



1992-2017

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#### BOARD MEMBERS

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SA Sports Trust

#### MISSION

To make a contribution towards  
Nation Building and Healing of  
our land, South Africa, and the  
Transformation of our Society,  
through the Development of  
Athletics, from Grassroots to the  
highest levels of Excellence

To	ASA Members
From	ASA Office
Date	17 November 2017
Subject	Progress on preparation for 2018 Commonwealth Games
No pages	4

## ELECTRONIC TRANSMISSION

Dear ASA Members

### Circular 149 of ASA 2017 (11/17) – PROGRESS ON PREPARATION FOR 2018 COMMONWEALTH GAMES

Please find attached an update of the athletes in preparation for the 2017 Commonwealth Games.

ASA would like to thank our provincial Members for hosting competitions during the period September 2017 – December 2017 to enable our athletes to qualify for the 2017 Commonwealth Games.

As reported previously, ASA need to submit a Preliminary Athletics Team to SASCOC in the 1<sup>st</sup> week of January 2018.

The Preparation Squad is listed in the 3<sup>rd</sup> column below, while the athletes whom have already qualified for the Preliminary Team are listed in the 4<sup>th</sup> column below. New additions to the Preliminary Team are indicated in red.

A total of 4 athletes qualified for the Preliminary Team During October 2017. The Preliminary Team for the 2017 Commonwealth Games now consist of 16 athletes.

We are looking forward for a number of athletes that will still qualify for the 2017 Commonwealth Games during November and December 2018.

ASA will soon announce its final Programme to assist athletes in their final preparation for the 2018 Commonwealth Games.

Athletics greetings

Richard Stander  
ASA ACEO

Not signed due to electronic sending



## 2018 XXI COMMONWEALTH GAMES; GOLD COAST; 4 TO 15 APRIL 2018

### ATHLETICS SQUAD/PRELIMINARY TEAM

\* All athletes whom achieved qualifying standard during the 2017 IAAF World Championships are in Squad; and Preliminary Team

\*\* All athletes in Preliminary Team must achieve the standard below, to show competition fitness in the period January to March 2018

\*\*\* Athletes and Coaches must be encourage to improve on their rankings on the commonwealth games rankings, and not focus on the value of the Qualifying standard alone, as the position of the athlete on the Commonwealth Games rankings will be the primary motivation for and athlete to be included in the final team to the 2018 commonwealth Games .

Item	Standard	Preparation Squad	Preliminary Team *	Motivation e.g. Latest Commonwealth Games Ranking as at end-October 2017
100 m Men	10.19	Akani SIMBINE (AGN) Thando ROTO (AGN) Henricho BRUINTJIES (AGN) Emile ERASMUS (AGN) Gift LEOTLELA (AGN) <b>Anaso JOBODWANA (KZNA)</b>	Akani SIMBINE (AGN)     <b>Anaso JOBODWANA (KZNA)</b>	3 6 12 15 20 26
200 m Men	20.56	Akani SIMBINE (AGN) Clarence MUNYAI (AGN) Ncincihli TITI (AGN) Gift LEOTLELA (AGN) Lebokeng SESELE (AGN) Hendrik MAARTENS (AFS) Luxolo ADAMS (EPA)	Akani SIMBINE (AGN)	3 8 10 15 18 25 29
400 m Men	45.67	Pieter CONRADIE (ACNW) Ranti DIKGALE (AGN) Thapelo PHORA (AGN) Ashley HLUNGWANI (AGN)		16 30 33 39
800 m Men	01:47.22	Rynardt VAN RENSBURG (AFS) Jacob ROZANI (ANWN) Henco UYS (ACNW) Tshepo TSHITE (ACNW)		12 18 21 24
1500 m Men	03:41.69	Jerry MOTSAU (ACNW) Rantso MOKOPANE (ACNW) Dumisane HLASELO (CGA)		18 19 20
5000 m Men	13:29.08			

10000 m Men	28:23.37	Stephen MOKOKA (AGN)	Stephen MOKOKA (AGN)	15
110 m Hurdles Men	13.67	Antonio ALKANA (WPA)	Antonio ALKANA (WPA)	3
400 m Hurdles Men	49.75	Cornel FREDRICKS (AGN) Constant PRETORIUS (AGN) LJ VAN ZYL (AGN) Le Roux HAMMAN (AGN)		7 8 9 10
3000 m Steeple Chase Men	08:28.61			
Marathon Men	02:16:06	Desmond MOKGOBU Lusapho APRIL		10 12
20km Race Walk Men	01:27:09	Lebogang SHANGE (CGA) <b>Wayne SNYMAN (AGN)</b> <b>Breyton POOLE (WPA)</b> Chris MOLEYA (AGN)	Lebogang SHANGE (CGA) <b>Wayne SNYMAN (AGN)</b> <b>Breyton POOLE (WPA)</b>	1 <b>8</b> <b>13</b> 14
Pole vault Men	5.40 m			
Long jump Men	8.09 m	Luvo MANYONGA (AGN) Ruswahl SAMAAI (CGA) Zarck VISSER (CGA) Godfrey MOKOENA (CGA)	Luvo MANYONGA (AGN) Ruswahl SAMAAI (CGA)	1 2 5 7
Triple jump Men	16.65 m			
Shot put Men	19.55 m	Orazio CREMONA (AGN) Jaco ENGELBRECHT (CGA)	Orazio CREMONA (AGN) Jaco ENGELBRECHT (CGA)	4 9
Discus throw Men	60.04 m	Victor HOGAN (BOLA)	Victor HOGAN (BOLA)	7
Hammer throw Men	69.05 m	<b>Tshepang MAKHETE (ACNW)</b> Chris HARMSE (AFS) Renaldo FRECHOU (AGN)	<b>Tshepang MAKHETE (ACNW)</b>	<b>8</b> 12 13
Javelin throw Men	75.35 m	Rocco VAN ROOYEN (WPA) Phil-Mar J V RENSBURG (AMPU) Johann GROBLER (ACNW)		7 11 26
Decathlon Men	7679 points			
100 m Women	11.39	Carina HORN (AGN) Tebogo MAMATU (AGN)	Carina HORN AGN	9 23
200 m Women	23.20	Justine PALFRAMAN (BOLA) Alyssa CONLEY (CGA)		14 19
400 m Women	52.36	Caster SEMENYA (ACNW) Justine PALFRAMAN (BOLA)		12 21
800 m Women	02:01.60	Caster SEMENYA (ACNW) Gena LOFSTRAND (KZNA)	Caster SEMENYA (ACNW)	1 19
1500 m Women	04:09.08	Caster SEMENYA (ACNW) Dominique SCOTT-EFURD (WPA)	Caster SEMENYA (ACNW)	7 21
5000 m Women	15:43.48	Dominique SCOTT-EFURD (WPA)		15
10000 m Women	32:58.97			
100 Hurdles Women	13.32	Rikenette STEENKAMP (AGN)		13

		Claudia HEUNIS (AGN)		21
400 Metres Hurdles Women	56.85	Wenda NEL (AGN)	Wenda NEL (AGN)	6
3000 m Steeplechase Women	09:47.34			
Marathon Women	02:34:51			
20km Race Walk Women	01:42:03	Anel OOSTHUIZEN (CGA)		7
High jump Women	1.88 m			
Pole vault Women	4.20 m			
Long jump Women	6.35 m	Lynique PRINSLOO (CGA)		13
Triple jump Women	13.70 m			
Shot put Women	16.44 m	Ischke SENEKAL (EPA)		12
Discus throw Women	57.82 m			
Hammer throw Women	64.40 m			
Javelin throw Women	57.47 m	Sunette VILJOEN (ACNW) Jo-Ane VAN DYK (ACNW)		4 8
Heptathlon Women	5524 points			