

# TuksSport Annual Colours and Awards

# 2022



**TuksSport**



## Word of Welcome

Prof Tawana Kupe – Vice-Chancellor and Principal

## National Representatives

Nicola Macleod – Deputy Director TuksSport

## STARTER

*Watermelon & feta phyllo cup served with balsamic reduction and roasted pumpkin seeds*

## Awarding of Colours

Angelica van Dou – Marketing Manager TuksSport

## MAIN COURSE

*Chicken roll*

*Fillet medallion*

*Baby potatoes*

*Green beans rolled in pepperdew*

## Student Sport Awards

### Annual Awards

Steven Ball – Director TuksSport & CEO (Acting) hpc

Student Administrator of the Year

Administrator of the Year

Sport Team of the Year

Sport Personality of the Year

Newsmaker of the Year

Bestmed Student Sportswoman of the Year

Bestmed Student Sportsman of the Year

Special Awards

## DESSERT

*Variety mini cheesecakes served with fruit*

*Bar-One mini mud cakes*

*Ice cream*

Student Sport Club of the Year

Sport Club of the Year

Coach of the Year – Individual Sport

Coach of the Year – Team Sport

Principal's Award for Exceptional Performance in both Academics and Sport

Principal's Award for Outstanding Performance of a Team representing the University

Bestmed Sportswoman of the Year

Bestmed Sportsman of the Year

## COFFEE/TEA

PROOGRAME



# STEVEN BALL

Director: TuksSport

**TuksSport has continued to grow in strength, albeit in a phase of re-calibration and re-imagining of Sport at UP. Whilst performance and excellence are non-linear, small wins and performance increments are crucial in the overall long-term growth and performance of the programme. TuksSport has undoubtedly become a flagship for student sport in SA, with an impact and reach that far exceeds the borders of the country. Driving performance and sustainable changes through our operations within TuksSport, along with the hpc and TuksSport High School has been crucial in achieving the long-term 2026 objectives for our overall sporting offering at UP. Whilst full and seamless integration of offerings, objectives and culture is the goal, historical aspects shaped over the last 20 years of each entity, shapes the operations, cultures, and potential in many ways.**

**Our student-athletes, Elite and junior performers continue to represent the #StripeGeneration with great pride across all levels of the sporting spectrum. We have continued to drive a conversation and environment that promotes the tough balance between academic and sporting demands. During the 2022 graduations, 200+ student-athletes graduated. TuksSport continues to view sport as a vehicle to a world-class education and a springboard for future societal impact.**

**TuksSport also plays a significant role in providing a platform to the wellness efforts for students. This includes hosting of internal leagues for residences, day houses, faculties and societies, whilst many students continue to remain active through recreational activities. The various campuses have been explored to identify potential long-term recreational and wellness zones, so as to provide for the general student population. Through current various internal student-focused and club-based activities 1000's of students are catered for. Our student #StripeGeneration teams have continued to set the bar high, whilst being competitive in our USSA, Varsity Sport and Varsity Cup competitions. Top 3 finishes are crucial with a number of teams claiming gold. Many of these athletes also flew**



**the Team SA flag high at the Birmingham Commonwealth Games, claiming 45% of the SA medals won.**

**TuksSport has actively been seeking to develop future-oriented partnerships whilst creating shared value for all parties involved. Through such relationships, we can achieve a long-term sustainable implementation of the vision and create a lasting legacy within the student sport and wellness space. The cost of sport is escalating continuously, especially considering the often inefficient functioning of sporting programmes nationally, with the costs being placed back on clubs and their athletes. The need for partnerships and new business initiatives becomes critical in our mandate to drive holistic and sustainable sporting programmes for our athletes as well as clientele of the hpc. We have continued to operate a system that investment from UP is used to re-generate further income resources, with the goal of developing talent, providing students with an opportunity and being the number 1 sporting programme in Africa. We have been continuously reviewing, and identifying gaps in our administration, communication, and operations to ensure progress, avoid complacency and seek good corporate governance across all sport entities. We appreciate the ongoing support received from the University, through the executive, along with those individuals that serve on the various sport company boards. Sport at the University of Pretoria continues to face a crossroad when we consider the sporting landscape. Striving toward greater purposes of synergy, alignment and integration of strategy and operations remains a focus.**

# CITATIONS OF AWARDS

## Student Administrator of the Year

### MIKHA KREFT

#### TuksCycling

Mikha Kreft started to cycle because it is an excellent way to escape stress, work and the real world.

"I love the social aspect of cycling and the physical and mental boundaries the sport brings. You can see and learn so much about the world on your bike", is how the final-year Computer Engineering student explains his passion.

When he was elected as TuksCycling's chairperson, he set his goal to introduce stability into the club's operations.

"I wanted to create a social environment that restores members' trust in the committee and club. The most important was that cyclists should never lose sight of the happiness and fun that cycling can bring. I abide by the simple motto of keeping it simple. But when it comes to racing, there is only one rule – go absolutely flat out until you drop".

It is a mission accomplished for Kreft. His clear vision led to sponsorship engagement and sustainable revenue for the club. He negotiated a good discount for cycling jerseys with one of the top cycling manufacturers.



## Administrator of the Year

### PROF SUSAN ADENDORFF

#### TuksRugby

There is a saying, "There is a woman behind every successful man".

It is undoubtedly true in the case of TuksRugby. Professor Susan Adendorff has been the club president for more than five years. With her at the helm, TuksRugby has been the Varsity Cup champions for the last two years and Tuks's under-20 side won the Young Guns Tournament.

TuksRugby has also gone from strength to strength in women's rugby. Eight players who toured with the Delta Drone Tuks Sevens Team in France and Scotland went on to play for the Springbok Blitzboks. Three players represented the Springboks at the World Cup Tournament in New Zealand.

Those in the know quickly say that without Adendorff, the club would not have achieved what it has. Time and again, she is the one who comes up with solutions or ideas of how things could be done better.

Her leadership and knowledge of the game are why she was selected to represent TuksRugby as one of the Vice-Presidents of the BBRU.





## TuksJudo



TuksJudo might be one of the smaller clubs, but the athletes make up for their lack of numbers with pure guts and determination, which is why they have been dominating local tournaments. They are now starting to make their presence felt in international tournaments with Geronay Whitebooi winning gold at the Commonwealth Games, and Charne Griesel bronze.

Donne and Thomas Breytenbach were the other two judokas who competed at the Games. Tuks judokas certainly stepped up during the African Championships in Oran, Algeria. Thomas Breytenbach won silver. Geronay Whitebooi, Charne Griesel and Tasmin Martin all won bronze.

The 19-year-old Breytenbach, who won silver, surprised many with his heroics. It was the first time he competed at an African Senior Champs and those who watched his fights would not have guessed it. In total, Tuks's judokas won nine medals on the African circuit and one medal on the European circuit. Tuks judokas made a clean sweep during the USSA Tournament held in Bloemfontein. They won 12 gold medals, four silver and three bronze. They also won the team competition overall. It was the seventh time they have done so.

Schultz received the award as the most promising newcomer. Bagaria was the best female newcomer, and Morne Jacobs was the best male newcomer. Katja Lang was the best female judoka and Timothy Meuwsen the best male judoka.



“What makes something special is not just what you have to gain, but what you feel there is to lose.”

-Andre Agassi-

## Sport Personality of the Year

### KAYLENE CORBETT

#### TuksSwimming

"The unsung breaststroke hero Kaylene Corbett rises". These were the words used in the heading of an article about Corbett's swimming heroics and it sums up who she is.

For the last five years, Corbett has been one of the most consistent performers in international swimming. Since 2018 she has qualified to swim the 200m breaststroke final at every major competition - the Gold Coast Commonwealth Games, the 2019 World Student Games, the 2019 World Championships and the 2021 Tokyo Olympic Games.

She, however, never won a medal. But as it is often said, good things happen to good people. This year she had her breakthrough, winning bronze at the Birmingham Commonwealth Games. One of the Games' most enduring moments was seeing how Corbett had to fight back the tears when she touched the wall, realising that she had finished third. During the medal ceremony, she could not help but spontaneously thank the Games official, saying, "Baie dankie".

Kaylene is a team player and leads by example. Her bubbly personality and kind demeanour attracts other swimmers to her and she often sets the mood in the squad or team.



## News Maker of the Year

### MARLIZE DE BRUIN

#### TuksNetball & TuksRugby

The former Jaguars and Tuks captain, Marlize de Bruin, has decided to quit netball to focus on playing sevens rugby. Doing so, she proved a change is as good as a holiday. She represented the Springbok sevens women's team at the Rugby World Cup Tournament in Cape Town.

"Netball was good to me. I am leaving the sport with some incredible memories. Playing netball has also changed my life off the court. While playing, I was privileged to earn two degrees at the University of Pretoria. It is definitely time to move on. I have achieved all I can as a netball player. I needed a new challenge which is why I took up sevens rugby. "There has not been a moment I regretted doing so", is how De Bruin explained her decision.

There were often references to De Bruin being South Africa's fittest netball player. She has the distinction of being part of teams that won every major local tournament. A definite highlight was playing for the Jaguars, which won the National Netball League for five consecutive years. She also was instrumental in helping Tuks to win the Varsity Netball Tournament.

Her one regret was never getting an opportunity to play for the Proteas, although she did play for the President's Team and South Africa's Fast Five team. Her transition from a centre with a passion for outwitting the opposition team's defence on a netball court to a try-scoring winger on a rugby field is remarkable as she only started playing sevens rugby in March 2022.



## Bestmed Student Sportswoman of the Year Finalists

### CHARNÉ GRIESEL

#### TuksJudo

The BA Law student won a bronze medal in the under-52kg category of the judo competition during the Birmingham Commonwealth Games.

Griesel has won ten South African titles. Another highlight was winning bronze at the African Championships. She is also one of the highest-qualified coaches in South Africa.

Winning medals is not the only reason why Griesel is passionate about judo. She sees the sport as a way to bring about change in the lives of children which is why she started a judo club in Eersterust in the hope of winning the fight against drug abuse.

According to Griesel, judo is the perfect sport to make a difference in kids' lives.

"We abide by a moral code of eight values: courtesy, courage, honesty, honour, modesty, respect, self-control and friendship. The challenge will be to get the kids to buy into this on and off the mats. If we succeed, we are definitely going to change young lives."



### JEAN-LEIGH DU TOIT

#### TuksHockey

Jean-Leigh du Toit (BISHons Informatics) represented the South African women's under-21 team at the Junior World Cup, the senior national team at the World Cup and the Commonwealth Games, scoring goals.

Du Toit also played for Northerns at the senior and under-21 tournaments over the last two years.

She considers herself to be an attacking defender. Her best traits are her overhead passes and out letting skills. Playing hockey is to her a forever quest for perfection which is why she is continuously setting herself new goals.

Her coach, Inky Zondi, describes her as an exemplary athlete who has shown leadership qualities at all levels. She is also continuously striving to be better today than she was yesterday. According to Zondi, this trait is why she will succeed in all aspects of life.





## ZENEY VAN DER WALT

### TuksAthletics (400m Hurdles)

The statistics show that Zeney van der Walt (B.Ed. student) won bronze in the 400m hurdles during the Birmingham Commonwealth Games, but statistics do not allow for personal heroics.

It is unfortunate because if a prize were awarded for the gutsiest performance during the Games to win bronze, the Tuks hurdler would undoubtedly be a contender.

Halfway through the race, she was eighth. With 50 metres left, she was in fifth place. It looked like a done deal that the three Jamaican athletes would make a clean sweep - winning all three medals. But that was not how Van der Walt saw the race play out. With an astonishing acceleration of speed, she caught up to take the bronze. If the South African had dipped earlier, there was a chance that she could have taken the silver.

Van der Walt set a new personal best during the Games by running 54.47s. She is now officially South Africa's fourth fastest female 400m-hurdles athlete. Only Myrtle Bothma's 53.74s, Surita Febbraio's 54.05s and Wenda Nel's 54.37s have been faster.



## ERIN GALLAGHER

### TuksSwimming

During the Birmingham Commonwealth Games, Erin Gallagher (B.Sc. in Geography and Environmental Science) won a silver in the 50m butterfly. Her time of 26.05s is a new South African record.

She won four medals in April during the South African Championships in Gqeberha, again setting a South African record in the 50m butterfly.

At the moment, winning medals is not all that matters to her. Getting good marks in her studies is, at times, more important.

"Some of this year's special moments are not swimming related. It is to do with my studies. I haven't studied since I matriculated in 2016, so it was tough to adjust to a swimming and studying schedule" Gallagher said.

According to Gallagher, she loves being in the water and pushing herself to the physical limits to achieve her goals. Her long-term goal is to qualify to compete at the 2024 Paris Olympic Games.

Gallagher joined TuksSwimming in August of last year. Ever so often during the training sessions, she is the one who mentors the younger swimmers.



"Don't stop until you're proud"  
-Unknown-

## DANILO VON LUDWIGER

### TuksVolleyball

The MBChB (Medicine) 4th Year student represented South Africa in September during Brazil's FISU World University Beach Volleyball Championship.

He also played for Gauteng at the provincial indoor tournament. Danilo's on-court heroics did not go unnoticed as he received the award for 'the best server' and 'most valuable player'. He will be in action in November during a professional beach volleyball tournament in Cape Town.

Danilo is highly respected by all players at TuksVolleyball and often helps the new players to improve their skills. He is also actively lending a helping hand with the management of the Tuks High School Tournament. It is said that when Danilo is around, every Tuks player feels as if they belong.



## JIVESHEN PILLAY

### TuksCricket

The PGDip in Entrepreneurship student is considered to be the ultimate team player. When he steps onto the field, only one thing matters, which is to help his team win. That is why he is such a good captain.

In December last year, he captained Tuks to win the USSA Tournament. His philosophy of captaincy is quite simple - don't panic.

According to Pillay, what he loves as captain is that it forces him to always think on his feet. He is the one that needs to come up with a solution for any problem that arises on the field.

Pillay is also an avid student of the game. Whenever he has free time, he watches cricket on the television, which he considers vital, as there is something to be learned in every game. Pillay is also contracted and playing for the Titans.



## SENZWESIHLE NGUBANE



### TuksHockey

Senzwesihle Ngubane (BEd Senior Phase & EFT Teaching) is the Tuks men's hockey team vice-captain that won the Varsity Hockey Tournament in October.

He has represented South Africa at the Junior World Cup Tournament (under 21) and made his debut for the senior Proteas in January during the African Qualification Tournament.

Sihle prides himself on being a Tuks student-athlete, always displaying exemplary behaviour on and off the field through his self-discipline and excellent teamwork.

He has also done well academically and has shown maturity in managing his demanding hockey career and studies.

## BENJAMIN RICHARDSON

### TuksAthletics

Benjamin Richardson seemingly loves nothing more than to medal at major events, with his tally for this season being three gold medals and two bronze medals. At the World Junior Championships in Cali, Columbia, he won a bronze medal in the 100 metres. It is the second time he has medalled at Junior Worlds in two years.

The Town and Regional Planning student has been impressive throughout the season. Richardson is also the South African under-20 champion over 100 and 200 metres. During the South African Senior Championships, he won a bronze medal in the 200 metres.

Another impressive performance was when he clocked 10.08s in Gaborone in April. It is a massive personal best. It is interesting to note that over the last four years, the Tuks sprinter has improved his personal best time over 100 metres by nearly a second. His progression over 200 metres is equally impressive.



"Hard work beats talent when talent doesn't work hard."

-Tim Notke-



## TuksRowing

"They came, they saw, they conquered" is an excellent way to summarise the heroics of Tuks's rowers. They were the overall points trophy winners at the Buffalo Regatta; were victorious during the USSA Sprints Championships and won various medals at the Gauteng Championships.

A definite highlight was the USSA Boat Race Regatta in Port Alfred. The Tuks men's eight A-crew won for a record 13th consecutive time and the women's A-crew for the fifth time. The women's B-crew were also victorious, while the men's B-crew won silver.

TuksRowing also won the Kyle Hanck Shield for the USSA Rowing Indoor Championship. It is the first time the award has been won by TuksRowing since it was introduced in 2012.

Tuks's rowers' inspiration comes from wearing the "Stripe". The moment they put on the "jersey", for them, it is only about "Tuks of Niks".

A big boost in 2022 was the appointment of Thato Mokoena as the TuksRowing coach. He has a way of inspiring rowers to be at their best when it matters. He guided Damien Bonhage-Koen and Christopher Baxter to win gold at the World Under-23 Championships



"It's not about trophies and ribbons. It's about being on time for practice, accepting challenges and being fearful of the elements."

-Summer Sanders-

Sport Club of the Year

## TuksSwimming



Pushing the boundaries and winning medals have seemingly become part and parcel of the Tuks swimmers' DNA.

It did not matter where or when they competed; they excelled. The Birmingham Commonwealth Games were undoubtedly a feather in the cap of TuksSwimming coaches. Nine swimmers were selected to compete. They ended up winning seven of South Africa's 11 swimming medals.

The 18-year-old Pieter Coetzé won gold, silver and bronze in the backstroke events, and Tatjana Schoenmaker (gold and silver in the breaststroke events) were a class act. Coetzee won gold, three silver and a bronze at the World Junior Championships. During the XV CANA African Champs, Tuks's swimmers won seven gold medals, five silver and three bronze.

TuksSwimming has won the USSA Championships for the 9th consecutive year and was once again the overall winner at the South African Short Course Championships.

*"Don't be afraid of failure.  
This is the way to succeed."*

*-LeBron James-*



## ROCCO MEIRING

### TuksSwimming

It would not be wrong to say that Rocco Meiring is the man who brought about a revival in South African women's swimming. Results do not lie.

Tuks's swimmers won seven of South Africa's 11 medals during the Birmingham Commonwealth Games. It is exciting to note that Tatjana Schoenmaker (gold 200m breaststroke and silver 100m breaststroke), Kaylene Corbett (bronze 200m breaststroke) and Erin Gallagher (silver 50m butterfly) were all medallists. During the 2018 Games, Schoenmaker was the only Tuks female swimmer who medalled.

Birmingham was the first time in a while that South Africa's female swimmers got to win more medals than their male counterparts. Meiring's 'forever quest' to find ways to get his swimmers to be that hundredth of a second faster brought this about.

The 18-year-old Pieter Coetzé's heroics at the Commonwealth Games and the Mare Nostrum Swim Series in Europe is another testimony to how Meiring gets swimmers to be at their best when it matters. Coetzee won gold, silver and bronze in the backstroke events during the Games and five gold, two silver, and three bronze medals at the Mare Nostrum galas.

Meiring also guided TuksSwimming to a ninth successive USSA Swim Gala triumph.

He has been coaching at TuksSwimming since the early 2000s and has built the Club's member base from scratch to the renowned and high-performing Club that it is now, with almost 500 swimmers. It is currently the biggest swimming club in NTS Aquatics Gauteng and probably in South Africa.



"If you persevere long enough,  
if you do the right things long enough,  
the right things will happen."

-Manon Rheume-



## KRUGER VAN WYK



### TuksCricket

Kruger has been the head coach and technical director of the TuksCricket Elite Squad since 2016. Tuks established itself as one of South Africa's top cricket clubs during his tenure, winning countless trophies locally and internationally.

This success can be ascribed to Kruger's management style. He believes in empowering his coaches to take responsibility for their players to get the best out of them.

He has structured training in such a way that all players can attend training around their classes and still receive the attention they need to perform at a very high level.

Kruger has managed his recruitment plans so players can get involved at TuksCricket while still in high school, and thereafter apply to study at the University of Pretoria. By doing this, he creates great depth in the player pool.

Even in a tough economic year that included provincial structure changes within the country, Kruger managed to recruit good players with a minimal budget and coached them with great results.

This past season TuksCricket won all the competitions they competed in - USSA Tournament, Northern's T20 Tournament and the Northern's Premier League.

Kruger is the High-Performance Wicketkeeping and Fielding consultant for the South African women's team and the South African under-19 squad. He is also a level 3 coaching course facilitator.



Principal's Award to a Student for Exceptional Performance in both Academics and Sport

## DR MAHLANE KGATLE

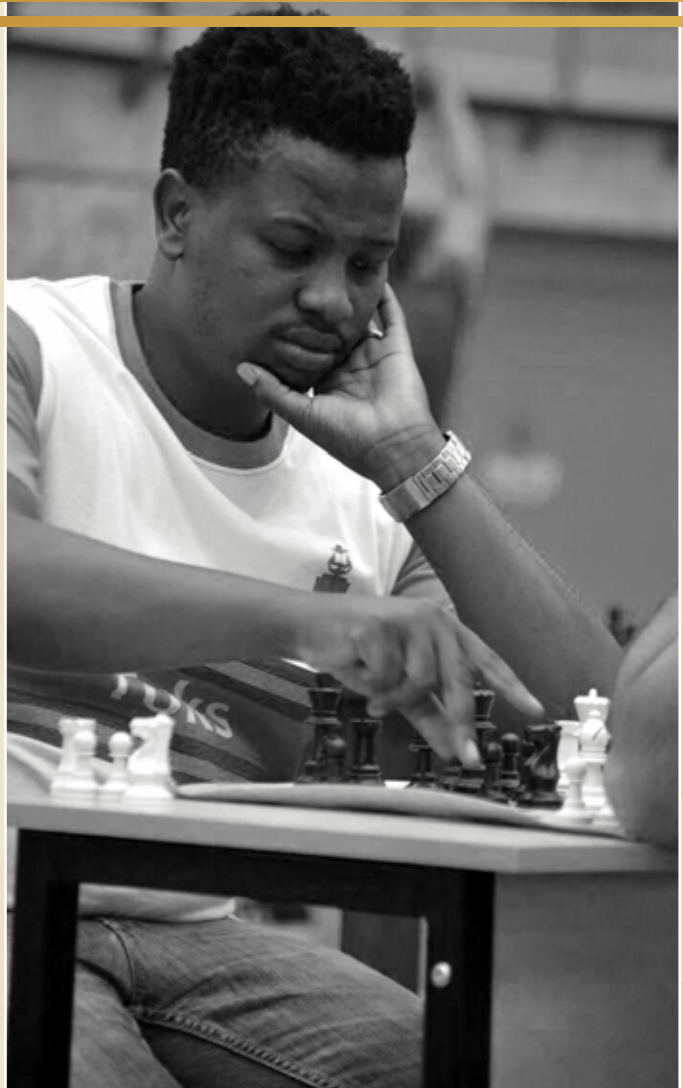
### TuksChess

Dr Kgatle was a member of TuksChess while he was a student at the University of Pretoria and continued to actively support the club as a leader and forerunner for the students showing them they can balance work and studies. Dr Kgatle has been a Post Doctoral Fellow at FABI whilst also pursuing his LLB degree at UNISA.

His behaviour is exemplary as a mentor to junior chess players. He has worked with various players from different universities as the USSA Secretary and Treasurer and continues to make sure they all stand out in their own way.

As chairperson, he has actively driven the club's interests in growing its membership and overall performance.

His passion, however, is facilitating outreach programmes, which has included donating chess sets to schools, inviting schools to Sci-Enza and visiting juvenile prisons where chess has been used as the medium for creating significant impact.



"After a bad opening, there is hope for the middle game. After a bad middle game, there is hope for the endgame. But once you are in the endgame, the moment of truth has arrived."

-Edmar Mednis-

Principal's Award for Outstanding Performance of a Team representing the University

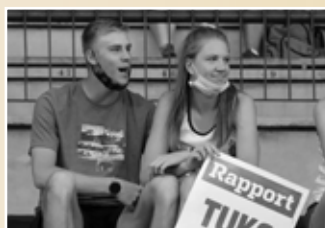
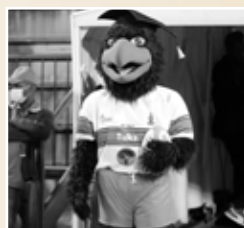
## VARSITY CUP RUGBY

Tuks Varsity Rugby proved the saying about a certain "Fat Lady that needs to sing" true in Stellenbosch when they beat Maties 29-23 in the Varsity Cup final.

It is possibly one of the best fightbacks ever by a Tuks Rugby team. It genuinely took spirit and perseverance to claim the victory. At one stage in the second half, Tukkies trailed 23-10, but they would not give up. Bernard van der Linde scored the winning try with two minutes to play.

It is the first time since 2013 that Tuks has beaten Maties in Stellenbosch. The victory means that Tuks has equalled Maties' winning five Varsity Cup titles. Tuks is the first team to finish fourth on the log and go on to win the tournament. It is the fourth time in five finals that Tuks got the better of Maties.

Tuks's Young Guns were victorious, beating Northwest 22-14 in the Young Guns Tournament final. It is the sixth time Tuks have been crowned champions.



"Make sure your worst enemy doesn't live between your own two ears."

-Laird Hamilton-



## TATJANA SCHOENMAKER

### TuksSwimming

Tatjana Schoenmaker won the 200m breaststroke during the Birmingham Commonwealth Games and a silver medal in the 100m breaststroke.

The Tuks swimmer is one of South Africa's top female gold medallist winners at the Commonwealth Games. She has three gold medals to her name. During the 2018 Commonwealth Gold Coast Games, she won the 100 and 200m-breaststroke events.

Since 1994 the Paralympian Natalie du Toit has won seven gold medals at the Commonwealth Games. Tracy-Lee Botha (lawn bowls) is the only other South African female athlete to have won three gold medals.

Her coach, Rocco Meiring, describes Schoenmaker as "a brilliant role model, mentor and motivator. The swimmers look up to her and she is always prepared to share her knowledge and advice".



## NADINE ROOS

### TuksWomensRugby 7's

Catch me if you can. That seems to be the attitude of Springbok Sevens rugby player Nadine Roos when she has the ball in hand and no one often does, as the Tuks-player tends to be like quicksilver on the field ... fast and unpredictable.

Scoring tries has become second nature to Nadine. She scored five tries during the Sevens World Cup Tournament in Cape Town. Her fleet-footed heroics led to her being selected for the International Dream Team.

During the Africa Women's Sevens Cup Tournament in Tunisia, she also scored five tries. In doing so, she helped the Springboks qualify for the Birmingham Commonwealth Games. She is currently playing for the Springboks at the Women's World Cup Tournament in New Zealand.

Roos finished her BEd Hons degree at Tuks last year.



"Overpower. Overtake. Overcome."  
-Serena Williams-

## GERONAY WHITEBOOI



### TuksJudo

Geronay Whitebooi won gold in the judo under-48kg category during the Birmingham Commonwealth Games.

She is the first South African female judoka to win gold at a major international competition.

For Whitebooi, her success has been a long time in the making. Ten years to be exact. Her journey to the Commonwealth Games gold started the day she joined TuksJudo.

Through the years, she won various gold medals and titles all over Africa, but victories in the rest of the world eluded her. She admitted that, at times, she lacked confidence.

In Birmingham, to use her own words, she stopped being a "girly girl and turned into a bulldog".

According to Whitebooi, she will never be able to repay Coach Nikola Filipov for his sacrifice and investment in her life.

"We have come a very long way since 2010. I have disappointed him several times, but he stood by my side no matter how difficult it was to face failure."

Whitebooi also won a silver medal at the European Club Championships and a bronze at the African Championships.

## Bestmed Sportsman of the Year Finalists

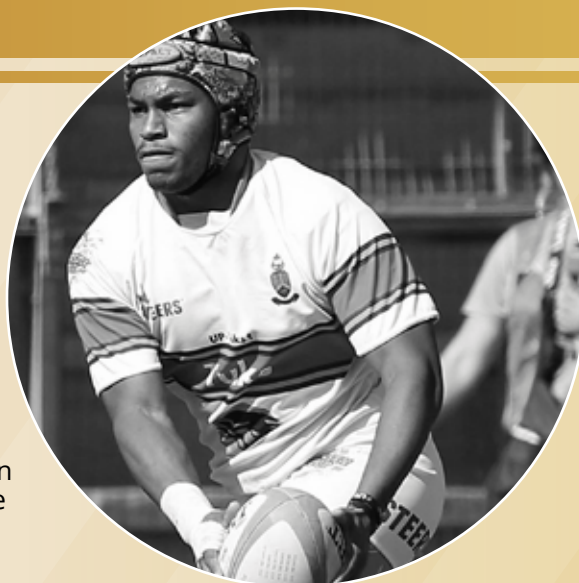
## THARQUINN MANUEL

### TuksRugby

Tharquinn Manuel is 1.74 metres tall and weighs about 84kg. There would be those who would consider him too small to play rugby, but it is not the size of a man but the size of his heart that matters.

The Tuks B.Ed. student has proved it countless times on the field. Putting his body on the line to make big tackles or sidestepping opponents to put a teammate away to score, or scoring himself.

Last year and this year, Tharquinn helped UP-Tuks 1 win the Varsity Cup Tournament. He made his debut for the Blue Bulls in Round 12 of the Currie Cup Tournament against the Pumas.



## JOVAN VAN VUUREN

### TuksAthletics

Jovan van Vuuren did something in Birmingham that few other South African long jumpers have been able to do - medalling at a Commonwealth Games.

The Tuks athlete won bronze jumping 8.06 metres. Laquan Nairn from the Bahamas won gold with an 8.08-metre effort.

It is only the third time since 1994 that a South African long jumper has medalled at the Commonwealth Games. In 2014 in Glasgow, Zarck Visser won silver and Rushwahl Samaai bronze. Four years later, at the Gold Coast Games, Luvo Manyonga was victorious, with Samaai again finishing third.

At the start of the season, Van Vuuren set himself one primary goal: to consistently jump further than eight metres. He succeeded in doing so.

A definite highlight was his 8.16-metre effort during the Gauteng North Champs. It ranks him seventh on South Africa's all-time list for best performances. Internationally his 8.16 metres ranks as one of the 19th-best distances for the season. Van Vuuren went on to win the South African title as well.



## DAMIEN BONHAGE-KOEN AND CHRISTOPHER BAXTER

### TuksRowing

Damien Bonhage-Koen and Christopher Baxter set a new world record in the under-23 men's heavyweight pair event during the Rowing Under-23 Championships in Varese, Italy. The pair took gold in 6:19.99, beating the previous world record by 0.07 seconds.

The pre-race favourites were the Lithuania twins, Domantas and Dovydas Stanukas, as they won silver in 2021. The Tuks pairing, however, took an early lead and never relented. They set a bullet-proof rhythm right up to the end.

Following the Under-23 World Championships, they were both selected as part of the men's heavyweight four crew, which raced at Senior World Champs in Racice, Czech Republic. The South Africans ended up finishing fifth in the B-final.

Bonhage-Koen and Baxter are club members of TuksRowing and members of the RMB National Rowing Squad.





# COLOURS & AWARDS

Name & Surname	Number of Awards	Designation	Event detail
<b>Commonwealth Games Representatives</b>			
<b>Aquatics Swimming</b>			
Pieter Coetzé	*	SA Protea	Commonwealth Games, England, July 2022
Duné Coetzee	2	SA Protea	Commonwealth Games, England, July 2022
Kaylene Corbett	3	SA Protea	Commonwealth Games, England, July 2022
Erin Gallagher	1	SA Protea	Commonwealth Games, England, July 2022
Caio Lobo	*	Team Mozambique	Commonwealth Games, England, July 2022
Rocco Meiring	8	SA Protea Coach	Commonwealth Games, England, July 2022
Andrew Ross	2	SA Protea	Commonwealth Games, England, July 2022
Tatjana Schoenmaker	6	SA Protea	Commonwealth Games, England, July 2022
<b>Athletics: Track &amp; Field</b>			
Ivan Geldenhuys	1	Team Namibia	Commonwealth Games, England, July 2022
Tshepang Makhetha	2	SA Protea	Commonwealth Games, England, July 2022
<b>Hockey</b>			
Jean-Leigh du Toit	3	SA Protea	Commonwealth Games, England, July 2022
Nduduzo Lembethe	7	SA Protea	Commonwealth Games, England, July 2022
Hanrie Louw	1	SA Protea	Commonwealth Games, England, July 2022
Edith Molikoe	3	SA Protea	Commonwealth Games, England, July 2022
Nqobile Ntuli	3	SA Protea	Commonwealth Games, England, July 2022
Sphehile Ntuli	4	SA Protea Coach	Commonwealth Games, England, July 2022
Nkuliso Zondi	9	SA Protea Coach	Commonwealth Games, England, July 2022
Onthatile Zulu	4	SA Protea	Commonwealth Games, England, July 2022
<b>Judo</b>			
Donné Breytenbach	2	SA Protea	Commonwealth Games, England, July 2022
Thomas Breytenbach	2	SA Protea	Commonwealth Games, England, July 2022
Nikola Filipov	16	SA Protea Coach	Commonwealth Games, England, July 2022
Charné Griesel	4	SA Protea	Commonwealth Games, England, July 2022
Geronay Whitebooi	8	SA Protea	Commonwealth Games, England, July 2022
<b>Netball</b>			
Charné Britz	2	SA Protea Sport Scientist	Commonwealth Games, England, July 2022
Izette Griesel	9	SA Protea	Commonwealth Games, England, July 2022
Tshinakaho Mdau	6	Gauteng Jaguars	Commonwealth Games, England, July 2022
Shadine van der Merwe	9	SA Protea	Commonwealth Games, England, July 2022
Ine-Mari Venter	7	SA Protea	Commonwealth Games, England, July 2022
<b>Rugby Women's 7's</b>			
Kemisetso Baloyi	5	SA Springbok	Commonwealth Games, England, July 2022
Liske Lategan	3	SA Springbok	Commonwealth Games, England, July 2022
<b>Triathlon</b>			
Lindsey Parry	13	SA Protea Coach	Commonwealth Games, England, July 2022
<b>Wrestling</b>			
Bennie Labuschagne	2	SA Protea Coach	Commonwealth Games, England, July 2022
Arno van Zijl	1	SA Protea	Commonwealth Games, England, July 2022

## Senior National Representatives

### Aquatics Lifesaving

Kendra du Toit	1	SA Protea	Lifesaving World Championships, Italy, September 2022
Johan Lourens	9	SA Protea	ILS Africa Championships, Egypt, February 2022
Tové van Zyl	6	SA Protea	Lifesaving World Championships, Italy, September 2022

### Aquatics Open Water Swimming

Ruan Breytenbach	1	SA Protea	18th FINA World Aquatics Championships, Hungary, June 2022
Amica de Jager	1	SA Protea	18th FINA World Aquatics Championships, Hungary, June 2022
Damien Payet	*	Team Seychelles	18th FINA World Aquatics Championships, Hungary, June 2022
Catherine van Rensburg	*	SA Protea	18th FINA World Aquatics Championships, Hungary, June 2022

### Aquatics Swimming

Emma Chelius	1	SA Protea	18th FINA World Aquatics Championships, Hungary, June 2022
Stephanie Houtman	2	SA Protea	18th FINA World Aquatics Championships, Hungary, June 2022
Adrian Robinson	3	Team Botswana	18th FINA World Aquatics Championships, Hungary, June 2022

### Aquatics Waterpolo

Shakira January	1	SA Protea	19th FINA World Championships, Hungary, June 2022
Nicola Macleod	2	SA Protea	19th FINA World Championships, Hungary, June 2022

### Archery

Beyers de Klerk	4	SA Protea	Archery World Cup Stage 3, France, June 2022
Christiaan de Klerk	2	SA Protea	Archery World Cup Stage 3, France, June 2022
Gerda Roux	6	SA Protea	World Games, United States, July 2022
Patrick Roux	6	SA Protea	Archery World Cup Stage 3, France, June 2022
Wian Roux	2	SA Protea	Archery World Cup Stage 3, France, June 2022

### Athletics Track & Field

Taylon Bieldt	5	SA Protea	World Championships, United States, July 2022
Paul Gorries	2	SA Protea Coach	World Championships, Colombia, August 2022
Gift Leotlela	3	SA Protea	World Championships, United States, July 2022
Irma Reynecke	3	SA Protea Coach	World Championships, United States, July 2022
Prudence Sekgodiso	1	SA Protea	World Championships, United States, July 2022
Mzamo Sepeng	2	SA Protea Coach	World Championships, United States, July 2022
Wayne Snyman	12	SA Protea	World Championships, United States, July 2022
Tshepo Tshite	1	SA Protea	World Championships, United States, July 2022
Zeney van der Walt	3	SA Protea	World Championships, United States, July 2022
Jovan van Vuuren	3	SA Protea	World Championships, United States, July 2022
Marlie Viljoen	3	SA Protea	World Championships, United States, July 2022

### Cricket

Mignon du Preez	11	SA Protea	ICC Women's World Cup 2022, New Zealand, February 2022
Heinrich Klaasen	11	SA Protea	ICC Men's T20 World Cup 2021, United Arab Emirates, Nov 2021
Suné Luus	8	SA Protea	ICC Women's World Cup 2022, New Zealand, February 2022
Aiden Markram	10	SA Protea	ICC Men's T20 World Cup 2021, United Arab Emirates, Nov 2021
Lungi Ngidi	8	SA Protea	ICC Men's T20 World Cup 2021, United Arab Emirates, Nov 2021

### Fencing

Andrei Kovrijnykh	10	SA Protea Referee	FIE World Championships, Egypt, July 2022
Janalé van den Berg	3	SA Protea	FIE Snr World Championships, Egypt, July 2022

### Football

Mmabatho Mogale	*	Banyana Banyana	Cosafa Cup, Port Elizabeth, September 2022
Tshepo Molobi	1	Bafana Bafana Medical Doctor	AFCON Qualifiers, Johannesburg, September 2022
Kamohelo Pheane	1	Bafana Bafana	CHAN Qualifiers, Johannesburg, September 2022

**Gymnastics Artistic**

Ruan Lange	1	SA Protea	Africa Championships, Egypt, July 2022
Shannon Gardiner	4	SA Protea	World Games, United States, July 2022

**Hockey**

Trevor de Lora	2	SA Protea	FIH Pro League Series , Argentina, April 2022
Tegan Fourie	1	SA Protea	Africa Cup of Nations, Ghana, January 2022
Lerato Mahole	4	SA Protea	Africa Cup of Nations, Ghana, January 2022
Guy Morgan	2	SA Protea	FIH Pro League Series , Argentina, April 2022
Senzwesihle Ngubane	1	SA Protea	FIH Pro League Series , Argentina, April 2022
Bradley Sherwood	1	SA Protea	FIH Pro League Series , Argentina, April 2022

**Judo**

Katja Lang	1	SA Protea	Senior Africa Championships, Algeria, May 2022
Jasmine Martin	1	SA Protea	Senior Africa Championships , Algeria, May 2022
Anastasia Nenova	5	SA Protea	Senior Africa Championships, Algeria, May 2022

**Netball**

Simoné le Roux	1	SA Protea	SANZEA Quad Series, London, January 2022
Jamie van Wyk	3	SA Protea	Africa Netball Championships, Namibia, November 2021

**Rowing**

Christopher Baxter	2	SA Protea	World Championships, Czech Republic, September 2022
Damien Bonhage-Koen	2	SA Protea	World Championships, Czech Republic, September 2022
Jake Green	8	SA Protea	World Championships, Czech Republic, July 2022
Kirsten MacDonald	7	SA Protea	World Championships, Czech Republic, July 2022
Thabelo Masutha	4	SA Protea	World Championships, Czech Republic, July 2022
James Mitchell	4	SA Protea	World Championships, Czech Republic, July 2022
Henry Torr	2	SA Protea	World Championships, Czech Republic, July 2022

**Rugby**

Elrigh Louw	2	SA Springbok	Springbok test vs Wales, Pretoria, July 2022
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**Rugby Women's 15's**

Libbie Janse van Rensburg	6	SA Springbok	Springbok test vs Wales, Wales, November 2021
Rumandi Potgieter	2	SA Springbok	Springbok test vs Japan, Japan, July 2022
Nadine Roos	5	SA Springbok	Springbok test vs Wales, Wales, November 2021

**Rugby Women's 7's**

Marlize de Bruin	1	SA Springbok 7s	7s Series Challenger, Chile, August 2022
Kirsten Eastes	1	SA Springbok 7s	7s Series Challenger, Chile, August 2022
Nolwazi Hlabangane	7	SA Springbok 7s	Rugby World Cup 7's, Cape Town, September 2022
Miché Pretorius	1	SA Springbok 7s	7s Series Challenger, Chile, August 2022

**Tennis Wheelchair**

Evans Maripa	2	SA Protea	BNP Paribas World Team Cup, Portugal, May 2022
Kgothatso Montjane	2	SA Protea	BNP Paribas World Team Cup, Portugal, May 2022
Donald Ramphadi	1	SA Protea	BNP Paribas World Team Cup, Portugal, May 2022
Alwande Skhosana	1	SA Protea	BNP Paribas World Team Cup, Portugal, May 2022
Mariska Venter	2	SA Protea	BNP Paribas World Team Cup, Portugal, May 2022



## National Coaches & Managers

### Cricket

Kruger van Wyk	11	SA Protea Women's Coach	ICC Women's World Cup 2022, New Zealand, February 2022
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### Netball

Jenny van Dyk	7	Botswana National Coach	African Qualifiers, Pretoria, August 2022
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## National Federation Representatives

### Aquatics Open Water Swimming

Muhammed Adam	2	SA Team	XIV CANA Senior Swimming and Open Water Championships, Ghana, October 2021
Samantha Randle	5	SA Team	XIV CANA Senior Swimming and Open Water Championships, Ghana, October 2021

### Aquatics Swimming

Muhammed Adam	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Roberto Gomes	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Ross Hartigan	5	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Kerryn Herbst	1	SA Team	XV CANA Senior Swimming Championships, Tunisia, August 2022
Jonathan Heslop	1	SA Team	XV CANA Senior Swimming Championships, Tunisia, August 2022
Ma'Az Khota	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Sinelithemba Mbatha	1	SA Team	XV CANA Senior Swimming Championships, Tunisia, August 2022
Christin Mundell	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Hannah Pearse	1	SA Team	XV CANA Senior Swimming Championships, Tunisia, August 2022
Alex Ramaala	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Matthew Randle	1	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Samantha Randle	5	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Ruan Ras	7	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Reedah Shaw	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Lizanne Viljoen	4	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021
Inge Weidemann	2	SA Team	XIV CANA Senior Swimming Championships, Ghana, October 2021

### Aquatics Waterpolo

William Fairhurst	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Timothy Mundell	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Bulelwa Mzimela	1	SA Team	EU Nations Senior Women's Championships, Czech Republic, Nov
Bradley Petersen	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Janco Rademeyer	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Byran Rees-Gibbs	2	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Ambler Robert	1	SA Team Coach	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Joshua Schmidt	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Blayne Spitholt	3	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021
Christopher Ullbricht	1	SA Team	EU Nations Senior Men's Championships, Czech Republic, Nov 2021

### Athletics Track & Field

Ruan de Vries	10	SA Team	CAA African Championships, Mauritius, June 2022
Charlize Eilerd	2	SA Team	CAA African Championships, Mauritius, June 2022
Marinda Greyling	2	SA Team	CAA African Championships, Mauritius, June 2022
Leroux Hamman	10	SA Team	CAA African Championships, Mauritius, June 2022
Phindile Khubheka	2	SA Team	CAA African Championships, Mauritius, June 2022
Marzaan Loots	2	SA Team	CAA African Championships, Mauritius, June 2022

Wenda Nel	12	SA Team	CAA African Championships, Mauritius, June 2022
Constant Pretorius	5	SA Team	CAA African Championships, Mauritius, June 2022
Fredriech Pretorius	8	SA Team	CAA African Championships, Mauritius, June 2022
Yvonne Robson	3	SA Team	CAA African Championships, Mauritius, June 2022
Shannon Verster	4	SA Team	CAA African Championships, Mauritius, June 2022

#### **Karate**

Meghan Smit	3	SA Team	19th AUSA Region 5 Karate Championships, Durban, May 2022
Kira Reddy	1	SA Team	19th AUSA Region 5 Karate Championships, Durban, May 2022

#### **National Age Group Representatives**

##### **Athletics Track & Field**

Mila Compaan	1	SA u20	World u20 Championships, Colombia, August 2022
Simoné de Wet	1	SA u20	World Junior Championships, Colombia, August 2022
Karabo Madonsela	1	SA u20	World u20 Championships, Colombia, August 2022
Bradley Olifant	1	SA u20	World u20 Championships, Colombia, August 2022
Benjamin Richardson	1	SA u20	World u20 Championships, Colombia, August 2022

##### **Clay Target Shooting**

Christiaan Steyn	1	SA u21	British Open DTL Junior championships , Ireland, July 2022
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#### **Cricket**

Matthew Boast	1	SA u19	ICC Men's u19 World Cup 2022, Antigua And Barbuda, January 2022
Dewald Brevis	1	SA u19	ICC Men's u19 World Cup 2022, Antigua and Barbuda, January 2022
Blanche Conradie	7	SA u19 Team Manager	ICC Men's u19 World Cup 2022, Antigua And Barbuda, January 2022

#### **Hockey**

Laikén Brisset	1	SA u21	Senior IPT, Pretoria, August 2022
Jared Campbell	2	SA u21	Junior World Cup , India, December 2021
Amelie Claasen	1	SA u21	Junior World Cup , Potchefstroom, April 2022
Joshua Davies	1	SA u21	Junior World Cup , India, December 2021
Calvin Davis	1	SA u21	Senior IPT, Pretoria, August 2022
Matt Dewar	2	SA u21	Junior World Cup , India, December 2021
Cerian Fourie	1	SA u21	Senior IPT, Pretoria, August 2022
Cameron le Forestier	1	SA u21	Junior World Cup , India, December 2021
Kagiso Mathaba	1	SA u21 Team Manager	Junior World Cup , India, December 2021
Ayakha Mthlane	1	SA u21	Senior IPT, Pretoria, August 2022
Sihle Ngongo	1	SA u21	Junior World Cup , India, December 2021
Cody Posthumus	2	SA u21	Junior World Cup , India, December 2021

#### **Judo**

Shawwal Bagaria	1	SA u20	Junior Africa Championships, Kenya, April 2022
Marciano de Oliveira	1	SA u20	Junior Africa Championships, Kenya, June 2022
Morné Jacobs	1	SA u20	Junior World Championships, Italy, October 2021
Tegan Malherbe	1	SA u20	Junior Africa Championships, Kenya, April 2022
Timothy Meuwssen	1	SA u20	Junior Africa Championships, Kenya, July 2022
Dewald Schultz	1	SA u20	Junior Africa Championships, Kenya, April 2022
Righardt van Rensburg	1	SA u20	Junior Africa Championships, Kenya, April 2022

**Netball**

Lifaethu Khumalo	4	SA u19 Team Manager	AUSC Region V Games, Lesotho, December 2021
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**Rowing**

Thato Mokoena	1	SA u23 Coach	World u23 Rowing Championships, Italy, July 2022
Courtney Westley	1	SA u23	World u23 Rowing Championships, Italy, July 2022
Katherine Williams	3	SA u23	World u23 Rowing Championships, Italy, July 2022

**Volleyball**

Heiko Guthier	1	SA u19	Beach Volleyball World Championship, Turkey, September 2022
Dina Kladis	4	SA u19 Coach	AUSC Region V Games, Lesotho, December 2021

**Wrestling**

Mika Lehmkuhl	1	SA u20	World Junior Championships, Bulgaria, August 2022
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**USSA National Representatives****Athletics Track & Field**

Abenico Choba	2	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022
Edmund du Plessis	1	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022
Ashwin Jood	1	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022
Michael Schoeman	1	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022
Charné Swart	1	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022

**Chess**

Azile Jack	1	CUCSA Team	20th CUCSA Zone VI Games, Malawi, September 2022
Mahlane Kgatle	1	SA Student Team Manager	FISU Games, Belgium, September 2022
Letladi Lekolwane	1	SA Student Team Official	FISU Games, Belgium, September 2022
Cora Mak	3	SA Student Team	FISU Games, Belgium, September 2022

**Golf**

Dawid Opperman	1	SA Student Team	FISU Games, Italy, July 2022
Wiehan van der Walt	1	SA Student Team	FISU Games, Italy, July 2022

**Karate**

Tiané de Bod	4	SA Student Team	FISU Games, Turkey, September 2022
Franco du Plessis	2	SA Student Team	FISU Games, Turkey, September 2022

**Rowing**

Jade Alves	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Chloe Cresswell	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Alexander Holmes	2	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Sarah King	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Ross le Maitre	2	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Caitlin Miller	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Emily Pollock	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Sebastian Ringrose	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022
Imke Tiaden	1	USSA Team	USSA Sprints Championships, Elgin dam, April 2022

**Squash**

Helena Coetzee	2	USSA Team	USSA Squash Tournament, Grahamstown, July 2022
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**Volleyball**

Danilo von Ludwig	2	SA Student Team	FISU Games, Brazil, September 2022
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## Senior Provincial Representatives

### Aquatics Lifesaving

Deborah Dredge	3	Gauteng North	LSA Inter-provincial Championships, Cape Town, August 2022
Kian du Toit	2	Gauteng North	LSA Inter-provincial Championships, Cape Town, August 2022
Jason Rodgers	1	Gauteng North	LSA Inter-provincial Championships, Cape Town, August 2022
Sandra Thombeen	1	Gauteng North Team Manager	LSA Inter-provincial Championships, Cape Town, August 2022
Esmé Thompson	1	Gauteng North Team Manager	LSA Inter-provincial Championships, Cape Town, August 2022
Valencia Walker	8	Gauteng North Coach	LSA Inter-provincial Championships, Cape Town, August 2022

### Aquatics Open Water Swimming

Gary Albertyn	4	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2022
Victoria Earle	1	Northern Tigers	SA National Open Water Championships, Jeffreys Bay, March 2022
Reino von Wielligh	2	Northern Tigers	SA National Open Water Championships, Jeffreys Bay, March 2022
Reece Zowitsky	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2022

### Aquatics Swimming

Kristin Bellingan	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Cameron Casali	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Jana Coetzé	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Janie Coetzer	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Chanté Cornelius	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Natasha Cornelius	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Alex Goddard	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Arno Krüger	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Kate Meyer	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Zian Mostert	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Kiara Noades	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Danté Nortjé	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Liam O'Hara	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Benjamin Plattner	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Ethan Riekert	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Logan Truter	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
André van Huyssteen	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022
Reece Zowitsky	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2022

### Aquatics Waterpolo

Luca Allasio	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Luke Allen	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Taylin Blues	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Erin Bornman	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
John Carrol	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Tia Caswell	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Nathan Correia	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Tristan Czekmany	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Kelly Forde	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Christopher Fox	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Maxine Hannan	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Anele Matukane	1	Northern Tigers Coach	SA National Waterpolo Championships, East London, March 2022

Oluchi McMurray	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Callum Meerholz	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Sarah Moralee	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Ané Müller	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Johann Müller	1	Team Manager	SA National Waterpolo Championships, East London, March 2022
James Norman	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Kiara Schutte	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Kaylin Shortt	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Candice Stock	2	Northern Tigers	SA National Waterpolo Championships, East London, March 2022
Marius Ullbricht	1	Team Manager	SA National Waterpolo Championships, East London, March 2022
Michelle Venables	1	Northern Tigers	SA National Waterpolo Championships, East London, March 2022

#### **Athletics Road Running**

Lucas Morena	1	10th Comrades	Comrades Marathon, Durban, August 2022
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#### **Cricket**

Neil Brand	5	Titans	CSA One Day Cup, Pretoria, March 2022
Bonga Chepkonga	1	Titans	CSA One Day Cup, Pretoria, March 2022
Donovan Ferreira	3	Titans	CSA One Day Cup, Pretoria, March 2022
Jordan Hermann	3	Titans	CSA 4 Day Competition, Pretoria, March 2022
Jiveshen Pillay	6	Titans	CSA One Day Cup, Pretoria, March 2022
Jan-Hendrik Pretorius	2	Titans	CSA T20 Challenge, Pretoria, March 2022
Samuel Ruwisi	2	Titans	CSA One Day Cup, Pretoria, March 2022

#### **Cricket Women**

Gandhi Jafta	1	Titans Ladies	CSA Women's 3 Day Competition, Pretoria, November 2021
Nicolene J van Rensburg	1	Titans Ladies	CSA Women's 3 Day Competition, Pretoria, November 2021
Katie Prior	1	Titans Ladies	CSA Women's 3 Day Competition, Pretoria, November 2021
Robyn Searle	1	Titans Ladies	CSA Women's 3 Day Competition, Pretoria, November 2021

#### **Cycling**

Andries Nigrini	2	Elite Men	South African Road Cycling Championships, Graskop, February
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#### **Gymnastics Rhythmic**

Gabriella Chantler	2	Gauteng North	National Gymnastics Championships, Pretoria, October 2021
Anthea le Roux	1	Gauteng North	National Gymnastics Championships, Pretoria, October 2021

#### **Hockey**

Caleb Arries	1	Gauteng North	Senior IPT, Pretoria, August 2022
Kiana-Ché Cormack	1	Gauteng North	Senior IPT, Pretoria, August 2022
Carel Engelbrecht	1	Gauteng North	Senior IPT, Pretoria, August 2022
Kiara Fitzhenry	1	Gauteng North	Senior IPT, Cape Town, October 2021
Maikemisetso Marokoane	2	Gauteng North	Senior IPT, Cape Town, October 2021
Estiaan Matthee	1	Gauteng North	Senior IPT, Pretoria, August 2022
Kutlwano May	1	Gauteng North	Senior IPT, Cape Town, October 2021
Nathan Meyer	1	Gauteng North	Senior IPT, Pretoria, August 2022
Micaela Roos	2	Gauteng North	Senior IPT, Pretoria, August 2022
Celia Seerane	1	Gauteng North	Senior IPT, Pretoria, August 2022

Anrize Smit	1	Gauteng North	Senior IPT, Cape Town, October 2021
Emmeré Steenkamp	1	Gauteng North	Senior IPT, Cape Town, October 2021
Xanthé van Zyl	1	Gauteng North	Senior IPT, Cape Town, October 2021
Megan Vosloo	1	Gauteng North	Senior IPT, Cape Town, October 2021

### Judo

Katlego Segonero	1	Gauteng North	South African Championships , Port Elizabeth , June 2022
Khanya Thamae	2	Gauteng North	South African Championships , Port Elizabeth, June 2022

### Netball

Jani Bergh	3	Mpumalanga Sunbirds	Telkom Netball League, Pretoria, May 2022
Erin Burger	14	Gauteng Jaguars Coach	Telkom Netball League, Pretoria, May 2022
Milla Coetzee	1	Gauteng Golden Fireballs	Telkom Netball League, Pretoria, May 2022
Marlize de Bruin	7	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Melodine Jacobs	1	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Alice Kennon	2	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Jessica Matjiu	1	Limpopo Baobabs	Telkom Netball League, Pretoria, May 2022
Lungile Mthembu	6	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Mbalenhle Ntuli	4	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Nompa Raphalani	1	Limpopo Baobabs	Telkom Netball League, Pretoria, May 2022
Nomhle Sibiya	2	Mpumalanga Sunbirds	Telkom Netball League, Pretoria, May 2022
Chantelle Swart	7	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022
Tinita van Dyk	3	Gauteng Golden Fireballs	Telkom Netball League, Pretoria, May 2022
Jasmine Ziegelmeier	6	Gauteng Jaguars	Telkom Netball League, Pretoria, May 2022

### Rugby

Eric Basson	1	Blue Bulls	Currie Cup, Bloemfontein, June 2022
Dabeon Draghoender	1	Blue Bulls Women Assistant Coach	Women's Premier Division, Pretoria, April 2022
Jacques du Plessis	5	Blue Bulls	United Rugby Championships, Ireland, October 2021
Johan Grobbelaar	4	Blue Bulls	United Rugby Championships, Durban, December 2021
Keagan Johannes	2	Blue Bulls	United Rugby Championships, Wales, October 2021
Francois Klopper	2	Blue Bulls	United Rugby Championships, Johannesburg, September 2022
Sebastian Lombard	1	Blue Bulls	Currie Cup, Pretoria, April 2022
Reinhardt Ludwig	1	Blue Bulls	United Rugby Championships, Pretoria, January 2022
Tharquinn Manuel	1	Blue Bulls	Currie Cup, Bloemfontein, June 2022
Kabelo Mokoena	2	Blue Bulls	Currie Cup, Pretoria, May 2022
Tielman Nieuwoudt	1	Blue Bulls	Currie Cup, Bloemfontein, June 2022
Embrose Papier	5	Blue Bulls	United Rugby Championships, Wales, October 2021
Raynard Roets	1	Blue Bulls	Currie Cup, Johannesburg, February 2022
Stephan Smit	2	Blue Bulls	Currie Cup, Pretoria, May 2022
Muller Uys	2	Blue Bulls	United Rugby Championships, Wales, October 2021
Bernhard van der Linde	2	Blue Bulls	Currie Cup, Johannesburg, March 2022



### Rugby Women's 15's

Layla Arrison	1	Blue Bulls 15s	Women's Premier Division, Gqeberha, May 2022
Feranah Burger	1	Blue Bulls 15s	Women's Premier Division, Paarl, May 2022
Kirsten Eastes	3	Blue Bulls 15s	Women's Premier Division, Pretoria, April 2022
Nolwazi Hlabangane	7	Blue Bulls 15s	Women's Premier Division, Gqeberha, May 2022
Sesihle Maguga	3	Blue Bulls 15s	Women's Premier Division, Gqeberha, May 2022
Thandeka Shongwe	4	Blue Bulls 15s	Women's Premier Division, Pretoria, May 2022
Lynn-Mari Subke	1	Blue Bulls 15s	Women's Premier Division, Pretoria, April 2022
Cornelia Walker	1	Blue Bulls 15s	Women's Premier Division, Pretoria, May 2022

### Squash

Lara Patrick	2	Gauteng North	GrowthPoint SA InterProvincial Squash , East London, July 2022
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### Triathlon

Pieterjan van der Merwe	1	Gauteng North	SA Triathlon Championships, Gqeberha, March 2022
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### Volleyball

George Fourie	1	Gauteng	Senior IPT, Mangaung, September 2022
Tawnay Gierke	1	Gauteng	Senior IPT, Mangaung, September 2022
Shaylee Barbara Krumples	1	Gauteng	Senior IPT, Mangaung, September 2022
Janka Meyer	1	Gauteng	Senior IPT, Mangaung, September 2022
Suricka Nortje	1	Gauteng	Senior IPT, Mangaung, September 2022
Silke Claudia Ottermann	1	Gauteng	Senior IPT, Mangaung, September 2022
Aidan Pillay	1	Gauteng	Senior IPT, Mangaung, September 2022
Vanessa Sardinha-da Silva	7	Gauteng	Senior IPT, Mangaung, September 2022



"I love the colour of gold and I love to win. It is what motivates me every morning when I get up. I have this kinda weird obsession with rowing. I don't know why. Just is."

† -Mpumi Geza-

## TuksSport Awards 2009-2021

Year	2009	2010	2011	2012
<b>Sportsman of the Year</b>	Roland Schoeman (Swimming)	LJ van Zyl (Athletics)	LJ van Zyl (Athletics)	Matthew Brittain, Sizwe Ndlovu, John Smith, James Thompson (Rowing)
<b>Sportswoman of the Year</b>	Caster Semenya (Athletics)	Simphiwe Dladlu (Football)	Erin Burger (Netball)	Bridgitte Hartley (Canoeing)
<b>Student Sportsman of the Year</b>	Shaun Keeling (Rowing)	Lawrence Brittain & John Smith (Rowing)	Willie de Beer (Athletics)	Willie de Beer (Athletics)
<b>Student Sportswoman of the Year</b>	Bridgitte Hartley (Canoeing)	Erin Burger (Netball)	Vuyisani Mangisa (Hockey)	Lee-Anne Persse (Rowing)
<b>Student Administrator of the Year</b>	Criselda Sheedy (Rowing)	Junior Tafa (SSC)	Kennedy Haraseb (SSC)	Coreen Walstra (Rowing)
<b>Administrator of the Year</b>	Mani Neves (Football)	Len Claassen (Athletics)	Sollie Barnard (Cricket)	Dr Wim Dreyer (Fencing)
<b>Sport Personality Award</b>	Hein Raath (Cricket)	None	None	Oscar Pistorius (Athletics)
<b>Student Sports Club of the Year</b>	TuksQuash	TuksGolf	TuksRowing	TuksRowing
<b>Sport Club of the Year</b>	TuksFootball	TuksNetball	TuksAthletics	TuksNetball & TuksCricket
<b>Principal's Award - Student</b>	Mynette Filmatier (Athletics)	Ockie Kruger (Rugby)	None	Willie de Beer (Athletics)
<b>Newsmaker of the Year</b>	None	None	AB de Villiers (Cricket) & Oscar Pistorius (Athletics)	Caster Semenya (Athletics)
<b>Principal's Award - Team</b>	Not Instituted	Not Instituted	Not Instituted	UP-Tuks 1 (Rugby)
<b>Coach of the Year</b>	Discontinued	Discontinued	Discontinued	Discontinued
<b>Coach of the Year - Team Sports</b>	Steve Barker (Football)	Elize Kotze (Netball)	Craig Fulton (Hockey)	Steve Barker (Football)
<b>Coach of the Year - Individual Sports</b>	Michael Seme (Athletics)	Tiaan van der Walt (Trampoline)	Liz Mackenzie (Squash)	Roger Barrow (Rowing)
<b>Sports Team of the Year</b>	AmaTuks (Football)	Rowing Men's VIII	Rowing Men's VIII	AmaTuks (Football)
Year	2013	2014	2015	2016
<b>Sportsman of the Year</b>	Jacques van Zyl (Judo)	James Thompson & John Smith (Rowing)	Akani Simbine (Athletics)	Lawrence Brittain & Shaun Keeling (Rowing)
<b>Sportswoman of the Year</b>	Nobuhle Dlamini (Golf)	Lee-Ann Persse & Naydene Smith (Rowing)	Lenize Potgieter (Netball)	Kirsten McCann & Ursula Grobler (Rowing)
<b>Student Sportsman of the Year</b>	David Hunt (Rowing)	Akani Simbine (Athletics)	Robin Swartz (Football)	David Hunt & Jake Green (Rowing)
<b>Student Sportswoman of the Year</b>	Vanes-Marie du Toit (Netball)	Lenize Potgieter (Netball)	Shadine vd Merwe (Netball)	Tebogo Mamatu (Athletics)
<b>Student Administrator of the Year</b>	Andrea van Rooyen (Aquatics)	Xabiso Sicwebu (SSC)	Aluwani Rembuluwani (SSC)	Maram Mahdi (SSC)
<b>Administrator of the Year</b>	Eddie Meiring (Judo)	Martie Savrda (Wrestling)	Prof Gloudien Spies (Athletics)	Margie Meiring (Judo)
<b>Sport Personality Award</b>	Helen van der Walt (Trampoline)	None	None	None
<b>Student Sports Club of the Year</b>	TuksFootball & TuksNetball	TuksRowing	TuksGolf	TuksRowing
<b>Sport Club of the Year</b>	TuksCricket	TuksCricket	TuksCricket	TuksNetball
<b>Principal's Award - Student</b>	Senade Haupt (Squash)	Melissa Myburgh (Netball)	Ronald Keijeire (Football)	Izette Lubbe (Netball)
<b>Newsmaker of the Year</b>	None	None	None	Luvo Manyonga (Athletics) & Lawrence Brittain (Rowing)
<b>Principal's Award - Team</b>	Varsity Rugby	Varsity Athletics & Football	Varsity Athletics	Varsity Beach Volleyball Ladies & Varsity Hockey Men
<b>Coach of the Year (Team sports)</b>	Pierre de Bruyn (Cricket)	Pierre de Bruyn (Cricket)	Pierre de Bruyn (Cricket)	Jenny van Dyk (Netball)
<b>Coach of the Year (Indiv sports)</b>	Nikola Filipov (Judo)	Nikola Filipov (Judo)	Llewellyn van Leeuwen (Golf)	Roger Barrow (Rowing)
<b>Sports Team of the Year</b>	Athletics	Assupol TuksCricket 1	Assupol TuksCricket 1	Assupol TuksCricket 1
Year	2017	2018	2019	2021
<b>Sportsman of the Year</b>	Akani Simbine (Athletics)	Akani Simbine (Athletics)	Akani Simbine (Athletics)	Akani Simbine (Athletics)
<b>Sportswoman of the Year</b>	Kirsten McCann (Rowing)	Tatjana Schoenmaker (Swimming)	Tatjana Schoenmaker (Swimming)	Tatjana Schoenmaker (Swimming)
<b>Student Sportsman of the Year</b>	Thando Roto (Athletics)	Charles Brittain & James Mitchell (Rowing)	Zokwakhana Zazini (Athletics)	Gift Leotlela (Athletics)
<b>Student Sportswoman of the Year</b>	Nicole van Wyk (Rowing)	Michaela Whitebooi (Judo)	Danelle Wentzel (Archery)	Kaylene Corbett (Swimming)
<b>Student Administrator of the Year</b>	Boyani Mphasha (SSC)	Charles Stevens (Rowing)	Godfrey Kgatle (Chess)	None
<b>Administrator of the Year</b>	Paul de Beer (Aikido)	Tawnay Gierke (Volleyball)	Theuns Reynolds (Rugby)	None
<b>Sports Personality Award</b>	None	Shaun Anderson (Archery)	Dup du Preez (Athletics)	Phumelela Mbande
<b>Student Sports Club of the Year</b>	TuksRowing	TuksRowing	TuksRowing	None
<b>Sport Club of the Year</b>	TuksCricket	TuksNetball	Assupol TuksCricket	TuksSwimming
<b>Principal's Award-Student</b>	Izelle Verster (Hockey)	Michaela Whitebooi (Judo)	Simbongile Njokwe (Football) and Tshina Mda (Netball)	Ruan Ras (Swimming) Juzelri Garbers (Netball)
<b>Newsmaker of the Year</b>	None	None	None	Tatjana Schoenmaker
<b>Principal's Award-Team</b>	TuksHockey (Women)	Assopol TuksCricket	TuksNetball	Varsity Cup Rugby
<b>Coach of the Year (Team Sports)</b>	Inky Zondi (Hockey)	Mpumi Geza (Rowing)	Kruger van Wyk (Cricket)	Sihle Ntuli (Hockey)
<b>Coach of the Year (Indiv Sports)</b>	Llewellyn van Leeuwen (Golf)	Rocco Meiring (Swimming)	Rocco Meiring (Swimming)	Rocco Meiring (Swimming)
<b>Sports Team of the Year</b>	TuksRowing USSA Teams	Assupol TuksCricket	Tuks Rowing	TuksHockey (Women)







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**TuksSport**

## **Van Vuuren wins the Bestmed Tuks Sportsman of the Year award**

Those interested in a conversation about perfection should speak to the Bestmed Tuks Sportsman of the Year, Jovan van Vuuren.

He believes there is no such thing as perfection in sports. But saying that does not mean that he is not striving for it. Every time Van Vuuren competes in a long jump competition, it is with the idea to come as close as possible to that ultimate performance.

"To me, perfection is that chase to an ever-elusive goal. The thing is that you can never give up. You got to keep on going for it. It means striving to be better today than you were yesterday. That is, how records get set," explains the Master's student.

Van Vuuren certainly set some own "records" this season. His breakthrough moment was winning a bronze medal at the Birmingham Commonwealth Games. It is only the third time since 1994 that a South African long jumper has medalled at the Commonwealth Games.

In 2014 in Glasgow, Zarck Visser won silver and Rushwahl Samaai bronze. Four years later, at the Gold Coast Games, Luvo Manyonga was victorious, with Samaai again finishing third.

Another definite highlight was his 8.16-metre effort during the Gauteng North Champs. It ranks him seventh on South Africa's all-time list for best performances. Internationally his 8.16 metres ranks as one of the 19th-best distances for the season. Van Vuuren went on to win the South African title as well. It is the first time he has done so.

What makes all of this remarkable is that Van Vuuren could hardly train for half of last year. He was diagnosed as having a stress fracture in his pelvis. Using his own words, it meant that from July to December, he had to do all kinds of strange exercises. He only could seriously start jumping from January this year.

"The experience brought about a change in how I go about things. My focus this year was to be consistent. To make the most of every opportunity. I realised that you can't take anything for granted. So I am competing as if each meeting is my last."

This attitude paid dividends. Van Vuuren won six of the nine competitions he has competed in. It was only at the Africa Champs and World Champs that he did not get to the podium.

A few years back, a friend, Hendrik Maartens, committed suicide. Since then, Van Vuuren has been going for that one big jump as a tribute to a lost friend.

"Hendrik and I have been friends from when we were seven. We shared a passion for athletics. I still consider him to be one of South Africa's best sprinters. What I most admired about Hendrik was his passion and dedication. Whenever he stepped onto the track, he gave a 100%."

"My goal for next year is again to be consistent. Preferably 8.20 metres at every meeting. If I manage to do so, I know that one special jump will be enormous."

Michaela Whitebooi, who won gold in the under-48kg category during the Birmingham Commonwealth Games, are Tuks's Sportswoman of the year.

Benjamin Richardson, the Student Sportsman of the year, was a bronze medallist at the World Junior Athletics Championships. Erin Gallagher, who won silver in the 50m-butterfly, is the Student Sportswoman of the year. Rocco Meiring, whose swimmers won seven medals at the Games, is the individual coach of the year.