

**WESTERN CAPE SCHOOLS ATHLETICS: CROSS COUNTRY
MANAGEMENT TEAM
SASA NATIONALS – NORTHERN CAPE**

NR	RESPONSIBILITY	PERSON	CONTACT NR	CAPACITY	T/SUIT	T/SHIRT	School	District		
1	CHEF DE MISSION	Mr Reginald Mitchell	084 919 9506	WCSA	6XL	5XL	Olympia School Of Skills	ECKD		
2	LOGISTIC MANAGER	Ms Rejane Willemsse	083 959 1369	WCSA	XS	XS	Steinthal SOS	Cape Winelands		
3	GENERAL MANAGER	MR. Christopher Rodgers	0732320046	Boland	5XL	5XL	Langebaan PS	WestCoast		
4	BOYS MAINSTREAM MANAGER	Mr. Gerome Fredricks	0744959949	Cape Metro	XXL	XXL	Westeridge	MSED		
5	GIRLS MAINSTREAM MANAGER	Ms. Lizelia Maart	0657312554	Central Karoo	L	L	Bastiaanse	ECKD		
6	LSEN BOYS MANAGER	Mr Llowellen Syce	0715155448	Boland		L	Breede Valley	Cape Winelands		
7	LSEN GIRLS MANAGER	Ms. Shunice Murray	0847460077	Eden	L	M	Olympia School Of Skills	ECKD		
BOYS										
8	BOYS 10 & 11 MANAGER	Mr. Jan Horn Du Plessis	0836051145	Cape Metro	3XL	2XL	Table View	MNED		
9	BOYS 12 & 13 MANAGER	Mr Charlton Vos	0627001161	Boland	L	L	St. Albans PS	Cape Winelands		
10	BOYS 14 & 15 MANAGER	Mr. Adrian Solomon	0633071434	Eden	S	S	Albertinia HS	ECKD		
11	BOYS 16 & 17 MANAGER	Mr Brandon Fixter	0763590336	Boland	XL	XL	Esselen Park HS	Cape Winelands		
12	BOYS 18/19 MANAGER	Mr. Oesman Wentzel	0824281326	Cape Metro	S	S	Strand Moslem School	MEED		
GIRLS										
13	GIRLS 10 & 11 MANAGER	Ms. Sylvia Hare	0785762371	Cape Metro			Hindle Rd	MNED		
14	GIRLS 12 & 13 MANAGER	Ms. Shama La Grange	0832612392	Central Karoo	L	L	Bastiaanse	ECKD		
15	GIRLS 14 & 15 MANAGER	Ms Mariska van Heerden	0639939047	Boland	XL	XL	Hex Valley SS	Cape Winelands		
16	GIRLS 16 & 17 MANAGER	Ms. Nohle Mgandela	0745674217	Eden	M	M	Mateza	ECKD		
17	GIRLS 18/19 MANAGER	Ms. Shahana Khan	0827380678	Cape Metro	TXL P3XL	L	Glendale	MSED		
LSEN BOYS										
18	BOYS 14/15 MANAGER	Jovan Fredericks	0610298152	Cape Metro		L	Lindaloni CYCC	MEED		
19	BOYS 16/17 MANAGER	Mr Tyron Sekoe	0721258733	Boland	M	M	Breede Valley	Cape Winelands		
20	BOYS 18/19 MANAGER			Eden						
LSEN GIRLS										
21	GIRLS 14/15 MANAGER	Ms. Zhanley Sauls	0796764180	Cape Metro						
22	GIRLS 16/17 MANAGER	Ms Desiree Pharao	0725831216	Boland	S	S		Cape Winelands		
23	GIRLS 18/19 MANAGER	Ms Melanie Dirkse	0825133755	Boland	M	M	Wellington SOS	Cape Winelands		
COACHES										
24	COACHING & WARM-UPS	Mr. Claudius Vyvers	0791262198	Cape Metro	XL	xl	Phoenix SS	MCED		
25	COACHING & WARM-UPS	Mr Michael Cupido	0769672074	Boland	M	M		WestCoast		
26	COACHING & WARM-UPS	Mr. Maranio Eesou	0826512549	Eden	M	M	Glenwood	ECKD		
27	COACHING & WARM-UPS	Mr. Ricky Prins	0837503185	Central Karoo	S	S	Bastiaanse	ECKD		
TECHNICAL OFFICIALS										
28	OFFICIATING	Ms. Lillian Daniels	0711794071	Cape Metro	M	M	Parkvale PS			
29	OFFICIATING	Mr. Wilfred Van Niekerk	0710539682	Central Karoo	M	M	Laingsburg	ECKD		
30	OFFICIATING	Mr Pieter Lottering	0788694982	Boland	5XL	4XL				
31	OFFICIATING	Ms. Ruzaane Vermeulen	0790440036	Eden			Olympia School Of Skills	ECKD		
32	OFFICIATING	Mr. Andre Rix	0621949460	Cape Metro	M	M	Portland HS	MSED		

WCSA	2
Boland	10
Cape Metrc	10
Central Kar	4
Eden	6
Total	32