



Central Gauteng Triathlon News
2008-12-09 GN 5 of 08/09

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This email

- A) **JOBURG CITY TRI SERIES 08/09 – First Race this weekend**
(Remember - Race 2 Incorporates our Central Gauteng Triathlon Champs)
- B) **CGT / TSA REGISTRATION – Updated List of Registered Athletes at 09-12-08**
(If you have not yet Registered do so now to **Avoid R100.00 Increase**).
- C) **CGT – TRIATHLON TRAINING CAMP – This Friday & Saturday –**
(Ideal for both the experienced and inexperienced Athletes)
- D) **NWT – NORTH WEST TRIATHLON CHAMPIONSHIPS - Urgent Note**
- E) **SA TRIATHLON CHAMPS 2009 – Update and Reminder of Urgent Note**
- F) **CGT JUNIORS - Junior Age Groups and Competition Ruling**
- G) **CGT JUNIORS - Junior Awards and FUN Bring / Braai Day –**
Change of Date and your response pls.
- H) **CGT JUNIORS – Reminder - Return of Floating Trophies**

A) JOBURG CITY TRI SERIES 08/09 – Starts This Sunday

Yes, it is that time of the year and our local series, the Joburg City Tri Series 08/09 is on our doorstep. This year it offers 3 races per event as detailed below

Standard 1.5k swim/ 40k cycle/ 10k run
Sprint 750m swim/ 20k cycle/ 5k run
Mini 400m swim/ 10km cycle/ 2.5km run

Events are as follow at Victoria Lake Club on Germiston Lake

- # 1 on 14 December '08
- # 2 on 8 February '09 incorporating Central Gauteng Triathlon champs
- # 3 on 22 February '09 (final)

For more Information - <http://www.troisport.co.za/troievents.htm>

NOTE – YOU NEED TO REGISTER WITH CGT IN ORDER TO COMPETE IN CGT's CHAMPIONSHIPS – Registration forms on www.cgtri.za.org/

Joburg City Tri Series: entries are open on www.cyclelab.com

B) TSA / CGT REGISTRATION – Updated List below signature of this mail.

All Athletes that are registered are shown under the signature of this email. If you have paid and registered please check if your name is there, if not, please contact us urgently.

REPEAT - All Triathletes and Duathletes - If you have not yet Registered with CGT/TSA please take note that all Registrations submitted **after December 2008** i.e. 1st January 2009, will be liable for an **additional R100.00** on the Standard Registration Fee.

	<u>Current Registration</u>	<u>at 1 January 2009</u>
Seniors	R300	R400
Juniors	R200	R300

Forms available on website - www.cgtri.za.org.

PLEASE NOTE – Allow for up to 5 working days for your registration to be processed after we receive Proof of Payment and the completed Form. All details on Form.

C) CGT – TRIATHLON TRAINING CAMP – M.A.D.- Want to attend ? - last minute spots available

A Basic Triathlon Training Camp focusing on Triathlon skills is being offered next weekend. All interested CGT Registered Juniors and Seniors have been invited to participate and partake. *Ideal for both the experienced and inexperienced Athletes*

This M.A.D. Camp is being run Lindsey Parry and Mike Moriarty - The details are as follows,

Date: Friday 12 & Saturday 13 December 2008

Venue: M.A.D. MultiSport (C.B.C.Boksburg)

PROGRAMME – subject to verification on quantity

Friday: 15h00 Arrive & intro
 16h00 Leave for Homestead Dam
 16h30 O/W swim session
 18h00 Aerobics & stretch session
 19h30 Nutrition chat, bike mechanics/set up
 Braai
 Sleep over: bring mattress & crash in the gym or pitch your tent on the field.

Saturday: 06h00 Bike
 07h30 Breakfast
 08h00 Brick run
 09h00 Abs/core/strength session
 09h30 Transition drills
 10h30 Running drills session
 11h30 Pool swim drills
 13h00 Lunch
 14h00 Finish

The camp is open to athletes of all ages & abilities. Groups will be split accordingly so that training is relevant.

Cost is R150.00 & includes meals, t-shirt & other goodies

R.S.V.P. to Mike on 0832274180

D) NWT – NORTH WEST PROVINCIAL TRIATHLON CHAMPIONSHIPS - URGENT NOTE

All interested athletes wanting to do NWT's 2009 Tri Champs on the 17th January 2009 in Klerksdorp, as a training race, can enter and get all relevant info at the link as shown below.

This race, as is the case, with all Provincial Championships, caters for all the official Senior / Junior Championship Distances –

(NOTE – YOU NEED TO REGISTER WITH AND ENTER WITH YOUR CGT NUMBER IN ORDER TO COMPETE IN THE CHAMPIONSHIP RACES - at www.cgtri.za.org/)

We have put the Junior Prize giving one week forward to accommodate this date (see "G" Below).

All CGT athletes are advised to do at least one other Provincial Championship, so as to get a time on record. This, in the event that unavoidable last minute and justifiable circumstances arise that may prohibit your participation at our Provincial Championships on the 8th February 2009, which is our only Provincial Team Selection Race.

NWT CHAMPIONSHIPS DATE: 17 January 2009

RACE DETAILS:

Juniors:

8 – 11 y	200m/5km/1km	"fun event"	R 50	10h00	
12 – 15 y	400m/10km/2,5km			R 60	10h00
16 – 19 y	750m/20km/5km			R 60	8h00
Fun event (& Teams)	750/20km/5km		R 60	8h00	

Seniors:

Age groupers: 20+ years	1,5km/40km/10km (non drafting)	R 80	8h00
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Non TSA members must pay an extra R30 for a day license!!

VENUE: Assie se dam - Klerksdorp, La Hoff, c/o Von Wielligh and Mikro Street
From Johannesburg on the bridge, turn right. Take R30 - Klerksdorp Dam Road / Ventersdorp Road. After +- 3 kilometers, (after 3 robots) where you get the last few residences on the right hand side, you turn right into Von Wielligh Street. The road will lead you straight to the venue (2,5km from turn off).

CONTACT:

Ina de Jongh 083 293 2284 after 18:00pm or nwrigging@mweb.co.za

E) SA TRIATHLON CHAMPS 2009 - Race Distances and Provincial Selection -

UPDATE AND REMINDER OF URGENT NOTE

The South African Triathlon Championships 2009 is being hosted by CGT Province at Germiston on the 21st March 2009.

We plan to select A and B teams, so guys and gals, give it a go and compete in our Provincial Champs on the 8 February 2008 in order to be eligible for selection to our Provincial Team. We will be publishing the selection criteria in due course.

There are plenty of races between now and the selection race on the 8th February 2009, for use as training.

Athletes have to be registered with CGT prior to the event and NOT on the day of the event.

To register go to "membership" at www.cgtri.za.org/

The ONLY selection race for CGT Registered Athletes to be eligible for selection for the Central Gauteng Provincial Team will be our CGT Championships which are being held in conjunction with the JHB City Tri Series Race 2 on the 8th of February 2009.

We realize that this is on the same day as the Midmar Dam Swim, but unfortunately there was no other Date / Venue available in the already crammed Triathlon Diary.

URGENT NOTE -

If, for any reason, you are unable to compete in our Provincial Championships and have what you consider to have extremely good and valid reason, then in that event, you are requested to send an email to cgtriathlon@webmail.co.za with the details relating thereto for further consideration and response by the Committee.

All CGT athletes are advised to do at least one other Provincial Championship, so as to get a time on record. This, in the event that unavoidable last minute and justifiable circumstances arise that may prohibit your participation at our Provincial Championships on the 8th February 2009, which is our only Provincial Team Selection Race.

ACT NOW – Come and give it a go.

It is still not too late to participate and be selected for the Provincial Triathlon Team !!!

YOU NEED TO REGISTER WITHOUT DELAY - To register go to "membership" at www.cgtri.za.org/

F) CGT JUNIORS - JUNIOR AGE GROUPS & COMPETITION

At the Board Meeting of TSA last month, it was discussed and decided that with regards Junior Age groups, as from 1 November 2008, that

- no event (triathlon, duathlon, aquathon) may take place for the 8 – 11 age group with a competitive element.
- all races for this age group shall be so called "fun events" with all finishers receiving the same award.
- the maximum race distances for all age groups (including 8- 11) remain the same.
- The age Groups 12-13, 14-15, 16-17 and 18-19 will remain competitive and at the same distances as before.

We at Central Gauteng Triathlon are dedicated to the development of ALL our Juniors, and have been hard at work putting together programmes to this end. We are currently involved in a number of pilot School Triathlon and Duathlon Development / Coaching Projects with a view to growing and promoting the sport within our schools and our Junior ranks.

This is being accomplished with the help of our newly trained coaches and we thank them for the time and effort put in to date. We are furthermore URGENTLY looking for the support of interested parents, sponsors and schools that are not yet involved, so that we can create a suitable scenario for our younger age groups to participate in events that cater for their specific TSA distances. If there are any interested parents or companies who would like to contact us in this regard then please do so by emailing cgtriathlon@webmail.co.za

G) CGT JUNIORS - Junior Awards and FUN Bring / Braai Day- *CHANGE OF DATE AND YOUR RESPONSE PLS*

We have had a lot of Juniors that have, as a result of Midmar commitments, asked in writing to be given permission to race in an alternative Provincial Championship to be eligible for selection to the CGT Triathlon Team.

As we have now received notification that the NWT Champs has been arranged for the 17th Jan, we have changed the 2007 / 2008 Junior Prize giving to the Sunday **25th January 2009** to accommodate those Juniors and the juniors attending the Australian Youth Olympic Festival wanting to use this race for training and time verification

As is the tradition, each year we have a Junior Awards and FUN, Bring and Braai Day for all our Registered Juniors. The idea is to have FUN, acknowledge our Champions and those who have qualified for the awards as detailed below from the 2007/08 season.

It also gives parents, friends and athletes an opportunity to mingle, meet and again, to have FUN, FUN and more FUN

It is not important whether you are receiving a trophy, but more important that you come and join us on the day. It is always absolutely fantastic to see the support from all, and it is also a great opportunity for members to meet the Committee.

It is this spirit that will continue to see our Province grow. Your motivation and support would be greatly appreciated. Seniors are welcome to attend.

Details

Date : **Sunday 25th January 2009** (changed from Saturday 17th January 2009).

Time : **12.00 pm**

Place : Northern Areas Swimming Pool, Benoni

located above the Benoni Northerns Sports Ground on Hanekam Street

We will provide braai's, fires, salads and rolls for all, as well as soft drinks for the Juniors.

You need to bring your meat, cutlery, camp chairs and don't forget a beer or glass of wine for mom, dad, granny and grandpa.

DON'T FORGET YOUR COSTUMES. WE HAVE THE USE OF THE POOL.

RSVP ASAP Via Email with the Header "**CGT Junior Awards and FUN Bring / Braai Day**" to cgtriathlon@webmail.co.za with the following copied, completed and pasted in the message

Attending Junior Prize Giving on the 25th January 2009

Y _____ or N _____ - No Juniors _____ No of Seniors _____

H) CGT JUNIORS – RETURN OF FLOATING TROPHIES - REPEAT

Thank you to those who have returned their Floating Trophies. To those who have not returned their Floating Trophy, Your Trophy is **Urgently required** to be returned to Craig urgently at 10 Lorna Road, Muswelldale, (Cnr All Black Road, Anderbolt), Boksburg North, Boksburg.
(Tel 0861 123 333 – Office Hours) Please contact us to let us know when you can get the Trophy back to us.

Should you have any queries, or require any additional information, then in that event please do not hesitate in contacting the undersigned at the telephone numbers shown below, or by return email. Likewise, should you have any news that you would like to share with us, please send us an email the the header "News".

REMEMBER CURRENT LIST OF REGISTERED MEMBERS UNDER THE SIGNATURE HEREOF

Kind Regards
For and behalf of the CGT Committee

Craig Thyse
Junior Representative, Registrations & Communications

Central Gauteng Triathlon
Telephone : **0861 123 333**
Telefax : 086 663 2667
Email : cgtriathlon@webmail.co.za
CGT Website: <http://www.cgtri.za.org>

***CENTRAL GAUTENG TRIATHLON / TRIATHLON SOUTH AFRICA
REGISTRATION - For 1 September 2008 - 31 August 2009
REGISTRATION - as at 2008-12-09***

<u>TSA Reg No.</u>	<u>Surname</u>	<u>First Name</u>
CGT/0879/09	Amos	Steve
CGT/0897/09	Austen	Amber
CGT/0898/09	Austen	Kyle
CGT/0789/09	Baker	Michael
CGT/0836/09	Baldwin	Mike
CGT/0840/09	Barham	Clare
CGT/0732/09	Barkhuysen	Avril
CGT/0755/09	Bartram	Ashleigh
CGT/0743/09	Basel	Hugh
CGT/0782/09	Basson	Susan (Susanna)
CGT/0863/09	Bayes	Gregory
CGT/0729/09	Beckenstrater	Natalie
CGT/0920/09	Bekker	Byron
CGT/0921/09	Bekker (Hawkins)	Chantelle
CGT/0869/09	Bellinger	Mark
CGT/0745/09	Berg	Corinne
CGT/0704/09	Berg	Michael
CGT/0703/09	Berg	Alvina
CGT/0717/09	Bernhardt	Willie
CGT/0723/09	Bezuidenhout	Hendra
CGT/0918/09	Billbrough	Jean

CGT/0875/09	Billson	Cameron
CGT/0915/09	Bleeker	Mandy
CGT/0910/09	Bloem	Colleen
CGT/0862/09	Botes	Kingsley
CGT/0861/09	Botes	Spencer
CGT/0868/09	Botha	Armin
CGT/0751/09	Botha	Carri-Ann
CGT/0820/09	Brill	Francois
CGT/0724/09	Brooks	Graham
CGT/0756/09	Bush	Dean
CGT/0720/09	Campbell	Douglas
CGT/0721/09	Campbell	Bruce
CGT/0715/09	Carrington	Alan
CGT/0833/09	Carrington	Graeme
CGT/0768/09	Cederwall	Ross
CGT/0783/09	Chegwidden	Chantal (Francoise)
CGT/0842/09	Conradie	Jaco
CGT/0866/09	Constan-Tatos	Leah
CGT/0896/09	Coulson	Robert
CGT/0769/09	Cresswell	Carmen
CGT/0739/09	Cronje	Kathryn
CGT/0912/09	Cuypers	Michael
CGT/0785/09	Dalton	Shaun
CGT/0801/09	Dance	Lauren
CGT/0849/09	Davidson	Michael
CGT/0865/09	De Jager	Jason
CGT/0761/09	De Jonge	Kilian
CGT/0788/09	De La Rey	Pieter
CGT/0864/09	Dolkens	Casey
CGT/0774/09	Dos Ramos	Morne
CGT/0738/09	Du Buisson	Pierre
CGT/0731/09	Du Plessis	Brand (Johannes)
CGT/0773/09	du Toit	Yvette
CGT/0725/09	Edwards	Brad
CGT/0726/09	Edwards	Jade
CGT/0797/09	Emslie	Francois
CGT/0798/09	Emslie	Stuart
CGT/0799/09	Emslie	Richard
CGT/0890/09	Eva	Warren
CGT/0722/09	Fernandes	Carlos
CGT/0727/09	Ferreira	Leonardus
CGT/0911/09	Fesel	Kristian
CGT/0837/09	Fourie	Bolton (Riaan)
CGT/0734/09	Foy	Warren
CGT/0853/09	Freeman	Bryn
CGT/0843/09	Garbers	Marius
CGT/0813/09	Gardiner	Tracey
CGT/0880/09	Garton	Rory
CGT/0814/09	Gassner	Brandon
CGT/0887/09	Gee	David
CGT/0748/09	Gianchino	Elisa
CGT/0826/09	Gilbert-Green	Graham

CGT/0850/09	Goate	Adrian	
CGT/0906/09	Gornall	Noelle	
CGT/0800/09	Gouveia		Anthony
CGT/0753/09	Greyvenstein		Pierre
CGT/0803/09	Grib	Jared	
CGT/0804/09	Grib	Tegan	
CGT/0802/09	Grib	Craig	
CGT/0712/09	Grobbelaar		Gavin
CGT/0889/09	Hadlingham		Timothy (Tim)
CGT/0830/09	Hamman		Frederick
CGT/0827/09	Harrington		David
CGT/0719/09	Hendry	Ian	
CGT/0744/09	Henning		Jan
CGT/0884/09	Hillebrand		Nicole
CGT/0848/09	Hofer	Patrick	
CGT/0741/09	Holing	Clint	
CGT/0913/09	Horton	Gavin	
CGT/0735/09	Hufkie	Dee (Lauren)	
CGT/0736/09	Jansen	Van Rensburg	Andrew
CGT/0870/09	Jardim	Carla	
CGT/0871/09	Jardim	Roberto	
CGT/0716/09	Jarman	Tracy	
CGT/0909/09	Johnson		Grant
CGT/0894/09	Joubert	Dionn	
CGT/0891/09	Karle	Dorothy	
CGT/0855/09	Kemp	Grant	
CGT/0815/09	King	Graeme	
CGT/0754/09	Kletz	Basil	
CGT/0851/09	Koch	Ross	
CGT/0916/09	Koll	Caroline	
CGT/0775/09	Lailvaux		Alison
CGT/0825/09	Lalou	Jacov	
CGT/0746/09	Le Roux		Johan
CGT/0874/09	Le Roux		Raquel
CGT/0873/09	Le Roux		Sharon
CGT/0852/09	Lee	Robert	
CGT/0882/09	Less	Leana	
CGT/0854/09	Lewis	Charis	
CGT/0807/09	Lopes	Demi	
CGT/0808/09	Lopes	Nina	
CGT/0730/09	Lowe	Terence	
CGT/0834/09	Mahony	John	
CGT/0770/09	Maile	Gavin	
CGT/0700/09	Marcisz	Derick	
CGT/0841/09	Marnewick		Erich
CGT/0728/09	Mason	Bill (William)	
CGT/0845/09	Mayr	Jason	
CGT/0844/09	Mayr	Kayleigh	
CGT/0763/09	Mayr	Richard	
CGT/0899/09	Meintjes		Malcolm
CGT/0821/09	Miller	Esmari	
CGT/0710/09	Moller	Chris	

CGT/0752/09 Moller Bryce
CGT/0806/09 MoriartyDominique
CGT/0805/09 MoriartyMike
CGT/0765/09 Naude Charles
CGT/0767/09 Naude Ruan
CGT/0766/09 Naude Rudolf
CGT/0876/09 Nutter Ciara
CGT/0877/09 Nutter Gaby
CGT/0878/09 Oliver Edward
CGT/0824/09 Passmore Jerome
CGT/0796/09 Peters Shane
CGT/0860/09 Picton Brandon
CGT/0793/09 Pienaar Helena
CGT/0792/09 Pienaar JP (Johannes)
CGT/0794/09 Pienaar Theuns
CGT/0847/09 Pirow Piers
CGT/0778/09 Pivo Dylan
CGT/0777/09 Pivo Lyaal
CGT/0779/09 Pivo Brian
CGT/0701/09 PlumblyNeil
CGT/0711/09 Polmeer John
CGT/0784/09 Poole Bruce
CGT/0895/09 Poole Kenneth
CGT/0856/09 Potgieter Johan
CGT/0831/09 Pottinger Craig
CGT/0881/09 Pratt Stephen
CGT/0900/09 Pretorius Erica
CGT/0742/09 Price Marc
CGT/0812/09 Prout-Jones Bianca
CGT/0811/09 Prout-Jones Dylan
CGT/0810/09 Prout-Jones Raymond
CGT/0714/09 Rees Gareth
CGT/0790/09 Reinhart Manfred
CGT/0893/09 Riddle Craig
CGT/0822/09 Roberts Deoné
CGT/0823/09 Roberts Christiaan (Tiaan)
CGT/0817/09 Robertson Mike
CGT/0740/09 Roccas Emmanuel
CGT/0901/09 Rodrigues Gabriella
CGT/0914/09 RossleeScott
CGT/0757/09 Rossouw Tiaan
CGT/0809/09 Rossouw Joggie
CGT/0902/09 Roux Brandon
CGT/0903/09 Roux Stephen
CGT/0709/09 Sanders Clifton
CGT/0772/09 Sanders Lawrence
CGT/0708/09 Sanders Sonette
CGT/0888/09 Schoeman Anneliese
CGT/0872/09 Schoombie Brydon
CGT/0917/09 Searle Andy
CGT/0846/09 Seaton-Smith Tyrone
CGT/0904/09 Selby James

CGT/0706/09	Smit	Werner
CGT/0771/09	Staal	Michelle
CGT/0867/09	Stephenson	Nicholas
CGT/0857/09	Stevenson	Michael
CGT/0858/09	Stevenson	Vanessa
CGT/0776/09	Stewart	Anel
CGT/0835/09	Steyn	Marliese
CGT/0905/09	Stidolph	Alan
CGT/0795/09	Strydom	Danna
CGT/0883/09	Strydom	Joshua
CGT/0705/09	Studer	Franz
CGT/0791/09	Taylor	Shaun
CGT/0737/09	Thomson	Brendan
CGT/0786/09	Thysse	Brigitte
CGT/0787/09	Thysse	Darren
CGT/0702/09	Thysse	Craig
CGT/0892/09	Tzanos	Chris
CGT/0750/09	Van Bavel	Andre
CGT/0816/09	Van Der Berg	Frederik
CGT/0838/09	van der Merwe	Lynette
CGT/0819/09	Van Deventer	Kevin
CGT/0839/09	Van Dyk	Jacobus
CGT/0885/09	Van Heerden	Antoine
CGT/0886/09	Van Heerden	Natia
CGT/0764/09	van Jaarsveld	Celeste
CGT/0907/09	Van Moorst	Jenine
CGT/0908/09	Van Moorst	Michael
CGT/0919/09	Van Wyk	JP (Jacob)
CGT/0859/09	Veenis	Ronald
CGT/0818/09	Velleman	Jacques
CGT/0828/09	Venter	Hesmar
CGT/0829/09	Venter	Cobus
CGT/0832/09	Venter	Mario
CGT/0780/09	Wagner	Jason
CGT/0713/09	Wardlaw	Jim
CGT/0747/09	Weber	Mnandi
CGT/0749/09	Weber	Wikus (Jnr)
CGT/0707/09	Weber	Wikus (Snr)
CGT/0759/09	Welch	Ernest
CGT/0758/09	Welch	Dick (Richard)
CGT/0718/09	West	Craig
CGT/0762/09	Williamson	Carolyn
CGT/0733/09	Wilson	Mark
CGT/0781/09	Woolward	Kevin
CGT/0760/09	Wrens	Laurence