



MOTIVATION FOR SELECTION

NATIONAL FEDERATION: Athletics (ASA) _____

Name and Surname	Gender	Event	Demographics
Retshidisitswe Mlenga	M	100m/200m	Black
Malesela Senona	M	100m/200m	Black
Sokwakhana Zazini	M	400m	Black
Malebana Dais	M	5000m	Black
Silusapho Dingiswayo	M	110m H	Black
Thapelo Legodi	M	110m H	Black
Linford Maree	M	400m H	Black
Kyle Blignaut	M	Shot Put	White
Morne Brandon	M	Shot Put	White
Naas Marais	M	Discus Throw	White
Francois Jacobs	M	10000m Race Walk	White
Hanru Colling	M	10000m Race Walk	White
Marli Viljoen	F	400m	White
Carien Stander	F	400m	White
Liza Kellerman	F	800m	White
Tshegofatso Sethlakgoe	F	3000msc	Black
Lethabo Makgoga	F	3000msc	Black
Velmein Hendriks	F	100m H	White
Rogail Joseph	F	400m H	Black
Yvonne Robson	F	High Jump	White
Renate van Tonder	F	Long Jump	White
Tharina Van Der Walt	F	Discus Throw/HT	White
Leandri Lamprecht	F	Javelin Throw	White
Mizaan Viljoen	F	5000m Race Walk	White
Officials			
Ms Dora Mngwevu	F	Manager	
Mr Sabata Khumalo	M	Manager	
Elroy Dixon	M	Coach	
Eben Vermaas	M	Coach	

NF President Name and Surname: _____

NF Stamp: _____

Signature: _____