

Drug Free Sport

Please remember to apply for Therapeutic Use Exemption (TUE) if you are using a prohibited substance for legitimate, medically justified reasons to avoid any embarrassment for yourself or TSA. Any athlete with a documented, legitimate medical condition may apply for TUE. Drug Free Sport will be conducting tests on a regular basis at TSA events. All information is available on: www.drugfreesport.org.za

GNT Triathlon team

Brett Faure will be the team manager for the GNT Triathlon team that will participate at the SA Triathlon Championships in Germiston.

Brett: brettf@digicore.co.za

Dale Dutton will announce the 2009 GNT Triathlon team after the last selection race on 8 February

Kobus Schalekamp

Dr Kobus Schalekamp accompanied the 2009 SA Triathlon team to Vancouver, Canada as Team Chiropractor. He has now opened a practice in Brooklyn.

Phone: 012 346 7289/0822140274

Address: 463 Charles str c/o Charles and Brooklyn str Brooklyn

email: kschalekamp@gmail.com

Running Inn

Please note the new location for Running Inn

Shop no 4
Brooklyn Centre
Cnr. Duncan rd and Lynnwood rd.
Tel: 012 362 7322

Waterlake Farm Triathlon

Date: 15 February 2009
Venue: Waterlake Farm, Pretoria
Entries: www.entrytime.com
Contact person: Adrian Cloete: 082 213 2120



Important dates

- 01 Feb: KZN Triathlon Championships
- 08 Feb: SASOL Cross Triathlon Series
- 08 Feb: Nestle Pure Life/Bar One Johburg City Tri Series 2
- 15 Feb: Waterlake Farm Triathlon
- 15 Feb: Midlands Ultra Triathlon
- 22 Feb: Nestle Pure Life/Bar One Johburg City Tri Series 3

Northwest Triathlon Championships

Yvette Velleman

The 2009 North West/ North-Gauteng triathlon champs kicked off with a warm to rather hot start, with the water temperature at 26 – degrees. It meant no wetsuits! To me that is a bummer, as I use it as a floating device. Needless to say after two laps of 750m I did manage to arrive at my bike.

The cycling leg was a 40km out and back route. Obviously Klerksdorp residents knew to stay away as there were no cars on the road! I nearly got confused and though it was Sunday...

A rather windy and hilly 20km out, but fortunately coming back felt shorter and faster. By now the temperature must have been over 30 degrees, hot and dry. Where were the water points? I must have missed 'em.

The run consisted of four laps, 2.5km each, around Assies dam. It was a hot, tedious run and unfortunately the organisers ran out of water sachets. However, the venue and fan support was great. Included in the support was Dawie and Anneke's sweet juicy watermelon and well enjoyed gazebo. We hope to see Klerksdorp again next year. Well done!

Yvette Velleman



Dale, Russel & Kirsten



Gerhard Olivier



Johnny Young



Tri Pumas Triathlon Club

Club Name	Tri Pumas
Chairman	Hendrik Pretorius – 076 315 7373
Location	Nelspruit, Mpumalanga
About	Triathlon Club for all levels of athlete, we are blessed with some of the best cycling training routes in the country, brilliant year round weather and many multi sport events; come join us!
Contact	Linda Van Staden – 082 358 3556

Tuks Triathlon club

Club Name	Tuks Triathlon Running:
Chairman	Dawie Kotzé
Location	Pretoria, Gauteng North
About	Integrated specialised training in each discipline
Contact	Triathlon Consultant: Lindsey Parry at 0833999059 or Lindsey@hpc.co.za Running: Dawie Kotzé at 0825570254 or dawiek@africon.co.za Swimming: Rocco Meiring at 0832681166 or rocco@netactive.co.za Cycling: Pierre Hugo at 0828224290 or pierre.hugo@ericsson.com

Energade

Congratulations to the GNT athletes that earned a position in the top 20 for the 2008 Energade Series. Well done!

Senior Female: 1st Andrea Steyn, 3rd Riana de Lange, 8th Carla Germishuys

Junior Female: 3rd Carlyn Fischer, 5th Heide Marie Meiring, 9th Lizeri Jansen, 11th Lize Marie Dreyer

Senior Male: 6th Bright Mamogale, 7th Theo Blignaut, 16th Dreyer van Huyssteen, 19th Charl Keet

Junior Male: 4th Jonathan de Freytas, 9th Estiaan de Lange, 13th Wian Sullwald, 16th Manie Coetzer

Contact us:

2009 GNT Committee

Chairman	Jan Sterk	jsmerk@couzyn.co.za
Secretary	Anneke Kotzé	gntriathlon@gmail.com
Treasurer	Alma Wasserfall	kuiseb@mweb.co.za
Technical	Adrian Cloete	a3anclote@gmail.com
Additional member	Patrick Flynn	patrickpdc@telkomsa.net