

**PRELIMINARY TEAM - 2018 CAA AFRICAN CHAMPIONSHIPS
NIGERIA - 1 - 5 AUGUST 2018**

Akani SIMBINE (AGN) Roscoe ENGEL (WPA) Simon MAGAKWE (WPA)	100m	Carina HORN (AGN) Tebogo MAMATHU (AGN) Cassidy WILLIAMSON (KZNA)
Clarence MUNYAI (AGN) Luxolo ADAMS (EPA) Anaso JOBODWANA (AGN)	200m	Justine PALFRAMAN (BOLA) Tamzin THOMAS (CGA)
Thapelo PHORA (AGN) Pieter CONRADIE (ACNW) Zakithi NENE (KZNA)	400m	Justine PALFRAMAN (BOLA) Caster SEMENYA (AGN)
Tshepu TSHITE (ACNW) Rynhardt VAN RENSBURG (AFS) Kabelo Simon MOHLOSI (ANWN)	800m	Caster SEMENYA (AGN)
	1500m	Caster SEMENYA (AGN) Dominique SCOTT (WPA)
	5000m	
Stephen MOKOKA (AGN)	10000m	
	3000mSC	
Antonio ALKANA (WPA) Ruan DE VRIES (AGN)	110mH / 100mH	Rikenette STEENKAMP (AGN)
Lindsay HANEKOM (AGN) Le Roux HAMMAN (AGN) Zazini SOKWAKHANA (AGN)	400mH	Wenda NEL (AGN) Zeney VAN DER WALT (AGN)
Chris MOLEYA (AGN) Mpho LINKS ACNW) Breyton POOLE (WPA)	High Jump	
Valco VAN WYK (BOLA) Ekhardt VAN DER WATT (BOLA)	Pole Vault	Jodie SEDRAS (WPA)
Luvo MANYONGA (EPA) Ruswahl SAMAAI (CGA) Cheswill JOHNSON (CGA)	Long Jump	Lynique BENEKE (AFS) Zinzi CHABANGU (CGA)
Godfrey MOKOENA (CGA)	Triple Jump	Patience NTSHONGILA CGA) Zinzi CHABANGU (CGA)
Orazio CREMONA (CGA) Kyle BLIGNAUT (CGA)	Shot Put	Ischke SENEKAL (EPA) Meike STRYDOM (ASWD)
Victor HOGAN (BOLA)	Discus	Ischke SENEKAL (EPA) Riette HEYNS (ACNW) Yolandi STANDER (AFS)
Chris HARMSE (AFS)	Hammer Throw	
Johan GROBLER (ACNW) Philmar VAN RENSBURG (AMPU) Anro VAN EEDEN (BOLA)	Javelin	Sunette VILJOEN (ACNW) Jo-Ane VAN DYK (ACNW) Megan WILKE (ACNW)
Fredriech PRETORIUS (AGN) Duncan McGLADDERY (AGN)	Decathlon/Heptathlon	Nienka DU TOIT (BOLA)

Lebogang SHANGE (CGA) Wayne SNYMAN (AGN)	20km Race Walk	Anel OOSTHUIZEN (ASWD) Zelda SCHULTZ (ACNW)
---	-----------------------	--

Relays on next page

Akani SIMBINE (AGW) Roscoe ENGEL (WPA) Simon MAGAKWE (AGN) Clarence MUNYAI (AGN) Henrico BRUINTJIES (AGN) Anaso JOBODWANA (AGN)	4 x 100m Relay	Carina HORN (AGN) Tebogo MAMATHU (AGN) Cassidy WILLIAMSON (CGA) Tamzin THOMAS (CGA) Rikenette STEENKAMP (AGN) Rose XEYI (AGN)
Thapelo PHORA (AGN) Pieter CONRADIE (ACNW) Zakithti NENE (KZNA) Zazini SOKWAKHANA (AGN) Lindsay HANEKOM (AGN) Le Roux HAMMAN (AGN)	4 x 400m Relay	Justine PALFRAMAN (BOLA) Caster SEMENYA (AGN) Wenda NEL (AGN) Zeney VAN DER WALT (AGN) Ariane NEL (ACNW)