

Olympians get the plaudits at NWU Athletics prize-giving

Wouter Pienaar

The top NWU athletes of the past year were celebrated at a special awards ceremony at the NWU Athletics clubhouse on Wednesday, 27 October.

The big winners were the men's athlete of the year, Zak Nene, who had a brilliant year in the 400 metres, representing SA at the Tokyo Olympics.

Nene set up his own personal best time of 45.03 at the USSA Championships in Johannesburg in May and is also the SA champion in the 400 metres.

The Women's Athlete of the Year award went to the star javelin thrower and club captain, Jo-Ané van Dyk, who also reached her personal best with a superb distance of 61.19 metres. Van Dyk, the SA and USSA champion in the women's javelin, participated in the Tokyo Olympics to cap a superb year.

The Paralympian of the Year award deservedly went to Liezel Gouws for a superb year in which she participated in the Tokyo Paralympics, claiming 5th place in the world in the T37 category.

The Women's Junior Athlete of the Year trophy went to Marissa Swanepoel, who had a brilliant year in race walking. She put up a time of 48:33.52 at the SA u.20 championships, taking gold in the 10, 000-m race walk. She is also the USSA champion in the same distance.



NWU athletes were rewarded for their outstanding achievements during the NWU Athletics year-end prize-giving at the NWU Athletics clubhouse on Wednesday, 27 October. From the left are Sean McCallaghan (NWU sportsmanager), Keanu Domingo (junior men's athlete of the year), Liezel Gouws (paralympic athlete of the year), Dr Corrie Rheeder (executive director of student life at the NWU), Jo-Ané van Dyk (women's athlete of the year), Zak Nene (men's athlete of the year), Marissa Swanepoel (women's junior athlete of the year) and Sheldon Rostron (director: NWU Sport) Photo: Wouter Pienaar

Swanepoel represented South Africa at the u.20 World Athletics Championships, taking 17th place in Nairobi, Kenya. The men's junior athlete of the year is Keanu Domingo, who had an outstanding year, participating in the u.20 Athletics Championships in Kenya in the 1,500 metres.

He also set up a personal best time in the 1,500 metres with a 3:46.16 run this year.

The NWU athletics manager, Terseus Liebenberg also thanked the NWU Sports director, Sheldon Rostron, Sean McCallaghan, sports manager at the Vaal Campus and the executive director of student life at the NWU, Dr Corrie Rheeder,

during the ceremony.

List of awards:
Coaches: Special Merit Awards:
Prof. Dorita du Toit (pole vault)
Dr Ria van der Berg (400 m/400 m H)

Pierre Blignaut (shotput/discus)
Jean Verster (middle distance)
Hennie Botha (middle distance)
Spring Phakathi (long distance)
Nollie Meintjies (3,000 m steeplechase)

Willem Coertzen (heptathlon/de-cathlon)
Shaun Bownes (sprints/100 m H/110 mH)
Kobus du Toit (sprints)
Martin Marx (high jump):

Basie Koen (hammer throw)
Chris Harmse (hammer throw)
Carl Meyer (race walking)
Victor Vaz (400 m)

Media Special Awards
Wouter Pienaar
Bertie Jacobs

Special award for service to NWU Athletics
Henri Moore

SA Records
Marga Cumming (hammer throw)
Phethisang Makhetha (junior hammer throw)
Marissa Swanepoel (junior 5,000 m walk)
Jerry Motsau (3,000 m).