



SA SENIOR TRACK & FIELD AND COMBINED EVENTS CHAMPIONSHIPS 2017

Kenneth McArthur Stadium, Potchefstroom, on Friday 21 and Saturday 22 April 2017

Performances

The 2017 Boland Athletics team to the South African Senior and Combined Events Championships held at the Kenneth McArthur Stadium in Potchefstroom did the province proud by winning 15 medals. In what most observers deems the best South African Championships in history the Boland team won 4 gold, 5 silver and 6 bronze medals to finish a creditable fifth on the overall table.

Boland's only national champion in 2017 is Nienka du Toit. Nienka effortlessly won the very demanding heptathlon, even taking her foot off the gas on the second day. Du Toit raced to a first day personal best score after pb's in the shot put (13.27m) and 200m (25.84s). Her first day total score was already 400 points ahead of the next athlete which afforded her the chance to take things slightly easier on the second day. Nienka has transitioned smoothly into the senior ranks to follow the two SA junior titles she won in 2015 and 2016 with her first senior title.

Justine Palframan claimed the silver medal in the women's 400 meters after finishing behind Caster Semenya. Justine ran a brilliant final and was happy with the result and with where she is currently in terms of her preparation for international meets later in the year.

Keegan Fourie was in an immense battle with AGN's Chris Moleya for the high jump title. Fourie was the defending champion with Moleya trying to wrestle the title away from him. Both athletes successfully cleared 2.20m to leave all other pretenders to the title in their wake. Moleya cleared 2.25 to grab Keegan's title away from him and to send him home with the silver medal.

In the men's discus Brynn-Peter Kemp claimed the silver medal. Brynn showed that resilience and hard work pays off after barely missing out on the medals on numerous occasions in the past. His distance of 55.12m was good enough to give him the silver medal.

All the other medals came in the jumps.

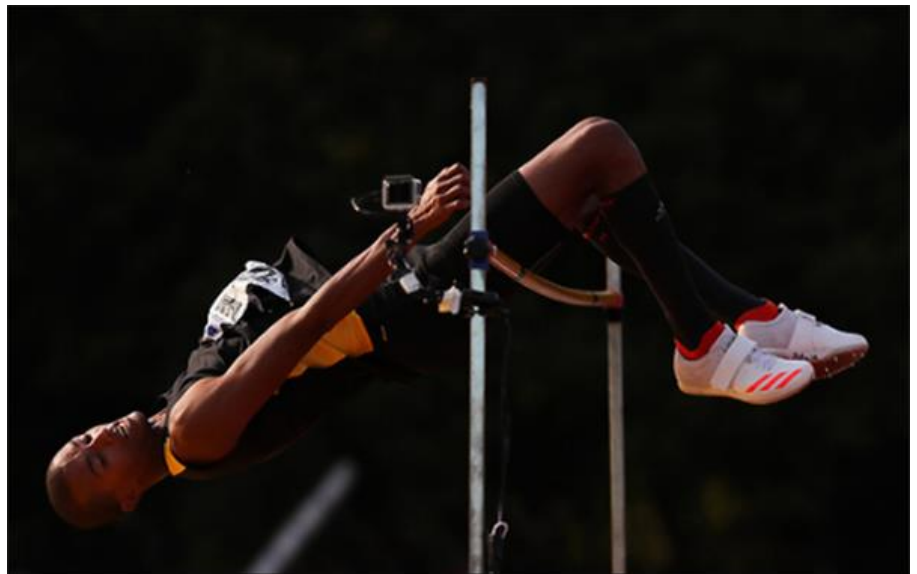
Youngster Junior Mphefu claimed bronze in the triple jump. Samantha Pretorius showed her class claiming bronze in the long jump and Kian-Lee du Toit and Eckhardt van der Watt continued Boland's proud heritage in the pole vault by both winning bronze medals.

Relay Dominance

An appeal was made to all athletes selected to the Boland Athletics team to avail them for the relays at the championships. The athletes involved and their coaches are to be commended for heeding the call.

Boland entered for three of the four relays and won two gold medals and one silver medal. The women's 4x100m team was flawless around the track to claim an easy victory.

The women's 4x400m spearheaded by Justine Palframan gave the powerful Athletics Gauteng North team the fight of their lives. The Boland ladies ran brilliantly and were just pipped at the finish by AGN's Wenda Theron. The men's 4 x 400m team made light work of winning the gold. The team got off to a great start and grew their lead on each leg in order for anchor leg runner Wynand du Toit to cruise to a very comprehensive victory.



Keegan Fourie sails over at 2.20m to win silver in the men's high jump. (Photo by: Roger Sedres imagesa.net)

FULL LIST OF MEDAL WINNERS

INDIVIDUAL MEDALS

Gold Medal & SA Champion

Nienka du Toit (Heptathlon)

Silver Medals

Justine Palframan (400 Meters)

Brynn-Peter Kemp (Discus)

Keegan Fourie (High Jump)

Bronze Medals

Junior Mphefu (Triple Jump)

Kian-Lee du Toit (Pole Vault)

Samantha Pretorius (Long

Jump)

Eckhardt van der Watt (Pole

Vault)

RELAY MEDALS

Gold Medals & SA

Champions

4 x 100m Women (Shannon

Arendse, Janke van Wyk,

Justine Palframan, Samantha

Pretorius)

4 x 400m Men (Jaden Flagg,

Linford Maree, Gardeo Isaacs,

Wynand du Toit)

Silver Medal

4 x 400 meters Women

(Anrune Liebenberg, Rogail

Joseph, Jean Mare Senekal,

Justine Palframan)

UNDER 18 & 20

Bronze Medals

Leandre Ketch (Heptathlon

U18)

Renaldo McKenzie (Decathlon

U18)

NON-MEDAL EVENTS

1st Place

Francois Jacobs (10km Race

Walk U20 Boys)

2nd Place

Hanru Colling (10km Race Walk

U20)

MEDAL TALLY AT THE 2017 ASA SENIOR CHAMPIONSHIPS

PROVINCES	Gold	Silver	Bronze	Total
1. Athletics Gauteng North	15	14	15	44
2. Athletics Central North West	10	8	6	24
3. Athletics Free State	8	6	6	17
4. Central Gauteng Athletics	7	6	9	22
5. Boland Athletics	4	5	6	15
6. Eastern Province Athletics	4	1	1	6
7. Western Province Athletics	1	5	4	10
8. Athletics Mpumalanga	1	1	1	3
9. Kwa-Zulu Natal Athletics	0	3	2	5
10. Athletics Griqualand West	0	0	0	0
11. Athletics North West North	0	0	0	0
12. Athletics South Western Districts	0	0	0	0
13. Athletics Transkei	0	0	0	0
14. Athletics Vaal Triangle	0	0	0	0
15. Border Athletics	0	0	0	0
16. Limpopo Athletics	0	0	0	0
17. North Western Cape Athletics	0	0	0	0
ASSOCIATES				
18. South African Police Services	0	1	0	1

Report by Seef Le Roux

Boland Athletics Head Coach

Issued by Boland Athletics Office

Email: office@bolandathletics.com

Office: 021 868 0007

Website: www.bolandathletics.com