

INSIDE NEWS

Teams visiting the hpc



Australian Rugby League



Kukikon



British Swimming



Springbok Women Sevens



Columbia Rugby Team



Scottish Hockey



Danish Swimming



Trinidad and Tobago Ladies Cricket

TuksSport High School Golf

Our warmest congratulations go to Nico Niehaus, Head boy of 2013. The results of the Grade 12 remarks are out, and Nico achieved distinctions in all his subjects!

Nico received the Award for Best Performer in Business Studies of all 60 schools in our District.



TuksSport High School Judokas excelled in Tunisia

Michaela Whitebooi, grade 12 and Courtney Read, grade 11 TuksSport High School learners represented SA at the African Cadets Championships in Tunisia where both claimed bronze in the U/20 champs in their respective weight groups.



Kim Williams finished 2nd in the Inaugural Zambia Ladies Open Champs on 29 March

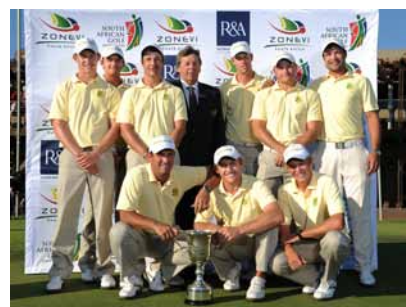


SA Amateur & hpc sponsored Golf Star Zander Lombard won IGT Pro Challenge Tour Event on 19 March.



ZONE VI Golf Tournament

The victorious SA team with SAGA president, Andre Pieterse, & national coach, Llewellyn van Leeuwen, after winning the Africa Zone VI Golf Tournament at Devonvale Golf and Wine Estate; credit Roger Sedres / Image SA.



Cross-country

Buyts wins 2nd Cape Epic stage

Philip Buyts, hpc sponsored athlete won his second stage of the 2014 Absa Cape Epic Saturday with Swiss partner Nino Schurter (Team Scott-Odlo) when they won stage 6 in 3:34.51,2 nearly six minutes ahead of the yellow jersey wearers. Buyts and Schurter also won stage 4 on Thursday, 27 March in a time of 3:46.04,9



Rowing

hpc sponsored/ Tuks rowers excelled at the Memorial Paolo D'Alaja Regatta in Italy in April 2014

LW2X – Gold: Kirsten McCann and Ursula Grobler



LM1X – Gold: Lawrence Ndlovu



Triathlon

hpc sponsored triathletes podiumed at ATU Triathlon African Cup/SA Triathlon Champs

South Africa's Murray finished in a time of 1:50:44 as he dominated the African Cup men's race ahead of Wian Sullwald in second and Wikus Weber in third in times of 1:53:14 and 1:53:44, respectively. Wikus Weber came 2nd in the SA Champs Men's Elite Male race while Wian Sullwald, Eddie van Heerder and Rudolf Naude finished in 1st, 2nd and 3rd positions in the Men's U/23 event. Charne Prinsloo came 2nd in the Women U/23 Event.



Canoeing

Bridgitte Hartley started her season off in style at the 2014 SA Sprint Champs



Photo Credit: Canoeing SA Facebook

Bridgitte Hartley, hpc sponsored canoeist won all her K1 events – 5000m, 1000m, 500m & 200m. Bridgitte continued to claim another gold with Arthur Hayley in the K2 Women's 5000m and a bronze in the K2 Women sprint race.

Swimming

New coach in town



The hpc is happy to announce that coach Wayne Riddin will be joining the staff of the TuksSwimming programme. Coach Riddin has been specifically recruited to bring another dimension to the already successful swimming programme. He will be looking after the TuksSports High School swimming programme as well as coaching one of the bigger squads of the club programme. Coach Riddin is certainly one of the most experienced coaches in the country and has produced top swimmers both on age group and senior level throughout his career. In addition, coach Riddin served on numerous national teams coaching staff as well as technical panels and national selection committees.

He started his coaching career at just 18 years of age while still studying BSC in Kwa-Zulu Natal and eventually becoming a maths and science teacher at high school level.

Coach Riddin produced an Olympic swimmer in his first generation of swimmers in Darryl Cronje in 1992 and since then, he has had a swimmer on every Olympic team since South Africa's re-admission to international sport. Coach Riddin swam at national level, before he became a top triathlete when triathlon hit South Africa back in the 80's and 90's.

Looking back on his career, he is the success behind SEALS swimming club of KZN, the Midmar mile event, the Openwater series and developing numerous international swimmers and mentoring many coaches to successful careers.

TuksSwimming and TuksSport High school are looking forward to having Coach Riddin on staff and very excited to reap the benefits his experience and skills will bring to the programme.

2014 SA National Aquatic Championships and Commonwealth Games Trials



Karin Prinsloo, hpc sponsored athlete qualified in the 100 and 200m freestyle and in the 100 and 200m backstroke and will represent SA at the 2014 Commonwealth Games that will take place in Glasgow from 27th July to 3rd August.

Emily Gray Scoops 7 gold medals at the Nedbank Champs and 5 Gold & 1 Silver at the SA National Aquatic Champs in Durban.

