

September 2006

Editor: Julie-Anne Porter

## AFRICAN CHAMPIONSHIPS 2006

South Africa will host the **8<sup>th</sup> African Championships** at the Bellville Velodrome, Cape Town from the 21 - 30 November 2006. South Africa was selected to host the celebration of the 125 years of the International Gymnastics Federation (FIG). The **FIG Gala** will be held on the 30 November 2006 in conjunction with these Championships.

The launch for the African Championships took place on the 22 September 2006 at the Gymnastics Games Gala evening. We were privileged to have present the Deputy Minister of Sport and Recreation, Mr. Gert Oosthuizen, to celebrate this moment with us.

The African Gymnastics Championships is held every two years and involves the four Olympic Disciplines: Artistic Men, Artistic Women, Rhythmic Gymnastics and Trampoline. For the first time in history of the African Championships, **Tumbling** will also be represented.

The disciplines of **Aerobic Gymnastics** and **Acrobatic Gymnastics** do not form part of the African Gymnastics programme. As part of the development of these disciplines in Africa, we will be staging international competitions in both these disciplines during the African Championships. International participants from France, Israel, Russia and Spain will participate in these competitions.

We are expecting **400 participants** from::

	Algeria		Mozambique
	Botswana		Namibia
	Cameroon		Nigeria
	Cape Verde		Senegal
	Egypt		Seychelles
	Ivory Coast		South Africa
	Lesotho		Tunisia
	Libya		Zimbabwe
	Morocco		

**Ticket prices** are as follows:

R 50 per day – Adult

R 25 per day – Discounted

- children
- pensioners
- students

R 200 all 6 days – Weekly ticket

Tickets are available on the SAGF website: [www.gymnastics.co.za](http://www.gymnastics.co.za); and will also be sold at the door. You may also contact you SAGF Region or the SAGF Cape Town office for the purchase of these tickets.

## NATIONAL GYMNASTIC GAMES



The National Gymnastics Game took place from the 20-26 September 2006 at the Bellville Velodrome, Cape Town. All seven competitive disciplines competed: MAG, WAG, RG, TU, TRA, AER and ACRO. There were gymnasts from all 9 Provinces within South Africa and also from Namibia. Gymnasts competed for the title of National Champion in their respective discipline and age group.

Results are as follow:

### WAG Senior Olympic

- 1<sup>st</sup> C Cronje scoring 53.700
- 2<sup>nd</sup> R Whelpton scoring 53.500
- 3<sup>rd</sup> L Taylor scoring 47.150

### WAG Junior Olympic

- 1<sup>st</sup> C Swan scoring 52.300
- 2<sup>nd</sup> J Sedras scoring 51.350
- 3<sup>rd</sup> N Harris scoring 50.500

### MAG Senior Olympic – Individual overall

- 1<sup>st</sup> T Sender scoring 82.85
- 2<sup>nd</sup> R Honiball scoring 82.05
- 3<sup>rd</sup> T Morris scoring 80.90

### MAG Junior Olympic – Individual overall

- U1st P Le Roux scoring 80.30
- 2<sup>nd</sup> C Vorster scoring 76.30
- 3<sup>rd</sup> L Ngongo scoring 76.10

### RG Senior Olympic – All round Individual

- 1<sup>st</sup> S Sandler scoring 51.75
- 2<sup>nd</sup> N Rangaka scoring 46.33
- 3<sup>rd</sup> T Falconer scoring 46.20

### RG Junior Olympic – All round Individual

- 1<sup>st</sup> S Mjekula scoring 49.80
- 2<sup>nd</sup> L Ferreira scoring 47.35
- 3<sup>rd</sup> Y Garland scoring 46.53

### RG Junior Olympic Group

- 1<sup>st</sup> Ocean Junior Group scoring 23.50

- 2<sup>nd</sup> Tuks Junior Group scoring 23.18
- 3<sup>rd</sup> KZN Junior Group scoring 17.02

### TRA Mini-Tramp Snr Elite Male

- 1<sup>st</sup> C Titus scoring 11.80
- 2<sup>nd</sup> E Gardner scoring 11.20
- 3<sup>rd</sup> X Botha scoring 10.40

### TRA Mini-Tramp-Snr female

- 1<sup>st</sup> D Malgraff scoring 11.80
- 2<sup>nd</sup> T Cornellissen scoring 11.40
- 3<sup>rd</sup> L Kleinsmith scoring 10.50

### TRA Double-Mini-Male 17/0 L5

- 1<sup>st</sup> A Kruger scoring 28.30
- 2<sup>nd</sup> R Engelbrecht scoring 23.20
- 3<sup>rd</sup> D Cowley scoring 20.60

### TRA Double-Mini-Female 17/0 L5

- 1<sup>st</sup> A Kruger scoring 20.10

### TRA Double-mini-male open

- 1<sup>st</sup> D Viljoen scoring 47.80
- 2<sup>nd</sup> S Mosoang scoring 46.60
- 3<sup>rd</sup> O Tlaka scoring 40.90

### TRA-Euro Tramp-Male Olympics

- 1<sup>st</sup> O Tlaka scoring 88.70
- 2<sup>nd</sup> L Radebe scoring 81.50
- 3<sup>rd</sup> M Wood scoring 74.70

### TRA-Euro Tramp-Female Olympics

- 1<sup>st</sup> L Mostert scoring 85.00
- 2<sup>nd</sup> B Budler scoring 83.40
- 3<sup>rd</sup> M Droomer scoring 70.70

### TU-boys Level 4 17/0

- 1<sup>st</sup> P Motlhatswe scoring 51.70

### TU-boys Level 4 15-16 yrs

- 1st M Kock scoring 53.10
- 2<sup>nd</sup> R Quintini scoring 52.80
- 2<sup>nd</sup> L Mthakathi scoring 52.80

### TU-girls Level 4 15-16 yrs

- 1<sup>st</sup> L Jones scoring 52.80
- 2<sup>nd</sup> J Rademan scoring 52.00
- 3<sup>rd</sup> E Swart scoring 50.50

### AER Ind Female Level 10

- 1<sup>st</sup> D Mann scoring 17.200
- 2<sup>nd</sup> T Stewart scoring 15.800
- 3<sup>rd</sup> S Mann scoring 15.700

### AER Ind Male Level 9

- 1<sup>st</sup> W Lucas scoring 16.600
- 2<sup>nd</sup> R Meas scoring 15.600
- 3<sup>rd</sup> E Vilalazi scoring 12.950

### AER Ind Female Level 9

- 1<sup>st</sup> D van der Veen scoring 15.900
- 2<sup>nd</sup> M Ferreira scoring 14.300
- 3<sup>rd</sup> L van der Heever scoring 13.250

### AER Ind Male Level 8

- 1<sup>st</sup> J Manuel scoring 15.700

### AER Ind Female Level 8

- 1<sup>st</sup> G Jahn scoring 17.000
- 2<sup>nd</sup> R Wood scoring 16.050
- 3<sup>rd</sup> T Timm scoring 15.500

### AER Mixed Pairs Level 10

- 1<sup>st</sup> H Daniels, N Jasman scoring 15.900

### AER Mixed Pairs Level 8

1<sup>st</sup> T Timm, J Manuel scoring 15.950

### AER Trios Level 10

1<sup>st</sup> M Levy, M Wallace, J-L Bruwer scoring 13.900

### AER Trios Level 8

1<sup>st</sup> A Engle, R Wood, J de Rosenwerth scoring 14.600

### ACRO Women's Pair Level 9 14/u

1<sup>st</sup> J Paige, M Pieterse

2<sup>nd</sup> I Carr, S Williams

3<sup>rd</sup> N Scott, O le Roux

### ACRO Women's Group Level 11 14/u

1<sup>st</sup> I Carr, P Geldart, C Sison

### ACRO Women's Group Level 9 14/u

1<sup>st</sup> J Smith, C le Roux, T le Roux

### ACRO Mixed Pair Level 12

1<sup>st</sup> A Demianenko, E Blofield

### ACRO Mixed Pair Level 11

1<sup>st</sup> R Vos, S Garratley

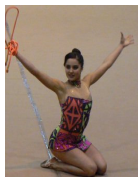
To view the full set of results for all the disciplines please visit the SAGF website on [www.gymnastics.co.za](http://www.gymnastics.co.za).

## **SANLAM PROPERTIES RHYTHMIC NATIONAL CHAMPIONSHIPS**

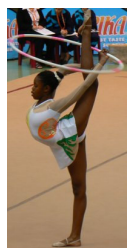
The Sanlam Properties National Championships took place from the 8-9 September 2006 at the Old Mutual Sports Hall, University of Witwatersrand.

The results are as follow:

### Senior Olympic - All round Individual



1<sup>st</sup> Odette Richard scoring 54.04  
2<sup>nd</sup> Stephanie Sandler scoring 50.93  
3<sup>rd</sup> Tasneem Falconer scoring 45.33



### Junior Olympic - All round Individual

1<sup>st</sup> Sibongile Mjekula scoring 47.04  
2<sup>nd</sup> Yvonne Garland scoring 45.71  
3<sup>rd</sup> Grace Legote scoring 45.116

### Senior Olympic - Group

1<sup>st</sup> Tuks Senior Group scoring 32.63

### Junior Olympic - Group

1<sup>st</sup> Tuks Junior Group scoring 22.73  
2<sup>nd</sup> Ocean Junior Group scoring 19.63  
3<sup>rd</sup> KZN Junior Group scoring 14.05

This competition was used for preparation for the National Gymnastics Games, as well as the African Championships and Zone VI competition.

## **ARTISTIC WORLD CHAMPS**

The Artistic World Champs will be taking place from the 14-22 October in Aarhus, Denmark.

The following team was selected to compete in this competition:

Head of delegation: Paddy Chadwick

Physiotherapist: Christa Pretorius

FIG WAG Judge: Debbie Gordon

MAG Judge: Jan Hendrick JV Vuuren

MAG Coach: Mike Szabo

MAG Gymnast: Cristian Brezeanu

MAG Gymnast: Waldo Cottle

MAG Gymnast: Ross Ferguson

MAG Gymnast: Werner Grobler

MAG Gymnast: Tyronne Morris

MAG Gymnast: Troy Sender

WAG Judge: Arianne Milton

WAG Coach: Ilse Laing

WAG Gymnast: Candice Cronje

WAG Gymnast: Rinette Whelpton

## **WAG INTERNATIONAL COMPETITIONS**

The Women's Technical Committee has selected gymnasts to compete at two international competitions to assist in the preparation for the forthcoming World Championships, African Championships and Zone VI competitions.

The Leverkusen Cup will be taking place from the 3-7 October 2006 in Leverkusen, Germany. The gymnasts who will be participating in this event are Candice Cronje and Rinette Whelpton (who will travel directly to the World Championships after this competition) and Chantel Swan. Coach, Ilse Laing, and judge, Liedjie Bakker, will accompany the team to this event.

The Rushmoor Rosebowl competition will be taking place from the 19-23 October 2006 in Aldershot, England. The gymnasts who will be participating in this event are Chanel Parsons, Almaas Harris, Tammy Logan, Ashleigh Heldsinger and Jennifer Khwela. Coach, Shirley Watson, and judge, Shirley Frost, will accompany the team to this event.

## **CZECH OLYMPIC HOPE COMPETITION**

The Czech Olympic Hope MAG Junior competition will be taking place from the 6-8 October in Liberec, Czech Republic.

The gymnasts who will be participating in this event are Pieter le Roux, Bonolo Masilela, Moses Molefe, Lindo Ngongo and Charl Vorster. Coaches, Derick Scholtz and Oleg Vizer, and judge, Bobby Budai, will accompany the team to this event.

## **ROPE SKIPPING COURSE**

The Rope Skipping Course took place from the 23-25 September 2006 at the Chrysalis Academy, Cape Town. Anna Gutter and Marti Heri facilitated this course. The course included: beginners Rope Skipping workshop, Rope

Skipping coaching course, advanced coaching, recap on competitive judging and Elementary Judges facilitators training.

## **TUMBLING COACHES COURSE**

The Tumbling Level 1 Coaches Course took place from the 16-17 September at the John Barrable Hall in Benoni. Facilitator, Tseko Mogotsi and Cindy McCall Peat presented this course to 11 participants. This was a very successful course where all participants passed the exam.

## **SAGF WEBISTE**

For all information on gymnastics' latest events, results and photos please visit the recently refurbished Gymnastics website on [www.gymnastics.co.za](http://www.gymnastics.co.za).

Please assist Claire Schreuder to make the website look more professional by sending her information about your Province and events to [cschreud@gmail.com](mailto:cschreud@gmail.com).

## **UPCOMING EVENTS**

### **4-12 October 2006**

WAG-Leverkusen Competition & World Champs Training Camp- Leverkusen, Germany

### **6-8 October 2006**

MAG-World Champs Training Camp- Centurion

### **12-26 October 2006**

GG- Danish Gymnastics Team Tour-SA

### **14-22 October 2006**

MAG/WAG- 39<sup>th</sup> World Champs-Aarhus, Denmark

### **20-21 October 2006**

WAG- Rushmoor Rose Bowl International- Aldershot, England

### **21 October 2006**

TU- Gheko Novice Games- Limpopo

### **25-28 October 2006**

TU-Judges Course Level 1 Coaching Course-EP/WC

### **26 October-01 November 2006**

FIG Congress - Geneva, Switzerland

## **SPECIAL THANKS**

SAGF would like to take this opportunity to thank the National Lotteries Board, SASCO and SRSA, for their continued support of our various projects by providing funding and support services.

