



**PRESS RELEASE – MONDAY 20 MARCH 2017  
WESTERN CAPE HIGH SCHOOLS TRACK & FIELD CHAMPIONSHIPS 2017**

Boland completely dominated the Western Cape High Schools Championships over the past weekend to confirm the province's number one position in the Western Cape. Boland athletes won a total of 235 medals, including 89 gold, 77 silver and 69 bronze medals. WP was second with more than half Boland's medals. They won 105 medals with 28 golds, 38 silver and 39 bronze. SWD won 56 medals, 16 gold, 17 silver and 23 bronze. It is clear to see that Boland by far is the stronghold of athletics in the Western Cape.

Boland athletes broke no less than 14 Western Cape Championships records.

Some of the notable performances were:

Anneken Viljoen smashed the girls under 15 800m record of 2:15.22 with her very good time of 2:13.59.

Rogail Joseph's form keeps getting better and her time of 1:00.47 in the 400 meter Hurdles under 17 will make her the favourite at the ASA Junior Championships.

Jana Van Schalkwyk is getting closer and closer to qualifying for the IAAF Under 18 Championships. Her throw of 51.61m is only a few centimetres away from the qualifying standard and makes her the firm favourite at the national championships.

Up and coming young pole vaulter Kyle Rademeyer cleared the 4m mark with a 4.10m jump. Although only in the under 16 age group he is going to give the under 18's a run for their money at SA's. Linford Maree is the next in the long list of great 400m hurdlers from Boland and it is only a question of time before he breaks through the 50 second barrier.

His time of 51.02 bettered the time of some very successful hurdlers before him.

In previous years Boland has been very successful in the hammer throw at national level and it seems a new star is on the horizon in the shape of Damien Bothma.

His hammer landed over 60 meters on Friday to move the Western Cape record from 57.79m to 61.15m.

After the championships, the final Boland Athletics team was selected for the ASA SA Under 18 & 20 Championships. The team consists of 61 girls and 68 boys and will be released later in the week after it has been ratified by the Boland Athletics Board.

From the Boland Athletics Office.

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