

Athletes show good form

Cyril Lehong

As far as track and field go, the future for Germiston Callies looks bright.

Under the guidance of Stephané Kotze, the youngsters have shown great form at pre-season athletics meetings.

Kayla Gilbert has made life difficult for her opponents.

Despite being only 16, she has been

beating her u-17 opponents.

She was undefeated at two recent meetings, in Pretoria and Ruimsig, this season.

The youngster has been brilliant in the 100m hurdles and long jump.

She finished first in both events in Pretoria, and repeated the feat in Ruimsig.

At the latter meeting, she recorded her personal best time and distance.

She ran the 100m hurdles in 13.9 seconds and jumped 5.85m in the long jump.

What was remarkable about her long jump performance was the fact that her distance was the best for the day.

This means she beat not only all the juniors, but the seniors as well.

Carina Swiegers is another athlete who has been competing against an older age group.

The 14-year-old has been running in the u-15 category, yet she still has had the ability to win.

She came first in the 100m, 200m and long jump events in Pretoria.

Tamar Diamond (12) has been great in the u-13 age group.

In Pretoria she won the 200m hurdles, 75m hurdles and long jump.

Other athletes who did well in Pretoria are Francois Spies (u-11 first in the 70m hurdles and second

in the long jump), Chanel Fourie (second in the u-19 400m) and Andrew Crawshaw (second in the boys u-19 100m).

This weekend Swiegers, Diamond, Spies and Calvin Blignaut will all be representing Central Gauteng at a provincial meeting in Pretoria.

On November 28, Fourie and Gilbert will take part in a women's meeting at the Germiston Stadium.



Left to Right: Chanel, Kayla, Carina, Ta-Mar, Francois and Ruan