

CURRICULUM VITAE

Dr Ingrid Webster

Personal Information

Date of Birth: 18 December 1977
Gender: Female
Identity Number: 771218 0017 086
Nationality: South African
Address: 24 The Vineyards
Patterson Road
Aurora
7550
Cellular phone number: +2782 4017040
Email address: iwebster@sun.ac.za
Language: English (excellent)
Afrikaans (good)
Health: Excellent

Formal Education

1995 Matriculated; Pinetown Girls' High School, Durban, KZN
1999 B.Sc; University of Stellenbosch (US); majors Physiology, Biochemistry, Genetics
2000 B.Sc (Hons) in Physiology: US
2005 M.Sc (Medical Physiology): US
Thesis Topic: The effect of 5'-aminoimidazole-4-carboxamide ribonucleoside (AICAR) and 5'-aminoimidazole-4-carboxamide-ribonucleoside-phosphate (ZMP) on myocardial glucose uptake.
2010 PhD (Medical physiology): US

Thesis Topic: The effect of dietary creatine supplementation on sedentary and exercised rat hearts.

Occupation

Cardiovascular Researcher

Research Focus Areas

Cardiovascular Physiology

Vascular Biology and Endothelial Function

Isolated heart perfusions

Animal studies

Human / clinical studies

Professional Training

Education for the Humane Use and Care of Laboratory Animals, Research Development & Support, Faculty of Health Sciences, University of Stellenbosch, July-3 September 2004

ICGEB & IUBMB. Non-communicable diseases in developing countries. October 15-19 2012, Cape Town, South Africa.

ARESA annual conference (Advanced Research Ethics South Africa) Newlands Southern Sun 19-20 October 2013.

Introductory Course on Laboratory Animal Science: The Ethics and Care of Laboratory Animals in Research, UCT Faculty of Health Sciences, November 2014

Good Clinical Practice Level 2 Course August 2016, GCP refresher November 2019

Stellmed Biobank workshop NQF level 8, August 2016, Tygerberg.

SAALAS (South African Association for Laboratory Animal Science) conference 1-3 November 2017, Spier, Stellenbosch.

Professional Experience

- 2001 – 2009** Temporary research assistant
University of Stellenbosch
Faculty of Medicine and Health Sciences
Division of Medical Physiology
- 2010- 2011** **Post-doctoral fellowship**
University of Stellenbosch
Faculty of Medicine and Health Sciences
Division of Medical Physiology
- 2012 –2014** **Post Doctoral fellowship**
NRF Innovation Post-doc Fellowship
Faculty of Medicine and Health Sciences
Division of Medical Physiology
- 2014 – 2019** **Research Career Advancement Fellowship**
NRF and DST
Faculty of Medicine and Health Sciences
Division of Medical Physiology
- 2019-2020** **Researcher**
Faculty of Medicine and Health Sciences
Division of Medical Physiology

Laboratory Experience

- Langendorff Isolated Heart Perfusions
- Working heart perfusions
- Balloon model perfusions
- Ventricular cardiomyocyte isolation

Western Blotting

High Pressure Liquid Chromatography (HPLC)

ELISA, RIA

Mitochondrial isolation and oxygen consumption analysis (oxygraph)

Use of Ultrasound MyLabFive and CardioSuite for Flow Mediated Dilation

Retinal image capture using Canon CR2

IMT measurements (Intima Media Thickness)

General

Regional Judge at the Eskom Expo for Young Scientists, Stellenbosch (August 2009 - 2016)

Reviewer for Medical Technology SA journal

Reviewer for AMS Journal

Reviewer for CVJA

First Aid- Level 1 (Safenet) October 2010; Level 1 & 2 (Dynamikos) 2014

Fire Training (Dynamikos) 2018

Departmental representative for Faculty Animal Steering committee for South African Veterinary Council (SAVC) authorization to perform para-veterinary procedure 2016-ongoing.

Annual Biomedical Sciences Research Day Organising Committee 2017, 2018, 2019

Physiology Society of Southern Africa member 2017-2018

Funding Applications

Harry Crossley 2015 successful R16 758

 2016 successful R26 190

NRF Thuthuka 2015 successful (co-applicant)

ERC Development Grant 2015 successful R15 000

Publication Incentive 2012 1 x R5 000

 2017 2 x R5 000

NRF Research Career Award 2014-2019 R100 000pa.

FMHS funding for international conference attendance 2012, - 2018 (successful)

Collaborations

EndoAfrica project 2014 – 2020

Walter Sisulu Univeristy, Mthatha, Eastern Cape

Prof Benedicta Nkeh Chungag

Biological and Environmental Sciences

0475021989

bnnqwenchi@gmail.com

North West University, Potchefstroom, NorthWest Province

Prof Carla Fourie

+27 18 299 2080

carla.fourie@nwu.ac.za

VITO (Flemish Institute of Technological Research), Belgium

Prof Patrick de Boever

patrick.deboever@vito.be

Medical University of Graz, Austria

nandu.goswami@medunigraz.at

3. **Webster I**, Huisamen B, du Toit EF. Creatine and Exercise – Strong Evidence for Stronger Muscles? **JEPonline** 2011;14(5):85-108 (<http://faculty.css.edu/tboone2/asep/JEPonlineOctober2011.html>)
4. **Webster I**, Huisamen B, du Toit EF. The effect of creatine supplementation on myocardial function, mitochondrial respiration and susceptibility to ischemia/reperfusion injury in sedentary and exercised rats. *Acta Physiologica*, 2012,206, 6–19
5. **Webster I**, Smith A, Lochner A, Huisamen B. Sanguinarine non- versus re-circulation during isolated heart perfusion – a Jekyll and Hyde effect? *Cardiovascular Drugs and Therapy* (2014) 28: 489-491
6. Strijdom H, De Boever P, Walzl G, Essop MF, Nawrot TS, **Webster I**, Westcott C, Mashele N, Everson F, Malherbe ST, Stanley K. Cardiovascular risk and endothelial function in people living with HIV/AIDS: design of the multi-site, longitudinal EndoAfrica study in the Western Cape Province of South Africa. *BMC Infectious Diseases*. 2017 Jan 7;17(1):41.
7. **Webster I**, Salie R, Marais E, Fan WJ, Maarman G, Huisamen B, Lochner A. Myocardial susceptibility to ischaemia/reperfusion injury on obesity: a re-evaluation of the effects of age. *BMC Physiology* (2017) 17:3.
8. **Webster I**, Smith A, Lochner A, Huisamen B. The Role of MKP-1 in Insulin-Induced Cardioprotection. *Cardiovascular Drugs and Therapy* (2017) May 27.
9. Truter D, Chellan N, Strijdom H, **Webster I**, Rawstorne J, Kotzé SH. Histomorphological changes in the pancreas and kidney and histopathological changes in the liver in male Wistar rats on antiretroviral therapy and melatonin treatment. *Acta Histochemica* (2018); 120; 347-355.
10. **Webster I**, Imperial EG, Westcott C, Strijdom H. The cardiovascular effects of *Aspalathus linearis* supplementation in male Wistar rats receiving fixed dose combination first-line antiretroviral therapy. *Cardiovascular Journal of Africa*, 2019 Mar/Apr 23;30(2):95-102.
11. Everson F, De Boever P, Nawrot TS, Goswami N, Mthethwa M, **Webster I**, Martens DS, Mashele N, Charania S, Kamau F and Strijdom H. Personal NO₂ and Volatile Organic Compounds Exposure Levels are Associated with Markers of Cardiovascular Risk in Women in the Cape Town Region of South Africa. *International Journal of Environmental Research and Public Health* 2019, 16, 2284.
12. Berner K, Strijdom H, Essop MF, **Webster I**, Morris L, Louw Q. Fall history and associated factors among adults living with HIV-1 in the Cape Winelands, South Africa: an exploratory investigation. *Open Forum Infect. Dis.* October 2019; 6(10):
13. Everson, F., Martens, D.S., Nawrot, T.S., Goswami, N., Mthethwa, M., **Webster, I.**, Mashele, N., Charania, S., Kamau, F., De Boever, P., Strijdom, H., Personal exposure to NO₂ and benzene in the Cape Town region of South Africa is associated with shorter

leukocyte telomere length in women, *Environmental Research* (2020), doi: <https://doi.org/10.1016/j.envres.2019.108993>.

Conference Presentations:

International Conferences and published proceedings:

1. **Webster I**, Huisamen B, Lochner A. Is there a role for MKP-1 in insulin-mediated cardioprotection? (International Society of Heart research) ISHR XXI World Congress San Diego, California, June 30-July 4 2013. *Journal of Molecular and Cellular Cardiology*, Volume 65, Supplement, December 2013, Pages S1–S162, Abstracts from the XXI World Congress of the International Society for Heart Research, June 30-July 4, 2013, 2013, San Diego, California, USA
2. **Webster I**, Huisamen B, Lochner A. Sanguinarine recirculation during isolated heart perfusion – a Jekyll and Hyde effect? (International Society of Heart research) ISHR XXI World Congress San Diego, California, June 30-July 4 2013. *Journal of Molecular and Cellular Cardiology*, Volume 65, Supplement, December 2013, Pages S1–S162,
3. **Webster I**, C Westcott, C Marincowitz, N Mashele, P De Boever, N Goswami, H Strijdom. Use of flow mediated dilatation to assess endothelial function in a female cohort of mixed race ancestry in Cape Town, South Africa. CSANZ (Cardiovascular Society of Australia and New Zealand) 13-16 August 2015, Melbourne, Australia. *Heart, Lung and Circulation* Volume 24, Supplement 3, 2015, Pages S131
4. Strijdom H, De Boever P, Nawrot T, Walzl G, **Webster I**, Westcott C, Mashele N, Charania S, Stelzl E, Kessler HH, Goswami N. HIV and cardiovascular risk in a study population of mixed ancestry living in Cape Town, South Africa: preliminary data from the EndoAfrica study. 11th International Symposium on Molecular Diagnostics, Graz, Austria, May 2016. *Clin Chem Lab Med* 2016; 54(5): eA10.
5. Mashele N, Charania S, Essop F, **Webster I**, Westcott C, Goswami N, De Boever P, Nawrot T, Strijdom H. The effects of HIV-infection and ART treatment on endothelial function in a South African cohort. 84th European Atherosclerosis Society Congress, Innsbruck, Austria, 29 May – 1 June 2016. *Atherosclerosis*. 2016; 252: e162-e163
6. Skosana B, Hattingh SM, **Webster I**, Lochner A, van der Horst G, Aboua YG, du Plessis SS. (2016) Obesity-related testicular histological changes explained by proteomics. Conference of the Polish Society of Andrology – 18th Andrology Day. 30 September - 1 October 2016. Novotel, Gdansk, Poland.
7. Westcott C, Mashele N, Charania S, Essop F, **Webster I**, Goswami N, De Boever P, Nawrot T, Strijdom H. Cardiovascular risk and vascular endothelial function in people

living with and without HIV: A cross-sectional study in Worcester. SASCAR conference, Cape Town, September 2016.

8. Strijdom H, Charania S, Goswami N, De Boever P, Nawrot TS, Mashele N, **Webster I**, Westcott C, Everson F, Mthethwa M, Essop MF. Cardiovascular Health and Flow-Mediated Dilatation (FMD) in a South African Cohort of HIV-infected Participants – Findings from the EndoAfrica Study. 85th European Society for Atherosclerosis Congress, Prague, Czech Republic, 23-26 April 2017. *Atherosclerosis*. 2017; 263: e141.
9. De Boever P, Everson F, Nawrot TS, Essop F, Kessler H, Mashele N, Stelzl E, Walzl G, Webster I, Westcott C, Goswami N, Strijdom H. Effects of HIV/AIDS and antiretroviral treatment on retinal blood vessel diameters. The Association for Research in Vision and Ophthalmology Annual Meeting, Baltimore, Md., USA, 7-11 May 2017.
10. **Webster I**, Imperial E, Westcott C, Everson F, Mashele N, Mthethwa E, Goswami N, De Boever P, Nawrot T, Strijdom H. Effect of *Aspalathus Linearis* (Rooibos) Supplementation on the Heart and Aortas of Male Wistar Rats Exposed to Antiretroviral Therapy (ART) and the Effects of Rooibos Tea Consumption on the Cardiovascular Risk Profile of Patients on ART. Cardiovascular Society of Australia and New Zealand, Perth, Australia, 10-13 August 2017. *Heart Lung and Circulation* Volume 26 Supplement 2 (2017) S56.
11. Strijdom H, Webster I, Westcott C, Mashele N, Mthethwa M, Everson F, Goswami N, De Boever P, Nawrot T, Essop F. HIV-infection, but not high sensitivity CRP, is associated with markers of vascular function: Results from the Western Cape cohort of the EndoAfrica study. 18th Annual Congress of the SA Heart Society, Johannesburg, November 2017. *SA Heart*. 2017; 14(4): 250.
12. Mashele N, Webster I, Westcott C, Mthethwa M, Everson F, Goswami N, De Boever P, Nawrot T, Strijdom H. Anti-retroviral treatment is associated with increased cardiovascular risk in HIV-infected individuals from the Western Cape region. 18th Annual Congress of the SA Heart Society, Johannesburg, November 2017. *SA Heart*. 2017; 14(4): 240.
13. Mthethwa M, Westcott C, Mashele N, Webster I, Everson F, Goswami N, De Boever P, Nawrot T, Strijdom H. Endothelial biomarkers and endothelial function in a South African HIV population of mixed ancestry. 18th Annual Congress of the SA Heart Society, Johannesburg, November 2017. *SA Heart*. 2017; 14(4): 246.
14. Everson F, De Boever P, Goswami N, Nawrot TS, Essop F, Mthethwa M, Mashele N, Charania S, Espach Y, **Webster I**, Strijdom H. The effect of HIV/AIDS and combination ART on retinal microvascular in a South African HIV-infected (with and without ART) study population. 12th International Symposium on Molecular Diagnostics. Graz, Austria. 31 May – 2 June, 2018.
15. Strijdom H, Kamau F, Goswami N, De Boever P, Nawrot TS, Essop F, Mashele N, Mthethwa M, Espach Y, Charania S, Everson F, **Webster I**. Abdominal obesity and antiretroviral therapy are associated with improved endothelium-dependent vascular

function in HIV-infected individuals: results from the EndoAfrica study. 19th Annual SA Heart Congress, South Africa. 4-7 October 2018.

16. Strijdom H, Goswami N, De Boever P, Nawrot T, Essop F, Mthethwa M, Mashele N, Everson F, Charania S, Espach Y, **Webster I**. Determinants of endothelial function in a cohort of HIV-infected and HIV-free participants: The role of cardiovascular risk factors, biomarkers of inflammation and HIV-dependent parameters. 86th European Atherosclerosis Society Congress, Lisbon, Portugal, 5-8 May 2018.
17. Strijdom H, Goswami N, De Boever P, Nawrot TS, Kessler HH, Stelzl E, Webster I, Everson F, Mashele N, Mthethwa M, Charania S, Espach Y, Kamau F, Essop MF. Vascular health in HIV: the role of cardiovascular risk factors, biomarkers of inflammation, HIV disease status and antiretroviral therapy (results from the EndoAfrica study, Cape Town, South Africa). 12th International Symposium on Molecular Diagnostics, Graz, Austria, May/June 2018.
18. Strijdom H, Kamau F, Goswami N, De Boever P, Nawrot TS, Essop MF, Mashele N, Mthethwa M, Espach Y, Charania S, Everson F, **Webster I**. Abdominal obesity and antiretroviral therapy are associated with improved endothelium-dependent vascular function in HIV-infected individuals: Results from the EndoAfrica study. 19th Annual SA Heart Congress, Sun City, South Africa, 4-7 October 2018. SA Heart. 2018; 15(4): 308.
19. Everson F, Goswami N, De Boever P, Nawrot T, Essop MF, Mthethwa, Mashele N, Charania S, Espach Y, **Webster I**, Strijdom H. The effect of a fixed-dose combination ART regimen on retinal microvascular calibres in a South African HIV-infected study population. 19th Annual SA Heart Congress, Sun City, South Africa, 4-7 October 2018. SA Heart. 2018; 15(4): 277-278.
20. Charania S, **Webster I**, Mashele N, Mthethwa M, Kamau F, Espach Y, Everson F, Cyster H, Goswami N, De Boever P, Nawrot T, Strijdom H. Determinants of carotid intima-media thickness (CIMT) in a Western Cape study population with and without HIV infection. 19th Annual SA Heart Congress, Sun City, South Africa, 4-7 October 2018. SA Heart. 2018; 15(4): 276.
21. **Webster I**, van Teylingen J, Westcott C, Espach Y, Strijdom JG. In vivo, ex vivo and in vitro effect of melatonin treatment during antiretroviral therapy. EuroPrevent Conference, Lisbon, Portugal 11-13 April 2019.
22. Strijdom, H., Essop, M.S., Goswami, N., De Boever, P., **Webster, I.**, Everson, F., Kamau, F.M., Charania, S., Nawrot, T.S. HIV-infected participants on combination ART (tenofovir, emtricitabine, efavirenz) have improved endothelial function and smaller retinal venular calibers compared to treatment naive participants. European Heart Journal 2019; 40 (Supplement_1): ehz746.0308. European Society of Cardiology Congress, Paris, France, 31 August – 4 September 2019.
23. F Kamau, M Frias, S Lecour, **I Webster**, S Pagano, N Vuilleumier, H Strijdom. Antiretroviral therapy-naïve HIV-infected patients are predisposed to abdominal obesity and high-density lipoprotein/ apolipoprotein A-1 impairment. Congress, S.H., 2019. Abstracts-SA Heart Congress 2019. SA Heart Journal, 16(3), p 209.

24. H Strijdom, P De Boever, T Nawrot, N Goswami, **I Webster**, M Mthethwa, N Mashele, F Kamau, D Martens, S Charania and F Everson. Personal air pollution exposure is associated with markers of cellular aging and cardiovascular risk: Findings from the EndoAfrica study. Congress, S.H., 2019. Abstracts-SA Heart Congress 2019. SA Heart Journal, 16(3), p 241.

National Conferences:

1. **Webster I**, Huisamen B, Lochner A. Is there a role for MKP-1 in insulin mediated cardioprotection? Academic Year Day, Tygerberg Medical School, 14 August 2013
2. **Webster I**, Huisamen B, Lochner A. Sanguinarine recirculation during isolated heart perfusion – a Jekyll and Hyde effect? Academic Year Day, Tygerberg Medical School, 14 August 2013
3. Smith A, **Webster I**. Does Recirculation with insulin and sanguinarine make a difference in perfusion outcomes? Academic Year Day, Tygerberg Medical School, 14 August 2013.
4. **Webster I**, Huisamen B, Lochner A. Is there a role for MKP-1 in insulin mediated cardioprotection? PSSA (Physiology Society of Southern Africa) 41st Conference, 15-18 Sept 2013, Pretoria.
5. **Webster I**, Huisamen B, Lochner A. Sanguinarine recirculation during isolated heart perfusion – a Jekyll and Hyde effect? PSSA (Physiology Society of Southern Africa) 41st Conference, 15-18 Sept 2013, Pretoria.
6. Skosana BT, Aboua YG, **Webster I**, Du Plessis SS. Obesity and male infertility – a molecular investigation. 42nd Annual Conference of the Physiological Society of Southern Africa, 14 – 17 September 2014, Durban, RSA
7. Marincowitz C, **Webster I**, Westcott C, Mashele N, H Strijdom. A cross-sectional cardiovascular health profile of a representative population of the Uitsig community in Cape Town. Annual Academic Day, Tygerberg Medical School, 13 August 2015.
8. Marincowitz C, **Webster I**, Westcott C, Mashele N, H Strijdom. A cross-sectional cardiovascular health profile of a representative population of the Uitsig community in Cape Town. Annual Division Academic Day, Tygerberg Medical School, 24 November 2015.
9. Skosana BT, Aboua YG, **Webster I**, Lochner A, Du Plessis SS. Obesity and male infertility. DST-NRF Intern Research Day, 27 February 2015, Cape Peninsula University of South Africa, Bellville, RSA

10. Skosana BT, Hattingh SM, **Webster I**, Lochner A, Du Plessis SS. The proteomics of obesity-induced male infertility. 43rd Annual Conference of the Physiological Society of Southern Africa, 6 – 9 September 2015, Parys, Free State, RSA.
11. Skosana BT, Hattingh SM, **Webster I**, Lochner A, Du Plessis SS. The proteomics of obesity-induced male infertility. 1st Annual Department of Biomedical Sciences Research Day, 25 November 2015, Stellenbosch University, Tygerberg Campus, RSA
12. Imperial EG, **Webster I**, Strijdom H, Westcott C. Cardiovascular effects rooibos supplementation, during ART, on male Wistar rats and effects of drinking rooibos tea on the cardiovascular profiles of patients on ART. 44th Annual conference of the Physiology Society of Southern Africa, 28-31 August 2016, The River Club, Cape Town, SA.
13. Skosana B, Hattingh S, **Webster I**, Lochner A, van der Horst G, Aboua G, Du Plessis SS. A proteomic search for biomarkers of obesity induced-male infertility. 44th Annual conference of the Physiology Society of Southern Africa, 28-31 August 2016, The River Club, Cape Town, SA.
14. Rawstorne J, **Webster I**, Strijdom H, Westcott C. The effects of melatonin supplementation on vascular tissue during first line ART: an in vivo and in vitro study. 45th Annual Meeting of the Physiology Society of Southern Africa. 2018
15. Kamau F, Everson F, Strijdom H, Cyster H, **Webster I**, Mthethwa M, Goswami N, Mashele N, de Boever P, Charania S, Nawrot TS. Carotid Intima Media Thickness (CIMT) in a cohort of HIV positive and negative individuals of South Africa. 62nd Annual Academic Day 29 August 2018, Faculty of Medicine and Health Sciences, University of Stellenbosch, Tygerberg.
16. Everson F, Strijdom H, **Webster I**, Essop F, Mthethwa M, Goswami N, Mashele N de Boever P, Charania S, Nawrot, TS Espach Y. HIV/AIDS (ART-naïve) and cardiovascular risk: are retinal microvascular geometric features markers of effects? 62nd Annual Academic Day 29 August 2018, Faculty of Medicine and Health Sciences, University of Stellenbosch, Tygerberg.
17. Everson F, Goswami N, De Boever P, Nawrot TS, Essop F, Mthethwa M, Mashele N, Charania S, Espach Y, **Webster I**, Strijdom H. HIV/AIDS (ART-naïve) and cardiovascular risk: Are retinal microvascular geometric features markers of effects? Stellenbosch University Annual Academic Day 29 August, 2018; Abstract 31: Page 40.
18. Everson F, Goswami N, De Boever P, Nawrot TS, Essop F, Mthethwa M, Mashele N, Charania S, Espach Y, **Webster I**, Strijdom H. Repeated measurements study to investigate exposure to ambient air pollution and possible association with cardiovascular physiology indicators in the Cape Town region. Physiology Society of Southern Africa - CoBNest Conference 7-10 October, 2018. Abstract 59: Page 35.
19. Everson, F., De Boever, P., Nawrot, T.S., Goswami, N., Mthethwa, M., Webster, I., Martens, D.S., Mashele, N., Charania, S., Kamau, F., Strijdom, H. Personal air pollution is associated with markers of cardiovascular risk: Findings from the EndoAfrica Study.

Stellenbosch University Faculty of Medicine and Health Sciences, Annual Academic Day 2019

20. Everson F, Martens DS, Nawrot TS, Goswami N, Mthethwa M, **Webster I**, Mashele N, Charania S, Kamau F, De Boever P and Strijdom H. Personal exposure to NO₂ and benzene is associated with molecular ageing in women in the Cape Town region. Stellenbosch University Biomedical Research Day 2019

Work References

Prof Barbara Huisamen

Division of Medical Physiology, Department of Biomedical Sciences

Faculty of Medicine and Health Science, University of Stellenbosch, POBox 241, Cape Town 8000

Tel. +2721 938 9252 E-mail: bh3@sun.ac.za

Prof Amanda Lochner

Division of Medical Physiology, Department of Biomedical Sciences

Faculty of Medicine and Health Science, University of Stellenbosch, POBox 241, Cape Town 8000

Tel +2721 938 9391 E-mail: alo@sun.ac.za

Prof Hans Strijdom

Division of Medical Physiology, Department of Biomedical Sciences

Faculty of Medicine and Health Science, University of Stellenbosch, POBox 241, Cape Town 8000

Tel. +2721 938 9387 E-mail: jgstr@sun.ac.za

Volunteer Work:

2003– 2017 Volunteer member of Scout Association of South Africa.

2010-2017 Troop Scouter at 1st Durbanville Scout Troop

2018-present Assistant Troop Scouter 1st Durbanville Scout Troop

2005	Stage 1 Permit Phase Training
2005	Stage II Scout Warrant Course
2010	Stage III Training Wood Badge
2005, 2011, 2014	Level I & II First Aid Course
2007	Received Provincial Commissioners Award
2015	Received long service medal
2008, 2012	Chief Judge Gordon Shield
2011	Patrol leaders training course (PLTC) Course leader
2009, 2010, 2011	Member of Core organizing committee for PLTU (Patrol Leader's Training Unit)
2012	Course Leader PLTU
2010-present	Springbok Award co-ordinator for the Kanonkop District

References:

Raymond Middleton

raym@herefordgroup.co.za

+27 82 821 9020

Nigel Foreshaw

Email: nigel@worldonline.co.za

Phone: +829910720