

2023 TuksSport Annual Colours and Awards



TuksSport



PROGRAMME

Word of Welcome

Prof Carolina Koornhof
Executive Director

National Representatives

Nicola Macleod
Deputy Director TuksSport

Word from the VC

Prof Themba Mosia
Interim Vice-Chancellor and Principal

Awarding of Colours

Mandla Mdaka
TuksRugby

Student Sport Awards

Alexandra Pashkin
Chairperson Student Sport Committee

Male Structure of the Year
Female Structure of the Year
Mixed Structure of the Year
Inclusivity Award
Best Spirited Award
General Committee Member of the Year

Annual Awards

Steven Ball
Director TuksSport & Acting Director 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

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



STEVEN BALL (Director: TuksSport)

TuksSport has had a year that has included moments of brilliance, consolidation, inspiration, some not ideal performances, moments of reflection and great celebration. The nature of performance is not a simple, straight line to the desired outcome venture. It requires years of focused investment, constant calibration, and an incremental performance enhancement mindset. All of this in a dynamic evolving space, where constant change is the only thing, we can be assured of.

With our vision for sport at UP to be the leading University Sport programme in Africa, one that leans on our rich heritage, evolution, and culture, it is key for us to be able to stand here today and celebrate our programmes. All of this while we actively pursue an environment that acknowledges our diversity, in an inclusive space. This is what we do through creating our various sporting platforms. An opportunity to compete at the pinnacle of their sporting abilities, but to also graduate with qualifications that will post their sporting careers, place them in the market to be active citizens and contribute actively to our economy, society as a whole and make our country and the continent one of value, is key to our mandate. World University Games is part of that pinnacle for many, with more than 50 UP-Tuks members representing Team SA in Chengdu, China, bringing home 11 of the 17 individuals medals. For some this would be the peak of your sporting careers, and others a stepping launch pad.

The performances, through our programmes across TuksSport, clearly fits our mission, with our coaches, sports science, medical support, and student-athletes pushing those sporting boundaries. Our programmes are engaged in activities that impact communities through sport for good initiatives. We continue providing key platforms through the campus leagues for thousands of students at UP to participate in recreational sport and promote active lifestyle. Our coaches, managers, team managers and administrators, continue to operate within the sport leadership space while placing a stake in the ground to show our local relevance and gain national and international recognition for our programmes.

Some views were expressed in some media outlets that Sport and TuksSport is 'falling apart' due to the performance of a single team in a sporting code in a single competition. I strongly disagree, as Sport at UP is not only about one code. It's about the clubs across 30 plus sporting codes, where both recreational and high-performance programmes, supported by high level coaches, science and medical staff that are willing to go the extra mile, along with administrative staff that day in and day out run the operations of our clubs. It's about support services, facilities staff that at all hours of the day provide support, guidance, and quick assistance when and where needed. It built on people across the University structures that believe and support sport at UP, as they understand the power thereof.

It's the Deans of Faculties, Heads of Departments, lecturers who provide support and understanding when these student-athletes need to compete for the university or internationally. It is far greater than any one performance. But it's also about the many great performances across all our clubs. That is TuksSport. Our student-athletes, Elite and junior performers continue to represent the #StripeGeneration with great pride across all levels of the sporting spectrum. But it is about the tough conversation and environment that promotes the tough balance between academic and sporting demands, as we once again saw more than 240 student-athlete graduates.

Costs of sport is growing, and resources through key sporting structures will remain a challenge. Through continuous identifying of key partnerships where we can collectively find and create shared value, we believe we will be able to lighten the load on our programmes. In so doing we can continue to maintain sport at UP at the level it deserves and what we have become known for. This while prudently and gratefully utilise the significant resources that we receive from UP, with a mindset of further self-generation. For this we are extremely grateful to the executive of the University and the entire senior management for continuing to believe in the power of sport and allowing us to have a seat at the table, along with being part of the UP of the future conversation.

Our motto UP which says "Ad Destinatam Persequor" which means "With Zeal and perseverance, strive towards the goal" we will do exactly that. And in so doing you each one will look to #LeaveOurStripesInABetterPlace, showing the world who the #Stripe Generation truly is. Each person has in our own ways, have #EARNEDOURSTRIPES.



CITATIONS OF AWARDS

Student Administrator of the Year

EMILY POLLOCK (TuksRowing)



Emily, a BCom (Hons) student in Taxation, is a student-athlete who consistently delivers. She embodies the qualities we seek and with her contributions during challenging times, have been instrumental in shaping the club's culture and performance. Having served on the TuksRowing committee for the last 4 years, with her leadership clearly noticeable as she has served as Chairperson over the last 3 terms.

Throughout Emily's tenure, she has consistently stood up for Tuks, even when facing outnumbered situations at USSA Rowing meetings. Her commitment has not gone unnoticed across the national rowing fraternity, who continue to commend her dedication. She provides fair and honest input without allowing anyone to take advantage of Tuks. Under her leadership the club was named Finalist at the 2022 Gauteng Sports Awards for most Promising Team of the year.

At USSA boat race, her tears served as a powerful testament to her loyalty, regardless of victory or defeat. She stood out pushing herself to her physical limits, while leading with great strength.

Her impact has led to an influx of many young girls choosing to join UP-Tuks, highlighting the positive impression she has made on those considering the university. Athletes frequently express their gratitude to Emily for exemplifying the true spirit of what it means to be a UP-Tuks student-athlete leader.

Administrator of the Year

GERDA ROUX (TuksArchery)

Gerda Roux, a devoted member of TuksArchery since 2012, has been actively involved with the club since 2013, taking on various roles as a committee member. Her contributions have been multifaceted, involving tasks such as organizing competitions and various club-related responsibilities, showcasing her versatility as a "Jack of all trades."

Moreover, she has held significant leadership roles within the realm of archery, including serving as the Team Manager for the World Student Games in both 2019 and 2023. She has also excelled as the Team Manager for the South African team on multiple occasions.

In 2022, Gerda played an instrumental part as a member of the Local Organizing Committee (LOC) for the 12th African Championships hosted at the University of Pretoria, during November.

Her commitment to the sport extends beyond the club, as she served as a committee member of the South African National Archery Association (SANAA) from 2014 to 2019, notably in the role of Secretary. In 2020, Gerda embarked on a part-time coaching role, sharing her expertise to assist beginners in their archery journey.

Her outstanding contributions have garnered recognition with National colours in the years 2013, 2014, 2015, 2017, and 2021.



Sport Team of the Year

TuksFootball Women's Team

As the Tuks women's football coach, only one thing matters to Maude Khumalo: teamwork.

According to her, it is often said that talent wins games, but teamwork and intelligence win championships. A team can have the most incredible number of individual stars, but it means nothing if they don't gel as a team.

Khumalo certainly got her players to buy into the principle of one for all and all for one. The team's results are proven.

For the first time in history, the TuksFootball ladies won the Gauteng Sasol League. In so doing they qualified for their first SASOL National Championships in Polokwane, in October 2022. The team played exceptionally well throughout. They lost the final in a penalty shootout. The result still meant that UP-Tuks qualified to play in the HollywoodBets Super League.

This leagues is the highest competition for women's football in South Africa. As things stand, they are currently sixth on the log, with the difference between Tuks and the fourth-placed team is only six points, with 4 games remaining. A remarkable showing for their first season in this tough national league for women's football. Through these performances, players have had SA u17, SA u20 and Banyana Banyana national duty call ups.

Tuks lost in the final of the USSA Tournament against UJ and lost against UWC in the Varsity Football tournament semi-final.



Sport Personality of the Year

ALESSANDRO FERRO (TuksRowing)

Sport is not always about winning; sometimes, the big winners are in the background the ones that sacrifice for the sport's good. Alessandro Ferro is one.

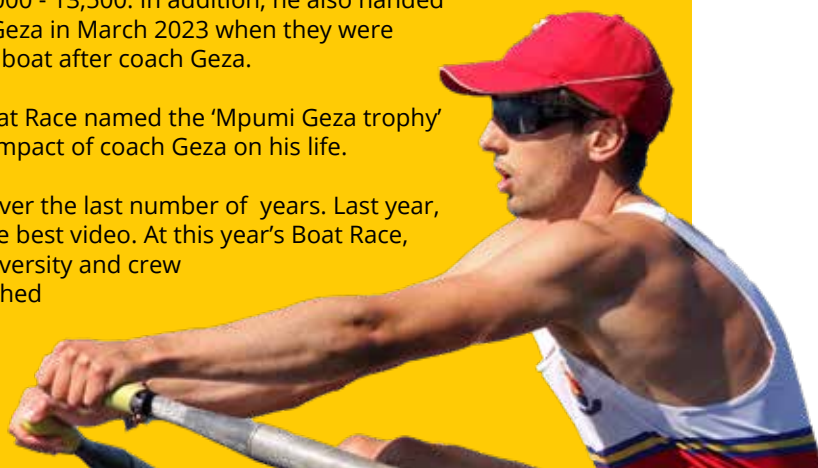
To say TuksRowing is his passion would be an understatement. Ferro is the club's number-one fan. He lives to make a difference. And if you ask around, he is succeeding.

He also plays a massive role in social media - by May 2023, the TuksRowing accounts reached significant numbers in 30 days with the posts he made. By September, it had reached 112 480 accounts. His views on videos that he posts are between 10,000 - 13,500. In addition, he also handed over a special gift to the family of the late Mpumi Geza in March 2023 when they were invited to TuksSport to name the new TuksRowing boat after coach Geza.

Last year, he donated a trophy to USSA Rowing Boat Race named the 'Mpumi Geza trophy' as he was so moved by his coach's death and the impact of coach Geza on his life.

He has been responsible for the Boat Race video over the last number of years. Last year, TuksRowing won the prize at USSA Boatrace for the best video. At this year's Boat Race, he donated and had made arm bands for each university and crew member, in a sign of solidarity in sport, which touched the hearts of so many.

Ferro completed last year his BTRP Town and Regional Planning studies.



Newsmaker of the Year

CHARNÉ SWART (TuksAthletics)

Challenging the stopwatch over 800 metres is Charné Swart's favourite pastime. And she is winning. She won bronze at the World Student Games in Chengdu, China, running 2:04.73. Judging by her results over the last four years, the Tuks medical student is winning the "battle against time". In 2020, her best time in the two-lap race was 2:13.96. This season, in April, she clocked 2:03.28. It equates to being nearly 10 seconds faster than she was in 2020.

Only three South African female athletes to have been faster over 800 metres since 2013.

Swart competed in 16 races this season, winning five. Another highlight was winning gold at the USSA Championships. Swart was third at the South African Championships.

What did bring her into the news this year was when Charné was awarded World University Games Fair Play award for her exemplary act on the track to help a fellow athlete in her race. The unforgettable moment happened when a fellow athlete, who had given her all, collapsed from exhaustion near the finish line. Charné and a fellow athlete rushed to the athletes aid to offer assistance. This act of humanity was captured live and became viral, inspiring others and the hearts of many around the world that were watching. Her actions exemplifies the values embedded in sport, but as well as the field in which she will one day qualify as a medical doctor.



Bestmed Student Sportswoman of the Year Finalists

ERIN GALLAGHER (TuksSwimming)

Erin Gallagher could claim to be the "Silver Lady" of the World University Games in Chengdu, China.

The UP-Tuks BSc Geography and Environmental Science won four silver medals (50 and 100m butterfly and 50 and 100m freestyle).

Even more exciting is that she has qualified for the 2024 Paris Olympic Games in the 100m-butterfly, in a time of 57.64 seconds at the Games. It is one of the 21 fastest times in the world this season and a new African record.

Gallagher is also at the moment one of the ninth fastest swimmers in the 50m-butterfly, having swam 25.66s in a South African record.

Being fast is essential to Erin Gallagher; it motivates her to swim for hours most days, but there is more to the Tuks student than trying to become a champion, showing great tenacity and endurance as an exemplary role model in tough times.



MARLI VILJOEN (TuksAthletics)

Marli Viljoen has been racing the 400 metres for a while, getting faster, but no one noticed until she won the gold at the World University Games in Chengdu, China. The UP-Tuks Alumni and current MCom Marketing Management student-athlete's winning time was 52.38s.

The Tuks athlete credits her victory to keeping calm, running her own race, and not getting distracted by what her opponents did.

It was the cherry on top to crown a brilliant season for the Tuks athlete. She has won 10 of the 21 400-metre races she has competed in. Finished second on five occasions and third three times. Only in three of her races this season did she not podium. This saw her being selected to represent South Africa and getting her Protea colours, at the World Athletics Championships this year.

More importantly, she has improved her best time by nearly four seconds since 2020. At the end of last year, her best time in the 400 metres was 53.33s. This season, she clocked 51.81s and believes she can still be faster.



COURTNEY WESTLEY (TuksRowing)

Courtney Westley won silver in the women's single sculls during the World University Games in Chengdu, China.

The UP-Tuks BSc Geography and Environmental Science student also impressed during the World Rowing Under-23 Championships in Bulgaria by finishing fifth in the work in the A-final of the women's single sculls.

The remarkable thing about Westley's heroics was that she competed in two world events within two weeks, needing to travel 6883 kilometres to get from one event to the other.

She did not mind. To her, every opportunity to compete internationally is a chance to become a more competitive rower. It is a case of gaining experience while duelling it with some of the world's top rowers.

She was also part of the Tuks eight women's crew who won the Boat Race. The Tuks women's A crew achieved an extraordinary feat, securing victory by the most significant margin ever seen in the event's history. Other highlights were winning the women's single scull category at the SA Sprints Regatta, and the national title in the same event during the South African Senior Championship Regatta.



Bestmed Student Sportsman of the Year Finalists

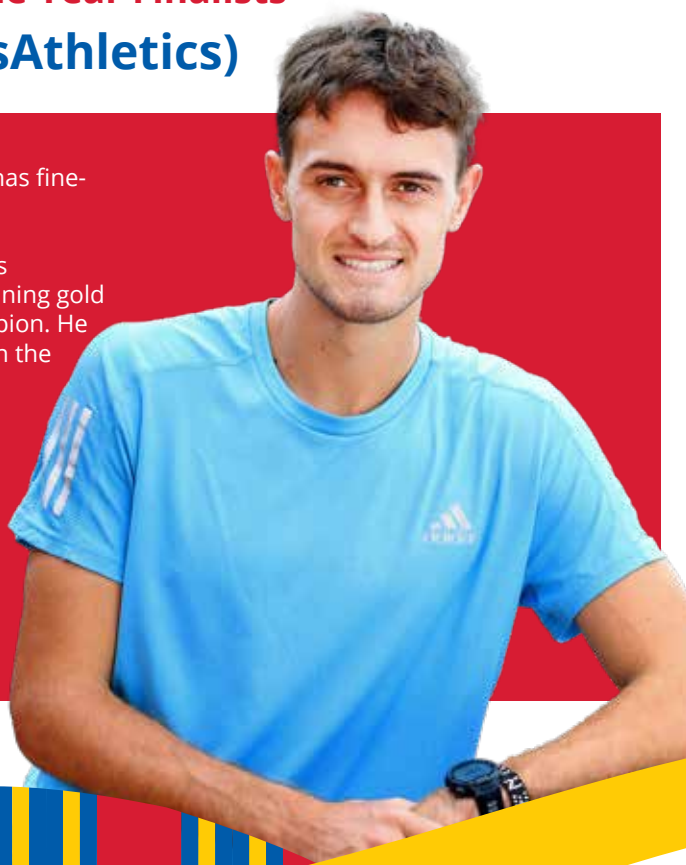
EDMUND DU PLESSIS (TuksAthletics)

The third-year medical student, Edmund du Plessis, has fine-tuned peaking at the right time.

He proved it during the South African Senior Athletics Championships and the USSA Championships by winning gold in the 800 metres and being crowned national champion. He is also the Gauteng North Champion. He competed in the semifinals during the World Student Games in Chengdu, China.

He boasts with a best time of 1:46.87.

According to his coach, Du Plessis's best quality as an 800-metre runner is his kick over the last 200 metres.



DANILLO VON LUDWIGER (TuksVolleyball)

The fifth-year medical student Danilo von Ludwiger refers to himself as a social butterfly with a love for sport.

But don't be fooled by it. Playing volleyball is a serious matter to the aspirant doctor. Von Ludwiger set himself the challenge of trying to qualify to play beach volleyball at next year's Paris 2024 Olympic Games.

He and Leo Williams are currently ranked as the fifth best pair in Africa.

Von Ludwiger says volleyball is a sport where social interaction and physical competitiveness come together. On the court, things can get aggressive yet remain super controlled. It is because volleyball people have a good mindset about life.

The Tuks student continues to remember his roots, making sure he was available to play for UP-Tuks at the USSA Indoor Volleyball Tournament. The Tuks men's team won bronze in Polokwane. Playing his part to help Tuks win a medal in the indoor tournament has been Von Ludwiger's dream come true. It was the first time Tuks's men medalled at the USSA Tournament, during the USSA tournament in December 2022.



TREVOR DE LORA (TuksHockey)

There is a good reason why the Tuks men's hockey team winning the 2023 USSA Tournament will remain memorable for Trevor de Lora for some time. This was not his first contribution to the UP-Tuks Hockey mens side claiming national student titles.

It is not only because he was the Player of the Tournament. For De Lora, it is the chapter's closing in his hockey career. He is busy completing his BEd Senior Phase studies at the University. It means the USSA final was the last he could help lead Tuks to victory in student competitions.

De Lora made his debut for Tuks in 2019. He was never in any doubt about where he would study. To use his own words, he watched a lot of hockey as a youngster in East London. It led to him dreaming of the day he would play in the "Coveted Striped Jersey". The clincher was when Tuks won the Varsity title in 2018, and being followed by the claiming the crown in 2022 as well. The Tuks facilities, coaching staff and student life made the decision easier.

Consistently representing the Northern's Senior Men's side, as well as the SA u21 team previously, Trevor has come through the ranks. De Lora debuted for the Proteas last year, playing against Argentina and has been included in the 32-men Olympic training squad for possible qualification for the Paris 2024 Games.



Student Sports Club of the Year

TuksCheerleading

The individual is utterly focused on keeping the other person standing on one foot in the palm of their hand, in the air, high above his head. One second passes, then another. The whole exercise lasts about eight seconds.

This was not a scene from some strongman competition. It is the UP-Tuks cheerleading squad earnestly training for an upcoming competition.

Cheerleading is a sport of trust and camaraderie. Judging by the results, it is something the UP-Tuks athletes have mastered. They finished second during the South African Majorette and Cheerleading Championships and the ICU Africa Championships. Another highlight was finishing third during the Gauteng Majorette and Cheerleading Championships. UP-Tuks was also third in the Varsity Cup Cheerleaders that Rock.

UP-Tuks's cheerleaders started to get serious in 2019. This has seen this student run club grow from strength to strength and in overall numbers. Currently, there are two squads. The TuksCheer Titans are the ones who takes part in competitions, while the TuksCheer VSquad is strutting their stuff on the sidelines of sports fields and community outreach programmes. Their involvement in TuksSport activations, USSA, Varsity Sport and Varsity Cup competitions, has significantly added to the overall programme at UP. They have also been active in fundraising events.



Sport Club of the Year

TuksNetball

In one of the songs of 10CC's "Dreadlock Holiday album", they sing - "I say I don't like cricket, oh no, I love it." These lines are an accurate summary of what TuksNetball is about. They don't just love netball. They are passionate about it and it is paying dividends.

2023 is the year in which everyone involved in the club continued to step up. It led to Tuks winning the Varsity Netball Tournament, not losing one game. The previous year, they finished fifth. Tuks played in the final of the USSA Tournament, losing in the final. In 2022, Tuks was seventh.

Tuks's players are also impacting on the international scene. Four Tuks Alumni were selected for the Protea Team that contested the World Cup in Cape Town. Four Tuks Alumni are off to Australia to play a test series.

18 Tuks players (Alumni and students) were in action in the Telkom National League. Further to this numerous of the TuksNetball athletes represented national regional, and Tshwane teams throughout the year. Actively the club represented the University in the local and provincial competitions, continuing to fly the UP-Tuks flag high. With the introduction of male netball as part of the club, the impact is already seen through performances of the athletes in this space.

Their coaches, managers and administrative staff have continued to make an impact on the local, regional, national and international stage, as they have served in various portfolios, leaving an undeniable mark within the world of Netball in SA.

Successfully hosting a campus league for students at UP to participate recreationally saw the club in conjunction with the SSC host matches where more than 70 teams competed for their residences, faculties, day houses, societies and accredited private accommodation.

Community outreach is a key underpinning component to the TuksNetball club. The club is actively involved in the Tshwane Legacy Program. An educational legacy program where social cohesion between gender, ethnicity, and age is highlighted. The annual hosting of clinics to primary and high school children, whilst sharing knowledge with their coaches on the sport and coaching, sees 1000's of young children positively impacted through the sport, with aspirations of one day also wearing the Strip for the University.



Coach of the Year - Individual Sports

ILZE WICKSELL (TuksAthletics)

Ilze Wicksell's competitive running days are long past, but that does not mean she lost her passion for athletics.

In fact, Wicksell is still as motivated as the day she first lined up to race. Her motivation is to get young athletes to live their dreams. She is succeeding to do just that. This year is testament to her tenacity, perseverance to many years of coaching and dedication to the sport of athletics. Besides filling a role at TuksSport as Manager of the Individual specialised sporting codes, her after hour, and weekend coaching pursuits is where she lives her passion of giving back to the sport that gave her so much.

Her student-athletes excelled this year on the international stage as she had 4 athletes represent Team SA at the World University Games, in Chengdu China. Marli Viljoen won gold in the 400 metres during the Games in China, seeing her also get her national Protea colours call up and representing South Africa at the World Athletics Championships. Charné Swart finished third with a bronze medal at the World University Games, in the 800 metres, with Michaela Oosthuizen was fifth in the same race. A remarkable feat having two athletes in the same final.

Wicksell was selected to be an athletics coach for the Games, along with doubling up as team manager for the SA judo team in China.

Their results are no surprise. "Tannie Ilze", as her athletes often fondly refer to her, is always prepared to go the extra mile for them. If the athletes are to be believed, she is not only their coach. She is also their "Track Mom" and confidant.

For those who don't know, Ilze Wicksell was the first South African female athlete to dip under two minutes in the 800 metres. She did so in March 1983, running 1:59.39.



Coach of the Year - Team Sports

JENNY VAN DYK (TuksNetball)



Jenny van Dyk is the "Midas touch" coach. The results are proven.

Tuks was victorious in the Varsity Netball Tournament, winning nine games on the trot. It is the second time she has coached Tuks to be unbeaten throughout the tournament. The same happened in 2019.

In December, she helped Botswana to win the Singapore Nations Cup. It has led to Botswana now being 23rd on the international netball rankings.

Still, that is not all. Van Dyk has coached South Africa's under-18 Fast Five team to win silver in Trinidad & Tobago.

In light of this, it is no surprise that she will be Norma Plummer's first understudy on the Proteas' Australian tour. Plummer (Australia) is the current Proteas head coach.

Van Dyk is a self-ascribed forever student of netball. According to her, the day she thinks she knows everything there is to know is when van Dyk will retire because then she is bound to fail.

The players she coaches tell you that van Dyk never leaves anything to chance. For her, success is about hard work and dedication.

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

RUMANDI POTGIETER (TuksRugby)



If ever there is a personification of brain and brawn, it must be Rumandi Potgieter.

This year, she had to sidestep and dummy with a rugby ball. She also often put in some hard hits to stop opponents from scoring. But her talents are not restricted to playing rugby for the Springboks or the Blue Bulls Daisies. Potgieter is also an avid student of the law. She has completed her BCom Law degree and is currently doing her LLM in International Law.

Potgieter has the distinction of being one of a small group, if not the only, athlete, who have helped Tuks to win Varsity and USSA titles in different sports. In 2017, she was part of the TuksNetball team that won the Varsity Tournament for the first time. She also played for UP-Tuks when they won USSA's. In 2019, she repeated the same feat, this time, however, playing sevens rugby for Tuks.

Last year, Potgieter played scrum half for the Springboks at the World Cup Tournament in New Zealand. This year, she helped the Blue Bulls Daisies to win the Women's Premier Division Tournament. The team was unbeaten in 14 games.

AMICA DE JAGER (TuksSwimming)

If there is one thing Amica de Jager loves, it is to test her physical skills against the challenges of swimming in oceans.

Judging by the sports results of the UP-Tuks MSc Computer Science student, she has fine-tuned the art of getting the better of rip currents and choppy swells. It has led to her winning numerous national titles in lifesaving tournaments over the last eight years. She has even medalled at World Championships.

This year, De Jager won gold in the 5km open water swim event during the African Beach Games in Tunisia. During the South African Open Water Championships, she finished 3rd in the 10km race and was second over the 5 kilometres. It led to her representing South Africa at the World Championships.

De Jager was instrumental in helping UP-Tuks win the USSA swim gala for the sixth consecutive time. She won six gold medals (all the freestyle events) and a silver.



MARLI VILJOEN (TuksAthletics)

Marli Viljoen has been racing the 400 metres for a while, getting faster, but no one noticed until she won the gold at the World University Games in Chengdu, China. The UP-Tuks Alumni and current MCom Marketing Management student-athlete's winning time was 52.38s.

The Tuks athlete credits her victory to keeping calm, running her own race, and not getting distracted by what her opponents did.

It was the cherry on top to crown a brilliant season for the Tuks athlete. She has won 10 of the 21 400-metre races she has competed in. Finished second on five occasions and third three times. Only in three of her races this season did she not podium. This saw her being selected to represent South Africa and getting her Protea colours, at the World Athletics Championships this year.

More importantly, she has improved her best time by nearly four seconds since 2020. At the end of last year, her best time in the 400 metres was 53.33s. This season, she clocked 51.81s and believes she can still be faster.



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

TUKS VARSITY NETBALL TEAM

The statistics will forever show that Tuks is the 2023 Varsity Netball Champions.

Tuks beat UJ 63-61 in the final. The statistics will also show that Tuks were unbeaten in nine games and that it is the third time they ended up victorious in the Varsity Tournament.

But numbers on paper can only partially reflect what happens on the court between the lines. There are no numbers to describe how a humdinger of a game played out. Movie scriptwriters would have battled to concoct a more riveting plot than the Tuks and UJ players did in nearly 74 minutes.

After 60 minutes of play, the score was tied at 51-all. It meant that the final was decided in extra time. At one stage, UJ had a four-goal lead. But still, the "battle" continued. The Tuks "Girls" were never going to give up.

Tuks's head coach, Jenny van Dyk, called it a 'great' game for South African netball.



Bestmed Sportswoman of the Year Finalists

WENDY SHONGWE (TuksFootball)

Wendy Shongwe represented the Banyana Banyana team during the Women's World Cup Tournament in Australia and New Zealand. In so doing, Wendy got her first national call up and Protea colours representing Banyana Banyana.

She and her teammates made history by becoming the first South African team to go through to the playoffs. Banyana Banyana lost to the Netherlands in the round of sixteen.

The BEd student's "rise to be one of SA's best" is no surprise. Those who have seen her play since she returned to football in 2021 will tell you that Wendy gives 100% every time she steps onto the field. Putting her body on the line, while outwitting defenders with brilliant dribbling skills and crosses.

So, it is no surprise that she is among the top goal scorers in the Hollywood Bets Super League, where she is actively part of the TuksFootball team that is playing in the first season in the competition, with many wins already been seen.

As a footballer, Shongwe's philosophy is to never give up. She firmly believes that no game is ever won or lost until the referee blows the whistle for the final time.



CHARNÉ GRIESEL (TuksJudo)

The UP-Tuks BA Law graduate won a bronze medal in the under-52kg category of the judo competition during the African Judo Championships in Morocco, one of the toughest competitions.

Griesel also earlier in the year, represented Team South Africa at the World University Games in Chengdu, China.

Winning medals is not the only reason why Griesel is passionate about judo. She is one of the highest-qualified coaches in South Africa, which she uses to plough back her skills into students and communities. She sees the sport as a way to bring about change in the lives of children.

Griesel took up sport as a means to an end, being diagnosed with ADHD when she was six. Her parents didn't want to put her on medication. They were advised to use sports as an alternative to help her focus. She jokes that through sports, she had mastered the art of time management by the age of seven. At 16, she decided to specialise in judo.



TATJANA SCHOENMAKER (TuksSwimming)

As has become the norm since 2018, Tatjana Schoenmaker again pushed the physical and mental boundaries in the swimming pool.

She became the first South African female swimmer to win a world long course swimming title. Schoenmaker was victorious in the 200m breaststroke during the World Aquatics World Championships in Fukuoka, Japan this year. She also claimed the silver medal in the 100m breaststroke event.

Winning the gold at the World Champs was special to Schoenmaker. To use her own words, she had "a tough time" since winning gold at the Tokyo Olympic Games. According to her, the times she swam were not great. She was not ranked in the top three in any of her events in the buildup to the championships. This makes her performances at the world championships even more special and unexpected.

Tatjana is a brilliant role model, mentor and motivator prepared to share her knowledge with younger swimmers.

Since 2017, there has not been a year in which Schoenmaker has not medalled at a major international event. The UP-Tuks Alumni has the distinction of winning gold at the World Student Games, Commonwealth Games, World Championships and the Olympic Games.



Bestmed Sportsman of the Year Finalists

CHRIS BAXTER AND JOHN SMITH (TuksRowing)

Chris Baxter and John Smith finished sixth in the men's pair A-final of the World Rowing Championships in Belgrade, Serbia. In doing so, they ensured that a South African men's pair crew would compete next year at the Paris 2024 Olympic Games.

There can be no arguing anymore that Smith is a true legend of South African rowing. The UP-Tuks Alumni can genuinely claim to have been there, done that, and have got the T-shirt to prove it.

The 33-year-old rower won two world titles and has been an Olympic champion. Still, like a moth can't resist circling a burning candle, Smith can't resist the lure of being on the water, pushing himself to the limits. He took a sabbatical after the Tokyo Olympic Games. It was generally perceived that Smith had retired. But he is back, and there is a real chance he could compete at the Games for a fourth time.

Last year, 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. Baxter is a Tuks Alumni.



CHRISTIAN DE KLERK (TuksArchery)

The UP-Tuks law graduate, Christian de Klerk, won South Africa's first medal at the World Student Games in Chengdu, China, by not missing many bulls with his bow.

De Klerk finished second in the compound archery competition, claiming the silver medal.

He ascribed his breakthrough to doing the small things right. To him, it is all about marginal gains.

The positive spin-off of doing this is that because he is so focused during training, he can pick other small things in his technique that he needs to improve.

Those who follow South African archery won't be too surprised by De Klerk's heroics. Last year, in November, he won three gold medals in the compound archery competitions during the African Archery Championships held on the Hillcrest Sports Campus. He was the men's champion, winning the men's team competition with his dad, and the mixed team competition as well. He also won gold at the African Field Archery Champs and South Africa's Indoor Compound Championships.



COLOURS & AWARDS

Name & Surname	Number of Awards	Designation	Event detail
Senior National Representatives			
Aquatics: Open Water Swimming			
Amica de Jager	2	SA Protea	World Aquatics Championships, Japan, July 2023
Victoria Earle	2	SA Protea	World Aquatics Championships, Japan, July 2023
Damien Payet	1	Seychelles National	World Aquatics Championships, Japan, July 2023
Aquatics: Swimming			
Emma Chelius	2	SA Protea	World Aquatics Championships, Japan, July 2023
Pieter Coetzé	*	SA Protea	FINA World Short Course Championships, Australia, Dec 2022
Caitlin de Lange	1	SA Protea	FINA World Short Course Championships, Australia, Dec 2022
Stephanie Houtman	2	SA Protea	FINA World Short Course Championships, Australia, Dec 2022
Clayton Jimmie	1	SA Protea	World Aquatics Championships, Japan, July 2023
Liam O'Hara	3	Zimbabwean National	FINA World Short Course Championships, Australia, Dec 2022
Hannah Pearse	2	SA Protea	FINA World Short Course Championships, Australia, Dec 2022
Tatjana Schoenmaker	7	SA Protea	World Aquatics Championships, Japan, July 2023
Aquatics: Water Polo			
Shakira January	2	SA Protea	World Aquatics Championships, Japan, July 2023
Nicola MacLeod	3	SA Protea	World Aquatics Championships, Japan, July 2023
Esihle Zondo	1	SA Protea	FINA World Aquatic Championships, Japan, July 2023
Archery			
Shaun Anderson	8	SA Protea	World Archery Para Championships, Czech Republic, July 2023
Seppie Cilliers	3	SA Protea	World Championships, Germany, August 2023
Philip Coates Palgrave	3	SA Protea	World Archery Para Championships, Czech Republic, July 2023
Beyers de Klerk	5	SA Protea	12th African Archery Championships, Pretoria, Nov 2022
Christian de Klerk	3	SA Protea	12th African Archery Championships, Pretoria, Nov 2022
Patrick Roux	7	SA Protea	Hyundai Archery World Cup stage 1, Turkey, April 2023
Wian Roux	3	SA Protea	12th African Archery Championships, Pretoria, Nov 2022
Athletics: Track & Field			
Marlie Viljoen	4	SA Protea	World Athletics Championships, Hungary, August 2023
Cricket			
Dewald Brevis	2	SA Protea	CSA T20 Series vs Australia, Pretoria, Sept 2023
Heinrich Klaasen	12	SA Protea	SA vs West Indies Tour, Pretoria, March 2023
Suné Luus	9	SA Protea	ICC Women's T20 World Cup, Cape Town, February 2023
Aiden Markram	11	SA Protea	SA vs West Indies Tour, Pretoria, March 2023
Lungi Ngidi	9	SA Protea	SA vs England Tour, Bloemfontein, January 2023
Donovan Ferreira	4	SA Protea	CSA T20 Series vs Australia, Pretoria, Sept 2023

E-Sport			
Armand van der Colf	1	SA Protea	14th IESF World Esports Championships, Indonesia, Nov 2022
Football			
Mmabatho Mogale	*	Banyana Banyana	COSAFA CUP, Gqeberha, October 2022
Wendy Shongwe	1	Banyana Banyana	FIFA Womens World Cup , Netherlands, July 2023
Gymnastics: Artistic			
Ruan Lange	2	SA Protea	Africa Championships, Pretoria, May 2023
Hockey			
Trevor de Lora	3	SA Protea	Nations Cup, Potchefstroom , Dec 2022
Jean-Leigh du Toit	4	SA Protea	Nations Cup, Spain, Dec 2022
Tegan Fourie	2	SA Protea	Test Series, Chile, May 2023
Cameron le Forestier	2	SA Protea	Sultan Azlan Shah Cup, Malaysia, November 2022
Hanrie Louw	2	SA Protea	Test Series, Cape Town, January 2023
Edith Molikoe	4	SA Protea	Test Series, Chile, May 2023
Guy Morgan	3	SA Protea	World Cup, India, January 2023
Senzwesihle Ngubane	2	SA Protea	World Cup, India, January 2023
Celia Seerane	2	SA Protea	Test Series, Chile, May 2023
Bradley Sherwood	2	SA Protea	World Cup, India, January 2023
Onthatile Zulu	5	SA Protea	Nations Cup, Spain, Dec 2022
Judo			
Donné Breytenbach	3	SA Protea	World Judo Championships, Qatar, May 2023
Thomas Breytenbach	3	SA Protea	World Judo Championships, Qatar, May 2023
Charné Griesel	5	SA Protea	World Judo Championships, Qatar, May 2023
Jasmine Martin	2	SA Protea	World Judo Championships, Qatar, May 2023
Michaela Whitebooi	9	SA Protea	World Judo Championships, Qatar, May 2023
Netball			
Izette Griesel	10	SA Protea	Netball World Cup, Cape Town, July 2023
Lenize Potgieter	8	SA Protea	Netball World Cup, Cape Town, July 2023
Jeanté Strydom	3	SA Protea	Netball World Cup, Cape Town, July 2023
Shadine van der Merwe	10	SA Protea	Netball World Cup, Cape Town, July 2023
Ine-Mari Venter	8	SA Protea	Netball World Cup, Cape Town, July 2023
Rowing			
Paige Badenhorst	1	SA Protea	World Rowing Championships, Serbia, Sept 2023
Murray Bales-Smith	1	SA Protea	World Rowing Championships, Serbia, Sept 2023
Chris Baxter	3	SA Protea	World Rowing Championships, Serbia, Sept 2023
Jake Green	9	SA Protea	World Rowing Championships, Serbia, Sept 2023
James Mitchell	5	SA Protea	World Rowing Championships, Serbia, Sept 2023
John Smith	12	SA Protea	World Rowing Championships, Serbia, Sept 2023
Sandro Torente	5	SA Protea	World Rowing Championships, Serbia, Sept 2023
Henry Torr	3	SA Protea	World Rowing Championships, Serbia, Sept 2023

Adriaan Venter	1	SA Protea	World Rowing Championships, Serbia, Sept 2023
Katherine Williams	4	SA Protea	World Rowing Championships, Serbia, Sept 2023
Rugby			
Kemisetso Baloyi	6	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Jacomina Cilliers	1	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Marlize de Bruin	2	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Libbie Janse van Rensburg	4	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Liske Lategan	4	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Nadine Roos	6	SA Springbok	World Rugby Sevens Challenger Series, Stellenbosch, April 2023
Jacomina Cilliers	1	SA Springbok	Test match Spain Series, Spain, April 2023
Libbie Janse van Rensburg	7	SA Springbok	Womens Rugby World Cup, New Zealand, October 2022
Rumandi Potgieter	3	SA Springbok	Womens Rugby World Cup, New Zealand, October 2022
Nadine Roos	6	SA Springbok	Womens Rugby World Cup, New Zealand, October 2022
Squash			
Helena Coetzee	3	SA Protea	Three Nations & Barbarians Test Series , Namibia, Sept 2023
National Coaches & Managers			
Aquatics: Lifesaving			
Annelie Lourens	4	SA Team Manager	RLSS Lifesaving Championships, Canada, Sept 2023
Aquatics: Swimming			
Rocco Meiring	9	SA Protea Coach	World Aquatics Championships, Japan, July 2023
Archery			
Pierre van der Merwe	1	SA Protea Manager	IFAA Indoor World Championships, England, February 2023
Cricket			
Nthabiseng Ledwaba	1	SA Protea Team Liaison	ICC Women's T20 World Cup, Cape Town, February 2023
Kruger van Wyk	12	SA Protea Coach	ICC Women's T20 World Cup, Cape Town, February 2023
Football			
Tshepo Molobi	2	Bafana Bafana Medical Doctor	AFCON Ivory Coast Qualifiers , Johannesburg, June 2023
Netball			
Erin Burger	14	SA Protea Coach	Fast 5 World Series, New Zealand, Nov 2022
Jenny van Dyk	8	Botswana Coach	Nations Cup, Singapore, December 2022
Wrestling			
Bennie Labuschagne	3	SA Team Coach	Mauritius International Open, Mauritius, April 2023

National Federation Representatives			
Aquatics: Beach Water Polo			
Tia Caswell	1	SA Team	World Aquatics Beach Water Polo Qualifier, Egypt, May 2023
Ethan Coryndon-Baker	1	SA Team	World Aquatics Beach Water Polo Qualifier, Egypt, May 2023
Maxine Hannan	1	SA Team	World Aquatics Beach Water Polo Qualifier, Egypt, May 2023
Shakira January	2	SA Team	World Aquatics Beach Water Polo Qualifier, Germany, May 2023
Janco Rademeyer	2	SA Team	World Aquatics Beach Water Polo Qualifier, Egypt, May 2023
Esihle Zondo	1	SA Team	World Aquatics Beach Water Polo Qualifier, Germany, May 2023
Aquatics: Lifesaving			
Deborah Dredge	4	SA Team	2023 RLSS Lifesaving Championships, Canada, Sept 2023
Kendra du Toit	2	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Kian du Toit	3	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Marlise Ferreira	1	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Robert le Roux	1	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Ockert van Schalkwyk	4	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Tové van Zyl	7	SA Team	2023 RLSS Lifesaving Championship, Canada, Sept 2023
Archery			
Richard Anderson	1	SA Team	African Continental Championships, Pretoria, Nov 2022
Cheerleading			
André Visser	1	SA Team	ICU World Championships, United States, April 2023
Cricket			
Matthew Boast	2	SA Team	CSA Emerging Tour vs Zimbabwe, Pretoria, August 2023
Schalk Engelbrecht	2	SA Team	CSA Division 2 50 Over Competition, Pretoria, Sept 2023
Gymnastics: Artistic			
Nkazimlo Matyolo	1	SA Team	Israeli World Cup, Israel, June 2023
Judo			
Billieleigh Bilson	1	SA Team	Commonwealth Championships, Gqeberha, August 2023
Henk de Neys	1	SA Team	Commonwealth Championships, Gqeberha, August 2023
Marciano de Oliveira	2	SA Team	Commonwealth Championships, Gqeberha, August 2023
Morné Jacobs	2	SA Team	Commonwealth Championships, Gqeberha, August 2023
Anastasia Nenova	6	SA Team	Commonwealth Championships, Gqeberha, August 2023
Liané Schabort	1	SA Team	Commonwealth Championships, Gqeberha, August 2023
Dewald Schultz	2	SA Team	Commonwealth Championships, Gqeberha, August 2023
Righardt van Rensburg	2	SA Team	Commonwealth Championships, Gqeberha, August 2023
Netball			
Kamogelo Maseko	1	SA Team	SPAR Diamond Challenge, Pretoria, Nov 2022
Tinita van Dyk	4	SA Team	SPAR Diamond Challenge, Pretoria, Nov 2022

Tennis: Beach			
Kyla Yelverton	1	SA Team	ITF Beach Tennis World Cup, Brazil, Nov 2022
Tennis: Wheelchair			
Donald Ramphadi	2	SA Team	Roland Garros, France, Sept 2023
Alwande Skhosana	2	SA Team	Africa Para Games, Ghana, Sept 2023
Volleyball			
Danilo von Ludwiger	3	SA Team	World Beach Pro Tour - Elite 16 , Cape Town, Dec 2022
Wrestling			
Niel du Toit	1	SA Team	All African Beach Wrestling Games, Tunisia, June 2023
Machiel Grobler	1	SA Team	African Championships, Tunisia, May 2023
Mika Lehmkuhl	2	SA Team	Spanish Grand Prix, Spain, July 2023
Edrich Nortje	2	SA Team	African Championships, Tunisia, May 2023
Ruben van Wyk	1	SA Team	African Championships, Tunisia, March 2023
Arno van Zijl	2	SA Team	African Championships, Tunisia, May 2023
Wrestling: Beach			
Bea Meiring	1	SA Team	All African Beach Wrestling Games, Tunisia, June 2023
National Age Group Representatives			
Aquatics: Water Polo			
Tia Caswell	2	SA u20	World Aquatics U20 Water Polo Champs, Portugal, Sept 2023
Athletics: Track & Field			
Chané Kok	1	SA u19	CAA African Championships, Zambia, May 2023
Phemelo Matshaba	1	SA u20	World Cross Country Championships, Australia, Feb 2023
Anje Nel	1	SA u19	CAA African Championships, Zambia, May 2023
Caster Semenya	6	SA u20 Coach	World Cross Country Championships, Australia, Feb 2023
Tuane Silver	1	Namibian National	CAA African Championships, Zambia, May 2023
Dimar van der Linde	1	SA u19	CAA African Championships, Zambia, May 2023
Basketball			
Thesline Davids	1	SA u16 Coach	Zone 6 Qualifiers, Malawi, Dec 2022
Chess			
Pieter Reyneke	1	SA u20	Commonwealth Chess Championships, Sri Lanka, Nov 2022
Clay target shooting			
Christiaan Steyn	2	SA u21	World Junior DTL Championships , Paarl, March 2023
Cricket			
Blanche Conradie	8	SA u19 Manager	SA u19 Youth Tour, Bangladesh, July 2023

Fencing			
Jason Visser	1	SA u20	Junior African Championship, Ghana, February 2023
Football			
Nkululeko Malgas	1	SA u23 Technical	AFCON Qualifiers, Johannesburg, March 2023
Hockey			
Laikén Brisset	2	SA u21	Junior Africa Cup of Nations , Egypt, March 2023
Calvin Davis	2	SA u21	Junior Africa Cup of Nations , Egypt, March 2023
Cara du Plessis	1	SA u21	Junior Africa Cup of Nations , Egypt, March 2023
Cerian Fourie	2	SA u21	Junior Africa Cup of Nations , Egypt, March 2023
Sian Maart	1	SA u21	Junior Africa Cup of Nations, Egypt, March 2023
Kagiso Mathaba	2	SA u21 Manager	Junior Africa Cup of Nations , Egypt, March 2023
Kutlwano May	2	SA u21	Junior Africa Cup of Nations , Egypt, March 2023
Rowing			
Courtney Westley	2	SA u23	World Rowing u23 Championships, Bulgaria, July 2023
Thato Mokoena	2	SA u23 Coach	World Rowing u23 Championships, Bulgaria, July 2023
Rugby			
Mandla Mdaka	1	SA u18 Manager	SA Schools vs SA Schools A, Wellington, July 2023
Cobus van Dyk	1	SA u18 Coach	SA Schools vs England & France, Cape Town, August 2023
Ultimate			
Taryn Funnell	1	SA u24	WFDF u24 Ultimate Championships , England, July 2023
Volleyball			
Heiko Güther	2	SA u19	Region 5 Youth Games, Lesotho, Dec 2022
Silke Otterman	2	SA u19	Region 5 Youth Games, Lesotho, Dec 2022
Aidan Pillay	2	SA u19	Region 5 Youth Games, Lesotho, Dec 2022
World University Games Representatives			
Aquatics: Swimming			
Kate Meyer	2	SA Student Team	FISU World University Games, China, August 2023
Kristin Bellingan	2	SA Student Team	FISU World University Games, China, August 2023
Cameron Casali	2	SA Student Team	FISU World University Games, China, August 2023
Duné Coetzee	3	SA Student Team	FISU World University Games, China, August 2023
Kaylene Corbett	4	SA Student Team	FISU World University Games, China, August 2023
Erin Gallagher	2	SA Student Team	FISU World University Games, China, August 2023
Ross Hartigan	6	SA Student Team	FISU World University Games, China, August 2023
Kerryn Herbst	2	SA Student Team	FISU World University Games, China, August 2023
Tayla Jonker	1	SA Student Team	FISU World University Games, China, August 2023
Benjamin Plattner	4	SA Student Team	FISU World University Games, China, August 2023
Matthew Randle	2	SA Student Team	FISU World University Games, China, August 2023
Keenan Riffel	6	SA Student Team Coach	FISU World University Games, China, August 2023

Andrew Ross	3	SA Student Team	FISU World University Games, China, August 2023
Catherine van Rensburg	1	SA Student Team	FISU World University Games, China, August 2023
Lizanne Viljoen	5	SA Student Team	FISU World University Games, China, August 2023
Inge Weidemann	3	SA Student Team	FISU World University Games, China, August 2023
Aquatics: Water Polo			
Taylin Blues	3	SA Student Team	FISU World University Games, China, July 2023
Anele Matukane	2	SA Student Team Coach	FISU World University Games, China, July 2023
Oluchi McMurray	2	SA Student Team	FISU World University Games, China, July 2023
Kiara Schutte	3	SA Student Team	FISU World University Games, China, July 2023
Jenna Weppelman	1	SA Student Team	FISU World University Games, China, July 2023
Archery			
Gerda Roux	7	SA Student Team Manager	FISU World University Games, China, July 2023
Athletics: Track & Field			
Edmund du Plessis	2	SA Student Team	FISU World University Games, China, July 2023
Collins Kgadima	1	SA Student Team	FISU World University Games, China, July 2023
Karabo Mailula	1	SA Student Team	FISU World University Games, China, July 2023
Thembo Monareng	4	SA Student Team	FISU World University Games, China, July 2023
Kwazi Nogcantsi	1	SA Student Team	FISU World University Games, China, July 2023
Michaela Oosthuizen	1	SA Student Team	FISU World University Games, China, July 2023
Eckhart Potgieter	1	SA Student Team	FISU World University Games, China, July 2023
Charné Swart	2	SA Student Team	FISU World University Games, China, July 2023
Basketball			
Allan Mametja	1	SA Student Team	FISU World University Games, China, August 2023
Nhlanhla Vela	1	SA Student Team	FISU World University Games, China, August 2023
Gymnastics Artistic			
Lisa Conradie	1	SA Student Team	FISU World University Games, China, August 2023
Louis Fourie	2	SA Student Team Coach	FISU World University Games, China, July 2023
Judo			
Nikola Filipov	17	SA Student Team Coach	FISU World University Games, China, July 2023
Timothy Meuwesen	2	SA Student Team	FISU World University Games, China, July 2023
Ilze Wicksell	1	SA Student Team Manager	FISU World University Games, China, July 2023
Rowing			
Jordan Craig	1	SA Student Team	FISU World University Games, China, July 2023
Chloe Cresswell	2	SA Student Team	FISU World University Games, China, July 2023
Ross le Maitre	3	SA Student Team	FISU World University Games, China, July 2023
Christopher Mittendorf	6	SA Student Team Coach	FISU World University Games, China, July 2023
Sebastian Ringrose	2	SA Student Team	FISU World University Games, China, July 2023
Phumelele Tshabalala	1	SA Student Team	FISU World University Games, China, July 2023

SA Team Delegation			
Skhwela Seroto	1	SA Student Team Physio	FISU World University Games, China, July 2023
Tennis			
Makgotso Thobejane	1	SA Student Team	FISU World University Games, China, July 2023
Mariné Vos	1	SA Student Team	FISU World University Games, China, July 2023
Kyla Yelverton	3	SA Student Team Coach	FISU World University Games, China, July 2023
Senior Provincial Representatives			
Aquatics Lifesaving			
Johan Lourens	10	Gauteng North	2023 LSA Interprovincial Championships, Pta & Dbn, May 2023
André Mouton	3	Gauteng North	2024 LSA Interprovincial Championships, Pta & Dbn, May 2023
Sandra Thombeen	2	Gauteng North Manager	2025 LSA Interprovincial Championships, Pta & Dbn, May 2023
Esmé Thompson	2	Gauteng North Manager	2026 LSA Interprovincial Championships, Pta & Dbn, May 2023
Aquatics: Open Water Swimming			
Muhammed Adam	3	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Hannah Andraos	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Carli Antonopoulos	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Taylor Pharoah	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Samantha Randle	6	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Megan Shepherd	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Rogan Shepherd	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Rossouw Venter	1	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Reino von Wielligh	3	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Reece Zowitsky	2	Northern Tigers	SA National Open Water Championships, Jeffrey's Bay, March 2023
Aquatics: Swimming			
Katelyn Marais	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Hannah Andraos	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Carli Antonopoulos	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Taneal Baptiste	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Kai Binsbergen	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Janie Coetzer	4	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Jolene Cornelius	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Phillip de Lange	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Giano Dos Santos	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Q-Rize Ferreira	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Alex Goddard	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Roberto Gomes	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Patrick Hepke	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Jonathan Heslop	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Luca Holtzhausen	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
James Kewley	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Arno Krüger	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023

Oliva Lange	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Henré Louw	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Owethu Mahan	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Armand Maritz	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Sinelithemba Mbatha	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Zian Mostert	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Taylor Pharoah	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Janco Rademeyer	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Alex Ramaala	3	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Samantha Randle	6	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Ruan Ras	8	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Veronique Rossouw	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Megan Shepherd	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Rogan Shepherd	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Samantha Straw	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Ronan Theron	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Heike Thormahlen	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Logan Truter	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Darno van der Merwe	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Suné van Jaarsveld	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Liam Vehbi	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Bernard Wolfaardt	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Reece Zowitsky	2	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Lehakwe Zwane	1	Northern Tigers	SA National Swimming Championships, Gqeberha, April 2023
Aquatics: Water Polo			
Erin Bornman	3	Gauteng North	SA National Water Polo Championships, East London, March 2023
Kelly Forde	2	Northern Tigers	SA National Water Polo Championships, East London, March 2023
Megan Foster	1	Northern Tigers	SA National Water Polo Championships, East London, March 2023
Georgia Moralee	1	Northern Tigers	SA National Water Polo Championships, East London, March 2023
Sarah Moralee	2	Northern Tigers	SA National Water Polo Championships, East London, March 2023
Ané Müller	3	Gauteng North	SA National Water Polo Championships, East London, March 2023
Johann Müller	2	Northern Tigers Manager	SA National Water Polo Championships, East London, March 2023
Michelle Venables	2	Northern Tigers	SA National Water Polo Championships, East London, March 2023
Athletics: Track & Field			
Ruan Bronkhorst	1	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Leroux Hamman	11	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Constant Pretorius	6	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Fredriech Pretorius	9	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Kayla van den Berg	2	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Chané van Zyl	1	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023
Shanon Verster	5	Gauteng North	ASA Senior Championships, Potchefstroom, April 2023

Cricket			
Neil Brand	6	Titans	CSA 4-Day Series Division 1, Pretoria, Oct 2022
Merrick Brett	3	Titans	CSA 4-Day Series Division 1, Pretoria, Oct 2022
Tegobo Macheke	1	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Paulinah Mashishi	1	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Lebogang Nkadimeng	1	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Jiveshen Pillay	7	Titans	CSA 4-Day Series Division 1, Pretoria, Oct 2022
Jenna Searle	1	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Gandhi Jafta	2	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Nicolien Jansen van Rensburg	2	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Katie Prior	2	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Robyn Searle	2	Titans Ladies	CSA Women's Provincial League, Pretoria, Oct 2022
Hockey			
Caleb Arries	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Pierre Botma	1	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Amelie Claasen	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Kiana-Ché Cormack	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Joshua Davies	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Matt Dewar	3	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Bagcine Gqweta	1	Gauteng North	Senior Interprovincial Tournament, Durban, September 2023
Michael le Forestier	1	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Lerato Mahole	5	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Itumeleng Makhubela	1	Gauteng North	Senior Interprovincial Tournament, Durban, September 2023
Maikemisetso Marokoane	3	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Sihle Ngcongo	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Sihle Ntuli	5	Gauteng North Coach	Senior Interprovincial Tournament, Durban , August 2023
Chadwin Petersen	1	Gauteng North Manager	Senior Interprovincial Tournament, Durban , August 2023
Grant Pio	1	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Cody Posthumus	3	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Paige Salis	1	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Anrize Smit	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Emmeré Steenkamp	2	Gauteng North	Senior Interprovincial Tournament, Durban , August 2023
Nkuliso Zondi	10	Gauteng North Coach	Senior Interprovincial Tournament, Durban , August 2023
Judo			
Tégan Malherbe	2	Gauteng North	South African Open Championships , Gqeberha, July 2023
Katlego Segoneco	2	Gauteng North	South African Open Championships , Gqeberha, July 2023
Netball			
Tamika Baker	2	Kingdom Queens	Telkom Netball League, Pretoria, July 2023
Jani Bergh	4	Mpumalanga Sunbirds	Telkom Netball League, Pretoria, July 2023
Anri Coetzee	3	Gauteng Jaguars Physiotherapist	Telkom Netball League, Pretoria, July 2023
Milla Coetzee	2	Gauteng Golden Fireballs	Telkom Netball League, Pretoria, July 2023
Ashleigh Grey	1	Limpopo Lilies	Telkom Netball League, Pretoria, July 2023

Melodine Jacobs	2	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Alice Kennon	3	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Nanique Laas	3	Limpopo Baobabs	Telkom Netball League, Pretoria, July 2023
Jessica Matjiu	2	Limpopo Baobabs	Telkom Netball League, Pretoria, July 2023
Tshinakaho Mdau	8	Gauteng Golden Fireballs	Telkom Netball League, Pretoria, July 2023
Regan Millard	1	Mpumalanga Sunbirds	Telkom Netball League, Pretoria, July 2023
Lungile Mthembu	7	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Phophi Nematangari	1	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Nompha Raphalalani	2	Limpopo Lilies	Telkom Netball League, Pretoria, July 2023
Hope Sibiya	3	Mpumalanga Sunbirds	Telkom Netball League, Pretoria, July 2023
Chantelle Swart	8	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Jamie van Wyk	4	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Kylie van Wyk	1	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Marichelle Visagie	2	Limpopo Baobabs	Telkom Netball League, Pretoria, July 2023
Jasmine Ziegelmeier	7	Gauteng Jaguars	Telkom Netball League, Pretoria, July 2023
Rugby			
Jacques du Plessis	6	Blue Bulls 15s	Currie Cup, Pretoria, March 2023
Johan Grobbelaar	5	Blue Bulls 15s	URC, Pretoria, December 2022
Keagan Johannes	3	Blue Bulls 15s	URC, Johannesburg, April 2023
Adrian Joubert	1	Blue Bulls 15s	Currie Cup, Bloemfontein, March 2023
Sebastian Lombard	2	Blue Bulls 15s	URC, Cape Town, December 2022
Elrigh Louw	3	Blue Bulls 15s	URC, Scotland, Oct 2022
Reinhardt Ludwig	2	Blue Bulls 15s	URC, Scotland, Oct 2022
Kgahliso Mamphoke	3	Blue Bulls 15s	Women's Premier Division, Pretoria, July 2023
Kabelo Mokoena	3	Blue Bulls 15s	Currie Cup, Bloemfontein, March 2023
Embrose Papier	6	Blue Bulls 15s	URC, Scotland, Oct 2022
Muller Uys	3	Blue Bulls 15s	Currie Cup, Bloemfontein, March 2023
Bernard van der Linde	3	Blue Bulls 15s	URC, Durban, December 2022
Kgahliso Mamphoke	3	Blue Bulls Womens 15s	Women's Premier Division, Pretoria, July 2023
Thandeka Shongwe	5	Blue Bulls Womens 15s	Women's Premier Division, Pretoria, July 2023
Lynn-Mari Subke	2	Blue Bulls Womens 15s	Women's Premier Division, Gqeberha, May 2023
Rachelle du Plessis	1	Blue Bulls Womens 15s	Women's Premier Division, Gqeberha, May 2023
Squash			
Lara Patrick	3	Gauteng North	Growthpoint Interprovincial Tournament, Pretoria, July 2023
Wrestling			
Marno Botha	1	Gauteng North	SAWF Presidents Championship, Stellenbosch, Oct 2022
Willem Putter	8	Gauteng North	SAWF National Championships, Pretoria, April 2023
Dana Viljoen	1	Gauteng North	SA Greco Roman & Masters Championships, Pretoria, April 2023

TuksSport Awards 2010-2022

Year	2010	2011	2012	2013
Sportsman of the Year	LJ van Zyl (Athletics)	LJ van Zyl (Athletics)	Matthew Brittain, Sizwe Ndlovu, John Smith, James Tompson (Rowing)	Jacques van Zyl (Judo)
Sportswoman of the Year	Simphiwe Dlodlu (Football)	Erin Burger (Netball)	Bridgitte Hartley (Canoe)	Nobuhle Dlamini (Golf)
Student Sportsman of the Year	John Smith & Lawrence Brittain (Rowing)	Willie de Beer (Athletics)	Willie de Beer (Athletics)	David Hunt (Rowing)
Student Sportswoman of the Year	Erin Burger (Netball)	Vuyisani Mangisa (Hockey)	Lee-Anne Persse (Rowing)	Vanes-Mari du Toit (Netball)
Student Administrator of the Year	Junior Tafa (SSC)	Kennedy Haraseb (SSC)	Coreen Walstra (Rowing)	Andrea van Rooyen (Aquatics)
Administrator of the Year	Len Claassen (Athletics)	Sollie Barnard (Cricket)	Dr Wim Dreyer (Fencing)	Eddie Meiring (Judo)
Sport Personality Award	None	None	Oscar Pistorius (Athletics)	Helen van der Walt (Trampoline)
Student Sport Club of the Year	TuksGolf	TuksRowing	TuksRowing	TuksFootball & TuksNetball
Sport Club of the Year	TuksNetball	TuksAthletics	TuksNetball & TuksCricket	TuksCricket
Principal's Award - Student	Okert Kruger (Rugby)	None	Willie de Beer (Athletics)	Senade Haupt (Squash)
Newsmaker of the Year	None	AB de Villiers (Cricket) & Oscar Pistorius (Athletics)	Caster Semenya (Athletics)	None
Principal's Award - Team	Not instituted	Not Instituted	UP-Tuks1 (Rugby)	Varsity Rugby
Coach of the Year - Team Sports	Elize Kotze (Netball)	Craig Fulton (Hockey)	Steve Barker (Football)	Pierre de Bruyn (Cricket)
Coach of the Year - Individual Sport	Tiaan vd Walt (Trampoline)	Liz Mackenzie (Squash)	Roger Barrow (Rowing)	Nikola Filipov (Judo)
Sports Team of the Year	TuksRowing Men's VIII	Rowing Men's VIII	Amatuks (Football)	Athletics
Year	2014	2015	2016	2017
Sportsman of the Year	James Thompson & John Smith (Rowing)	Akani Simbine (Athletics)	Lawrence Britain & Shaun Keeling (Rowing)	Akani Simbine (Athletics)
Sportswoman of the Year	Lee-Ann Persse & Naydene Smith (Rowing)	Lenize Potgieter (Netball)	Kirsten McCann & Ursula Grobler (Rowing)	Kirsten McCann (Rowing)
Student Sportsman of the Year	Akani Simbine (Athletics)	Robin Swartz (Football)	David Hunt & Jake Green (Rowing)	Thando Roto (Athletics)
Student Sportswoman of the Year	Lenize Potgieter (Netball)	Shadine vd Merwe (Netball)	Tebogo Mamatu (Athletics)	Nicole van Wyk (Rowing)
Student Administrator of the Year	Xabiso Sicwebu (SSC)	Aluwani Rembuluwani (SSC)	Maram Mahdi (SSC)	Boyani Mphasha (SSC)
Administrator of the Year	Martie Savrda (Wrestling)	Prof Gloudien Spies (Athletics)	Margie Meiring (Judo)	Paul de Beer (Aikido)
Sport Personality Award	None	None	None	None
Student Sport Club of the Year	TuksRowing	TuksGolf	TuksRowing	TuksRowing
Sport Club of the Year	TuksCricket	TuksCricket	TuksNetball	TuksCricket
Principal's Award - Student	Melissa Myburgh (Netball)	Ronald Ketjierre (Football)	Izette Lubbe (Netball)	Izelle Verster (Hockey)
Newsmaker of the Year	None	None	Luvo Manyonga (Athletics) & Lawrence Brittain (Rowing)	None
Principal's Award - Team	Varsity Athletics & Football	Varsity Athletics	Varsity Beach Volleyball Ladies & Varsity Hockey Men	TuksHockey (Women)
Coach of the Year - Team Sports	Pierre de Bruyn (Cricket)	Pierre de Bruyn (Cricket)	Jenny van Dyk (Netball)	Inky Zondi (Hockey)
Coach of the Year - Individual Sport	Nikola Filipov (Judo)	Llewellyn van Leeuwen (Golf)	Roger Barrow (Rowing)	Llewellyn van Leeuwen (Golf)
Sports Team of the Year	Assupol TuksCricket 1	Assupol TuksCricket 1	Assupol TuksCricket 1	TuksRowing USSA Teams
Year	2018	2019	2021	2022
Sportsman of the Year	Akani Simbine (Athletics)	Akani Simbine (Athletics)	Akani Simbine (Athletics)	Jovan van Vuuren (TuksAthletics)
Sportswoman of the Year	Tatjana Schoenmaker (Swimming)	Tatjana Schoenmaker (Swimming)	Tatjana Schoenmaker (Swimming)	Geronay Whitebooi (TuksJudo)
Student Sportsman of the Year	Charles Brittain & James Mitchell (Rowing)	Zokwakhana Zazini (Athletics)	Gift Leotlela (Athletics)	Benjamin Richardson (TuksAthletics)
Student Sportswoman of the Year	Michaela Whitebooi (Judo)	Danelle Wentzel (Archery)	Kaylene Corbett (Swimming)	Erin Gallagher (TuksSwimming)
Student Administrator of the Year	Charles Stevens (Rowing)	Godfrey Kgatle (Chess)	None	Mikha Krefit (TuksCycling)
Administrator of the Year	Tawnay Gierke (Volleyball)	Theuns Reynolds (Rugby)	None	Prof Susan Adendorff (TuksRugby)
Sport Personality Award	Shaun Anderson (Archery)	Dup du Preez (Athletics)	Phumelela Mbande (Hockey)	Kaylene Corbett (TuksSwimming)
Student Sport Club of the Year	TuksRowing	TuksRowing	None	TuksRowing
Sport Club of the Year	TuksNetball	Assupol TuksCricket	TuksSwimming	TuksSwimming
Principal's Award - Student	Michaela Whitebooi (Judo)	Simbongile Njokwe (Football) & Tshina Mda (Netball)	Ruan Ras (Swimming) & Juzelri Garbers (Netball)	Dr Mahlane Kgatle (TuksChess)
Newsmaker of the Year	None	None	Tatjana Schoenmaker (Swimming)	Marize de Bruin (TuksNetball & TuksRugby)
Principal's Award - Team	Assupol TuksCricket	TuksNetball	Varsity Cup Rugby	Varsity Cup Rugby
Coach of the Year - Team Sports	Mpumi Geza (Rowing)	Kruger van Wyk (Cricket)	Sihle Ntuli (Hockey)	Kruger van Wyk (TuksCricket)
Coach of the Year - Individual Sport	Rocco Meiring (Swimming)	Rocco Meiring (Swimming)	Rocco Meiring (Swimming)	Rocco Meiring (Swimming)
Sports Team of the Year	Assupol TuksCricket	TuksRowing	TuksHockey (Women)	TuksJudo



#earnyourstripe

Schoenmaker is Tuks's Sports Woman of the Year

Last night, Tatjana Schoenmaker deservedly received the award as the Tuks Bestmed Sportswoman of the Year.

She continued to be a trailblazer for South African swimming when she won the 200m-breaststroke during the World Aquatics World Championships in Fukuoka, Japan. Schoenmaker is the first female swimmer to be crowned world champion.

Since 2017, there has not been a year in which Schoenmaker has not medalled at a major international event. The UP-Tuks Alumni have the distinction of also winning gold at the World Student Games, Commonwealth Games and the Olympic Games in the 200m-breaststroke.

But there is more to Schoenmaker than winning medals. Most afternoons in the Tuks swimming pool, she encourages youngsters to dream big. Through her experiences, she wants to help swimmers not to repeat the mistakes she made.

Christian de Klerk, who won silver in the compound archery competition during the World Student Games in Chengdu, is the Tuks Bestmed Sportsman of the Year.

He ascribed his breakthrough to doing the small things right. To him, it is all about marginal gains.

Those who follow South African archery won't be too surprised by De Klerk's heroics. Last year, in November, he won three gold medals in the compound archery competitions during the African Archery Championships held on the UP Sports Campus. He was the men's champion, winning the men's team competition with his dad. He was also victorious in the mixed category.

De Klerk also won gold at the African Field Archery Champs and South Africa's Indoor Compound Championships.

Marli Viljoen is the Tuks Bestmed Student Sportswoman of the Year. She won the 400 metres during the World Student Games. Trevor de Lora, who was outstanding during the USSA Hockey Tournament, is the Tuks Bestmed Student Sportsman of the Year.

Ilze Wicksell, who coaches Viljoen, is the Tuks Bestmed Coach of the Year in Individual Sports.

Jenny van Dyk is the "Midas touch" coach. The results are proven. It is why she is the Tuks Bestmed Coach of the Year in Team Sports.

UP-Tuks was victorious in the Varsity Netball Tournament, winning nine games on the trot. In December last year, she helped Botswana to win the Singapore Nations Cup. Still, that is not all. Van Dyk was part of the coaching team that coached South Africa's under-18 Fast Five team to win silver in Trinidad & Tobago.

TuksNetball is the Club of the Year, while the Team of the Year is Tuks's women's football team.