

Born: 14 July 1983

School: Pretoria high School for Girls, 2001

Tertiary education: BA(Human Movement science)

University of Pretoria 2009

Unisa course in Project management 2015

Digital marketing course – Red and Yellow 2017

Basic and Advanced Sport massage qualification 2017

SA Intermediate Canoeing coaching courses Level 3

International Canoeing course



Career highlights

- Competing at 3 Olympic games for South Africa : 2008,2012,2016
- Bronze medal in K1 500m at world championships, Moscow, Russia 2014, Bronze medal in K1 1000m at WC in Canada in 2009, Bronze medal in K1 1000m at WC in Portugal 2018
- Bronze medal in K1 500m at London Olympics 2012
- Qualifying in a WR time at world championships in 2011 for the London Olympics
- Representing South Africa at an Elite Level at World Cups and World Championships for Flatwater Sprint Canoeing and Flatwater marathon Canoeing from 2006 – 2022,2024
- Competing Locally in River Races and finishing on the top 3 podium places for races like the Dusi Canoe Marathon, Fish River Canoe marathon and Drak Challenge for a number of years.

Career objectives

- To be a good ambassador for other paddlers and sportspeople in South Africa as well as Africa to encourage people to take part in the sport and be active.
- Write an athletes guide book to training, travel, nutrition etc.
- Striving towards a successful career after sport which I have already done by Working part time as a coach at Maritzburg College. I wish to extend my expertise and learn more about Business structures and add value into a company in the future.

Work Experience

- Waitress in University – 2005-2008
- Lifeguard in Richards Bay over December seasons 2007-2010
- Data mining for ALTSA (lighting company) sourcing projects for the sales reps (Part-time) 2017

- Marketing for BMK Orthopaedics with one week of theatre observing to see what the company does – April 2018
- Massage Therapist from 2017 for own part time business, Emangalisa massages, mainly athletes & sports teams at Hilton college in 2019
- 3 years at Sani 2C as a massage therapist at the first overnight stop, 2017 - current
- Coaching clinics for KNCU development teams in 2018 and 2019
- Paddling coaching programs for a hand full of school boys from Michael House athletes in KZN and Hilton College
- Online Exercise and Nutrition coaching for Jeff Together May 2020 – July 2021
- Member of the South African Athletes Committee since 2017
- ICF Athletes commission Chair since 2022
- Paddling coaching courses conducted in SA 2020,2022
- International level 3 Coaching course through the University of Hungary on Paddling coaching, Sport management and Psychology completed in December 2021
- **Canoeing Coach and MIC of Canoeing at Maritzburg College Jan 2022 – Present, which includes coaching, administration updates to FB pages and recruiting new paddlers from form 2 as well as some fundraising to generate money for our canoe fund at school to create more opportunities for the Canoeing club.**
- **Importer of Braca Paddles from Lithuania and Hungary 2019 – 2025**
- **Administration part time for Natal Canoe Club May 2023 – Present, Includes administration, hiring of the Canoe club for functions and arranging paddling events for the club to generate money with some local sponsors**

