



**BOLAND**ATHLETICS

## BOLAND ATHLETICS PRELIMINARY TEAM FOR 2023 ASA TRACK & FIELD CHAMPIONSHIPS

\*Minimum age to qualify for ASA SA Senior Championships - born 2007 or older

MEN	EVENT	WOMEN
Ruswahl Samaai (Paarl AC)	Long Jump	
Victor Hogan (Paarl AC)	Discus Throw	Chris-Marie Nel (Paarl AC)
	Discus Throw	Ischke Senekal (Paarl AC)
	Shot Put	Ischke Senekal (Paarl AC)
Wayde Van Niekerk (Paarl AC)	400m	
Tristan Faro	Triple Jump	
Deon-Lee Hendricks (Athlete Academy AC)	5000m	
Renaldo Frechou (Paarl AC)	Hammer Throw	
Jason October (Maties AC)	110m Hurdles	
Breyton Poole (Maties AC)	High Jump	
Keegan Foure (Maties AC)	High Jump	
Bryce Putzier (Stellenbosch AC)	Pole Vault	Mire Reinstrof (Maties AC)
Nicus Van Coller (Paarl AC)	Pole Vault	Sydney Rothman (Paarl AC)
Handre Nel (Athlete Academy AC)	Pole Vault	
Lleyton Davids (Paarl AC)	Triple Jump	
	1500m	Elandri Schmidt (Athlete Academy AC)
	1500m	Yandiswa Shange (Athletes Academy AC)
	1500m	Riana Nel (Stellenbosch AC)
	1500m	Anja Van Heeden (Maties AC)
	Javelin	Jana Van Schalkwyk (Maties AC)
	800m	Minke Viljoen (Athletes Academy AC)
	Long Jump	Andrea Cornellisen (Maties AC)
	Long Jump	Mieke Basson (Maties AC)
Nicus Van Coller (Paarl AC)	Decathlon U20	
Adriaano Hartogh (Paarl AC)	Decathlon U18	
	Heptathlon U18	Tanya Pieterse (Paarl AC)
	Heptathlon U18	Cara Wilson (Paarl AC)
	Pentathlon U16	Anja Smit (Paarl AC)

### APPEALS PROCESS:

Athletes who are not in the team have until 12:00 on Sunday 19 March 2023 to appeal in writing for reconsideration to be included in the final team by email to the Boland Athletics Office at [office@bolandathletics.com](mailto:office@bolandathletics.com)  
 All appeals must include the following information: Name and Surname of Athlete; Club; 2023 ASA License Number; Qualifying Event, Qualifying Time/Distance/ Event where qualifying distance was achieved.



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