George.

Langebaan Strandlopers - West Coast

The club has an outstanding coach in Clive Cupido. Under his coaching the Langebaan Strandlopers members achieved a great result on a national level at the South African Masters Athletics Championship at Greenpoint in May 2023. The club competed in various distances and disciplines. They won six gold medals, four silver medals and two bronze medals. The highlights of the 2022/2023 season were Ronel Beukes breaking the South African 100 m record in the W60-64 category in a time of 14.81 seconds, Leander Pholman breaking the 400 m national LSEN record for boys u17 in a time of 49:55 and Diyani Benjamin breaking the 400 m Boland LSEN record for boys u15 in a time of 53:59. Many Langebaan Strandlopers participated in the various West Coast events and seven members at the Boland Championship.

Recognition of Technical Excellence

Kerrin Klaaste – Garden Route

Kerrin was appointed to officiate as umpire at the ICC Women's u19 World Cup. She was appointed on the ICC Development Panel. She also officiated in the Varsity Cup final and in the Legends League Masters in Doha, Qatar.

Joshua Jacobs – Central Karoo

Joshua represented Central Karoo Baseball at various levels as a Technical Official (scorer). In 2023 he was the u16 netball coach at the Inter-district Games in Cape Town where all six districts were present. In 2022 he was also a Technical Official at the Inter-district Games hosted by the Central Karoo Baseball Federation in Beaufort West. In 2023 he was the Technical Official representing the Central Karoo Baseball Federation at the National Baseball Games in Boksburg.

Dr Kevin du Plooy – Cape Town

Kevin qualified as a Category 2 International Referee in 2004 and he progressed to a Category 1 International Referee in 2006. He served as a Member of Jury at the African Championship (Olympic qualification event) in Tunis in May 2023 and he was referee at the Commonwealth Championship in Delhi in July 2023. At regional level he is the chairman and coach, provincially he is the chairman and at national level he is an executive board member of the SA Weightlifting Federation. Internationally he is the 1st vice-president of the Weightlifting Federation of Africa and the vice-president of the Education and Development Commission of the International Weightlifting Federation for the period 2022 to 2025. At continental and Commonwealth level he is held in a high regard and is often depended upon to assist in various ways such as disciplinary matters, communication and drafting of reports for the international body.

Justin Johannes - Cape Winelands

Justin is a registered Africa Judo Union Continental Level B referee. He was selected to act as referee at the Commonwealth Championship held in Gqeberha from 3-6 August 2023. In January 2023 he was selected as a referee to officiate at the South African National Trials where he was used in the final fights of the various weight divisions. Justin was one of the senior referees at the two Judo South African National Ranking Events held in Pretoria in January 2023 and the South African National Championship during July 2023. He was the head facilitator at the Cape Winelands Referee and Technical Course held in Paarl on 27 May

2023. Under his leadership this year three members qualified as Judo SA Level 1 Coaches and one member qualified as a Judo SA Level 2 coach.

Danritch Booyesen - West Coast

Danritch is the tournament referee at all the games of the federation and the schools. He manages all the games and ensures that all the players, coaches, technical staff and parents adhere to the international table tennis rules. On 4 September 2023 he was elected as Technical Official for the Western Cape Table Tennis Federation at the Annual General Meeting. On 30 September 2022 Danritch and 24 candidates in South Africa wrote the International Umpire Examination. He passed the exam and became the 1st international table tennis umpire from the West Coast. Danritch was selected by the South African Table Tennis Board to represent Team SA at the World Table Tennis Contender Championship in Durban during January 2023.

Bruce Keytel - Overberg

Bruce epitomises the role of a volunteer. He is probably the top race officer in South Africa. Bruce has used most of his leave for the year to volunteer as a Race Official at various prestigious and important regattas and to serve on various committees. He also represents Race Officers on the National Council. Bruce is part of the selection committee for sailors who will represent South Africa internationally. All of this is voluntary work. The Race Officer takes responsibility for all racing and competitors on the water, set the course and runs the racing. He has dedicated the last 12 years to assisting with sailing. Bruce has been the Principal Race Officer at the following regattas over the last few years: Optimist African Championship, September 2022 and the Lipton Cup Keel Boats in Mykonos in August 2022.

Anso Kemp - Western Cape Netball

Anso from the Cape Winelands District is a current international umpire who made her mark all around the globe since she was awarded her IUA (International Umpire Award) in 2016. Up until this year she has officiated in 87 tests. She officiated at the Commonwealth Games in Birmingham in July/August 2022, the Quad Series in Cape Town and the final between Australia and New Zealand in January 2023. Anso grades and mentors umpires at all levels. She has been invited to umpire the Fast5 Netball World Series in Christchurch, New Zealand in November 2023.

Junior Sportswoman of the Year

Dineo Matayi – Central Karoo

Dineo represented Central Karoo Girls' Football at the provincial and national playoffs and she was selected for the Central Karoo Girls u17 football team to represent the Western Cape.

Mignon Van Zyl - Overberg

Mignon's performance in karate during the period 1 September 2022 to 31 August 2023 was as follows:

- 10 September 2022 - graded second dan by Japanese instructor in Johannesburg
- 17 September 2022 - silver medal in kumite at tournament in Cape Town
- 2 December 2022 - kata gold medal and kumite bronze medal at JKA Hermanus Club Championship, trophy for Best Junior Female 2023
- 4 February 2023 - kata silver medal and kumite bronze medal at the Karate Western Cape Provincial Championship, selected for the Western Cape team
- 23 March 2023 - kata gold medal and kumite bronze medal at the JKA Western Cape Provincial Championship
- 29 July 2023 - kata bronze medal and kumite gold medal at the JKA National and Africa Championship, selected for the JKA National u17 Girls team to participate in the 1st Indo Pacific Cup on 15 and 16 September 2023. Mignon is ranked 9th in South Africa in the karate girls u16 and u17 category.

Tatiana Thomatos – Cape Town

Tatiana has competed both nationally and internationally during the period 1 September 2022 to 31 August 2023 representing the Western Cape in the various disciplines of the sport as well as fencing. Tatiana has excelled both on and off the field in various disciplines within the various sports codes and she will be a great ambassador for Western Cape Sport and junior women in sport. Provincially her achievements are as follows: Gold in Laser Run, Gold in Biathlon, Silver in Triathlon, Silver in 800m and 1500m at Primary Schools Western Cape Championships. Silver in 800m and 1500m Primary Schools Western Province Championships, Silver in Biathlon and Bronze in Biathlon Interprovincial Championship in Oudtshoorn. At national level she won a gold medal in the Laser Run, a silver medal in triathlon, a bronze medal in biathlon and a silver medal in pentathlon. At international level she qualified for the South African team who was chosen to compete at the World Championship for Modern Pentathlon in biathlon, triathlon, the Laser Run and pentathlon. She was chosen for the South African team to compete in the Laser Run in Bath, United Kingdom in August.

Annebelle Esterhuizen - Cape Winelands

Annebelle is a member of the Hex Valley Tumbling Club in De Doorns. During 2022 she came

1st at the Western Cape Competition and she was chosen as a member of the Western Cape team to represent the province at the South African Games in Pretoria. Here she achieved a 4th place in Level 9, 13-14 years. In November 2022 she was chosen for the South African World Age Group tumbling team, age 13-14, to represent the country at the World Age Group Competition in Sofia, Bulgaria and finished in 25th position. At the Cape Winelands tumbling competition in May 2023 she came 1st in the Level 9, girls 13-14 years category. She was placed 1st at the first and second South African Trials in 2023. Eventually she was chosen for the second time to represent South Africa at the World Age Group tumbling competition in Birmingham, UK in November 2023.

Anya du Plessis – Garden Route

Anya participated at the 2023 African Continental Track Championship and achieved 3 gold medals, 2 silver medals and 3 bronze medals. At the 2023 South African Track Championship she achieved 9 gold medals and 1 bronze medal. At the African Continental Track Championship in July 2022 she achieved 5 gold medals and at the Western Cape Track Championship in October 2022 she achieved 3 gold medals and 3 silver medals. Anya was the first lady overall at the Attakwas Half mountain biking event in January 2023. She finished 2nd at the South African Road Championship and came 3rd at the South African Time Trial Championship. Anya achieved 3rd position in the Junior Ladies category at the 2023 Cape Town Cycle Tour. She was also the 3rd Junior Lady home in the 2022 Cape Town Cycle Tour.

Deanné Pienaar – West Coast

Deanné has been involved in kickboxing for the last 11 years. She started in this sport from a very young age and has really worked hard to excel. Deanné represented Vredenburg Kickboxing and took part in the West Coast Championship during September 2022. She achieved 1st place in her division and a 2nd place in another division. During September 2022 she represented South Africa as a member of the national team at the World Kickboxing Championship held in Jesolo, Italy. She obtained an overall ranking of 5th in the world. She then continued to represent the West Coast at the Western Cape Championship held in March 2023 where she achieved 1st place in her discipline. Deanné was chosen as part of the Western Cape team and represented the region at the National Championship held in Limpopo in May 2023. She achieved a 2nd and a 3rd place. In July 2023 she represented South Africa as part of the national team that participated in an international match against Canada. She won a silver medal at the event.

Georgia Singe – Western Cape Lifesaving

Georgia has excelled and dominated the sport of lifesaving. She participated in the Girls u17 and Youth 15-18 category and represented the Western Cape Lifesaving Team at the interprovincials. She achieved three gold medals at three different events that took place in Durban in May 2023. From March 2023 to April 2023, she achieved three gold medals, two silver medals and one bronze medal in the Girls u17 event. Georgia represented the South African Youth team at the 2022 World Championship in Riccione, Italy. She also represented the South African Youth team at the International Surf Rescue Challenge in Texas, USA from 17 September to 24 September 2023.

Junior Sportsman of the Year

Lambertus Smith - Cape Winelands

Lambertus is currently ranked the number 1 rider/athlete in the u16 category for equestrian tent pegging and 4th overall in South Africa for juniors. He was chosen for the Western Province Junior A team in September 2022 and in December 2022 Lambertus was chosen as a member of the Protea Merit team. In July 2023 the South African Junior Merit team took part in an international test against Pakistan and Egypt where Lambertus earned his u21 Protea Colours as well as gathering gold medals. The result for the test match was: RSA 1st, Pakistan 2nd and Egypt 3rd.

Uyathandwa Sontshaka – Central Karoo

Uyathandwa represented South Western Districts (SWD) at the 2023 u13 Craven week held in Pietermaritzburg during the June/July holidays. He was originally chosen as a utility forward and on the bench but impressed so much that he started two out of the three games they played. Uyathandwa was selected for the SWD u12 A team. He competed for this team during the September holidays in Riversdale in the Southern Bonds tournament.

Dylan Isaacs - Overberg

Dylan has been training in kickboxing for the last 5 years at the Legacy Martial Arts Academy in Hermanus. He represented the South African National Protea team at the WAKO Junior Kickboxing Championship in Jesolo, Italy from 30 September 2022 to 9 October 2022. He fought three different fighting modes but only managed to reach the 2nd round in point fighting.

Eric Moreland – Cape Town

Eric's journey in natural bodybuilding is nothing short of remarkable. His dedication, hard work, discipline and passion for the sport makes him an outstanding athlete. He was ranked 1st in the u17 category at the 2022 Western Province Natural Bodybuilding Championship and 1st in the u17 category at the 2022 South African Natural Bodybuilding Championship. Eric was crowned world champion at the 2023 INBA/PNBA Pro/AM World Championship that took place in Manchester in the United Kingdom.

Luke Holtzman – West Coast

Luke has achieved significant results at karate tournaments. He was the provincial champion for kumite in March 2023 and he was placed 2nd in the kata competition. Luke participated in the South African Japanese Karate Association, National and Africa Cup and reached the knockout stages. The dojo is very proud of him.

Christiaan Cronje Beukes – Garden Route

Christiaan is a cyclist in the Eden District. He participated in the Western Cape Road Championship, Junior Men category and the South African Road Championship, finishing 5th in the Junior Men category in both competitions. He participated in the XCM Cross Country Marathon and is the current South African Junior Champion. Christiaan participated in the Africa Continental XCO Championship and achieved 5th place in the Junior Men category.

Pieter Kruger – Western Cape Fencing

Pieter is a 16-year-old athlete. He has had a remarkable year, ending 50th in the world rankings in the u20 men épée. He won three international medals (one silver and two bronze), three gold medals nationally and two medals provincially (one gold and one bronze). He is ranked number one in the u17 individual men épée category nationally and number one in the u20 individual men épée category provincially.

Ethan Kulsen – Cape Winelands Cycling

Ethan represented South Africa at the Continental Track Championships in Egypt in March 2023 and came 1st 10km Scratch race, 1st 4km Team Pursuit, 1st 30km Madison, 3rd 20km Points race and 3rd Omnium. He also achieved 1st place in the Scratch Race, 1st place in the Team Sprint and 1st place in the 1000m Time trial at the SA Track Championships in March 2023. He was selected to represent Team South Africa at the Youth Commonwealth Games where he was the flag bearer. He then went on to finish 2nd Scratch race at the Games.

Sportswoman of the Year with a Disability

Minke Janse van Rensburg – Garden Route

Minke achieved 14 gold medals, 2 silver medals, the top female swimmer with Down Syndrome and the Swimmer of the Championship award at the SASA-II National Open Championship that took place in Rustenburg from 27-29 March 2023. At the 2023 South African Sports Association for the Intellectually Impaired (SASA-II) National Open Championship Minke took part in 14 events and won 12 gold medals and two silver medals in the other two events. All her times were qualifying times for both the European Championship that will be hosted in France during October and the Virtus Global Games held in France in 2023.

Elanza Jordaan – Cape Town

Elanza is a BC3 boccia athlete. She competed at the 2022 SASAPD Boccia Interprovincial competition in Bloemfontein during October 2022 and won a gold medal in the BC3 individual competition. Elanza qualified for the South African Boccia team participating at the Rio de Janeiro Boccia World Championship in December 2022. She did not win a medal but improved her international ranking at the event. Elanza participated in the 2023 Toyota SASAPD National Championship during March 2023 in Cape Town. She won a gold medal in both the individual and the pairs competition. She was chosen for the SASAPD Boccia team to participate at the World Boccia African Regional Championship in Cairo during July 2023. She won a gold medal in both the BC3 individual and the pairs competition, which meant that she qualified for the 2024 Paralympic Games in Paris.

Marsha-Lee Willemsse - Overberg

Marsha-Lee is a very talented athlete who always gives her best on and off the athletics field. She excelled at the WCSA-II athletics competition where she participated and achieved 1st place in the 100 m, 2nd place in the 200 m, 1st place in the 400 m and 2nd place in the 800 m. Her exceptional skills and talents enable her to compete in any track event.

Mandeline Hoffman - Cape Winelands

Mandeline competed at the International Wheelchair and Amputee Sports Federation World Games held in Portugal during November 2022 where she won the bronze medal for F57 discus. Her distance of 22.48 m was also a personal best and South African Junior and Senior record. She competes as a seated thrower. Mandeline also broke the South African Junior and Senior record for F57 shot put with a distance of 7.80 m at the same competition.

Sportsman of the Year with a Disability

Eben Fourie – Garden Route

Eben is a visually impaired bowler. He is forced to participate in sighted bowling games and competitions and to play against sighted bowlers. In 2022 he participated in the B4 category at the National Tournament held in Durban. He won a gold medal in the singles as well as the mixed pairs competition, where he played with a B3 lady. During last year he played sighted bowlers in the 2-4-2 competition in Mossel Bay. They were the overall winners in the competition. At the national competition for disabled bowlers, he and his director were selected to represent South Africa at the World Championship for Visually Impaired Bowlers that was held in Australia from 5-16 March 2023. They brought back a bronze medal.

Kerwin Noemdo - Cape Winelands

Kerwin competed at the International Wheelchair and Amputee Sports Federation World Games held in Portugal in November 2022 where he won the Gold Medal in the F46 shot put category. His distance of 16.13 m was also a personal best and a South African and Africa record for F46 shot put. This performance placed him 2nd on the IPC World Rankings. Kerwin won the bronze medal at the 2023 World Para-athletics Championship recently held in Paris with a distance of 15.30 m. This is his first podium finish at a World Para-athletics competition.

Leander Pholman – West Coast

Leander is an outstanding athlete and a professional, self-driven, disciplined and highly organised individual. He has participated on the track and achieved the following results during Interschools and Boland, Western Province and South African Nationals (ELSEN):

- At the interschools competition in George he won gold in the 200 m, 400 m, 800 m and high jump events.
- At Boland Elsen Championship from 23 -25 February 2023, he won gold in the High Jump, 800 m, 400 m and 200 m.
- At the Western Cape Elsen Championship in March 2023 in Paarl he won a silver medal and two gold medals in high jump, 800 m and 400 m.
- At the South African National Elsen Championship in Germiston during March he won gold in the 800 m and 400 m.



Ethan Skeyi – Overberg

Ethan is a very talented all-round athlete with exceptional skills on the athletics track and on the football field. He participated in the WCSA-II athletics competition where he placed 7th in the 100 m, 5th in the 200 m, 1st in the 400 m, 2nd in the 800 m and 4th in the javelin event. These achievements led to his inclusion in the Western Cape team who participated in the SASSA-II Open Games in Limpopo. Ethan also participated in the football trials and was selected to represent the Western Cape at the SASSA-II Open Games.

Mpumelelo Mhlongo – Cape Town

Mpumelelo is the T44 world record holder in the 100 m and long jump. At the Para-athletics World Championship in Paris in 2023 he was given the honour of being the flag bearer for South Africa. He went on to become the only male gold medallist for the country in the first edition of the T44 class in a non-combined 100 m race.

Ministerial Commendation

Caylix Sport & Forward Foundation

They are doing outstanding work in the development of sport, especially in sevens rugby and tennis. They are based in Stellenbosch.

Tug-of-war Boys 560 kg: Hoër Landbouskool Oakdale, Riversdale

This team excelled in the Eden Junior Tug-of-war Championship in Oudtshoorn and the Overberg District Championship in Swellendam. They obtained their official Protea Colours in September 2022 and represented South Africa at the World Championship in the Netherlands where they were crowned as the world champions in Switzerland.

Pool4Change

Recognition for their contributions towards the development of pool as a sport in our province. They are a non-profit organisation working in all the primary schools, high schools and LSEN schools in the country, to ensure that children are kept busy after school in a positive environment. The initiative started in 2018 when the learners were introduced to pool. The players have grown tremendously and we have had many champions over the years. The sport has also spread to other provinces. They have touched the lives of 14 000 learners from 300 schools.

Sportsman of the Year

Martheo Rex – Central Karoo

Martheo is a natural bodybuilding athlete since 2017. He believes in consistent training, hard work and discipline as the key to success in sport. His love and passion for the sport is a lifestyle. "Sport has the ability to unite a nation". On 1 October he competed at the SANBA SA Championship where he finished in 4th position in the u65 kg category. He achieved 3rd place in the Men's Physique in Cape Town. At the David K Classics, he achieved 4th place in a very competitive field, with athletes of tremendous talent taking part in Cape Town. On 12 August 2023 he competed in the IFBB Western Province Championship, which is affiliated to SASCOC and achieved 2nd place in the men's physique competition and 2nd place in the u70 kg competition.

Gareth Cupido – Overberg

Gareth was the runner up at the 2022 African Continental Kickboxing Championship. He represented the National Kickboxing Team at the 2022 African kickboxing Championship. He was the double Overberg Kickboxing champion in 2022. Gareth has qualified to represent the South African national team at the WAKO Senior World Kickboxing Championship in November 2023 in Portugal.

Lloyd Perry – Cape Town

Lloyd has competed at the World Transplant Games in Perth, Australia in April 2023, his 4th participation in the World Transplant Games. He was awarded Senior Protea Colours in Transplant Sports for representing South Africa at the World Transplant Games. Lloyd took part in the following sports items in the men's age category 40-49 and achieved the following: golf - bronze medal in the team competition, tennis singles - silver medal and tennis doubles - gold medal. He was chosen as the mentor for the tennis team at the 2023 World Transplant Games. Lloyd serves on the management committee of the Western Cape Transplant Sports Association.

Christo Lamprecht – Garden Route

Christo became the 3rd South African in 6 years to win the Amateur Championships when he defeated Ronan Kleu from Switzerland at the 128th edition of the event at Hillside in Southport. The 22-year-old claimed a 3&2 victory in an exciting 36-hole final to lift one of the

most prestigious trophies in the amateur games after compatriots Joavn Rebula in 2018 and Aldrich Potgieter last year. The field comprised of 288 players from 38 countries. He is the highest ranked player in the field at the 6th in the World Amateur Golf ranking and prodigious ball striker from his 2.032m frame. He is now in the top 64 and ties for the match play stages before excelling in the knockout format. By virtue of his victory, he secured exemptions into the 151st Open at the Royal Liverpool next month, the US Open, and by tradition an invitation to play at the Masters in 2024. He also joins a Championship roll of honour that includes Bobby Jones, Sir Michael Bonallack, Jose Maria Olazabal and Sergio Garcia. .

Johannes P Jordaan - Cape Winelands

Johannes is currently ranked number 1 senior rider in South Africa and has captained the team taking part in the ITPF World Championships that took place from 22 - 6 August 2023 in George. He has shown remarkable achievements over the preceding years, from representing the Western Cape every year from a junior to senior years at the National Championships. Johannes also hold Protea Colours for Tug of War.

Devon Melk - West Coast

Devon has been an active member of West Coast Kickboxing, not only excelling in the sport but also in assisting fellow athletes. Devon achieved 1st place at the West Coast Championship held in September 2022 and was chosen to represent the Western Cape at the National Kickboxing Championship. In March 2023 he achieved a 2nd place in a different discipline. He was chosen for the Western Cape Kickboxing team and at the National Championship held in May 2023, he achieved 2nd place. His performance was rewarded with selection for the national team. Devon represented South Africa as part of the national team that competed against Canada in an international tournament held in July 2023. He finished in 2nd position in the competition.

Sportswoman of the Year

Annerie Dercksen - Central Karoo

Annerie was named in the South African Women's squad for the South African Tri- national Series in January 2023. She made her T20 International debut against West Indies at Buffalo Park in East London. Annerie toured with the side to Bangladesh and played against Zimbabwe and Thailand in one day matches. In January 2023 she was named in the South African squad for the 2023 ICC Women's T20 World Cup in South Africa. She received a silver medal when South Africa finished 2nd at the World Cup.

Hayley Preen - Cape Town

Hayley has represented South Africa in cycling and she is one of the top mountain bikers. She also competes in trail running. Hayley was crowned Western Cape Adult Show Jumping Champion in March 2023. She is a professional cyclist for the Torelli team and prepared for the World Championship in Glasgow in August 2023. Hayley and her Epic partner, Tiffany Keep, finished 6th overall and 3rd in the African jersey classification. Some of her cycling results are as follows:

- 4th place at the South African National Road Championship
- 2nd place at the South African ITT Championship
- 4th place at the South African National Road Championship
- 4th place at the Cape Town Cycle Tour
- 6th place overall at the Cape Epic
- 3rd place at the Cape Epic African Jersey Classification and
- 25th place at the Troffee Maarten Wynants (Belgium) in 2023.

Tazmin Brits - Garden Route

Tazmin represented the Six Gun Grill Garden Route Badgers and she was the overall run scorer in both the CSA 50 Over and the T20 Super Six competition. In the one-day competition she scored 478 runs, with a highest score of 134* and an average of 79.66. She scored two centuries and two half-centuries at a strike rate of 118.61. Tazmin was nominated at the CSA Provincial Women's Competition as Player of the Season, as well as the Momentum Protea T20 Player of the Season. She was selected in the ICC Team of the Tournament. In the T20 competition she scored 386 runs, with a highest score of 82* and an average of 96.50. Tazmin scored five half-centuries at a strike rate of 118.61.

Elna van der Berg - Overberg

Elna was one of eight ladies in the country to be selected to play in the Midas Veterans

Tournament held in Kimberley. Her team won the tournament. She was selected as player and captain of the Overberg A1 ladies team who took part in the SA National Championship in Kroonstad from 25-31 March 2023. She was chosen as Jukskei South Africa's over 60 Women's Player of the Year. Elna was selected to play in the International Jukskei Federation World Team. She was awarded National Colours for the 30th time at the tournament. Elna played in the test match, which South Africa won. They also went on to win the series. In Namibia she was chosen to play for the IJK World Team.

Nichole Taljaard - Cape Winelands

Nichole, whilst completing her studies, played a vital role in ensuring that the Stellenbosch University (Maties) Netball team won their 1st varsity netball trophy. She led the attacking aspect of play and brought her national experience to the court, having played for the Spar Proteas in the 2022 Commonwealth Games. Nichole continued her excellence on the netball court when she was included in the 2023 Quad Series against New Zealand, Australia and England. She made a huge impact as Goal Attack and her performance kept her part of the national team. After her successful provincial season and national campaign, she was rewarded for her hard work when Netball SA announced the final squad for the 2023 netball World Cup

Chantel Carstens - West Coast

Chantel is an ambassador for the West Coast Shore Angling and South African Shore Angling. She was selected as the West Coast ladies captain for the 2023 National Ladies Shore Angling Tournament. Chantel was the individual winner of the tournament, she caught the most fish at the tournament and she was ranked as the 1st lady in South Africa for the 3rd year in a row. She was also selected for the South African Proteas team to compete at international level in December 2023. For the past three years Chantel has been part of the South African Ladies Shore Angling team. She holds three South African records and she is still going strong.

Candice Lill - Western Cape Cycling

Candice has produced some exceptional results over the past 12 months. The highlight of these results is the silver medal she won at the World XCM Championships held in Glasgow in August 2023. Candice and her Epic partner also stole people's hearts in the ABSA Cape Epic where they finished in 2nd position. She won a bronze medal at the Commonwealth Games Cross Country Olympic in August 2022. Candice went on to win five gold medals at various events from April to June 2023. She also won a silver medal at the World XCM Championship in August 2023.

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**Western Cape
Government**