

TuksSport News

JANUARY

TuksSwimming



KARIN PRINSLOO
FEMALE AFRICAN SWIMMER OF THE YEAR
 Zimbabwe's Kirsty Coventry, who has been named Female African Swimmer of the Year seven times, will be training with David Hunt and Kim Brackley at SwemAC in Charlotte, N.C., as she prepares to compete in her fifth Olympics in 2016.
 But this past year, she took another training break, leaving the door wide open for a different swimmer to claim female regional honors: taking first place at the top in 2013 was South Africa's Karin Prinsloo.
 Prinsloo was the most versatile swimmer from Africa this past year, leading the top regional times in four individual events: the 100 and 200 meter free (5:00, 1:54.53) as well as the 100 and 200 back (1:01.65, 2:10.04).

Karin Prinsloo female African swimmer of the year

Every year, Swimming World Magazine uses the December issue to name the World and Regional Swimmers of the Year. This year, South Africa's Karin Prinsloo takes the honors, ahead of Egypt's Farida Osman and South African teammates Kyna Pereira, Jessica Pengelly and Justine MacFarlane, with 14 first-place votes from Swimming World Magazine's panel of experts.

Prinsloo earned Swimming World's title primarily for her show of versatility in 2013. She swam top regional times in the 100 and 200 meter freestyle and 100 and 200 backstroke.

TuksRowing



VLC and St George Regatta's TuksRowing has begun the 2014 season full steam ahead. The Victoria Lake Club (VLC) National Sprint Regatta was held at Victoria Lake in Germiston on the 25th and 26th of January. TuksRowing did extremely well as a club and won the overall points trophy.

Results from the VLC were as follows:

Women:

A2x (Double Scull): 1st Ursula Grobler and Kirsten McCann, 2nd Kate Johnstone and Naydene Smith
 A4- (Coxless Four): 1st
 A8+ (Eight): 1st

Men:

A1x (Single Scull): 1st Robin De Villiers, 4th Stuart Chamberlain
 B4- (Coxless Four): 1st
 A4- (Coxless Four): 1st Lawrence Brittain, Shaun Keeling, David Hunt, Lloyd Bemelman, 2nd Devon Miller, Katlego Sotsaka, Jake Green, James Brittain

A8+ (Eight): 1st Gareth Maybery, John Smith, Lloyd Bemelman, Lawrence Brittain, Jake Green, David Hunt, Devon Miller, James Brittain

TuksRowing won the overall points trophy.

The 3rd St George and the Dragon Challenge Regatta took place at Roodeplaat Dam on the 1st and

the 2nd of February and the Tuks Rowing Club yet again achieved some great results.

Results from the St George's Regatta:

Women:

A1x (Single Scull): 1st Ursula Grobler, 2nd Kirsten MaCann, 3rd Kate Johnstone
 B2x (Double Scull): 1st Imogen Mackie and Amy Johnson
 A8+ (Eight): 1st

Men:

A1x (Single Scull): 1st Shaun Keeling, Tuks dominated this event with all eight lanes taken up by Tuks Rowers
 B1x (Single Scull): 1st Jake Green 2nd, 3rd 4th
 A2x (Double Scull): 1st James Thompson and John Smith
 B2x (Double Scull): 1st

TuksArchery

RSA under 13 Standard Bow record broken by 141 points at the Tempe 720 Championships this weekend, 25 – 26 January 2014.

"It was a great weekend and good fun, but it was too hot", were the words that came from 12 year-old Cailin Anderson when she was asked how she felt about breaking the South African National Record for the under 13 girls standard bow category.



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Cailin shot a score of 604 out of a possible 720 in the first competition, and later in the day shot a score of 657, taking the double 720 round record for her category as well.

Cailin, who was visiting the Tempe Military Base in Bloemfontein for the provincial 720 championships comes from Pretoria and has been shooting for the past 18 months. She is a member of the Tuks Archery Club.

FEBRUARY

TuksJudo

SA Judo National Trials 7 – 8 February 2014



Once again it was Tuks of Niks at the SA Judo National Trials.

Nikola Filipov and his Tuks judokas took over the entire event with an outstanding achievement. 28 judokas from the TuksJudo team will represent South Africa at the Africa Junior and Senior Championships to be held in March 2014 in Tunisia.

SENIORS: GOLD

DJ la Grange
Vaughn du Preez
Jacques van Zyl
Zack Piontek
Ruan-Tobie Snyman

Danica Bruwer
Sinothando Mva
Micheala Whitebooi
Kyla Cameron

JUNIORS AND CADETS: GOLD

Brendon Nel
Francois Strydom

Charl Lourens
Pierre Wolmarans
Janko Strydom
Devon Stemmet
Henlo van der Westhuizen
Sheldon Kaffelhoff

Michaela Whitebooi
Kayla Cameron
Desire Blake
Courtney Read

Jessica Botha
Clarissa Prinsloo

PRE CADETS

Four judokas, Tristan van der Linde, Charl Lourens, Katja Lang and Marlie Meiring will also represent South Africa at Pre Cadet Championships in Belgium.

Congratulations to the team and coaches, Nikola and Wessel, on an excellent performance!

TuksArchery

Danelle Wentzel Sets New Record – North Gauteng Championships 2014

Danelle Wentzel a first year B.SC.Agriculture student at the University of Pretoria and member of the Tuks Archery Club set a new South African record in the 720 Elimination Round of the North Gauteng Championships which took place on the 8th and 9th of February 2014 at the UP Sports Campus. Danelle shot a score of 148, only 2 points shy of a perfect score.

TuksFencing

The Cape Open

The Cape Open, a National Ranking event, was held on 15 & 16 February 2014 at Christel House School in Ottery, Cape Town.

As the Cape Open is a National Ranking event, the participating

fencers obtain points towards selection for the National team to participate in the Junior and Senior African and World Fencing Championships.

The following results were obtained by the TuksFencing team:

Senior Women's Epee:

Daniella Klonarides - GOLD

Senior Women's Sabre:

Keena Fourie - GOLD

Jane Stamp - BRONZE

Senior Women's Foil:

Kirsten Steyn - SILVER

u20 Women's Epee:

Daniella Klonarides - GOLD

Cheree Janse van Rensburg - BRONZE

Angelique Janse van Rensburg - BRONZE

Junior Women's Foil:

Kirsten Steyn - GOLD

Cheree Janse van Rensburg - BRONZE

u17 Men's Epee:

Geza Kozma - SILVER

u17 Women's Epee:

Natania Bester - SILVER

TuksHockey

TuksHockey Teams Make a Positive Pre-season Start



The Tuks 1 Men and Ladies as well as the Tuks 2 Ladies travelled to the opening of St Conrads Astro turf in Klerksdorp and played games vs the North West University (Pukke) as part of a hockey packed day.

This provided the coaches of all the teams a chance to gain early insight into their team's ability against quality opposition whilst in this pre-season phase of the year.

Tuks 2 Ladies got the travelling group off to a perfect start with a convincing 2-0 win over Pukke 2 after creating an abundance of chances.

The rain could not dampen the spirits of the Tuks 1 Ladies as the new look side soldiered through some difficult conditions to earn a credible 1-0 win over Pukke 1.

Last but not least Tuks 1 Men took the field buoyed by recent news of their inclusion in the 2014 Varsity Sport competition starting in May 2014. The match proved to be a physical contest and Tuks 1 were 2-1 victors thanks to a brace by National player Matthew Guise-Brown.

The trip to Klerksdorp proved to be a successful one for TuksHockey as all the teams recorded wins on the day. All the coaches alluded to the fact that there was a long way to go in the season but were satisfied with the results on the day.

Pre-season continues for TuksHockey as new member trials begin this week and the 1st and 2nd team squads build up to games against The University of Free State in early March.

TuksRowing

TuksRowing Dominates the 127th Buffalo Regatta 2014



The Tuks Rowing Club travelled down to East London in the

Eastern Cape this past weekend, 14 – 16 February 2014, to take part in the annual Buffalo Regatta.

The Buffalo Regatta is one of three tours that TuksRowing goes on in the season. It is one of the oldest rowing regattas in the country and should come as no surprise that all the clubs have their eyes on bringing home the silverware up for grabs at this regatta. TuksRowing had their hearts firmly set on carrying on with the relentless momentum that it has gained from the extremely impressive results from their previous races.

Although the water of the incoming tide hindered performances; it did not stop the Tuks Women from doing well in the 6 categories that they participated in. The women's eight is unbeaten up to this point of the 2014 season and will continue the hard work to keep up such results.

Buffalo Regatta 2014 – Women's Results				
Women's A 1x (Single scull)	1 st – Kirsten McCann	2 nd – Naydene Smith	3 rd – Kate Johnstone	4 th – Ursula Grobler
Women's B 1x	2 nd – Krizia Giammartini			
Women's A 2x (Doubles)	1 st – Kirsten McCann & Ursula Grobler	2 nd – Kate Johnstone & Naydene Smith		
Women's A 2- (Pair)	3 rd – Ciara Nutter & Ashleigh Nicholas			
Women's A 4-	2 nd – Leighann Norton, Robyn Phillips, Krizia Giammartini & Imogen Mackie			
Women's A 8-	1 st – Leighann Norton, Naydene Smith, Robyn Phillips, Imogen Mackie, Ciara Nutter, Krizia Giammartini, Rochelle van Coller & Ashleigh Nicholas			

The Men's team also rose to the occasion and displayed the pedigree and depth of rowers within the club.

Buffalo Regatta 2014 – Men's Results				
Men's B 1x (Single scull)	3 rd Charles Stevens			
Men's B 2x (Doubles)	1 st – Charles Stevens & Ben Johnston	2 nd – Darren Venter & Stuart Chamberlain		
Men's A 2- (Pair)	2 nd – David Hunt & Jake Green			
Men's A 2x (Doubles)	1 st – Sizwe Ndlovu & John Smith	2 nd – Shaun Keeling & Lawrence Brittain	3 rd – James Brittain & KG Sotsaka	
Men's A 1x (Single sculls)	1 st – Lloyd Bemelman	2 nd – James Thompson	3 rd – Devon Miller	6 th – Stuart Chamberlain
Men's A 4- (Coxless four)	1 st – Sizwe Ndlovu, Gareth Maybery, John Smith & James Thompson	2 nd – Lawrence Brittain, Shaun Keeling, David Hunt, & Lloyd Bemelman	3 rd – Michael Voerman, Devon Miller, Jake Green & KG Sotsaka	
Men's A 8+	1 st – Tuks Men A Crew			

Tuks Men and women dominated this regatta and won the overall points

TuksRugby

Defending VC champions on course for play-offs

By Morris Gilbert

Defending Varsity Cup champions, UP-Tuks are on course for the 2014 play-offs after registering a critical bonus point try win against UCT 1st XV on Monday, 24 February 2014, at the Green Mile in Cape Town.

UP-Tuks won 26-16 after the two sides were still drawn at the break (8-8). This result saw to it that UP-Tuks stay unbeaten and at the top of the log with 16 points.

"I could not have asked for a more gutsy performance from my players, especially in the very difficult playing conditions (in reference to the very strong wind UP-Tuks played against in the first 40 minutes). Coming from Pretoria where we are not exposed to extremes like the 'Kaapse dokter' (the notorious south eastern wind), so we were the ones who had to adapt, a case of do or die. The way we made the best of a bad situation, particularly in the first half was true testimony to our courage and character," commented Pote Human, UP-Tuks head coach.

UCT took the lead in the opening 10 minutes, but UP-Tuks kept their cool despite the onslaught after onslaught the home team launched. In this time one of UP-Tuks' biggest attributes, their fearless defence made a telling difference. UCT had to wait another 71 minutes before scoring their second try of the match.

"Our defence was superb and we kept them out. By scoring against the run of play just before the break (through Husky Schoeman's try) we gained a significant mental advantage. And we did not look back after that," remarked Human.

The UP-Tuks coach did, however also conceded that his team still has a lot of hard work ahead before they can even start thinking of the play-offs.

"Beating Ikeys at home and coming off the field with five points will do wonders for our momentum and confidence, but this will all come to nothing if we lose focus now. Our next assignment will in fact be tougher than any so far this season because Pukke will be on a high after the runaway win against Shimlas in Bloemfontein. They will be out for blood, leaving us with no option other than to improve in those areas of our game in which we are still falling short of the high standards we set ourselves. The one area we will most certainly address is to bring down the penalty count that was far too high against Ikeys," added Human.

TuksAthletics

The USSA Athletics Secretary General, Jacob Segalo (Ph.D), announced on Wednesday the 19th of February that Mr Michael Seme has been chosen as the Team Coach to accompany team South Africa to the 19th World University Cross Country Championships to be held in Entebbe, Uganda on the 22nd of March.

Michael started working at TuksAthletics in 2007 when he moved here from VUT where he started his career as administrator in athletics in 2003.

He was an athlete himself in the distance events with a best time in the 800m of 2:02 and 1500m of 3:57.00. He started coaching in 1978 and is an IAAF Level 5 coach - the highest of all coaches in SA.



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