



Newsletter by Anton Loedolff

DEC 2009

It's holiday time! What a year 2009 has been!

With all the racing for 2009 coming to an end in the next two weeks and with highlights such as the African Cup held on home soil, the BSG Energade series almost reaching its end, the introduction of a double standard tri at the Gariep dam and many more exciting developments within TSA and the sport as a whole, 2010 is definitely going to have to be bigger and better to beat this year's action.

With all the racing coming to a "slow-down" before the festive break, this newsletter aims to capture most of the results of the past few weeks. Well done to all the athletes that have raced and reached their own goals and can walk away from 2009 and know that – it can only get better!

A HUGE thanks to all the volunteers, race organizers, committee members, sponsors and supporters that have aided in getting the great vibe into the sport of Triathlon. Thanks very much!

GNT wishes you a safe journey this holiday and hope that you plan to pack in those running shoes and tri-kit so that not all that base work was done for nothing.

Merry Xmas to you all – Train Smart – Race HARD – Keep it real!

Please note!

AGM and GNT Provincial Triathlon Championships medal presentation (event held on 15 November 2009) to be followed by a social function.

- Date:** Wednesday 20 January 2010
Time: 19:00
Venue: High Performance Centre Auditorium,
LC de Villiers Sports Grounds, University of Pretoria, Burnett Street Entrance.
RSVP: before Friday 15 January to Anneke at gntriatlon@gmail.com

Inside GNT

TSA Registration fees

- Registration is open. Please note that you need to register with TSA to be entitled to qualify for any provincial selection criteria. The fees will be R280 for seniors and R150 for juniors. Please check the TSA website for more info.

Development

- We are proud to announce that we have managed to set up a swimming clinic with our development athletes with the help of Emma Swanwick (HPC) and the TSA Offices. We have two weeks of coaching and swimming happening in the next few weeks leading up to the holidays and hope and trust that Isaac and his team of youngsters will thoroughly enjoy this opportunity. Thanks once again to all parties involved.
- This is great leap in the right direction of development in the sport.

Race calendar

The race calendar is readily available on the TSA website

<http://www.triathlonsa.co.za>

- 6 Dec – Vaal Pukke, BSG Energade
- 13 Dec – Troisport, Jozi tri, Germiston
- 19 Dec – ITU African Tri (regional) – Mauritius
- 17 Jan – Ironman70.3 – East London
- 30 Jan – Xterra – Buffelspoortdam. NW
- 7 Feb – Troisport, Jozi Tri, Germiston (CGT champs)
- 21 Feb – Prestige Ultra - Vaal Pukke, (LD Tri champs)
- 28 Feb – 11 Global - CT

GARIEP DOUBLE STANDARD

- In the middle of South Africa lies a beautiful untouched area in the Karoo. With plenty of space for the swim, and quiet roads for the bike and run, Gariep Dam resort is a perfect place to hold a triathlon. Temperatures in this area usually soar well over 30 degrees and so race organisers made a call to start the race at 6am. The 3km swim proved difficult as a slight breeze caused quite choppy conditions making the buoys difficult to spot. The 80 km bike was an out and back fast and flat route, and the 20 km run was also flat but difficult due to the heat in the middle of the day.

In the men's event Sander Berk from the Netherlands and Kent Horner from Cape Town lead from start to finish. Berk made a small gap on Horner in the swim, but the gap was quickly closed on the bike course, so the 2 athletes played a cat and mouse game for the remainder of the race. Going into the 20 km run Berk managed a small gap on Horner and maintained this gap right throughout the run, finishing in 1st place. Horner finished in 2nd place and the young Gerhard de Bruin finished in 3rd position overall.

In the ladies event, Ironman SA 2009 Champion, Lucie Zelenkova made an appearance, and she exited the water in first place. Kathryn Cronje finished the swim just behind her, and coming out the water in 3rd place was Corinne Berg. Sam Ferreira and Claire Horner were lying in 4th and 5th position.

Out on the bike Zelenkova made her gap on the ladies field even bigger. Behind her Horner was cycling hard to close the gap on Berg and Cronje. Going into the run Zelenkova had a comfortable lead between herself and the rest of the field. Horner had moved into 3rd place 60km into the bike, and she was now chasing Cronje who was about 3 minutes in front. At the 12km mark Horner moved into 2nd place, eventually finishing in 2nd overall, with Cronje managing to hold onto 3rd position and Berg taking 4th.

CAPE TOWN BSG / ENERGADE TRIATHLON

- It was business as usual for Erhard Wolfaardt in 5th leg of the BSB/Energade Triathlon Sprint Series as he edged out Hendrik De Villiers and Africa Cup Winner, Claude Eksteen at Bloubergstrand in Cape Town on Sunday 22 November. In the ladies race, Kate Roberts took her winning form from the Africa Cup into the Series for her first win in the seven race series.

No surprise as who was out of the water first. Henri Schoeman needed only 6 min 52 sec to cover the 600 m swim. But once out of the water the big three took over again. A chase group of five, Wikus Weber (07:31), Abraham Louw (07:33), Erhard Wolfaardt (07:33), Hendrik De Villiers (07:36) and Claude Eksteen (07:37) rushed out of the water together. Wolfaardt, Eksteen and De Villiers, took over proceedings in the 20km cycle with Wikus Weber also in the mix. It took them just under 29 minutes to cover the cycle (Eksteen 28:50; De Villiers 28:52; Wolfaardt 28:75 and Weber 28:59) and it all came down to the 5km run.

Unlike in Pretoria a week ago when the heat took its toll, Wolfaardt was in imperious form over the 5km run being the only athlete to dip 15 minutes (14:56) to cross the line in 51:28. De Villiers continues to get better and better, finishing 2nd (52:00) with Eksteen third in 52:14.

The ladies race saw Kate Roberts overcome Andrea Steyn for the first time after having to settle for runner up on four consecutive times.

Roberts as usual was first out of the water, needing only 8 min 37sec for the 600 m. Junior Lauren Dance was 8 seconds back with Vicky van der Merwe third out of the water in 09:01. Following them out was Carla Germishuys with team mate Andrea Steyn in 09:06 and 09:07 respectively.

Steyn's strength has always been the bike and run legs, and this is where she would eat away at Roberts' lead and as usual the race followed the script – on the bike that is. Steyn chased hard, needing 32 min and 20 sec for the 20 km cycle leg to the 32:52 of Roberts. That though is where the normal script ended. This time round, it was Roberts who was too strong on the run needing 17 min 23 sec for the 5 km to Steyn's 17:52.

NEWS FEEDS from www.triathlonsa.co.za

PE BSG / ENERGADE TRIATHLON

- Andrea Steyn made sure it was business as usual in the BSG/Energade Sprint triathlon Series in Port Elizabeth on Sunday 29 November, but it was not the same in the men's race where 2008 World Junior Duathlon Champion Richard Murray took the line honours.

Steyn had won all of the four BSG/Energade races since the Series started, but had to watch as Kate Roberts won imperiously in the Cape Town race on Sunday 22 November. Steyn was back in dominant form on Sunday 29 November in Port Elizabeth, as in the past, she out sprinted Roberts.

Roberts was second out of the water – covering the 600m swim in 11min, behind junior Lauren Dance – but this time she only had a 7 sec advantage over Steyn who made that up quickly on the bike, clocking 35:52 for the 20km bike ride to the 35:59 of Roberts. Steyn once again put in a sprint to finish ahead of Roberts. Steyn crossed the line 1:03:52 to the 1:03:56 of Roberts.

Lauren Dance and Carlyn Fischer continued their fierce duel in the junior category with Fischer coming up trumps. She had to fight hard as Dance was first out of the water, ahead of even Kate Roberts, needing only 10:53 for the 600m swim. But then the strength of Fischer on the bike told as she flew clocking 35:45 for the 20km bike – faster even than the flying Steyn and Roberts. Dance's 21 second lead from the swim had been whittled down to 3 seconds and on the run Fischer was 10 seconds faster than Dance to finish 4th overall and 1st Junior, 7 seconds ahead of Lauren Dance.

RESULTS

Gariep Double Standard Triathlon 28 November 2009

MALE

- 1 1 1 7 5380 Berk Sander M Elite Men 03:50:04 00:33:11 02:04:39 01:12:14
- 2 2 2 1 7963 Horner Kent M Elite Men 27 23/03/1982 03:51:44 00:33:41 02:04:11 01:13:52
- 3 3 3 5 5188 De Bruin Gerhard M Elite Men 25 17/02/1984 04:07:31 00:40:13 02:03:24 01:23:54
- 4 4 4 2 593 Lampret Freddy M Elite Men 31 16/10/1978 04:14:15 00:37:35 02:07:12 01:29:28
- 5 1 5 21 7541 Pretorius Johan M 18-29 Men 27 23/09/1982 04:15:23 00:49:46 02:09:42 01:15:55
- 6 2 6 29 7555 Naude Ruan M 18-29 Men 22 27/09/1987 04:18:10 00:42:28 02:06:31 01:29:11

FEMALE

- 7 1 1 11 6746 Zelenkova Lucie F Elite Ladies 04:19:22 00:36:10 02:11:24 01:31:47
- 17 2 2 12 729 Horner Claire Denise F Elite Ladies 28 05/05/1981 04:28:30 00:43:09 02:17:44 01:27:37
- 22 3 3 16 5472 Cronje Kathryn F Elite Ladies 28 08/03/1981 04:30:33 00:37:46 02:16:42 01:36:05
- 26 4 4 14 6838 Berg Corinne F Elite Ladies 04:37:52 00:39:01 02:25:13 01:33:38
- 29 1 5 30 642 Bright Liza F 18-29 Ladies 27 24/02/1982 04:41:58 00:43:42 02:27:35 01:30:41
- 32 2 6 93 5900 Ferreira Samantha F 18-29 Ladies 04:47:05 00:43:19 02:23:45 01:40:01

PE BSG/Energade Triathlon #6 29 November 2009

MALE

- 1 1 1 1 00:54:07 8610 Murray Richard M Ind Open M Individual 20 04/01/1989 00:08:39 00:30:43 00:14:44
- 2 2 2 2 00:54:29 5011 Wolfaardt Erhard M Ind Open M Individual 26 830412 00:07:58 00:31:18 00:15:12
- 3 3 3 3 00:54:58 7146 Eksteen Claude M Ind Open M Individual 32 06/04/1977 00:08:05 00:31:12 00:15:40
- 4 4 4 4 00:55:08 5512 Davidson Michael M Ind Open M Individual 31 780206 00:08:36 00:30:53 00:15:39
- 5 5 5 5 00:55:16 7911 De Villiers Hendrik M Ind Open M Individual 28 22/12/1981 00:07:50 00:31:25 00:16:01

FEMALE

- 22 1 22 1 01:03:52 6149 Steyn Andrea F Ind Open F Individual 26 30/12/1983 00:11:07 00:35:52 00:16:52
- 23 2 23 2 01:03:56 6771 Roberts Kate F Ind Open F Individual 26 830620 00:11:00 00:35:59 00:16:56
- 26 3 26 3 01:05:00 7830 Germishuys Carla F Ind Open F Individual 25 19/04/1984 00:11:01 00:35:59 00:18:00
- 28 1 27 4 01:05:32 8540 Fischer Carlyn F Ind Junior F Individual 19 900927 00:11:14 00:35:45 00:18:33
- 29 2 28 5 01:05:39 5567 Dance Lauren F Ind Junior F Individual 19 900717 00:10:53 00:36:03 00:18:43
- 37 3 36 6 01:07:42 6482 Blackwell Ashleigh F Ind Junior F Individual 17 920206 00:11:13 00:34:46 00:21:43
- 38 4 37 7 01:07:46 7608 Battson Kim F Ind Open F Individual 24 30/12/1985 00:10:59 00:36:05 00:20:42
- 47 5 46 8 01:09:36 5042 de lange Riana F Ind Open F Individual 26 830510 00:11:35 00:37:29 00:20:32

- For more info please go to www.spectrumsport.co.za

2009 Pretoria ITU Triathlon Africa Cup 15-Nov-09

MALE GNT Champs - Senior Age Groups Men

- 1 1 1 02:21:54 00:19:31 00:00:24 01:16:50 00:00:59 00:44:10 1234 Peach Rodney M 52 M 20 - 24 Snr Age Group (GNT Champs) 20 1990/06/02 GNT/1045/10 1
- 2 1 2 02:24:20 00:23:35 00:01:15 01:13:58 00:01:00 00:44:32 982 Quevauvilliers Gilbert M 52 M 30 - 34 Snr Age Group (GNT Champs) 32 1978/09/07 KZN/5020/10 1
- 3 1 3 02:27:01 00:30:42 00:01:04 01:17:48 00:01:11 00:36:16 98 Pretorius Johan M 52 M 25 - 29 Snr Age Group (GNT Champs) 28 1982/09/23 GNT/1062/10 1
- 4 1 4 02:28:08 00:23:38 00:00:57 01:19:51 00:01:03 00:42:39 885 Krogh Rick M 52 M 40 - 44 Snr Age Group (GNT Champs) 41 1969/05/02 GNT/1022/10 1
- 5 2 5 02:31:10 00:23:37 00:00:53 01:19:57 00:01:01 00:45:42 1153 Naude Ruan M 52 M 20 - 24 Snr Age Group (GNT Champs) 23 1987/09/27 cgt/1218/10 1
- 6 1 6 02:32:35 00:25:52 00:01:07 01:18:21 00:01:19 00:45:56 640 Stewart Robert M 52 M 35 - 39 Snr Age Group (GNT Champs) 35 1975/03/25 CGT/1156/10 1
- 7 2 7 02:36:18 00:31:39 00:01:12 01:20:20 00:01:01 00:42:06 1236 Smit Werner M 52 M 40 - 44 Snr Age Group (GNT Champs) 41 1969/10/16 CGT/1103/10 1
- 8 1 8 02:37:01 00:29:31 00:01:18 01:17:23 00:01:04 00:47:45 441 Naude Charles M 52 M 50 - 54 Snr Age Group (GNT Champs) 51 1959/01/29 cgt/1217/10 1
- 9 2 9 02:40:39 00:23:39 00:00:57 01:25:14 00:01:06 00:49:43 1178 Loedolff Anton M 52 M 30 - 34 Snr Age Group (GNT Champs) 32 1978/04/18 GNT/1004/10 1
- 10 3 10 02:43:37 00:25:28 00:00:55 01:24:33 00:00:06 00:52:35 1077 Olivier Gerhard M 52 M 30 - 34 Snr Age Group (GNT Champs) 34 1976/03/19 GNT/1058/10 1

FEMALE GNT Champs - Senior Age Groups Women

- 1 1 12 02:44:21 00:28:35 00:00:57 01:25:56 00:01:26 00:47:27 963 Sloan Susan F 52 F 25 - 29 Snr Age Group (GNT Champs) 29 1981/10/24 GNT/1034/10 2
- 2 1 13 02:45:34 00:26:47 00:00:59 01:28:59 00:01:04 00:47:45 981 Barnard Nicolette F 52 F 35 - 39 Snr Age Group (GNT Champs) 37 1973/05/02 CGT/1263/10 2
- 3 1 20 02:56:54 00:26:55 00:01:00 01:35:47 00:01:09 00:52:03 49 Fischer Lynette F 52 F 50 - 54 Snr Age Group (GNT Champs) 52 1958/07/20 GNT/1032/10 2
- 4 1 21 02:59:44 00:26:57 00:00:55 01:32:19 00:01:03 00:58:30 1115 Meiring Heide Marie F 52 F 20 - 24 Snr Age Group (GNT Champs) 21 1989/11/25 GNT/1044/10 2
- 5 2 26 03:04:04 00:28:34 00:02:14 01:35:48 00:01:45 00:55:43 811 Karle Anne F 52 F 35 - 39 Snr Age Group (GNT Champs) 35 1975/01/10 N/a 2
- 6 1 27 03:06:24 00:37:03 00:01:43 01:34:40 00:01:26 00:51:32 1331 Liebenberg Lona F 52 F 40 - 44 Snr Age Group (GNT Champs) 42 1968/06/18 TNW/3006/10 2
- 7 2 30 03:09:04 00:24:22 00:01:08 01:39:15 00:01:16 01:03:02 174 Mills Annette F 52 F 25 - 29 Snr Age Group (GNT Champs) 28 1982/07/28 gnt/1055/10 2
- 8 2 35 03:18:36 00:27:01 00:01:14 01:44:12 00:01:25 01:04:44 863 Smit Andri F 52 F 40 - 44 Snr Age Group (GNT Champs) 41 1969/08/16 GNT/ 1060/ 10 2
- 9 3 37 03:20:19 00:30:07 00:01:07 01:41:11 00:02:24 01:05:30 750 Saunders Pikkie F 52 F 35 - 39 Snr Age Group (GNT Champs) 37 1973/10/10 GNT/1052/10 2
- 10 1 38 03:26:22 00:30:24 00:01:41 01:46:10 00:01:47 01:06:20 377 Tayler Christine F 52 F 30 - 34 Snr Age Group (GNT Champs) 34 1976/07/27 CGT/1225/10 2
- For more info please go to www.spectrumsport.co.za

Wishing you all a Happy Xmas & a Merry New Year – until 2010!

Keep it real!