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To be the best athletics Province in South Africa

Reference: AGN/Circular 30 of 2024

To: AGN Members

From: AGN Office

Date: 04 April 2024

Pages: 13

CIRCULAR 30 OF 2024 – AGN PROVISIONAL SENIOR TRACK & FIELD MULTI EVENTS + RELAY TEAM

Dear AGN Members

Kindly find attached the AGN Senior Track & Field and Multi Events + Relay Provisional Team that will be participating at the ASA Senior Track & Field National Championships and Multi Events + Relays at Msunduzi Athletics Stadium in Pietermaritzburg, from 18 - 21 April 2024.

APPEAL: Athletes, not listed in the AGN Senior Track & Field Provisional Team below, have the right to appeal for reconsideration in writing to the AGN office for the attention of Durell JeJane (gm@agn.co.za) before 15:00 on Friday, 05 April 2024. The appeal application must contain the following information: 1) Name of the athlete; 2) ID-number; 3) Name of the club where the athlete is affiliated; 4) ASA license number of the athlete; 5) Event to be considered; 6) Performance; 7) Date of Meeting; 8) Venue of Meeting; NB: Please note that no other information will be considered.

For the finalization of all logistics, athletes are kindly requested to complete the following link: https://forms.gle/JzfZJMKhvFAQNeEP9 by Wednesday, 10 April 2024 at 10:00am, indicating on whether you are in need of accommodation and transport for the ASA Championships. Please note that by not completing the form, AGN will automatically see it as you do not need any assistance with accommodation or transport.

Kind Regards

DURELL JEJANE

AGN: GENERAL MANAGER

Board Members:



AGN AGN PROVISIONAL SENIOR TRACK & FIELD MULTI EVENTS + RELAY PROVISIONAL TEAM

SENIOR TRACK & FIELD AND MULTI EVENTS PROVISIONAL TEAM

No	Name of Athlete	Surname of Athlete	Age Group	Gender	Event 1	Event 2	Event 3
1.	Peace	Adedokun	Seniors	Male	Triple Jump		
2.	Evet	Aldeson	Seniors	Male	Discus		
3.	Strijdom	Angelique	Seniors	Female	400m		
4.	Johne	Aucamp	Seniors	Female	1500m		
5.	Werner	Bezuidenhout	Seniors	Male	100m	200m	
6.	Taylon	Bieldt	Seniors	Female	100mH	400mH	
7.	Rita	Bischoff	Seniors	Female	Heptathlon		
8.	Naum	Bopape	Seniors	Female	1500m	800m	
9.	Mika	Botha	Seniors	Female	Long jump		
10.	Leandre	Botha	Seniors	Female	Discus		
11.	Jean	Botha	Seniors	Male	Discus		
12.	Micyla	Botha	U20 (2005 & 2006)	Female	Pentathlon		
13.	Lu Chelle	Breedt	Seniors	Female	400mH		
14.	Cara	Bronkhorst	Seniors	Female	100mH	Long Jump	
15.	Ruan	Bronkhorst	Seniors	Male	Decathlon		
16.	Arette	Burger	Seniors	Female	400m		

Board Members:

17.	Philani	Buthelezi	Seniors	Male	10000m		
18.	Lara	Butler	U18 (2007 & 2008)	Female	Heptathlon		
19.	Abednego	Choba	Seniors	Male	800m	1500m	
20.	Timeke Jade	Coetzee	Seniors	Female	Long jump	100m	
21.	Dirk	Coetzee	U18 (2007 & 2008)	Male	Decathlon		
22.	Dane	Coetzer	Seniors	Female	Hammer		
23.	Werner	Dames	Seniors	Male	Javelin		
24.	Mienke	Davel	Seniors	Female	400mH	400m	
25.	Heike	de Klerk	Seniors	Female	Triple Jump		
26.	Luca	De Waal	Seniors	Female	1500m		
27.	Simone	de Wet	Seniors	Female	400mH		
28.	Divan	de Wet	Seniors	Male	High jump		
29.	Li-Mari	Dekker	Seniors	Female	1500m		
30.	Ranti	Dikgale	Seniors	Male	800m		
31.	Grace	Dikio	Seniors	Female	Triple Jump		
32.	Joel	Donken	U20 (2005 & 2006)	Male	Decathlon		
33.	Edmund	Du Plessis	Seniors	Male	800m		
34.	Marthinus	du Preez	Seniors	Male	400mH		
35.	Matthew	Endrody	Seniors	Male	1500m		
36.	Marione	Fourie	Seniors	Female	100mH		
37.	Sophia	Gaitskill	U16 (2009 & 2010)	Female	Pentathlon		
38.	Zeney	Geldenhuys	Seniors	Female	400m	400mH	
39.	Ruzel	Geldenhuys	Seniors	Female	Shotput		
40.	Lindukhule	Gora	Seniors	Male	400mH		
41.	Werner	Gouws	Seniors	Male	800m		
42.	Johann	Grobler	Seniors	Male	Javelin		

43.	Hannah	Van Niekerk	Seniors	Female	400mH		
44.	Ashley	Harvey	U20 (2005 & 2006)	Female	Heptathlon		
45.	Zathu	Hlongwane	Seniors	Male	200m	100m	
46.	Sam	Idowu	Seniors	Male	110mH		
47.	Gelndenhuys	Ivan	Seniors	Male	400m		
48.	Johan	Jacobs	Seniors	Male	Hammer		
49.	Mia	Janse van Rensburg	Seniors	Female	High jump		
50.	Musa	Jaxa	Seniors	Male	High jump		
51.	Sandiso	Jekem	Seniors	Male	Long Jump	Triple Jump	
52.	Martelize	Jordaan	Seniors	Female	100mH		
53.	Nantus	Joubert	Seniors	Male	Discus	Shotput	
54.	Milton	Kekana	Seniors	Male	10000m	·	
55.	Collins	Kgadima	Seniors	Male	10000m		
56.	Sisphesihle	Khoza	Seniors	Male	800m	1500m	
57.	Alicia	Khunou	Seniors	Female	Discus	Shotput	
58.	Nadia	Kitsshoff	Seniors	Female	Heptathlon		
59.	Lisa	Klue	U16 (2009 & 2010)	Female	Pentathlon	no event	
60.	Chane	Kok	Seniors	Female	100mH		
61.	Van Reenen	Kruger	Seniors	Male	400mH		
62.	Abraham	Kubjana	Seniors	Male	1500m		
63.	Jason	Kumm	Seniors	Male	Decathlon		
64.	George	Kusche	Seniors	Male	5000m		
65.	Elizma	Le Roux	Seniors	Female	3000mSteeplechase		
66.	Hamman	le Roux	Seniors	Male	400mH		
67.	Koketso	Lekaka	Seniors	Male	10000m	5000m	
68.	Van Heerden	Lene	Seniors	Female	400m		

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69.	Rolene	Louw	U20 (2005 & 2006)	Female	Heptathlon		
70.	Kino	Mahlangu	U20 (2005 & 2006)	Male	Decathlon		
71.	Karabo	Mailula	Seniors	Female	10000m		
72.	Vijoen	Marilie	Seniors	Female	400m		
73.	Pheletso	Masilo	Seniors	Female	Long jump	Triple jump	
74.	Kyle	Mauer	U20 (2005 & 2006)	Male	Decathlon		
75.	Mikateko	Mawela	Seniors	Female	100mH		
76.	Ditiro	Mekmise	Seniors	Male	200m		
77.	Soandri	Meyer	Seniors	Female	Pole Vault		
78.	Bulali	Mnyamana	Seniors	Male	200m	100m	
79.	Elvis	Mokhonoana	Seniors	Male	1500m		
80.	Stephen	Mokoka	Seniors	Male	10000m		
81.	Simon	Mokonyama	Seniors	Male	10000m		
82.	Clarence	Munyai	Seniors	Male	200m		
83.	Adam	Motloung	U18 (2007 & 2008)	Male	200m		
84.	Karabo	Motsoeneng	Seniors	Female	5000m	10000m	
85.	Asande	Mthembu	Seniors	Male	Long Jump		
86.	Collen	Mulaudzi	Seniors	Male	10000m		
87.	Chandi	Mulder	Seniors	Female	Javelin		
88.	Atang	Naane	Seniors	Female	Long jump	100m	
89.	SW	Nel	Seniors	Male	110mH		
90.	Michelle	Ngozo	Seniors	Female	High jump		
91.	Kwazi	Nogcantsi	Seniors	Male	800m	1500m	
92.	Danielle	Nolte	Seniors	Female	Long Jump	Triple Jump	
93.	Anele	Nzwanzwa	Seniors	Male	400m		
94.	Michaela	Oosthuizen	Seniors	Female	800m		

95.	Pabalo	Radebe	Seniors	Female	400m		
96.	Helene	Peens	Seniors	Female	Long Jump		
97.	Shipalana	Penelope	Seniors	Female	400m		
98.	Jessi	Perez	Seniors	Male	Decathlon		
99.	Thapelo	Phora	Seniors	Male	400m		
100.	Dylan	Pienaar	Seniors	Male	1500m		
101.	Leon Villiers	Pienaar	Seniors	Male	400m		
102.	Tshegofatso	Pilane	Seniors	Male	1500m		
103.	Hannah	Plews	U16 (2009 & 2010)	Female	Javelin	Pentathlon	
104.	Eckhart	Potgieter	Seniors	Male	200m	100m	
105.	Margo	Pretorius	Seniors	Female	Hammer		
106.	Constant	Pretorius	Seniors	Male	400mH		
107.	Fredriech	Pretorius	Seniors	Male	Decathlon		
108.	Carmie	Prinsloo	Seniors	Female	1500m	5000m	
109.	Pabalo	Radebe	Seniors	Female	800m		
110.	Tumi	Ramokgopa	Seniors	Female	400mH		
111.	Bianca	Rè	Seniors	Female	Heptathlon		
112.	Garick	Rees	Seniors	Male	800m		
113.	Duncan	Robertson	Seniors	Male	Javelin		
114.	Ivonne	Robson	Seniors	Female	Heptathlon		
115.	Ruan	Oosthuizen	Seniors	Male	400m		
116.	Colene	Scheepers	Seniors	Female	400m		
117.	Wiepke	Schoeman	Seniors	Female	3000m		
118.	Micheal	Schoeman	Seniors	Male	110mH		
119.	James	Seeliger	Seniors	Male	800m		
120.	Tebogo	Segalagala	Seniors	Male	10000m		

121.	Olebogile	Selomo	Seniors	Male	3000mSteepleChase		
122.	Keletso	Senosi	Seniors	Female	800m		
123.	Leilani	Sheffer	Seniors	Female	3000mSteepleChase		
124.	Tumisang	Shezi	Seniors	Male	400m		
125.	Rofhiwa	Sitelele	Seniors	Male	400mH		
126.	Dwayme	Smith	Seniors	Male	200m		
127.	Ryan	Stockill	Seniors	Male	High jump		
128.	Reynard	Strauss	Seniors	Male	110mH		
129.	Ida Marie	Strydom	Seniors	Female	Pole Vault		
130.	Charne	Swart	Seniors	Female	1500m	800m	
131.	Carina	Swiegers	Seniors	Female	1500m	3000mSteepleChase	
132.	Mapatene	Thobejane	Seniors	Male	Decathlon		
133.	Modupe	Tladi	Seniors	Male	5000m	1500m	
134.	Colette	Uys	Seniors	Female	Discus	Shotput	Hammer
135.	Morne	Van As	Seniors	Male	Decathlon		
136.	Kayla	Van den Berg	Seniors	Female	100mH		
137.	Cellonika	van den Berg	Seniors	Female	Discus	Shotput	
138.	Jean	Van den Berg	U18 (2007 & 2008)	Male	Decathlon		
139.	Jana	Van der Merwe	Seniors	Female	1500m		
140.	Zante	Van der Merwe	Seniors	Female	400m		
141.	Eric	Van der Walt	Seniors	Male	110mH		
142.	El Marie	Van Greunen	Seniors	Female	400mH		
143.	Hannah	Van Niekerk	Seniors	Female	400mH		
144.	Jada	Van Staden	Seniors	Female	400mH	400m	
145.	Jovan	van Vuuren	Seniors	Male	Long Jump		
146.	Veronica	Van WYk	U16 (2009 & 2010)	Female	Pentathlon		

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147.	Chane	Van Zyl	Seniors	Female	Javelin		
148.	Natalie	Verhoef	U18 (2007 & 2008)	Female	Heptathlon		
149.	Bayanda	Walaza	Seniors	Male	200m	100m	
150.	Simonay	Weitsz	Seniors	Female	1500m		
151.	Chaliz	Welgemoed	Seniors	Female	Javelin		
152.	Anika	Williams	Seniors	Female	400mH		
153.	Glenrose	Xaba	Seniors	Female	10000m		
154.	Zinzi	Xulu	Seniors	Female	Long Jump	Triple Jump	
155.	Siyabulela	Xulu	Seniors	Male	Long Jump		
156.	Sokwakhana	Zazini	Seniors	Male	400mH		
157.	Sanele	Zixunge	Seniors	Male	1500m		
158.	Ruan	Oosthuizen	Seniors	Male	400m		
159.	Dante	Ferreira	Seniors	Female	5000m		
160.	Gift	Leotlela	Seniors	Male	100m		
161.	Niel	Van der Merwe	Seniors	Male	5000m	1500m	
162.	Kaitlyn	Van Rooyen	Seniors	Female	800m		
163.	Rachel	Schwulst	Seniors	Female	800m		
164.	Marli	Viljoen	Seniors	Female	400m		
165.	Rivaldo	Roberts	Seniors	Male	100m		
166.	Lene	van Heerden	Seniors	Female	400m		
167.	Leonette	Vosloo	Seniors	Female	100m		
168.	Zenique	Botes	Seniors	Female	100m		
169.	Lehlogonolo	Maseko	Seniors	Male	100m		
170.	Ditiro	Mekhise	Seniors	Male	200m		
171.	Angelique	de Jager	Seniors	Female	100mH		
172.	Banele	Shabangu	Seniors	Female	200m		

RELAY PROVISIONAL TEAM

Nr	Surname	Name	Age group	Gender	Relay 1	Relay 2	Relay 3
Senior	Kaylin	Achurch	U18 (2007 & 2008)	Female	4 x 100m	4 x 400m	
1	Brooklyn	Alberts	U18 (2007 & 2008)	Female	4 x 100m		
2	Angel	Baloyi	U18 (2007 & 2008)	Female	4 x 400m Mix		
3	Matimba	Baloyi	U16 (2009 & 2010)	Male	4 x 100m	300m	
Senior	Werner	Bezuidenhoudt	U20 (2005 & 2006)	Male	4 x 100m		
Senior	Taylon	Bieldt	Seniors	Female	4 x 100m	4 x 400m	
Senior	Zenique	Botes	U18 (2007 & 2008)	Female	4 x 100m	4 x 200m	
4	Karla	Bouwer	U16 (20 <mark>09</mark> & 2010)	Female	4 x100m		
Senior	Arette	Burger	U18 (20 <mark>07 & 20</mark> 08)	Female		4 x 400m	
Senior	Timeke Jade	Coetzee	U20 (2005 & 2006)	Female	4 x 100m	4 x 400m	4 x 200m
5	Jasmine	Collett	U18 (2007 & 2008)	Female	4 x 400m Mix	4 x 400m	
Senior	Mienke	Davel	U18 (2007 & 2008)	Female		4 x 400m	
6	Chrystabel	Davis	U18 (2007 & 2008)	Female	4 x 100m		
Senior	Angelique	de Jager	U20 (2005 & 2006)	Female	4 x 100m		
7	Heike	De Klerk	U18 (2007 & 2008)	Female	4 x 100m		
8	Lene	de Villiers	U16 (2009 & 2010)	Female	4 x 100m	400m Medley	
Senior	Simone	de Wet	Seniors	Female	4 x 400m		
9	Kiarah	Dell	U16 (2009 & 2010)	Female	4 x 100m		
10	Lesibe	Dikgale	U18 (2007 & 2008)	Male	4 x 400m	4 x 400m Mix	
11	Inam	Dlunge	U18 (2007 & 2008)	Male	4 x 100m	4 x 200m	
Senior	Marione	Fourie	Seniors	Female	4 x 100m		
Senior	Zeney	Geldenhuys	Seniors	Female	4 x 400m		
Senior	Lindukhule	Gora	Seniors	Male	4 x 400m		

Board Members:

Alexander	Griesel	U16 (2009 & 2010)	Male	4 x100m	200m Medley	
Hendrik	Grobler	U20 (2005 & 2006)	Male	4 x 400m		
Lente	Groenewald	U18 (2007 & 2008)	Female	4 x 400m Mix		
Rolandt	Grosskopf	U20 (2005 & 2006)	Male	4 x 200m	4 x 100m Res	
Isabella	Gunter	U16 (2009 & 2010)	Female	4 x 200m	300m Medley	
Zathu	Hlongwane	U20 (2005 & 2006)	Male	4 x 100m	4 x 200m	
Olga	Ivanov	U16 (2009 & 2010)	Female	400m Medley		
Izandri	Jacobs	U20 (2005 & 2006)	Female	4 x 400m		
Dihann	Janse van Rensburg	U16 (2009 & 2010)	Male	300m Medley		
Janelle	Kirkpatrick	U16 (20 <mark>09</mark> & <mark>2</mark> 010)	Female	4 x 100m	300m Medley	
Chane	Kok	Seniors	Female	4 x100m		
Tielelo	Lekgetho	U16 (2009 & 2010)	Male	4 x100m		
Christi	Loggenberg	U16 (2009 & 2010)	Female	4 x 100m	400m Medley	
Nina	Loggenberg	U16 (2009 & 2010)	Female		200m Medley	
Mokgadi	Maake	U16 (2009 & 2010)	Female	4 x100m	100m Medley	4 x 200m
Esethu	Madlala	U18 (2007 & 2008)	Male	4 x 200m		
Ethan	Mahlangu	U16 (2009 & 2010)	Male	4 x 100m	100m Medley	
Fundiswa	Makhanya	U16 (2009 & 2010)	Female	4 x 100m	200m Medley	
Lethabo	Maloma	U18 (2007 & 2008)	Male	4 x 100m		
Gordon	Maluleke	U20 (2005 & 2006)	Male	4 x 200m		
Humble	Manzini	U16 (2009 & 2010)	Male	4 x 100m		
Leema	Maruma	U18 (2007 & 2008)	Male	4 x 400m		
Lehlogonolo	Maseko	Seniors	Male	4 x 100m		
Reaobaka	Matshitse	U20 (2005 & 2006)	Female	4 x 100m		
Ditiro	Mekhise	Seniors	Male			
	Hendrik Lente Rolandt Isabella Zathu Olga Izandri Dihann Janelle Chane Tielelo Christi Nina Mokgadi Esethu Ethan Fundiswa Lethabo Gordon Humble Leema Lehlogonolo Reaobaka	Hendrik Grobler Lente Groenewald Rolandt Grosskopf Isabella Gunter Zathu Hlongwane Olga Ivanov Izandri Jacobs Dihann Janse van Rensburg Janelle Kirkpatrick Chane Kok Tielelo Lekgetho Christi Loggenberg Nina Loggenberg Mokgadi Maake Esethu Madlala Ethan Mahlangu Fundiswa Makhanya Lethabo Maloma Gordon Maluleke Humble Manzini Leema Maruma Lehlogonolo Maseko Reaobaka Matshitse	Hendrik Grobler U20 (2005 & 2006) Lente Groenewald U18 (2007 & 2008) Rolandt Grosskopf U20 (2005 & 2006) Isabella Gunter U16 (2009 & 2010) Zathu Hlongwane U20 (2005 & 2006) Olga Ivanov U16 (2009 & 2010) Izandri Jacobs U20 (2005 & 2006) Dihann Janse van Rensburg U16 (2009 & 2010) Janelle Kirkpatrick U16 (2009 & 2010) Chane Kok Seniors Tielelo Lekgetho U16 (2009 & 2010) Christi Loggenberg U16 (2009 & 2010) Mokgadi Maake U16 (2009 & 2010) Mokgadi Maake U16 (2009 & 2010) Esethu Madlala U18 (2007 & 2008) Ethan Mahlangu U16 (2009 & 2010) Fundiswa Makhanya U16 (2009 & 2010) Lethabo Maloma U18 (2007 & 2008) Gordon Malueke U20 (2005 & 2006) Humble Maruma U18 (Hendrik Grobler U20 (2005 & 2006) Male Lente Groenewald U18 (2007 & 2008) Female Rolandt Grosskopf U20 (2005 & 2006) Male Isabella Gunter U16 (2009 & 2010) Female Zathu Hlongwane U20 (2005 & 2006) Male Olga Ivanov U16 (2009 & 2010) Female Izandri Jacobs U20 (2005 & 2006) Female Dihann Janse van Rensburg U16 (2009 & 2010) Male Janelle Kirkpatrick U16 (2009 & 2010) Female Chane Kok Seniors Female Tielelo Lekgetho U16 (2009 & 2010) Male Christi Loggenberg U16 (2009 & 2010) Female Nina Loggenberg U16 (2009 & 2010) Female Mokgadi Maake U16 (2009 & 2010) Female Esethu Madlala U18 (2007 & 2008) Male Ethan Makhanya U16 (2009 & 2010) Female	Hendrik Grobler U20 (2005 & 2006) Male 4 x 400m Mix Lente Groenewald U18 (2007 & 2008) Female 4 x 400m Mix Rolandt Grosskopf U20 (2005 & 2006) Male 4 x 200m Isabella Gunter U16 (2009 & 2010) Female 4 x 200m Zathu Hlongwane U20 (2005 & 2006) Male 4 x 100m Olga Ivanov U16 (2009 & 2010) Female 4 x 400m Dihann Jacobs U20 (2005 & 2006) Female 4 x 400m Dihann Janse van Rensburg U16 (2009 & 2010) Female 4 x 400m Dihann Janse van Rensburg U16 (2009 & 2010) Female 4 x 100m Chane Kirkpatrick U16 (2009 & 2010) Female 4 x 100m Chane Kok Seniors Female 4 x 100m Tielelo Lekgetho U16 (2009 & 2010) Female 4 x 100m Christi Loggenberg U16 (2009 & 2010) Female 4 x 100m Mokgadi	Hendrik

33	Tlotlo	Mere	U20 (2005 & 2006)	Male	4 x 100m		
34	Buhle	Mgqibela	U18 (2007 & 2008)	Female	4 x 100m	4 x 200m	
35	Kabelo	Mnisi	U16 (2009 & 2010)	Male	4 x100m	100m Medley	
36	Kwena	Mojapelo	U16 (2009 & 2010)	Male	4 x100m	200m Medley	
37	Amogelang	Motlatle	U18 (2007 & 2008)	Female	4 x 100m		
Senior	Adam	Motloung	U18 (2007 & 2008)	Male	4 x 200m	4 x 400m	
38	Nokuthula	Mthethwa	U18 (2007 & 2008)	Female	4 x 100m	4 x 200m	
Senior	Clarence	Munyai	Seniors	Male	4 x 100m		
39	Amogelang	Mziza	U16 (200 <mark>9</mark> & 2010)	Male	4 x100m		
Senior	Atang	Naane	U20 (20 <mark>05</mark> & 2006)	Female	4 x 100m	4 x 200m	
40	Matodz	Ndou	U18 (20 <mark>07 & 20</mark> 08)	Male	4 x 400m		
41	Megan	Nieman	U16 (2009 & 2010)	Female	4 x 100m	300m Medley	
42	Kaylin	Niemann	U18 (2007 & 2008)	Female	4 x 400m		
Senior	Danielle	Nolte	Seniors	Female	4 x100m		
Senior	Anele	Nzwanzwa	Seniors	Male	4 x 400m Mix		
43	Andre	Olivier	U18 (2007 & 2008)	Male	4 x 100m	4 x 200m	
Senior	Michaela	Oosthuizen	Seniors	Female	4 x 400m Mix	4 x 400m	
Senior	Ruan	Oosthuizen	Seniors	Male	4 x 400m		
Senior	Thapelo	Phora	Seniors	Male	4 x 400m Mix		
Senior	Leon Villiers	Pienaar	Seniors	Male	4 x 400m		
Senior	Eckhart	Potgieter	Seniors	Male	4 x 100m		
44	Ane	Pretorius	U16 (2009 & 2010)	Female	4 x 100m	200m Medley	4 x 200m
Senior	Paballo	Radebe	U20 (2005 & 2006)	Female	4 x 400m		
Senior	Tumi	Ramokgopa	U18 (2007 & 2008)	Female	4 x 100m	4 x 400m	
Senior	Rivaldo	Roberts	Seniors	Male	4 x 100m		

		4 x 100m	Female	U18 (2007 & 2008)	Rocha	Selena	45
4 x 200n	4 x 400m	4 x 100m	Female	U20 (2005 & 2006)	Scheepers	Colene	Senior
	4 x 400m	4 x 400m Mix	Female	U18 (2007 & 2008)	Schwulst	Rachel	Senior
		4 x 100m	Male	U16 (2009 & 2010)	Seemela	Tsile	46
		4 x 100m	Male	U16 (2009 & 2010)	Sekhwela	Junior	47
		4 x 100m	Male	U20 (2005 & 2006)	Shabangu	Bokamosso	48
		4 x 100m	Female	Seniors	Shabangu	Banele	Senior
		4 x100m	Male	U16 (2009 & 2010)	Shanzi	Michael	49
		4 x 400m	Male	Seniors	Shezi	Tumisang	Senior
	4 x 400m	4 x 100m	Female	U20 (20 <mark>05</mark> & <mark>2</mark> 006)	Shipalana	Penelope	50
	4 x 400m	4 x 400m Mix	Female	Seniors	Strijdom	Angelique	Senior
		4 x 400m Mix	Male	U20 (2005 & 2006)	Swanepoel	Niel	51
		4 x 400m	Female	Seniors	Swart	Charne	Senior
		4 x 400m Mix	Male	U20 (2005 & 2006)	Thomas	Hilton	52
		4 x 100m	Female	U20 (2005 & 2006)	Van den Berg	Riane	53
		4 x 100m	Female	U20 (2005 & 2006)	Van den Berg	Menike	54
		4 x100m	Female	Seniors	Van den Berg	Kayla	Senior
	400m Medley	4 x100m	Male	U16 (2009 & 2010)	Van Der Heerden	Llewellyn	55
	4 x 400m		Female	U20 (2005 & 2006)	Van der linde	Marlene	56
4 x 200n	100m Medley	4 x 100m	Female	U16 (2009 & 2010)	Van der Merwe	Dene	57
	4 x 400m	4 x 100m	Female	U18 (2007 & 2008)	Van der Merwe	Zante	58
		4 x200m	Male	U20 (2005 & 2006)	van der Walt	Armand	59
		4 x 400m	Female	Seniors	van Heerden	Lene	Senior
	4 x 400m	4 x 200m	Female	U20 (2005 & 2006)	Van Niekerk	Hannah	Senior
	4 x 200m	4 x 100m	Female	U18 (2007 & 2008)	Van Rooyen	Kathleen	60

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Senior	Jada	Van Staden	Seniors	Female	4 x 400m		
61	Megan	Venter	U16 (2009 & 2010)	Female	4 x100m	100m Medley	
Senior	Marli	Viljoen	Seniors	Female	4 x 400m		
Senior	Leonette	Vosloo	Seniors	Female	4 x 100m		
Senior	Bayanda	Walaza	U20 (2005 & 2006)	Male	4 x 100m	4 x200m	
Senior	Anika	Williams	U20 (2005 & 2006)	Female		4 x 400m	