



Central Gauteng Triathlon News

**2009-11-14 CGT 6 of 09/10**

If there are "Adobe" Attachments with this email which you cannot read, then please go the following link and download the free "Adobe Reader"  
[www.adobe-reader.org/](http://www.adobe-reader.org/)

This email – including "Adobe" Attachments as detailed below sent with this email

- A) **EVENT FOR JUNIORS 6 yrs to 15 yrs – ENTER NOW FOR NEXT WEEK !!!!**
- B) **EVENT INFO**

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*ATTACHED DOCUMENTS - (1 Documents Attached)*

- *"Young TRYathlon" Flyer attached*
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- A) **EVENT FOR JUNIORS 6 yrs to 15 yrs - EXPERIENCED OR FIRST TIME –**  
**NEXT SUNDAY – 22 November 2009**

All those Juniors who have been waiting in anticipation for an event arranged especially for you, now is your chance.  
*Support our Junior Development initiative.*

You are reminded of the "*junior TRYathlon*" which takes place next week Sunday, 22 November 2009.

The Event caters for the age groups as detailed above. All schools and parents are encouraged to let their children attend to experience the fastest growing sport in the world. Compete either as an individual or in a team of 2 or 3 (In 2 Person teams - 1 person does 2 legs).

ENTER NOW – **Entries are limited** so don't delay so as to avoid disappointment

**Any Volunteers and Parents** willing to assist us in making this a safe and wonderful day for the young Triathlete's are asked to respond to this email.

Schools wanting Provincial Assistance in setting up "*School Triathlon and Duathlon Programs*" are asked to repond to this email. Our Coaching and Development Team will then contact you accordingly. Parents, talk to the schools that your children attend in this regard.

- B) **Event info - Junior Pool TRYathlon (sanctioned by Central Gauteng Triathlon)**

- **Junior Pool TRYathlon (sanctioned by Central Gauteng Triathlon)**
- **Venue:** St Duncan's College, c/o O'Reilly Merry & Baines Rd, Rynfield, Benoni
- **GPS Co-Ordinates:** S26 08 48 E28 19 2815 November 2009 at 09:30

- **Date:** Sunday, 22nd November 2009  
**Triathlon Distances: (this is a participatory, non timed event, fun event where every participant is a champion)**

<u>Age</u>	<u>Swim</u>	<u>Cycle</u>	<u>Run</u>	
11 - 15	200m	6km*	1km	
7 - 10	100m	3km*	500m	<b>*all cycling = off road</b>
6	50m	1500m	350m	

- Entries: R80 per athlete (or R40 per team member)
- Entry in the attached FLYER / ENTRY FORM, or

If entering online - <http://www.cyclelab.co.za/default.asp?Id=188&des=content#TrioSportKids> ( Online Closing date - 18th November 2009, 21h00)

Online Entries Note - SCROLL DOWN to the Yellow Block with header “**TrioSport CGT Junior Triathlon 2009** “. The Entry fee for the Individual age group 12 – 15 in incorrectly shown as R180 and should read R80 however the entry process will ask the correct amount of R80.

**Start Times:**

- 6 Year Olds: 10h45
- 7 – 10 Year Olds: 10h15
- 11 – 15 Year Olds: 09h30

**Race Registration:**

St Dunstan’s College, c/o O’Reilly Merry & Baines Rd, Rynfield, Benoni  
 Sunday 22nd November 2009, from 08h30

This event supports the Reach for a dream foundation; donations can be made during the entry process.  
 This is a participatory, non time fun event where every participant is a champion.  
 All cycling is off road!

Should you have any other news or information that you would like to forward to us, please do so.

ATTACHMENTS THAT WERE SENT WITH THE EMAIL SHOWN BELOW THE SIGNATURE  
 HEREOF

Kind Regards  
 For and behalf of the CGT Committee

**Craig Thyse**  
*Secretary*

**Central Gauteng Triathlon**

Telephone : **0861 123 333**  
 Telefax : 086 663 2667  
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 CGT Website: <http://www.cgtri.za.org>



Sanctioned by Central Gauteng Triathlon




# Troisport CGT young Tryathlon

this is a participatory, non timed event, fun event where every participant is a champion

*"I AM AND I TRY!"*

@ St Dunstan's College, Rynfield, Benoni

22 November 2009 at 09:30

young TRYathlon			
6 year Olds	50m	1500m	350m
7-10 Year Olds	100m	3000m	500m
11-15 Year Olds	200m	6000m	1000m

There is a map available to the race venue on the St Dunstans website. [www.stdunstans.co.za](http://www.stdunstans.co.za)

Medals and goodie bags for all participants.

Entries online on [www.cyclelab.com](http://www.cyclelab.com) or at Troisport, in Sunninghill, [www.troisport.co.za](http://www.troisport.co.za), or at St Dunstans College, Benoni with the Sports Director, Yvonne Cornes. See entry form on page 2.





# TROISPORT

TRIATHLON AND MULTISPORT SPECIALISTS



Sanctioned by Central Gauteng Triathlon

<b>Individual Entry</b>			<b>Team Entry</b>		
			Team Name:		
Team member 2:			Team member 3:		
Race 1 for 6-7 year olds 50m swim/1.5km cycle/350m run		Race 2 for 7 - 10 year olds 100m swim/3km cycle/500m run		Race 3 for 11 - 15 year olds 200m swim/6km cycle/1km run	
Name/Team member 1 <small>That's YOU!</small>	Surname:	Date of Birth	Age as at 31 Dec 09	Race 1, 2 3	
Parent/Guardian	Tel:	Medical Aid	Med Aid Number	School	
			Individual Entry:	R80	
			Team member:	R40 per member	
			R40 per member		
			TOTAL:	R	

Entrants and participants ("Participants") in the Troisport CGT young TRYathlon – 2009/10 ("the Event") acknowledge that although all precautions have been taken by the organizing body to ensure the safety of all participants, there may be dangers inherent in participation in the Event and activities related thereto. Participants voluntarily assume the risks of attendance at and participation in the Event and hereby waive all claims of whatsoever nature and howsoever arising in relation to the Event or otherwise against any parties, including but not limited to the organizing body, the sponsors, the advertisers, any local authority, the triathlon governing body and/or the directors, employees, suppliers, volunteers and assistants of these parties, including any individual, official, marshal or agent ("the Parties"). Participants hereby irrevocably indemnify and hold harmless the Parties against any liability and claims of any nature whatsoever and howsoever arising (whether directly or indirectly caused and whether arising from negligence, albeit gross, or from the participation or involvement in or passage to or from the Event or otherwise) including but not limited to liability for delay, inconvenience, accident, death, injury, illness to their person, or loss or damage to property or costs and expenses sustained, incurred or put to by Participants and/or by any minor children under the care or control of Participants. Parents or guardians authorizing a minor's participation in the Event, which shall prima facie be evidenced by their signature on this entry form, hereby consent to such minor being bound to the afore going and further indemnify the Parties to the extent, if any, to which such minor is not capable of waiving his/her rights as stipulated above. I acknowledge that the event is conducted in terms of the event organiser regulations, the competition rules of the governing body, and good sportsmanship which I hereby agree to abide by.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date

