



# **REPORT 2018 GAUTENG O CHMAPS 15 – 17 JUN 2018**



# 2018 GAUTENG “O” CHAMPIONSHIPS (MARETLWANE, NORTH WEST) 15 - 17 JUNE 2018

“Many thanks to all the orienteering clubs based in Gauteng, families, individuals and everyone else who contributed towards POC for the warm reception and unbelievable hospitality. Moreover, thanking **SAOF** for considering **POC** for such an amazing experience and extending the invitation, and also all the amazing courtesies from **SAOF**.” Said Ephraim.

“To all the **POC** athletes that took part in the 2018GOC, everyone at POC is a winner and thumbs up for that.”Thapelo Said.

## **FRIDAY, 15 JUNE 2018 (DEPART)**

**POC** received an invitation from **SAOF** to attend the annual Gauteng O Championships which was held in the North West Province from the 15<sup>th</sup> – 17<sup>th</sup> June 2018.

Below are the names of athletes nominated and selected to represent **POC**:

1. Ephraim Chuene
2. Thapelo Thaba
3. Tebatšo Ramodike
4. Mothobi Mapheto
5. Mahlogonolo Mphahlele
6. Thato Phogole
7. Mmachipi Dikotla
8. Khutšišo Matlakala

### **POC squad categorized:**

ATHLETES	MALE
Child	2
Youth	2
Adults	4
<b>TOTAL</b>	<b>8</b>

(ARRIVAL/DAY 1 OF CHAMPIONSHIPS)

The journey overall was ok. The squad arrived safely and sounds in North West, at exactly 08.30am, five (5) hours prior to event kickoff!

FIRST RUN (MIDDLE DISTANCE, 14:00)

Day one (1) proved to be an easy one, since most of the members of the **POC** squad clocked with good and impressive times with 2% complain.

Below are the results for each **POC** athlete, from day one (1) at **Maretlwane Wilderness School** according to their respective categories:

ATHLETE NAME	CATEGORY	LONG/SPRINT/MIDDLE	RESULT
Ephraim Chuene	M21E	MIDDLE	7 <sup>th</sup>
Tebatšo Ramodike	M21E	MIDDLE	8 <sup>th</sup>
Khutšišo Matlakala	M21A	MIDDLE	2 <sup>nd</sup>
Thato Phogole	M20	MIDDLE	2 <sup>nd</sup>
Mothobi Mapheto	M12	MIDDLE	2 <sup>nd</sup>
Mahlogonolo Mphahlele	Open Long	MIDDLE	DSQ
Thapelo Thaba	Open Long	MIDDLE	1 <sup>st</sup>
Mmachipi Dikotla	Open Short	MIDDLE	1 <sup>st</sup>

#### DAY 1'S DELIVERABLES

- 98% - nicely achieved (Athletes were aiming on finishing their respective courses with no disqualification)

#### PERFORMANCE REVIEW AND DEBRIEF - 20:00 - 21:00

After everyone had cooled down and rested from the day's sweat, the whole team met to discuss the challenges encountered and to set their goals and targets.

**POC** athlete and senior coach: **Ephraim Chuene** facilitated the performance review and debrief

#### SATURDAY, 16 JUNE 2018: SECOND RUN (SPRINT, 09:00am)

Day two (2) terrain gave the **POC** members the taste of their routine running challenge since they are used to sprint map run. Though the run was their daily bread something like, it was not an obvious matter to dominate on their courses due to the technicality of the terrain, but they managed to clock some really impressive times in their respective courses and all of them were able to compete and complete:

Below are the results for each **POC** athlete, from day two (2) at **Lebone** according to their respective categories:

ATHLETE NAME	CATEGORY	LONG/SPRINT/MIDDLE	RESULT
Ephraim Chuene	M21E	SPRINT	8 <sup>th</sup>
Tebatšo Ramodike	M21E	SPRINT	9 <sup>th</sup>
Khutšišo Matlakala	M21E	SPRINT	10 <sup>th</sup>
Thato Phogole	M20	SPRINT	3 <sup>rd</sup>
Mothobi Mapheto	M12	SPRINT	1 <sup>st</sup>
Mahlogonolo Mphahlele	M20	SPRINT	4 <sup>th</sup>
Thapelo Thaba	M21E	SPRINT	11 <sup>th</sup>
Mmachipi Dikotla	M16	SPRINT	6 <sup>th</sup>

### PRIZE GIVING (13:00)

Immediately when all the athletes were finished, they all came together for the day's prize giving ceremony (SA sprint champs).

Athletes were awarded their medals and prizes; **POC** managed to claim one gold medal and trophy in the **M12 category** – Mothobi Mapheto who was biggest winner and the youngest and one bronze medal in the **M20 category** – Thato Phogole who was his first time experience to compete away.

### PHOTO GALLERY OF THE SPRINT WINNERS:



*Mothobi Mapheto is seen here posing for the camera with his trophy and gold medal*

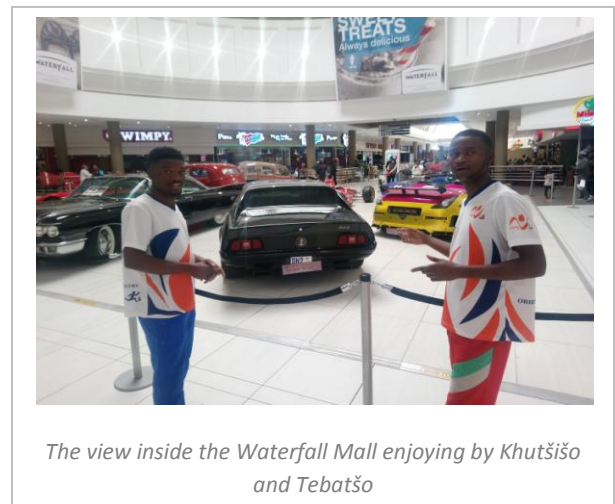


*Thato Phogole receiving his bronze medal*



After the ceremony, and a very eventful day for **POC**, everyone made their way out and headed to their lodging.

Following the day's course, **POC** athletes made their way back to their lodging, since it was still far from sun set, they took some time to do shopping (food items) and did some site seeing on their way to the mall.



### DAY 2'S DELIVERABLES

- 98% - nicely achieved (Athletes aimed to be on the top ten in their respective courses)

## PERFORMANCE REVIEW AND DEBRIEF - 20:00 - 21:00pm

The team met again to discuss the challenges encountered on the day as well as their goals and targets for tomorrow, and the best way forward in terms of general performance improvement.

They also discussed some of the features on the control description.

**Ephraim Chuene** facilitated the performance review and debrief

## SUNDAY, 17 JUNE 2018: THIRD RUN (LONG DISTANCE, 09:00am)

**Maretwane Wilderness School** was again the location for the final run of the Championships, in the long distance. The terrain was always going to be a challenge to some of **POC's** athletes, since it was their first experience running such a terrain. However, all **POC's** athletes were able to compete. Below are the results for the final day

ATHLETE NAME	CATEGORY	LONG/SPRINT/MIDDLE	RESULT
Ephraim Chuene	M21E	LONG	7 <sup>th</sup>
Tebatšo Ramodike	M21E	LONG	6 <sup>th</sup>
Khutšišo Matlakala	M21A	LONG	2 <sup>nd</sup>
Thato Phogole	M20	LONG	3 <sup>rd</sup>
Mothobi Mapheto	M12	LONG	4 <sup>th</sup>
Mahlogonolo Mphahlele	Open Long	LONG	3 <sup>rd</sup>
Thapelo Thaba	Open Long	LONG	4 <sup>th</sup>
Mmachipi Dikotla	Open Short	LONG	1 <sup>st</sup>

Following the prize giving, it was the end of the Championships and what a weekend for POC.

## SUNDAY, 18 JUNE 2018, 14:30 (DEPART)



*Cutting the cake*

**PHOTO GALLERY OF THE MIDDLE DISTANCE WINNERS:**

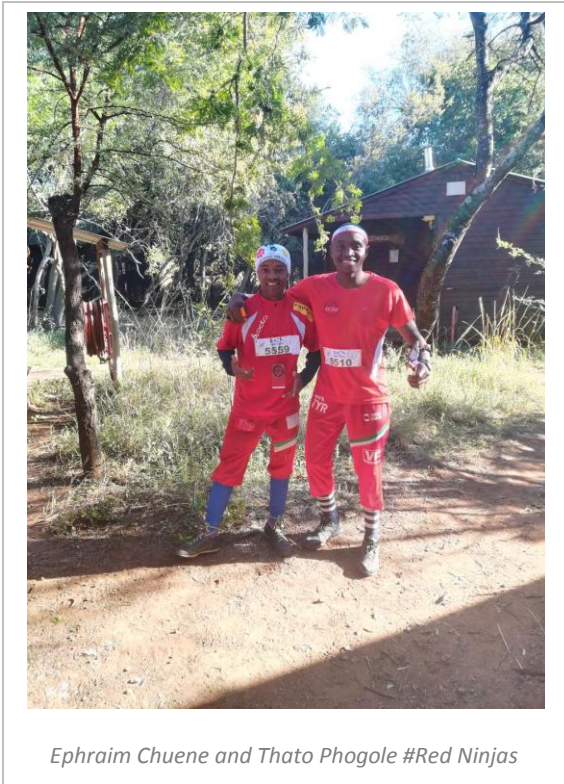


*Thato Phogole showing his silver medal after receiving*

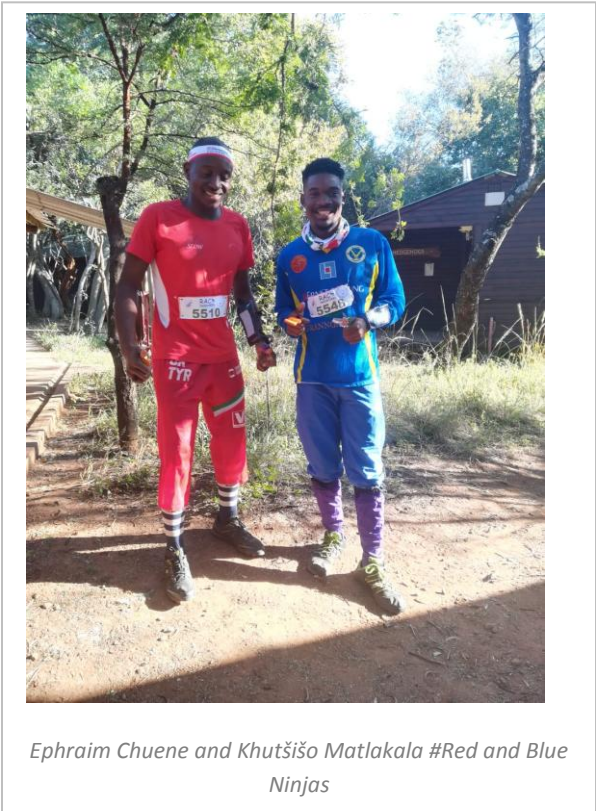


*Mothobi Mapheto feeling proud with his silver medal*

**POC PHOTO GALLERY**



*Ephraim Chuene and Thato Phogole #Red Ninjas*



*Ephraim Chuene and Khutšišo Matlakala #Red and Blue Ninjas*



*POC Squad*



*POC Squad*





*Winners of the 2018SA Sprint Championships*



*Getting ready for final day #Long Distance*



*Coach Ephraim and athlete Thato after sprint challenge*

Report By:  
Ephraim Chuene  
The President  
Polokwane Orienteering Club