



FOR IMMEDIATE RELEASE

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BLEND OF YOUTH AND EXPERIENCE IN TEAM SA SQUAD FOR GHANA

A squad of 226 athletes and 45 officials will proudly represent South Africa at this year's 13th edition of the African Games to be held in Accra, Ghana from 8-23 March. These will be the eighth African Games attended by Team SA, having returned from isolation to be at the 1995 instalment in Harare, Zimbabwe

Team SA will be represented across 18 different sports in Ghana, including, for the first time at a multi-code Games, Arm Wrestling and Cricket. Eight of these sporting codes (Athletics, Badminton, Cycling, Swimming, Table Tennis, Tennis, Triathlon) are Paris 2024 Olympics qualification events.

At the last African Games held in Rabat, Morocco, in 2019 South Africa achieved a total of 86 medals (36 Gold, 26 Silver and 24 Bronze) across 11 different sporting codes, finishing 4th on the medals table.

The sports with the most representatives in the team going to Ghana are Athletics (41), Hockey (36 involving the men and women), 29 from Cricket (also men's and women's teams), 26 from Swimming and 10 from Cycling.

With some of the sporting codes planning to host their National Championships in April, a number of the experienced athletes will not be available for the games in Ghana. The African Games therefore provide an opportunity for several younger athletes to gain international experience at the highest level on the continent. There is, as a result, a large sprinkling of youth in the squad.

The women's swimming team for instance sees distance freestyler Stephanie Houtman as the oldest of the group of 13. She is still only 21.



There are a number of Olympians from Tokyo 2020 in the squad – Michaela Whitebooi (Judo) and athletes Jo-Ane van Dyk and Antonio Alkana included. The latter represented Team SA in the men’s 110m hurdles at both the Rio 2016 and Tokyo 2020 Olympics and the 33-year-old will be called upon to use all his experience to win a medal for his country.

Whitebooi carried the South African flag in the opening ceremony in Morocco in 2019 and she went on to earn the silver medal in the women’s judo 48kg category.

There is one gold medallist from the last African Games returning to see if he can make it a double – high jumper Mpho Links.

Other Games medallists from Morocco returning for the 2023 edition include athletes van Dyk (silver in the women’s javelin) and bronze medallists Taylon Bieldt (women’s 100m hurdles) and Ischke Senekal (women’s Discus).

“These Games are vitally important to Team SA and we are fully committed to sending the best available team to Ghana,” said SASCOC president Barry Hendricks. “It is a big squad that shows the commitment South Africa has to competing in the major African events, while also providing opportunities for athletes to compete at the highest level. We congratulate each and every member of the squad on their selection.

“The African Games have historically been a successful springboard for Team SA athletes who have gone on to claim world championship and international glory. All of Penny Heyns (six golds in 1995 Harare and 1999 Johannesburg), Chad le Clos (9 golds across Maputo in 2011 and Brazzaville in 2015) and Caster Semenya (gold in 2015 in Brazzaville), were some of the African Games champions who were also Olympic gold medallists,” Hendricks added.



The CEO of SASCOC, Nozipho Jafta, also offered her congratulations. “Every time an athlete puts on their national colours they do so with pride and the knowledge that they are representing their country. We are heading to Ghana with high hopes and expectations. The Games will be a highlight in many of the elite athletes’ careers and a springboard to even bigger and better things. These games are part of a bigger calendar for Team SA, as we look to the Sumer Games in Paris 2024 and LA 2028,” she added.

These Games in Ghana were scheduled for the second half of 2023, but were postponed until 2024 due to unforeseen circumstances.

The team will depart from South Africa at staggered intervals, with the first code leaving on 27 February and the larger contingent departing on 5 March.

THE SQUAD

ARM WRESTLING (6)

Men

Alec Durand, Kobus Fourie, James Kruger, Johannes Nel

Women

Rosemary Botha, Meri Prinsloo

Management: Wilhelm Bronkhorst, Lee Smith

ATHLETICS (41)

Men



Antonio Alkana, Alan Cumming, Keegan Fourie, Lindukuhle Gora, Victor Hogan, Gardeo Isaacs, Mpho Links, Precious Mashele, Thabang Mosiako, Asande Mthembu, Sizwe Nbebele, Anele Nzqanzwa, Friedrich Pretorius, Francois Prinsloo, Tumisang Shezi, Douw Smit, Valco van Wyk

Women

Taylon Bieldt, Miranda Coetzee, Ashley Erasmus, Marione Fourie, Zeney Geldenhuys, Jessica Groenewald, Nicole Janse van Rensburg, Phindile Kubheka, Joviale Mbisha, Nwabisa Mjoli, Shirley Nekhubui, Mire Reinstorf, Ischke Senekal, Banele Shabangu, Yolande Stander, Angelique Strydom, Tonet Tallie, Tamzin Thomas, Collett Uys, Mckyla van der Westhuizen, Jo-Ane van Dyk, Jana van Schalkwyk, Shannon Verster, Marli Viljoen

Management: Makhoshi Tshifhiwa, Geraldine Pillay, JP van As, Chris White, DB Badenhorst

BADMINTON (8)

Men

Cameron Coetzer, Jarred Elliott, Caden Kakora, Robert Summers

Women

Amy Ackerman, Deidre Laurens, Diane Olivier, Johanita Scholtz

Management: Stewart Carson, Brenda Boshoff

BEACH VOLLEYBALL (2)

Men

Leo Williams, Danilo Von Ludwiger



Management: Adam Maskell

BOXING (8)

Men

Simnikiwe Bongco, Amzolele Dyeyi, Lubabalo Lusizi, John Masamnba, Sinovuyo Mthintelwa, Sanele Sogcwayi

Women

Thandolwethu Mathiba, Phiwokuhle Mnguni

Management: Nkosinati Hlatswayo, Mzikayise Damesi, Noluvo Joxo

CHESS (4)

Men

Caleb Levitan, Banele Mhango

Women

Jesse February, Anzel Laubcher

Management: Johannes Mabusela, Andre Lewaks

CRICKET (29)

Men

Matthew Boast, Lehan Botha, Merrick Brett, Ethan Fosler, Maahir Joseph, Jack Lees, Lifa Ntanzi, Minenhle Ntobela, Heinrigh Pieterse, Jason Raubenheimer, Nathan Roux, Caleb Seleka, Lwandi Tywaku, George van Heerden

Management: Joseph Ntseke, Emmari Fourie, Conrad De Swardt, Bongani Ntini, Blanche Conradie

Women



Nobulumko Baneti, Joy Botha, Annerie Dercksen, Jenna Evans, Ghandi Jafta, Leah Jones, Simone Lourens, Karabo Meso, Seshine Naidu, Kayla Reyneke, Nondumiso Shangase, Miane Smith, Faye Tunnicliffe, Jane Winster, Caitlin Wyngaard
Management: Denisha Devnarain, Marcia Letsoalo, Claire Terblanche, Ester Bhengu, Anglique Taai

CYCLING (10)

Men

Pedri Crause, Brandon Downes, Dillion Geary, Blaine Kieck, Daniyal Matthews, Anika Visser

Women

Sonica Klopper, Maude le Roux, Kelsey van Schoor, Lucy Young
Management: Cindy Bezuidenhout, Nico Dunn

HOCKEY (36)

Men

Idrees Abdulla, Connor Beauchamp, Calvin Davis, Brendan du Toit, Kamva Fyakala, Chad Fatcher, Eldrich Jacobs, Luthando Jonas, Zenani Kraai, Delpiarro Langford, Cameron le Forestier, Ryan Mann, Hans Neethling, Senswesihle Ngubane, Tevin Petersen, Clayton Sayker, Jacques van Tonder, Angelo Walstroom
Management: Cheslyn Gie, Sihle Ntuli, Devon van der Merwe, Donavin George
Added team official: Miles Usher

Women

Taheera Augousti, Quanita Bobbs, Dirkie Chamberlain, Erin Christie, Kayla de Waal, Aphiwe Dimba, Paris-Gail Isaacs, Tarryn Lombard, Antonette Louw, Ntsopa Mokoena, Edith Molikoe, Hannah Pearce, Rhebetswe Phume, Celia Seerane, Kayla Swarts, Anelle van Deventer, Bianca Wood, Onthatile Zulu



Management: Lyn Abrahamse, Giles Bonnet, Marcelle Keet, Nkuliso Zondi

Added team official: Wayne Lombard

JUDO (8)

Men

Thomas Breytenbach, Timothy Meuwsen, Lwazi Mapitiza, Mosa Thetsane

Women

Donne Breytenbach, Charme Griesel, Jasmin Martin, Michaela Whitebooi

Management: Gerald Vena, Theresa Mihalik

KARATE (9)

Men

Bradley Ho-Tong, Pelebe Kobose, Sibingiseni Ngwenya, Jesse Sim, Gray Tyrone, Jody Williams

Women

Marinda Roetz, Danielle van Wyk, Maxine Willemse

Management: Khumalo Njabulo, Janita Lakaram

SWIMMING (26)

Men

Muhammed Adam, Matthew Caldwell, Cameron Casali, Jarden Eaton, Clayton Jimmie, Owethu Mahan, Tumelo Mahan, Helgaard Muller, Kaydn Naidoo, Jonah Pool-Jones, Matthew Randle, Andrew Ross, Petrus Truter, Liam Vehni

Women

Caitlion de Lange, Milla Drakopoulos, Georgia Els, Stephanie Houtman, Taylor Jonker, Leigh McMorran, Kate Meyer, Simone Moll, Hannah Mouton, Tasnim Nabbie, Tamzyn Robson, Catherine van Rensburg



Management: Qhakazile Nzama, Katlego Monnaemang, Cedric Finch, Garth Tune,
Ancheri Luus

TABLE TENNIS (8)

Men

Luke Abrahams, Liam Beukes, Cowen Lodewyk, Chetan Nathoo

Non-travelling reserve: Dean Levy

Women

Lailaa Edwards, Mushfiqah Kalaam, Danisha Patel, Roschika Sunday

Non-travelling reserve: Simeen Mookery

Management: Siphos Vika, Anver Lyners

TAEKWONDO (8)

Men

Thokozani Bhila, Inolofatseng Kekae, Katlego Molubi, Keamogetsoe Tladi

Women

Jaydean Kaars, Rethabike Masilo, Palesa Ramokoka, Donica Tafel

Management: Duncan Mahlangu, Jessica George

TENNIS (8)

Men

Phillip Henning, Kholowam Montsi, Siphos Montsii, Kris van Wyk

Women

Isabelle Kruger, Zoe Kruger, Kaitlyn Ramduth, Mari-Louise van Zyl

Management: Roxanne Clark, Khotso Marshego



TRIATHLON (4)

Men

Nicholas Quenet, Jamie Riddle

Women

Shanae Williams, Vicky van der Merwe

Management: Riana Robertson, Vukile Makaleni

WEIGHTLIFTING (5)

Men

Ruben Burger, Jon-Antohein Phillips, Willem Swart

Women

Laryne Jefferies, Anneke Spies

Management: Rondney Anthony, Matthew Hurn

WRESTLING (6)

Men

Marias Hattingh, Michael Mhlanga, Ben Theron

Women

Minette Kruger, Lillian Mabena, Bea Meiring

Coaches': Rudi Botha, Markus Dekker

Past Performances

Medals by colour

Gold: 397

Silver: 362

Bronze: 291



Total medals: 1050

Medals by Year

(Bold denotes best year)

1995: 64 gold 51 silver 39 bronze (154 total, 1st on medals table)

1999: 71 gold 64 silver 49 bronze (184 total, 1st on medals table)

2003: 63 gold 59 silver 49 bronze (171 total, 3rd on medals table)

2007: 64 gold 66 silver 53 bronze (180 total, 3rd on medals table)

2011: 61 gold, 55 silver 40 bronze (156 total, 1st on medals table)

2015: 41 gold, 41 silver 37 bronze (119 total, 3rd on medals table)

2019: 36 gold, 26 silver 24 bronze (86 total, 4th on medals table)

Issued by SASCOC

About SASCOC

SASCOC is South Africa's only national multi-coded sporting body responsible for the preparation, presentation and performance of teams to multi-coded events including but not limited to the Olympic Games, Paralympic Games, Winter Youth Olympic Games, Commonwealth Games, World Games, African Games and AUSA Region V Games.