



## FINAL UPDATED BOLAND ATHLETICS SENIOR TEAM

TO THE ASA NATIONAL SENIOR TRACK AND FIELD & COMBINED EVENTS CHAMPIONSHIPS  
25-27 APRIL 2019  
GERMISTON STADIUM,

The following athletes have been selected to represent Boland at the 2019- South African National Senior Track & Field and Combined events Championships on **25-27 April 2019, Germiston**

### NOTES:

This is the final updated team that will represent Boland Athletics at the South African National Senior Track & Field and Combined events Championships on 25-27 April 2019, in Germiston

All individual entries that have been received will be handled as mentioned in prior communication.

Athletes must please ensure that they make contact with the General Manager before or on Tuesday, 09 April 2019 at 12h00.

### TEAM MANAGEMENT

Designation	Name and Surname	Mobile Number	Email
General Manager	Rejane Willemse	0839591369	wrejani@yahoo.com
Senior Manager (Men)	Hendry Mathews	0799132803	Hmathews79@gmail.com

### RELAY SQUADS

Please note that any athlete selected for a relay squad is selected for the Boland Athletics Team on the explicit condition that they are available to run in the relays they are selected for. Any athlete not available for a relay squad will be removed from the general team

**SENIOR WOMEN**

	<b>NAME</b>	<b>QAULIFYING TIME /DIST</b>	<b>EVENT 1</b>	<b>EVENT 2</b>	<b>SCHOOL/ CLUB</b>	<b>ASA #</b>	<b>ID NUMBER</b>
1	Justine Palframan	24.40 55.03	200m	400m	Maties		
2	Nicole Louw	4:24.66 2:10.75	1500m	800m		2191	0107260109080
3	Tonet Tallie	3.50	Pole Vault			178	0203260362082
4	Juli Verduel	56.9	400m	4x 400m		1843	0001250198080
5	Jodie Sedras	3.47m	Pole Vault				
6	Carla Werth	3.37m	Pole Vault				
7	Simonn Swanevelder	3.37m	Pole Vault			1853	0001040362087
8	Nicole Janse V Rensburg	3.87m	Pole Vault			205	0101040143089
9	Erica Moolman	3.37m	Pole Vault			219	0111030877083
10	Anja Viljoen	3.50m	Pole Vault		Maties AC	1844	0012010062086
11	Janke Van Wyk	14.03	100mH				
12	Zeanne Kruger (u/20)	3859	Heptathlon			1010	0101310323080
13	Skye Boshoff	49.21 m 13.36m	HT	Shot Put	Maties	1847	0003080993086
14	Cara Coetzee	45.29m	Discus Throw			289	0112050151086
15	Jana Van Schalkwyk	50.68m	Javelin Throw			2130	0103070194081
17	Anneke Germishuys	45.96m	Javelin Throw				
18	Anneken Viljoen	2.11.52 4.32.31	800m	1500m		2195	0203200223089
19	Yandiswa Shange	2.15.72 4.32.09	800m	1500m		2190	0006301316086
20	Elise Groenewald	2.09.00	800m				

**SENIOR MEN**

	<b>NAME</b>	<b>QAULIFYING TIME/DIST</b>	<b>EVENTS 1</b>	<b>EVENT 2</b>	<b>SCHOOL/ CLUB</b>	<b>ASA #</b>	<b>ID NUMBER</b>
1	Rushwahl Samaai	8.45m	Long Jump		PAC		
2	Jason Tito	7.40m	Long Jump		PAC	2145	0202105321089
3	Tristan Faro	15.28m	Triple Jump			2133	0105155371088
4	Junior Mphefu	7.49m 14.98m	Long Jump	Triple Jump			
5	Kwizi Mtoba	16.03m	Triple Jump		Maties AC	308	9605285190085
6	Devan Manual	7.72m	Long Jump		Maties AC	301	
7	Christopher Sophie	54.34m	Discus Throw				
8	Victor Hogan	65.20m	Discus Throw				
9	Breyton Poole	2.16m	High Jump		Maties AC		0003235040080
10	Keagan Fourie	2.05m	High Jump				
11	Luvo Nkewu	2.05m	High Jump		Maties AC		
12	Gardeo Isaacs	45.70	400m	4X400m	Maties AC		
13	Wynand Du Toit	51.85	400mH	4X400m	Maties AC	746	9710035103089
14	Angelo Booysen	14.37.1	5000m		CS AC	1098	9110015325085
15	Valco Van Wyk	5.20m	Pole Vault		Maties AC	1900	0007265364088
16	Kyle Rademeyer	5.20m	Pole Vault		PAC	261	0201295067080
17	Nikolai Van Huyssteen	5.07m	Pole Vault		PAC	141	0208075054089
18	Renaldo Mckenzie ( u/20)	6086	Decathlon		Maties AC	1885	0004086661065
19	Andre Swanepoel ( u/20)	4355	Decathlon		Bredasdorp AC	1005	0108255051089
20	Adrian Hage -( u/18)	4401	Decathlon		PAC	942	0306135232081
21	Hennie Beukes		Decathlon		Maties AC	317	9601205087089
22	Jesse Perez	6478	Decathlon		Maties AC	306	9711095205087