



29/05/2013

FREE STATE KARATE HIGH PERFORMANCE PROGRAMME:

The MEC for Sport, Arts, Culture and Recreation, Mr Dan Kgothule, will like to take this opportunity to congratulate the 16 Elite Karate athletes who have qualified for the Africa Zone 6 championships to be held in Namibia from 28 to 29 June 2013.

These athletes are products of the Department's newly established Free State Karate High Performance Centre (KHPC) which is located at the Free State Sport Science Institute (FSSSI). The Free State Karate High Performance programme started with a pilot phase in September 2012. The very excited coaches and athletes recruited to the Centre immediately stepped up to task and soon proved that they are grateful for the opportunity and committed to live up to the new challenge.

In October and November 2012 the Karate athletes and coaches participated in 2 (two) National Karate tournaments. This group of 20 athletes collectively won no less than 71 medals in these 2 (two) tournaments. Of these 71 medals 34 were gold, 26 silver and 11 bronze.

In the run-up to the competition season 2 (two) of these athletes, Balungile Nchofe and Sandile Makwali, attended the International Open Championships in Gaborone, Botswana on 9 March 2013 and surprised the very strong Botswana opposition in their own backyard by respectively winning silver and bronze medals.

The competition season started with the Free State trials on 20 April 2013. With everyone comprehensively qualifying for selection for the Free State team, Free State KHPC squad's performance received praises from the broader karate community of the Free State.

South African National Karate Championship:

Then it was the final push to the South Africa National Karate championships in Durban on 17 and 18 May 2013. During the training camp on 10 and 11 May, the high work ethic and confidence of the Free State KHPC squad was a great inspiration for the rest of the Free State team that was invited to train with them.

Elsabe le Roux, one of the pride of the Free State KHPC, kick-started the flow of medals at the South Africa National Championships when she won bronze in her Kata division and soon after impressively collected the gold medal and SA title in her Kumite division. Balungile Nchofe followed suit by winning gold in the senior male under 60kg Kumite division. In a very tight and exciting final match Sandile Makwali narrowly lost to Christopher Kotze of Gauteng in the last second of the match.

Private Bag X20606, Bloemfontein, 9300

Business Partners Building, Cnr Henry and East Burger Streets, Bloemfontein

Tel: (051) 410 4735 Fax: (051) 410 4786 Email: tankiso@sac.fs.gov.za

These brilliant performances by these leading senior athletes at the South African National Championships sparked an impressive haul of medals by the rest of the team, winning in total 22 medals of which of these 7 (seven) were gold, 6 (six) silver and 9 (nine) bronze.

Africa Zone 6 Championships:

The results at the South African Championships are the first qualifying standard for international events for the rest of the year of which the first is the Africa Zone 6 Championships in Windhoek, Namibia from 28 to 29 June 2013. The 12 athletes of the Free State HPKC who won Gold and Silver will be participating at these Championships, representing the country and the Free State.

These athletes are: Balungile Nchofe (senior male Kumite, u/60kg; Elsabe le Roux (senior female Kumite, u/61kg), Shane Moss (senior male Kumite, over 84kg), Sandile Makwali (senior male kumite, u/75kg), Wim Boshoff (u/21 male Kumite, u/78kg), Adam John Boshoff (junior male kumite, over 76kg), Diana Welmans (u/21 female, Kumite u/60kg), Bridget Lourens (junior female kumite, u/59kg), Vincent Mokhoea (senior male kumite, u/68kg), Thabiso Ramalitsi (cadet male kumite, u/52kg), Luther van Zyl (cadet male Kata) and Danie Schutte (junior male Kumite, u/76kg).

“As the Free State we are proud of these milestones by our athletes. This achievement is a clear testimony to what we have set out to achieve as the Department as regard promotion of various sporting codes and ensuring excellent performance at national and international competitions”, stated Mr Dan Kgothule, the MEC for Sport, Arts, Culture and Recreation. “These results are also a clear expression of the excellent work we are doing through our newly established High Performance centers for various sporting codes”, Mr Kgothule further outlined.

Issued By:

Tankiso Zola
Manager: Communication and IT
Cell: 082 940 2392
Tel: 051 – 4104742/4786/4719
Email: tankiso@sacr.fs.gov.za

Enquiries:

Erika Calitz
Manager: Chief Development Officer
Cell: 0605016951
Tel: 051 - 4073513
Email: erika@sacr.fs.gov.za