

NEWSLETTER Q2 - JULY TO SEPTEMBER 2024

ATHLETE ACHIEVEMENTS - INTERNATIONAL

ECAS Athletes at the 2024 Paris Olympic and Paralympic Games



Andrew Birkett



Jamie Riddle



Jaco Smit



Ndyebo Lamani

Four athletes from the Eastern Cape Academy of Sports proudly represented South Africa on the grandest stage of all – the 2024 Paris Olympic and Paralympic Games. Competing against the best in the world, their performances reflect the hard work and perseverance that define ECAS.

Olympians:

- **Andy Birkett (Canoeing):** A seasoned paddler, Birkett reached the semi-finals in the Men's K2 sprint and competed valiantly in the Men's Kayak Single, navigating difficult waters with skill and determination.
- **Jamie Riddle (Triathlon):** Competing in a grueling triathlon race, Jamie Riddle finished 25th out of 55 athletes with an impressive time of 01:47:15. His performance was a strong display of endurance and resilience.

Paralympians:

- **Jaco Smit (Men's 100m T12):** Jaco placed second in his heat and narrowly missed out on the finals, finishing 5th overall in the world. This accomplishment solidifies his place as one of the fastest athletes in his category.
- **Ndyebo Lamani (Judo -73kg J1):** In a highly competitive category, Ndyebo faced tough opposition but fought hard through the elimination round, representing his country and province with pride.

Their experience in Paris marks a significant milestone in their careers and also serves as an inspiration to young athletes across the Eastern Cape.

EASTERN CAPE SPORT AND RECREATION ACHIEVERS' AWARDS: THE MEC MEDIA BRIEF

In September, the MEC for Sports, Recreation, Arts & Culture, Ms Ngongo visited ECAS for a media briefing, where this year's finalists for the Eastern Cape Sports, Recreation, Arts & Culture Achievers Awards were officially announced.

During the event, the MEC had the opportunity to meet with our Academy athletes from the metro who were named among the finalists. The prestigious awards ceremony celebrates the talent and achievements of athletes, coaches, and contributors from across the province.

Congratulations to all our Academy finalists on the relentless work and results that have led to this moment of recognition.





KATOO WINS SILVER AT U20 WORLD ATHLETICS CHAMPIONSHIPS



Bryan Katoo (left) with teammates

Sarah Baartman district's Bryan Katoo, a rising star in athletics, made his mark at the 2024 U/20 World Athletics Championships in Peru, securing a silver medal in the Men's 4x400m relay. Bryan's speed and stamina were critical to South Africa's success in the event, where the team finished just behind the U.S.

Fellow athlete Ntiyiso Nkanyani was set to compete in the men's 400m hurdles but unfortunately had to pull out due to injury. Despite this setback, Ntiyiso's journey to the world championships remains an impressive accomplishment.



KEIRA VAN HEERDEN BRINGS HOME MEDALS FROM WORLD LIFESAVING CHAMPIONSHIPS

At the 2024 World Lifesaving Championships held on the Gold Coast, Australia, Keira van Heerden delivered an extraordinary performance. Competing against the world's best lifesavers, Keira earned three medals:

- Team Gold in the Junior Ladies Beach Relay, cementing her team as World Champions.
- Silver in the Junior Ladies Taplin Relay, where her team showcased a powerful all-around performance.
- Bronze in the Junior Ladies Tube Rescue, where Keira's strength and speed in the water earned her a podium finish.

Her results reaffirm her status as one of the country's top lifesaving athletes, and we look forward to her continued success.

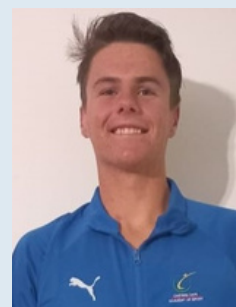


Keira (3rd from left) with SA teammates

TYDE MALHERBE MAKES HIS MARK AT CANOE MARATHON WORLD CHAMPIONSHIPS

Young Academy canoeist Tyde Malherbe represented South Africa at the 2024 ICF Canoe Marathon World Championships held in Metković, Croatia.

Tyde competed in the Junior Men U/18 K2 event, delivering a strong performance alongside his partner Dreyer. The duo finished 14th in an exceptionally competitive field, a promising achievement for the rising star.



Tyde Malherbe



Liyema Tsotsa

STRONG PERFORMANCES AT 2024 JUDO AFRICAN CADET CHAMPIONSHIPS

Two of our talented young Nelson Mandela Metro judokas, Liyema Tsotsa and Ayabulela Gwama, represented the Eastern Cape at the 2024 African Cadet Championships held in Yaoundé, Cameroon.

Liyema, competing in the -44kg category, earned a silver medal, while Ayabulela placed 7th in the +70kg category.

Our young judokas demonstrated great promise, and their international experience will be invaluable as they continue to rise in the sport.



CYCLING JUNIOR TRACK WORLD CHAMPIONSHIPS



Rhys Burrel: Points race final

Academy cyclists Rhys Burrel and Zane Salzwedel represented South Africa at the UCI Junior World Track Championships held in China from 21 August.

Both athletes qualified for their respective finals, delivering strong performances on the global stage. Rhys Burrel secured a 9th-place finish in the Junior Men's 25km Points Race, competing against 26 finalists. Meanwhile, Zane Salzwedel took 12th place in an exciting and highly competitive 15km Scratch final, out of a field of 33.

Both athletes showcased strong performances and we look forward to their growth in future

NATIONAL ACHIEVEMENTS

EASTERN CAPE BOXERS CLAIM TOP HONORS AT SANABO CADET & JUNIOR CHAMPIONSHIPS



Hlumela Nqiko

ECAS boxers from Buffalo City Metro and Sarah Baartman District rose to the occasion at the SANABO Cadet & Junior Championships in Limpopo from 24-29 September. Our athletes dominated their categories, earning top honors:

Buffalo City Metro:

- Hlumela Nqiko – Gold, Junior Girls (-63kg), also named Best Junior Girl Boxer and winner of the Best Junior Girls' Bout.
- Khayakazi Potso – Gold, Junior Girls (-54kg).



Khayakazi Potso

Sarah Baartman District:

- Sangenathi Valela – Gold, Junior Girls (-60kg).



Sangenathi Valela

Additionally, the Eastern Cape (ECABO) emerged as overall winners in the cadet and junior divisions, cementing our province's status as a powerhouse in boxing, with more victories on the horizon.



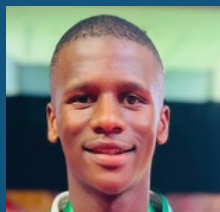
ECABO CADET & JUNIOR TEAM

JUDOKAS DOMINATE AT SA JUDO OPEN

Our Academy judokas continued their winning streak at the 2024 SA Judo Open in Bloemfontein. The athletes delivered outstanding performances, bringing home several medals:

- Sinqobile Shongwe – Gold (-60kg)
- Kamokgelo Koloi – Gold (-55kg)
- Ndalo Mbengashe – Silver (-50kg)
- Liyema Tshotsha – Silver (-44kg)
- Ayabulela Gwama – Bronze (-70kg)
- Robin Fortuin – Bronze (-44kg)

These results reflect the hard work of the athletes and coaches, propelling judo in the Eastern Cape to new heights.



S. Shongwe



K. Koloi



N. Mbengashe



L. Tsotsa



ECAS ATHLETES SECURE GOLD AND SILVER AT SA SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS



Hlela Dayi

Academy athletes from the OR Tambo district delivered stellar results at the SA Schools Cross-Country Championships held in the Northern Cape in September.

Hlela Dayi secured a gold medal in the U/16 Boys 6km event, while Siggobile Lubuzo followed closely behind with silver. Both athletes also earned team silver medals representing Team ATRA.

We are confident that they will continue to grow and perform just as well in future competitions.



Siggobile Lubuzo

SA GYM GAMES: GOLDEN HAUL FOR ECAS GYMNASTS



Azrael Ferreira

Our Academy gymnasts made a mark at the 2024 SA Gym Games in Cape Town, sweeping multiple gold medals. Competing against the best in the country, our gymnasts delivered incredible performances:

- **Azrael Ferreira** - 2 Golds (Double Mini Trampoline, Euro Trampoline), 1 Silver (Tumbling)
- **Leolin Petersen** - 2 Golds (Double Mini Trampoline, Trampoline), 1 Silver (Tumbling)
- **Matthew Bosch** - 2 Golds (Double Mini Trampoline, Trampoline)

These results demonstrate the exceptional talent and discipline within our gymnastics program.



Leolin Petersen



Matthew Bosch

EDUCATION & TRAINING

Coaches' Education: 2nd Edition Short Learning Programme (SLP2)

Coaches from across the province gathered yet again in Augst to attend the second edition of the Short Learning Programme (SLP2) of the 2024/25, hosted at the NMU High-Performance Complex (HPC).

Presenters, Ms. Musson, Mr. Linford, and Mr. Du Preez, delivered the course titled "Physiological Principles to Optimise Athlete Training" which featured a blend of theory and practical sessions, covering essential topics:

Theory:

Metabolic demands and Pacing strategies
Warm-Up, Training session and Cool-down
Fatigue And Recovery

Practical:

Warm-up and Recovery methods

The Coaches' SLP continues to provide coaches with valuable opportunities to sharpen their skills, contribute to the ongoing development of sports coaching in the province, and to help drive the success of our athletes on the provincial and national stages.



Chris Hani District Coaches' Workshop: Building Skills for Success



From September 21-22, 30 coaches from the Chris Hani District attended the ECAS Coaches' Workshop held in Komani. Facilitated by NMU Sport Scientists, the workshop focused on key training fundamentals, including athlete profiling, training periodization, and physiological principles.



Coaches also participated in practical sessions that covered warm-up drills and fitness testing specific to their sport. This workshop aims to elevate coaching standards across the district and improve athlete outcomes.

FITNESS TESTING & TRAINING CAMPS

BUFFALO CITY METRO HIGH-PERFORMANCE CRICKET HUB: FITNESS TESTING AND GOAL SETTING

The linyanthi Women's Senior Team at Buffalo City Metro underwent a fitness testing session at Buffalo Park Stadium in East London, under the guidance of Sport Scientist Mr. Du Preez and Mental Performance Coach Ryan Adams.

The session measured the athletes' progress in strength and endurance, setting a foundation for the team's ongoing preparation for the upcoming season. The goal-setting component encouraged athletes to focus on their personal and team objectives, providing direction as they aim for peak performance.



NM METRO JUDO HUB: FITNESS TESTING & NATIONAL RANKING PREP

Athletes from the Nelson Mandela Metro Judo Hub underwent their second round of fitness testing at the NMU High-Performance Complex as part of their preparations for the National Ranking Event in Cape Town from September 21-24.

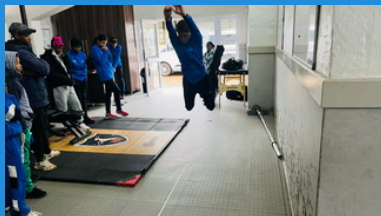
The testing focused on strength, flexibility, and endurance, with results helping to shape the athletes' final training adjustments ahead of the event.



SPRINT TRAINING CAMP PREPARES KOMANI HUB ATHLETES

The Komani Sprint Hub hosted a comprehensive two-day pre-season camp at the Queen's College Track, attended by sprint athletes preparing for the new season.

The camp included fitness testing to gauge current levels, goal-setting workshops, and a nutrition information session. Day two focused on refining warm-up routines and speed training, with the athletes showing great enthusiasm and commitment, setting the tone for a successful athletics season.



SPECIALIZED TENNIS SKILLS TESTING AT NM METRO HUB



The Nelson Mandela Metro Tennis Hub held a specialized skills testing session at the PE Lawn Tennis Club in Gqeberha on September 19.

The session focused on stroke accuracy and consistency as athletes prepared for the Eden Mini6 Tournament in George, Western Cape. This marks the third round of testing for the 2024/25 season, ensuring athletes are well-prepared for the competitive season ahead.



ACADEMY BOXER TO REPRESENT AT THE WORLD YOUTH CHAMPIONSHPS



Congratulations to Amathole district youth boxer, Amila Gongqa on his selection to the SANABO Team that will represent South Africa at the 2024 World Youth Boxing Championships to be held in Montanegra from 23 October.

His selection comes after a successful campaign at the 2024 SANABO Championships held in Durban where Gongqa secured the gold medal in the youth men's 60kg division.

BORDER CRICKET HUB'S LIYEMA JUBATI SIGNS WITH GAUTENG LIONS

Congratulations to Liyema Jubati, a 19-year-old bowler from the Buffalo City Metro Cricket Hub, who has recently signed on professionally with the Gauteng Lions. Liyema's journey to this milestone includes:

- 2022: Selected for the SA Schools U/19 Women's side
- 2023: Ranked the #1 bowler in the 2nd Division League
- 2024: Nominated for the CSA Provincial Player of the Year



Her signing marks a significant step forward in her cricket career. Congratulations to Liyema on this incredible achievement. We wish her all the best as she takes this exciting next step.

The second quarter of 2024/25 has been filled with extraordinary achievements, from the Olympics to World championships, and national-level success in cross-country, boxing, and judo and more. ECAS athletes and coaches continue to demonstrate their passion, skill, and resilience in pursuit of excellence.

As we move forward, we are committed to supporting their growth, building a strong sporting community across the Eastern Cape, and paving the way for even greater success.



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Extending a warm thank you to our Stakeholders for their continued support.



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