

APELELE RASMENI



Apelele is one of the Eastern Cape's greatest athletes to represent South Africa at international events. He was a member of the Junior team that represented South Africa in Mauritius in 2009 for the triple jump and he also ran the 200m at national level as well. He is currently working as Distribution Assistant manager at Sundale dairy but his love for track and field draws him to clinics like this. His main objective is to put the fun back into the track and field community in the border area.

HIGHLIGHTS:

- National Diploma in Transport Management and Logistics- University of Johannesburg
- Represented South Africa at Southern Regions Championships in Mozambique
- Represented UJ at Varsity Cup athletics
- Hudson Park prefect and 1st team athletics captain 2009

EVENTS: Triple Jump and 200m

TAYLOR MONAE JOBODWANA



Taylor Monae Jobodwana does it ALL. In high school and in college she ran the 100m, 200m, 400m and she was and still is no slouch. She boasts personal bests of 11.40 in the 100m and 23.15 in the 200m and 52.63 in the 400m. She is a school record holder and big 12 conference champion and also holds numerous All-American awards during her time at Texas Tech University. She is now back in training after giving birth and she is hoping to put together some of the best years of her life in the near future . Track and Field runs in her family (Her dad is an Olympic Medalist and her twin sister also ran) so she is hoping to instill her passion to upcoming athletes and also inspire young girls to reach for their dreams.

HIGHLIGHTS:

- Masters in Sports LAW- Arizona State University '16
- Arizona state champion 100m, 200m - 2005 (High School)
- Gatorade athlete of the Year 2005 (High School)
- 5x All-American
- Big 12 Champion
- Texas Tech University Record holder

JIMMY NTUNGWA



The exciting thing about athletics in South Africa right now is that there are a number of young coaches who are determined to soak up all the knowledge they can get and impart lessons to their athletes and Jimmy is no different. Jimmy is a youthful East London based coach who specializes in sprints and all round athletic development. He is a Personal Trainer and Sports Conditioning Coach by profession. Acquired his ASA level 1 in coaching in the year 2016 and has attended various ASA national coaching symposiums since the year 2015, he is now looking to present his thesis for his ASA level 3 in coaching to be recognized as a national coach.

HIGHLIGHTS:

- ASA Level I coaching certification
- Coaches current Eastern Cape 100m & 200m u/18 Champion
- Represented Border and Eastern Cape athletics
- Also 1st team athletics and rugby at high school level

ANASO JOBODWANA



Anaso Jobodwana is one of the best sprinters to come from the Eastern Cape in recent years. As a high schooler he was represented Border at Youth level and Junior level and was the SA Schools 200m Champion in 2010. He has gone on to represent South Africa at 2 Olympics and also won Bronze at the 2015 IAAF World Championships alongside Usain Bolt and Justin Gatlin. He is excited to be part of this training clinic as a clinic was one of the ways his athletics career catapulted in an upward direction.

HIGHLIGHTS:

- 2010 SA Schools 200m champion
- 2012 London Olympics 200m Finalist
- 2013 IAAF World Champs 200m Finalist
- 2015 IAAF World Champs 200m Bronze medalist