

# GNT Tri-Newsletter

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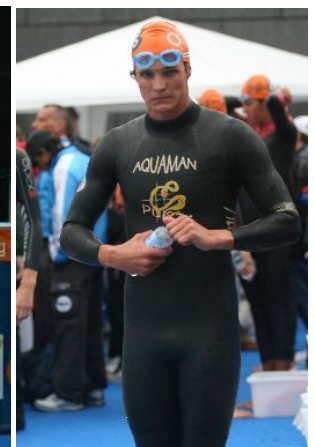
## Event/ Race Dates

- 1 Sept Registration with TSA
- 2 Sept Tri World Champs
- 8 Sept Virgin Active Indoor Tri (Jhb)
- 16 Sept Philip vd Leeuw's Tri Series (Pta)
- 23 Sept Suncoast winter Multisport Series
- 6 Oct ITU African cup Triathlon (Namibie)
- 12 Oct GNT social (Hillcrest)
- 7 Oct Energade Tri (Worcester)
- 16 Oct Philip vd Leeuw's Tri Series (Pta)
- 21 Oct Energade Tri (Benoni)
- 28 Oct Energade Tri (Midmar)
- 10 Nov ITU African Cup Triathlon (Zim)
- 11 Nov Energade Tri (Potch dam)
- 18 Nov ITU African cup Triathlon (Kenia)  
GNT Tri Champs
- 23 Nov GNT Prov team social (Subaru)
- 25 Nov Energade Tri (Roodeplaat)
- 2 Des Energade Tri (Vd Bijl)
- 9 Des 3/80/20 Long Course Tri (Pretoria)
- 2-9 Jan Tuks Tri training Camp
- 21 Jan Powerman Long Course Du (Jhb)
- 27 Jan Jhb tri Series & CGT tri Champs (Germiston)
- 16 Feb SA Tri Champs (PE)
- 17 Feb SA Aquathlon Champs (PE)
- 23 Feb All Africa Tri Champs (East London)
- 24 Feb Jhb tri Series (Germiston)
- 2 Mrch Ultra Tri (Vd Bijl)
- 23 Mrch Jhb Tri Series (Germiston)

## Triathlon World Champs - Hamburg



Gauteng North athletes held the SA flag high in Hamburg !



Theo Blignaut (Jnr Elite)

Eight of Gauteng North's triathletes represented South Africa in the Triathlon World Championships in Hamburg, Germany, this year. In spite of some tough competition they all did very well!

Name	Surname	Position	Time	Category
Carla	Germishuys	8th	02:19:00	AG 20-24 F
Heidi	Meiring	11th	02:44:27	AG 18-19 F
Marizel	Swanepoel	69th	02:41:03	AG 20-24 F
Steve	Wrapson	70th	02:15:20	AG 25-29 M
Theo	Blignaut	70th	01:00:47	Junior Elite
Tiaan	Rossouw	55th	02:11:52	AG 25-29 M
Yvette	Velleman	49th	02:35:12	AG 30-34 F

## Aquathlon World Champs - Ixtapa (Mexico)

On 12 May 2007 Gauteng North Aquathlete Dalene Flynn represented South Africa in the Aquathlon World Championships in

Ixtapa, Mexico.

Dalene Flynn was the only Gauteng North athlete to represent South Africa at this

prestigious event. To top that off Dalene won a silver medal in the Female 45-49 Agegroup category in a time of 00:51:54 !

Check event details on the GNT website - [www.gntriathlon.co.za](http://www.gntriathlon.co.za)

THE ULTIMATE ALL-WHEEL-DRIVE





The Crystal clear water at Farrel's dam, Golden Gate

## Duathlon World Champs - Gyor

On 19 May 2007 eight of Gauteng North's athletes participated in the Duathlon World Championships in Gyor, Hungary.

Our 20-24 Ladies loosened the reigns on the day of their race and claimed 2 of the first 6 places in their Category !! Gauteng North's overall results at the Champs were great and these athletes deserve a big word of congratulations: Well done guys and girls!!

An-Li Pretorius	(1st AG 20-24 F)	01:55:08
Dale Dutton	(37th AG 35-39 M)	01:55:59
Johan Stemmet	(44th AG 35-39 M)	02:00:09
Jancke Rentel	(6th AG 20-24 F)	02:05:52
Jeremy Clapham	(57th AG 40-44 M)	02:04:10
Coenie Thiart	(66th AG 40-44 M)	02:09:58
Karin Smith	(11th AG 45-49 F)	02:14:04
Abel v d Merwe	(22th AG 55-59 M)	02:17:09.

## 2008 TUKS Tri Training Camp

**Date:** 2-9 January 2008  
**Cost:** R1200 (R1800 for non TUKS members)  
**Venue:** Golden Gate

There is only space for 60 athletes. Admission are subject to certain selection criteria. Preference will be given to all Tuks triathlon members

The cost includes the following:

- Sleeping facilities for 7 nights,
- Two meals per day
- Polar information session (How to use your watch and Polar Software)
- T-shirt and goodie bag
- Bike Mechanic
- A Doctor, Physios and Biokineticist on site
- Coaching fees
- Vehicle support and safety
- Activities such as abseiling, hiking, river rafting, etc.

Application forms will be made available from 15 October 2007. Applications will close end of October after which selections will be made and athletes will be notified accordingly. Further information and account details will be given after selections were made. For enquiries contact Gerhard de Bruin @ 082 434 7220 / my3kcamp@gmail.com

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## TSA Registration - 2007/2008

TSA Registrations for the Sept 2007 - Aug 2008 Triathlon/Duathlon season started from 1 Sept 2006. All registrations can be done at Running Inn in Pretoria (Waterkloof Ridge Lifestyle Centre, Cliff Avenue, Waterkloof Ridge - 012 347 5225). Take along your ID number, ID photograph and medical info to complete the registration form. You will then be issued with a TSA registration ID-card, which will arrive at the shop the first following Monday after the athlete handed in his/her registration forms. Registration forms are also available on [www.gntriathlon.co.za](http://www.gntriathlon.co.za).

An athlete that is registered with TSA will have the following advantages:

- Reduced race fees
- Receive GNT Newsletters if you are a Gauteng North athlete
- Be taken into account for prize money in Energrade Series.
- Get the opportunity to be selected to race for your province and country.

An athlete must be registered BEFORE the day of a race in order to receive the above mentioned privileges. Also make sure that you have your TSA ID handy at the races!

### GAUTENG NORTH TRIATHLON

**Phone: 082 -610 -0202**

**Fax: 012- 659-0011**

**Email:**

**"Success is focusing the full power of all you are on what you have a burning desire to achieve"**

**We're on the web  
[www.gntriathlon.co.za](http://www.gntriathlon.co.za)**

A Big thank you to Gerrit van Niekerk for managing the GNT website !!!

**GNT Supported by  
SUBARU in 2007**

## Fuji Bike for Sale

### Fuji Alhoa 1.0 Triathlon Bike

Very good condition, 58cm Aluminium Frame, Carbon Fork, Tri-bars, Shimano Ultegra components, Speedometer and two water bottle holders included. Perfect Entry level triathlon bike, for juniors or seniors.

R6000-00 neg

Contact: Karel Kapp - 083 99 666 18

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**SUBARU**