



BOLANDATHLETICS

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
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.



Mike Fraser
Boland Athletics Office
Mobile: 083 518 7272
Email: office@bolandathletics.com
Website: www.bolandathletics.com