



Twins Donne and Thomas Breytenbach.



GOLD MEDAL FOR CITY JUDOKA

TUKS Sport High School's judoka Donne Breytenbach is continuing her journey of one day reaching the pinnacle of her sport. That's why it came as no surprise that she won a gold medal over the weekend at the Tyumen International Cadet Competition in Russia.

An elated Tuks head coach Nikola Filipov said it was the best result of her career. "To win in Russia is a big deal as judo is a major sport in Eastern Europe."

According to Filipov, 700 judokas from 14 countries competed. Breytenbach was pushed out of her comfort zone. She usually fights in the Under-52kg category, but decided to move up a weight category competing in the Under-57kg category. "I will admit it was tough having to fight bigger and stronger rivals. It meant I had to change my fighting style and be more clever," said Breytenbach.

"Having Nikola next to the mats helped as he is a brilliant strategist. He also has a way to ensure that I remain calm when fighting," she explained.

In December Breytenbach will be representing South Africa in the Region Five Tournament competing in the junior category which is Under-20 and she is confident of getting a good result.

Thomas Breytenbach, her twin brother, came fifth over the weekend. He was reasonably satisfied with his performance as his goal was to gain experience. | African News Agency (ANA)