



Central Gauteng Triathlon

(Affiliated to Triathlon South Africa)

TRIATHLON, DUATHLON AND AQUATHON



25 August, 2009

Our Ref - CGT CHAIRMANS REPORT 08 - 09

CHAIRMAN'S REPORT – CENTRAL GAUTENG TRIATHLON 2008/2009.

It gives me great pleasure to present my Chairpersons report for the past year. The year 2008/2009 was a fantastic year for CG Triathlon.

At last year's AGM I mentioned that our main goals of the year was to achieve a substantial increase in the number of CGT registered athletes, to host the best SA Triathlon Championships ever and to focus on junior development.

This we achieved and much more! The highlights of the year included the following –

COMMITTEE

I would like to thank my committee for an excellent year of hard work during the year. We are a committee of 12 members, which is an amazing turnaround from the four of us that met in Neil Plumbly office way back in 2003.

Unfortunately our Duathlon captain Gavin Grobbelaar was not able to continue with his role due to work pressures, however John Polmeer our Triathlon captain stepped up to the plate and took over this portfolio.

The committee really worked well together with much healthy debate at times but believe that this resulted in CGT being one of the best run provinces within TSA.

Thank you guys and girls for all your hard work.

Guys and Girls we need new blood – please consider getting involved with the committee for the next year – nominations are still open!

REGISTRATIONS / PARTICIPATION AT SA CHAMPS.

We had 326 members registered with CGT/TSA which is an increase of about 30% from last year. Of this number 238 are Seniors and 88 are Juniors.

157 are new members – 48% New athletes. 78 athletes from the previous year did not register for the current year.

For the SA TRI CHAMPS we selected 132 athletes and 115 participated of which 39 were Juniors. Our athletes took home 24 medals.

For the SA DU CHAMPS we selected 69 athletes and 46 participated of which 23 were Juniors. Our athletes took home 15 medals.

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Committee

Chairman – Derick Marcisz, Vice Chairman – Alvina Berg, Treasurer – Chris Moller, Secretary – Sonette Sanders,
Registrations and Communications – Craig Thyse, Technical – Neil Plumbly, Coaching and Development – Franz Studer,
Triathlon Captain – John Polmeer, Duathlon Captain – Gavin Grobbelaar, Junior Representative – Craig Thyse,
Athletes Representative – Michael Berg, General Members - Werner Smit, – Wikus Weber Snr. – Cliff Sanders



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SA TRIATHLON AND JO'BURG TRI SERIES.

Without doubt CGT was the leading province in terms of the quality of events that we sanctioned and hosted.

A special thank must go to Werner Smit and Troisport as well as sponsors Nestle Pure Life Water and Bar one – Mike Morehen.

SA Champs was a resounding success and definitely the best SA champs I have ever competed in. CGT will again be hosting the 2010 Champs of 21 March 2010

The Jo'burg Tri series we also fantastic events with the CGT Championships attracting a record field of over 600 athletes in the various races.

The quality of these events is what contributes to make CGT one of the strongest provinces within TSA.

OFFICIATING / REFEREEING.

CGT is able to ensure that the events held in our province are safe and fair.

This is mainly due to the quality of referees that we have in our province.

Our senior Referees Neil Plumbly, Mike Berg and Cliff Saunders did a fantastic job throughout the year.

Thank you to all other Referees and Marshalls that assisted at all our events.

JUNIORS / DEVELOPMENT / COACHING.

Our Juniors section lost a number of Junior Athletes to the Universities and Senior sections at the end of last season. This in conjunction with TSA's ruling that there be no competitive racing for Juniors below the age of 12, resulted in a substantially reduced Junior contingent than what we had anticipated due to a number of 8 – 12 Age Group not registering for this year. Despite this, our Juniors grew by an incredible 27%.

We had fantastic results from all our Juniors in all age groups and in all aspects of our Sport, our home Triathlon Series (Jo'burg Series), the Energade Series and Teavigo Series. Our Provincial Juniors performed exceptionally well in both the South African Triathlon and Duathlon Championships. This resulted in 2 of our Junior Triathlon Athletes being chosen to represent the South African Junior Triathlon Elite Team Overseas. Both these Athletes Rudolf Naude and Lauren Dance, competed and did us proud with Lauren winning one event. On the Junior Duathlon side of things, Ryan Banks and Armin Botha have also been selected to the SA Junior Elite Squad to represent us at the World Champs in USA.

To further promote and bolster our future CGT Athletes, substantial resources and focus was placed on Junior Coaching and Development. This was extremely successful and we have made tremendous improvements in the growth and promotion of all aspects of the sport including the previously disadvantaged sectors of our community.

This was achieved with the assistance of Franz Studer, presenting our CGT Level 1 ITU Coaching Courses. We held two courses during the year and a total of 20 Level 1 Community coaches qualified. Together with the Duathlon coaches from Noahs Ark we now have 27 Level 1 and 3 Level 2 coaches in the CGT area, 8 of them PDI's



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Coach Mike Moriarty started his club M.A.D. and took under his wing the aforementioned Junior Lauren dance, guiding and assisting her to the success achieved to date.

To fill the void in the 8 to 12 age category our focus has been on targeting various initial schools with a view to promoting the sport to the extent that we can achieve sufficient numbers to run Junior specific races. Doug Campbell was requested to oversee this aspect of CGT's growth and Colin Mann was chosen as the initial target school having two Coaches that had been recently trained. Both Doug, Susan Basson and all the other Teachers from Colin Mann have proven our vision to be workable to the extent that a Colin Mann Triathlon Club has been formed. This success has resulted in similar projects being implemented in St. Dunstan's College and Farrarmere Primary schools Benoni with start up projects currently being started in Rynfield Primary, Arbor Primary and Benoni West Junior (being predominantly PDI). We hope to extend this programme to all Schools within our borders. Our thanks to Doug for the huge amount of personal time and effort he has put in for this programme

SOCIAL RESPONSIBILITY.

During December 2008, Central Gauteng Triathlon proudly announced that the committee had agreed to adopt Reach For A Dream Johannesburg Branch as a beneficiary and to support and promote their fundraising drives to fulfil as many dreams as possible for children faced with life threatening illnesses.

To achieve this goal, CGT agreed to donate a portion of income generated from the organisation of the 2009 SA Triathlon Championships. A group of young cancer sufferers from Baragwanath Hospital were treated to a fun day out in the fresh air at the event and enjoyed great hamburgers and cool drinks. A cheque in the amount of R4000.00 was handed over to Reach For A Dream during the medal ceremony.

We are pleased to report that these funds were applied to realise the dreams of two very young Congenital Heart Disease sufferers and surplus funds from the donation was applied to the Reach For A Dream general fund.

A big thank you to all the CGT members, TSA executive and athletes who opened their hearts and extended a hand of friendship to these young people.

CGT KIT.

Once thank you to Roy Brennon from Venom Sports who continued to supply quality kit to our athletes always in time before the SA championships.

COMMUNICATION and CG WEB SITE.

Another of our successes was the communication that we had with all our athletes during the year. Craig Thyse worked tirelessly on this front and we sent out a total of 33 "newsletters". We also have developed a very extensive data base on all our athletes that makes communication easy. One of our goals for the next year will be to improve our CGT website, which needs a serious upgrade.



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LOTTO FUNDING APPLICATION.

This year CGT has put forward a request for funding assistance to the LOTTO. We are hopeful of securing some funding from LOTTO which will be used to take our sport to a new level, particularly on the development front.

A very big thank you to Craig who worked many long hours to put the CGT proposal together. Thank also to Neil for his assistance on getting our financial audited in time for the submission.

Lastly to all athletes, wives, husbands, parents, friends and all who supported CGT during 2009 – THANK YOU VERY MUCH and look forward to seeing during the forthcoming season!

DERICK MARCISZ.

CHAIRMAN CGT 2008/2009.

CENTRAL GAUTENG TRIATHLON
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