

2010 National		
Abdul-Malick	Railoun	Aquatics
Morne	Van Schalkwyk	Aquatics
Dean	Wesso	Life Saving
Kern	Fredericks	Aquatics
Tiffany	Combrink	Aquatics
Taariq	Solomons	Athletics
Siphiwo	Sofuthe	Basketball
Sandiswa	Mashiya	Basketball
Luthando	Limba	Basketball
Siphiwe	Mquanda	Football
Nicola	Cupido	Gymnastics
Jenny	Umbhau	Gymnastics
Siphiwo	Sofuthe	Basketball

2010 National		
Brittany	Daniels	Volleyball
Bejancke	Della	Volleyball
Christolene	Janse	Volleyball
Nadine	Katnis	Volleyball
Savanah	Kok	Volleyball
Prudence	Layters	Volleyball
Jade	Munnik	Volleyball
Amigene	Goliath	Weightlifting

2010 Nationals		
Dean	Layters	Volleyball
Bulumko	Mabumbulu	Volleyball
Velisa	Ntshunsthi	Volleyball
Cruden	Daniels	Volleyball
Cody	Isaacs	Volleyball
Clint	Saunders	Volleyball
Miles	Thompson	Volleyball
Carlo	Van Nelson	Volleyball
Cheslyn	Van Staden	Volleyball
Robin	Wessels	Volleyball
Marshellino	Jullies	Volleyball

2010 Provincial		
Meceala	Abrahams	Athletics
Luandi	Du Toit	Athletics
Whitney	Daniels	Athletics
Samantha	Ross	Athletics
Nomso	Sisipho	Athletics
Delvin	Beukes	Athletics

Bradley	Britz	Athletics
Wesley	Mack	Athletics
Rhowan	Rhoda	Athletics
Carron	Peters	Athletics
Anthea	Siegelaar	Athletics

2010 Provincial		
Phakamisa	Sambokwe	Athletics
Roemark	Smith	Athletics
Taariq	Solomons	Athletics
Ghusville	Van Schalkwyk	Athletics
Sherwin	Farmer	Athletics
Jay-Cee	Phooko	Athletics
Leighton	Payle	Athletics
Rhowan	Rhoda	Athletics
Bruce-Lynn	Damons	Athletics
Vuyisa	Nothanga	Athletics

2010 Provincial		
Ashley	Smith	Athletics
Delvin	Beukes	Athletics
Tiffany	Combrink	Aquatics
Kern	Fredericks	Aquatics
Abdul-Malick	Railoun	Aquatics
Sihle	Mafanya	Athletics
Isma-Eel	Gafieldien	Cricket
Siphamandla	Mavanda	Cricket
Emmerentia	Smith	Netball
Carly	Mulder	Softball
Shinay	Erasmus	Softball
Mikayala	Jeftha	Softball
Kelly	Rhoda	Softball

2010 Provincial		
Henry	Williams	Basketball
Siphiwo	Sofuthe	Basketball
Sandiswa	Mashiya	Basketball
Izole	Finini	Basketball
Nompumelelo	Mlunguza	Basketball
Anita	Mantsha	Basketball
Luthando	Limba	Basketball
Weldon	Schuman	Basketball
Altina	Coetzee	Netball
Lizel	Cootee	Netball

Pamela	November	Netball
Emmerentia	Smith	Netball
Christopher	Titus	Softball
Jesse	Hugo	Softball

2010 Regional		
Morné	Van Schalkwyk	Aquatics
Lee	Dickson	Aquatics
Tiffany	Combrink	Aquatics
Kern	Fredricks	Aquatics
Samantha	Ross	Athletics
Bradley	Britz	Athletics
Siphokuhle	Mbobosi	Athletics
Rhowan	Rhoda	Athletics
Phakamisa	Sambokwe	Athletics
Ghusville	Van Schalkwyk	Athletics
Taariq	Solomons	Athletics
Sihle	Mafanya	Baseball
Lincoln	Baadjies	Baseball
Shaun	Lewis	Baseball

2010 Regional		
Sihle	Mafanya	Baseball
Regan	Paulse	Baseball
Alfredo	Petersen	Baseball
Melverick	Speelman	Baseball
Izole	Finini	Basketball
Anita	Mantsha	Basketball
Sandiswa	Mashiya	Basketball
Nompumelelo	Mlunguza	Basketball
Siphiwo	Sofuthe	Basketball
Weldon	Schuman	Basketball
Henry	Williams	Basketball
Luthando	Limba	Basketball

2010 Regional		
Luthando	Jonas	Hockey
Wayde	Davis	Hockey
Thulani	Mnani	Hockey
Rafeeq	Jacobs	Hockey
Siyabonga	Mpintshi	Hockey
Nico	Wyngaard	Hockey
Simone	Benting	Netball
Kezia	Dulvie	Netball

Tatum	Gordon	Netball
Emmerentia	Smith	Netball
Aneesa	Du Toit	Netball
Leigh-Ann	Phelekwa	Netball
Tasneem	Toyer	Netball

2010 Regional		
Brittany	Daniels	Volleyball
Jade	Munnik	Volleyball
Prudence	Layters	Volleyball
Bejancke	Della	Volleyball
Savannah	Kok	Volleyball
Nadine	Katnis	Volleyball
Christolene	Janse	Volleyball
Marshellino	Jullies	Volleyball
Dean	Layters	Volleyball
Miles	Thompson	Volleyball
Velisa	Ntshuntshe	Volleyball
Carlo	Van Nelson	Volleyball
Cheslyn	Van Staden	Volleyball
Robin	Wessels	Volleyball